

Chapter 22

Individual Swims 2016

There were sixty-one swims in 2016, by 21 females and 40 males. This was the most ever by almost twenty swims! Even though no speed records were set, there was a new record for the oldest female by five years. All but six crossings were from the Island to the Mainland. No one swam twice this season and no one accomplished a double crossing either but it still was our most productive year ever.

The first swim of the season happened in January which is unusual but was a tribute to the initial swim across the Catalina Channel in 1927. Dan Simonelli entered the water at the east side of the pier at Two Harbors at 3:20.55 am. As Dan passed Ship rock first one seal then a few more surfaced near Dan and the paddler.

As the swim was in January the water temperature was significantly different than the summer. The high was 61* but the low was just 60* which was only recorded once during the swim. Similarly, the air temperature was colder with a low of 54* but which gave way to a warm 71* around noon. The wave height was from 0 foot on the swim to only 2 to 4 feet on this crossing. Furthermore, the wind speed wasn't too challenging staying between 1 to 2 knots except for three recordings where the wind speed actually reached 5 knots. These conditions were good for a crossing, especially for January.

Dan planned to take feed breaks every thirty minutes after the first hour break. In the swim, he did drop to fifteen minute breaks of hot water after the 11:27 am feed. He planned to drink U Can, Bio steel, and warm water. He drank the U Can on the hour and the other on the half hour. Dan's breaks were fast and most under thirty seconds when recorded. Around 9:00 am it was stated to break out the treat box and he some pieces of a banana.

Early in the morning Dan reacted to something he saw under water but he didn't know what it was. At 10:30 am a whale was seen by the paddler and then by the crew. From 3:30 pm through 4:00 pm dolphins were swimming underneath the boat, Dan and all around.

As Dan approached Terranea Cove many people were on the beach for the finish. Dan walked ashore at 4:52.06 pm and his aggregate time was 13:31.11 to complete his swim on January 16th, 2016.

The second swimmer of the summer was Arleen Perez of Mexico City, Mexico. She was 34-years old at the time of her swim. Prior to her swim she greased up with Vaseline and sunscreen. Arleen entered the water off Doctor's Cove at 9:25:07 pm on June 11th. The water was flat but there were 12 knot winds.

At the start of the crossing the water temperature was 67*. It fell to 65* before climbing to 68* at the high point in the swim. The air temperature only varied three degrees from a high of 66* to a low of 64* in the swim. The wave weight was insignificant during the crossing from 0 feet to 2 feet. Mostly the wave height was either less than .5 feet or 1.5 feet. The wind speed was all over the place, however.

Initially, it was 12 knots and remained elevated for over seven hours then just disappeared to less than 2 knots.

Arleen had planned to bilaterally breath and hold a stroke count of 68 strokes per minute on the crossing. Her stroke counts varied significantly from a low of 48 to a high of 73 strokes per minute. She averaged just under 70 strokes per minute. Arleen's pace was 1.2 nautical miles per hour.

At 4:40 am she was having trouble lifting her arms to clear the water on recovery. This occurred after it had been reported that Arleen was cold and disoriented. The observers were watching her closely. Her coach was encouraging her to keep fighting as was the crew. Within the hour she was looking better and within two hours Arleen gave a thumb up sign.

Arleen initially fed every 45 minutes then dropped to thirty minutes on the crossing. She drank Gatorade, warm tea and warm water. She ate waffles, peaches in syrup, jelly beans and had vitamin feeds. She had 21 feeds on her crossing.

At 10:13.33 am Arleen cleared the water at Terranea Beach. Her total time was 12:48.26 and she became the 358th person to tackle the Catalina Channel.

A 54-year old man from Louisville, Kentucky, Michael Johmann, was the third swimmer to tackle the Catalina Channel. He started from Doctor's Cove at 11:44.38 pm on June 20th. Unfortunately, the generator had gone out on the Bottom Scratcher on the way to Catalina. This left only a few battery-powered lights working on the boat. Luckily, there was almost a full moon which lit up the night.

The water temperature on the swim was 68* for almost all the readings except two when 67* and 69* were taken. The air temperature varied a bit more from a low of 64* to a high of 68.4* on the crossing. The wave height was active throughout the crossing, ranging from 1 to 2 feet to 3 feet never calming down on the crossing. The wind speed was 4 to 6 knots at the start of the swim and increased significantly from there to a high of 10 to 16 knots.

Michael wanted to hold 60 strokes per minute on the swim while breathing to the right side. He began with a 60-stroke count but dropped as low as 52 strokes per minute. His stroke was efficient with a good extension and rotation throughout the swim. Near the end of his swim he alternated some breast stroke with his freestyle.

Michael drank Gu, Gatorade and flat Coke on the swim. His breaks varied from thirty seconds to over three minutes due to other things going on on the boat. He fed every thirty minutes on the crossing.

At 11:08.09 on June 21st Michael emerged at Terranea Cove. His aggregate time was 11:23.31 and he became the 359th to successfully cross the Catalina Channel.

Nemanja Spasojevic, a 33-year old from Serbia but living in San Francisco decided to swim the Catalina Channel. On June 25th at 11:14.40 pm he launched his swim from Doctor's Cove toward the Mainland.

The water temperature varied from a high of 73* to a low of 70*, making for a warm swim. For the air temperature 69* was recorded three times while 66* was recorded twice. The wave height ranged from less than 1 foot to 0 to 1 feet to 1 to 2 feet to a high of 0 to 4 feet. This wasn't very significant. Finally, the wind speed moved from 0 knots to 8 knots to cap off at 8 to 10 knots.

Nemanja blew his plan of holding his stroke count of 50 right out of the water. He reached a high of 60 strokes per minute and his low was 54 strokes per minute. He averaged 56 strokes per minute on the swim.

During his crossing Nemanja fed fifteen times. He drank at the hour initially then every forty minutes. He consumed Gu, water and Carbo Pro. On one feed, he also had an Ibuprofen. He did have to change his goggles on another feed break. His breaks were short, all recorded were under 55 seconds.

At 7:40 am a crossing vessel displaced the water and Nemanja and a pace swimmer were able to surf the waves for a bit. At 9:15 am dolphins were spotted off the starboard bow a good sign for any crossing.

Then at 10:12.04 am Nemanja cleared the water at Terranea Cove on June 26th. His overall time was 10:57.24. Nemanja became the 360th person to successfully cross the Catalina Channel.

The fifth swim of the summer was by Karl Kingery II, a 27-year old from Denver, Colorado. He slid into the calm water at 11:01.23 pm on June 27th at Doctor's Cove.

The water temperature on the crossing fell from a warm 74* to 70* for most of the night. As Karl approached the shore the water fell to 69* and finally to 68* at the finish. The air temperature didn't vary as much from 68* at the start to a low of 67.5* and climbed to a high of 72* at the shore at Cardiac Hill.

The wave height was irrelevant during this crossing ranging from 0 foot to less than 1 foot at the highest. The wind speed didn't climb until the morning hours of the swim when it jumped from .5 to 2.9 knots to 3 to 6 knots still very low.

Karl planned to breath bilaterally on the swim and hold a stroke count of 68 strokes per minute. He did that and only fell below 68 on two occasions to 67 and 66 strokes per minute.

For his feeding Karl fed on the thirty-minute mark. He drank Carbo Pro, Gatorade and apple juice. He also had Ibuprofen on the crossing. Sometimes he fed from the kayak and other times from the boat. All his feedings were less than a minute.

This crossing was unique in that the generator went out on the Bottom Scratcher and an owl flew in and settled on the flag pole and stayed there for hours. In additions, dolphins were seen at least four times. Once the dolphins escorted Karl for ten minutes!

Karl was so warm he removed his swim cap. He had no signs of being cold. As he approached the finish he looked to the shore and was very cheerful. At 9:06.56 am he landed at Cardiac Hill. His accumulated time was 10:05.33 and he was the 361st swimmer to complete the Catalina Channel.

Peter Knapp, a 46-year old from Lakewood, California entered the water at Doctor's Cove on June 28th at 12:21.40 am. The water was calm and there was no wind.

For hours, the water temperature remained at 72* but then fell slightly to 70*. In the morning hours, it rose again and even reached 73* before settling at 72 * for the finish. The air temperature, on the other hand was all over the place. It fluctuated from a low of 66* to a high of 84* and fell to 72 * at the finish. The wave height went from 0 feet to 1 to 2 feet in the swim, making for calm conditions. The wind speed was relatively calm, 2 to 5 knots at its peak until 11:20 am when the wind picked up and reached a high of 7 to 9 knots.

For stroke count Peter, had planned to hold a 64-stroke count on the crossing. His first count was 55 strokes per minute. His highest count was only 56 strokes per minute and his lowest stroke count was 50 strokes per minute. His average was 52.5 strokes per minute.

On the crossing Peter wanted to feed every thirty minutes. He had planned to drink Cytomax, Gatorade, Perpetuem and EFS. He also drank a lot of water. He had Advil on the crossing and Trader Joe's chocolate expresso beans.

Peter threw up after his third feed. He continued to throw up for two of three feeds. He switched to drinking only water. With the extra stops, Peter became cold. The observers were concerned about his lack of urination. At 5:03 am he could urinate and drank half his normal feed. After a while Peter informed the boat he was starving and wanted his normal feed. He had 16 ounces of Gatorade and a powder pack which helped him urinate again and warm himself.

In the crossing dolphins came close to Peter while he was feeding. A second pod of dolphins were spotted after two sun fish were floating on the surface as Peter swam by. The scariest thing was a fin on the surface in front of the boat which luckily disappeared as the boat approached.

At 1:15.03 pm Peter landed at Terranea Beach. His family was there to meet him. His overall time was 12:53.23 and he became the 362nd person to swim the Catalina Channel.

The seventh swimmer of the summer was Thomas Pembroke from Sydney, Australia. He was 27-years old and decided to swim from Catalina to the Mainland. He undertook his swim on June 27th at 11:25.00 pm from Doctor's Cove. Prior to entering the water, he had a mixture of lanolin, Vaseline and a salt of vinegar to protect from jelly fish stings applied to his body.

It was a calm night but cloudy and no stars were visible. The water and air temperature were 70* at the start of the crossing. Through the swim the water temperature climbed slightly to 72* while the air temperature fluctuated from a low of 66* to a peak of 79* during the crossing. The wave height never exceeded 1 to 2 feet in the swim, making for a smooth crossing. Similarly, the wind speed was only climbed to 3 to 5 knots at 1:05 am then dropped to 0 knots and remained there for the rest of the crossing.

Numerous times it was stated that the water looked like a lake. Tom was relaxed and calm from the start and he couldn't believe the conditions. He was tired at one point but felt better soon after the next food break.

Tom had planned to bilaterally breath and hold a 60-stroke count in the swim. He started at 64 strokes per minute and held his count between 60 and 64 throughout the crossing, well above his goal. His stroke was strong and long with a big kick per the observers on the swim.

For feeding Tom had a wide variety of fluid and food. He ate parts of apple, banana, peach cup, chocolate, M &M's, Skittles, Twix, and Reese's. He drank water, Sprite, Gatorade and Listerine. Tom also took No-Doze's on two different occasions and pain killers. Initially, he fed at the hour mark then he switched to 45 minutes. He had some upset stomach problems and threw up a few times but drank water to relieve this issue.

There were lots of marine activity visible on this crossing. At the start, there were 10" inch fish near the boat. Early in the swim a bat ray swam past the boat. At 5:49 am a seal was sighted as Tom was swimming well. At 9:00 am first whale flukes were spotted then a pod of small gray dolphins was seen within a half hour. Finally, a large humpback whale was 500 yards from the Outrider as Tom was nearing the finish of the crossing.

Tom, accompanied by his family swam into Terranea Cove. He cleared the water at 11:27.40 am on June 28th and became the 363rd person to successfully swim the Catalina Channel. Tom's aggregate time was 12:02.40.

A 47-year old male, from El Segundo, California, Kevin Shinnick, commenced a Catalina to the Mainland swim on July 8th, 2016. He started at Doctor's Cove at 11:09.44 pm on a clear night with stars visible above the water.

The water temperature was 70* at the commencement of the crossing. It quickly rose to 72* and that was the peak of the water temperature in the swim. Similarly, the air temperature only varied from 64.4* to 68* on the swim. The wave height ranged from 0 feet to 2 to 4 feet on the swim. The wind speed, on the other hand, was very active on the swim, changing seven times from a low of 0 to 3 knots to a high of 7 to 11 knots. The latter was at the beginning of the crossing. After 4:07 am the wind speed calmed down and this led to glassier conditions.

Kevin was a right sided breather and he planned to have a stroke count between 60 and 70 strokes per minute on his swim. He far exceeded his goal by starting with a 75-stroke rate and he never dropped below 73 strokes per minute! Kevin stated he felt good on the crossing.

On his swim Kevin drank a Hammer mix with Perpetuem and Heed. He also had gels. His first feed was after 50 minutes then he drank after 30 minutes for the rest of the swim. His breaks ranged from 50 seconds to 2:00 minutes. His spirits were strong and at one break he even joked with the crew. At another feed, he was surrounded by dolphins. His father told him he was proud of him and he changed his cap on another feed.

On the crossing Kevin had the pleasure to swim with not only pace swimmers but whales and dolphins. At 9:48 am dolphins again approached Kevin while he was swimming.

Kevin landed at 10:33.30 am on July 9th at Pelican Cove. He became the 364th person to successfully tackle the Catalina Channel. His overall time was 11:36.46.

Patrick McKnight was a fifty-year old from Fairfax, Virginia who planned to swim the Catalina Channel. He undertook his crossing at 10:59.15 pm on July 11th from Doctor's Cove. The water was calm except for the flying fish and sea lions swimming around the boat.

The water temperature started and ended at 71* for the swim. In between it reached a low of 70* and a high of 73*. The air temperature varied eight degrees on the swim from a low of 65.3* to a peak of 73.5* at the finish of the crossing. The wave height went from 0 feet to only 1 to 2 feet while the wind speed rose from 0 knots to 6 knots. No two recordings of wind speed were the same in the crossing yet the wind speed never rose to a significant level.

Patrick was a bilateral breather and had wanted to maintain a stroke count between 68 and 80 strokes per minute. He began with a stroke count of 55 per minute and during the swim dropped to a low of 50 strokes per minute. His stroke was strong and his attitude was good in the swim.

On the swim Patrick fed every twenty minutes. Patrick's quickest feed was twenty-five seconds, ideal for a twenty-minute feed scenario. His breaks, however, were much longer and one even up to three minutes in length. Initially, he fed off the kayak but then he fed off the boat. He drank Carbo Pro and had Super Starch. He also had a package of four pills but these weren't identified.

The first pace swimmer entered the water within an hour of the start of the swim. Patrick had a few pacers in the water throughout the swim. During the night, he ran into the kayak and took a short break to recover from the hit. At 5:40 am the kayak was pulled from the swim as there were too many holes and it was filling with water. This didn't bother Patrick was feeling great. He did have problems swimming too far from the boat then had to swim back to the boat every twenty minutes.

At 10:03.35 am Patrick landed at the Pelican Cove. His aggregate time was 11:04.20 and he became the 365th person to swim the Catalina Channel.

Javier Merida Prieto, from San Pedro-Marbella, Spain, decided to tackle the Catalina Channel on July 13th. He entered the water at Doctor's Cove at 10.51.08 pm on a clear night.

The water temperature was 72* at the start of the swim. It decreased from there to 68* at the end of the swim. The air temperature range was ten degrees from a low of 63.3* to a peak of 71.5* at 9:45 am. The wave height started at 0 to 1 feet and rose to 2 to 3 feet by 12:53 am. From there it was 1 foot or less for the rest of the swim. On the other hand, the wind speed began at 3 knots and climbed to 7 knots in the first half hour. After 2:50 am the wind died down until just before the finish when it rose for the finish of the swim to four knots.

Javier planned to keep his stroke count between 66 to 70 strokes per minute while breathing on the right side. He did this almost perfectly. His stroke counts ranged from 65 to 72 strokes per minute. He averaged 68.8 strokes per minute on the crossing. Javier had a strong stroke throughout the swim.

Javier fed after the first hour then he switched to thirty minute feedings. He had 21 feedings during the swim. He drank carbohydrates and soup but what kind and how much he had at each break

wasn't recorded unfortunately. His breaks lasted from .20 to .90 seconds in length. Only once was it longer when he changed goggles. At 5:00 am Javier asked for a different flavor of his drink as he didn't like the previous flavor; he wasn't sick, just didn't like it.

On the crossing dolphins were seen off the stern and it was believed they were feeding. At 8:39 am a 4 to 5' foot sunfish was floating on the surface until the swimmer and kayaker were within 10' feet of the sunfish it dove under the water. Within the hour dolphins were seen off the bow and soon after a curious sea lion came in close to see what was going on.

At 10:32.09 Javier finished at Terranea Beach. His accumulated time was 11:41.01 and he became the 366th person to successfully swim the Catalina Channel.

The eleventh swimmer of the summer was Adherbal Treidler De Oliveira from Rio De Janeiro, Brazil. He was a 46-year old man who had swum the English Channel in 2015 and sought to conquer the Catalina Channel in 2016. Adherbal entered the water off Doctor's Cove at 10:37.45 pm on July 18th. There was a rolling swell, no breeze but a full moon lightening up the sky.

Conditions on the swim were almost ideal. The water temperature began at 72* and gradually dropped to 68* at the finish of the swim. The air temperature was a bit more spread out from a low of 67* to a peak at 73.7 *at the start of the swim. The wave height only rose from 0 feet to 1 to 2 feet on the whole crossing. Similarly, the wind speed spread from 0 knots to 4 knots on the swim.

Adherbal had planned to keep his stroke count at 67 strokes per minute while he bilaterally breathed. He started with a low count of 59 strokes per minute but quickly improved to the mid 60's. His high count was 66 strokes per minute and his average was 64 strokes per minute. Throughout the swim he maintained a strong stroke.

In addition, he was in good spirits during the swim. He felt great throughout the swim. His coach asked him at 6:13 am to pick up his pace so he would have a good finish.

Adherbal had 17 feeding breaks. The shortest was .05 seconds and the longest was .20 seconds in length, very impressive. He drank Malto Dextrine mixed with water, approximately 350 ml of fluid on each break. He fed every thirty minutes on the swim. He also had Advil twice on the crossing.

At 7:48.14 am he landed at Abalone Cove. His overall time was 9:10.29, the fastest swim of the summer thus far. Adherbal became the 367th person to successfully conquer the Catalina Channel.

The youngest female of the summer thus far, 19-year old Abigail Bergman from Culver City, California, decided to swim Catalina on July 24th. She started from Doctor's Cove on a warm night when the water was flat as could be for the swim.

The water temperature was 71* at the beginning of the swim. From there it climbed to 74* at 7:37 am and fell slightly to 73* for the finish of the swim. On the other hand, the air temperature jumped all over the place. It began at 73* quickly dropped to 69* then gradually climbed to 78* at the finish of the crossing. The wave height didn't move from 0 feet until 5:00 am when it moved slightly to .5

feet. At its peak it reached only 1.5 feet. The wind speed was much more active on the swim, climbing from 0 knots to a peak of 6 to 7 knots in the swim. It did settle down for the finish, however.

Abby had planned to breath bilaterally and hold a 58-stroke count on her swim. She started with a 59 stroke per minute and varied from 58 to 60. She averaged 58.5 surpassing her goal.

She fed every thirty minutes on the swim. She drank 10 ounces of Carbo Pro for three feeds then had a pouch of apple sauce on her fourth feed. She didn't alter from this plan on the swim. Abby's feeds lasted from .20 seconds to .90 seconds. At one point, she changed her goggles to dark from clear but later she changed them back to clear.

Abby was in good spirits on the crossing. Many times, she said she felt good. She refused her first pace swimmer and delayed her for an hour. At one point, she chatted with the pace swimmer as she was having a good time.

At 10:49.05 am Abby landed at Terranea Beach at the left side of the cove. Her overall time was 11:11.24 and Abby became the 368th person to successfully swim the Catalina Channel.

The next swimmer of the summer was Tim Kosiba from Mansfield, Ohio. The 35-year old was determined to swim Catalina and he began on July 27th from Doctor's Cove at 11:22.56 pm. The water was calm and warm for the start.

The water temperature was 73* initially and only fell two degrees to 71* on the swim. The air temperature, however, moved around a lot more from a low of 68* to a high of 73*, a difference of six degrees. The wave height was mild during the swim, ranging from 0 foot to 2 to 3 feet. The wind speed was limited during the swim, making for a nice crossing. The low was 1 to 1.5 knots and the peak was 1 to 5.5 knots.

At the beginning of the swim Tim had a leg cramp in his left calf. He had to be moved to the bow of the boat as the fumes were making him sick and he began to throw up. He was moved to the port side of the boat so the fumes wouldn't bother him as much. Dan, his coach swam with him for an hour. He still threw up five more times. Tim was frustrated as he was only drinking water and this didn't help his leg cramp or his endurance just his stomach but after three hours of throwing up he needed real fluids.

Tim returned to drinking Gatorade. His leg cramp returned as he only had one feeding with regular fluids. For the next three hours, he stopped for up to fifteen minutes. As he was swimming breast stroke and freestyle it was hard to take a stroke count. He did eat some cake and a granola bar. He also drank some coke and mouthwash. By 7:00 am he was told he was off course because he had stopped so much. For the next four hours, he swam more consistently. He had a pace swimmer and the crew kept encouraging him.

Finally, at 1:33.57 pm Tim finished at Terranea. His total time was 14:11.01 and he became the 369th person to swim the Catalina Channel.

Rachael Elkaim and Michael Hanisch from Edgecliff, Australia decided to swim the Catalina Channel together. She was 28-years old and he was 30-years old. Both had swum the English Channel. They were accompanied on the crossing by the Bottom Scratcher with Greg Elliott as the pilot. The swimmers entered the water at Doctor's Cove at 11:42.25 pm on August 2nd. Accompanying them in the water were two seals snapping for fish in the cove.

The conditions on this swim were wonderful. The wave height began at 0 to 1 feet and rose to 2 to 4 feet. The wind speed only climbed to a bit greater than 1 knot in the swim. The water temperature was 74* at the commencement of the swim, rose to 76* then fell to 72* and ultimately to 70* for the finish. Meanwhile the spread of the air temperature was more significant. 79.3* was the high and it dropped all the way to 71* on the crossing.

Rachael planned to hold her stroke count to 65 strokes per minute while breathing to the right side. She swam to the left of Michael so she could see him and the kayak. Her initial stroke count was 57 and her range was from a low of 55 strokes per minute to 59 strokes per minute.

Michael had planned to hold 55 strokes per minute and to breath on his left side. He swam on the right side of Rachael so he could see her and the boat. Michael's first stroke count was 50. His stroke count varied between 47 and 50 during the swim.

The swimmers both fed from the kayak and their feed time was 45 minutes but beyond that everything else was different. Rachael drank Malto Dextrine with warm water while Michael drank corn starch and Ovaltine. Both had backup plans but neither seemed to use them. Their feeds took anywhere from .50 seconds to 2:13 except when the kayaker capsized and then had to go the boat to readjust everything which took six minutes.

There were quite a few incidents with marine lives on the crossing besides the seals at the start. Early in the morning there were dolphins and soon after there were sunfish. At 7:00 am there was a beautiful sunrise and the thick clouds were beginning to burn off. Later, two pods of four dolphins approached the swimmers wanting to know what was going on it seemed.

By the early morning both Rachael and Michael had large chaffing from Rachael's suit and from Michael's chin rubbing skin. The high salt content of the water causes these marks and the only thing which prevents them is Vaseline.

Two swimmers on the beach saw the Australians approaching the finish and swam out to meet them. They didn't interfere however. At 9:55.12 am on August 3rd Rachael and Michael landed at Pelican Cove. Their total time was 10:12.47. Rachael became the 370th and Michael became the 371st to successfully conquer the Catalina Channel.

The sixteenth swimmer of the year was Dean Summers a 57-year old from Sydney, Australia. Dean planned to swim from Doctor's Cove to the Mainland and his attempt began on August 4th at 10:32.00 pm. A seal joined him at the start. There was no wind and the water was calm at the start of the crossing.

The water temperature was rather warm for this crossing. It was either 75* or 76* the whole way across the Channel which was unusual. The air temperature was colder than the water

temperature, ranging from a high of 73.5* to a low of 69.5* on the swim. The wave height reached 2 to 3 feet on the crossing at 11:15 pm and again at 5:40 am for an hour or so before decreasing for the finish. There wasn't any wind until the early morning when it increased to 9.5 knots. This wind became severe and almost pushed Dean into the boat. It did calm down for the finish.

Dean had intended to bilaterally breath and maintain 64 strokes per minute on his crossing. He began with a 67-stroke rate. During the crossing, he varied his rate between 63 and 67 strokes per minute. He averaged 65 strokes per minute, better than his goal rate.

Throughout the swim he consistently held his stroke strong and long. He gave a thumb up early in the swim as all was well. He was in good spirits. He did ask for pain pills, Nurofen, at 5:45 am. He did stop to listen to Greg on the bag pipes and then clapped when he was done.

Dean fed every forty-five minutes on the swim. He drank Malto Dextrine and had Perpetuem as backup. He drank 14 times on the crossing. Dean's feeding took from less than a minute to a minute forty. He did eat a vegemite sandwich. This break had to take a while but the time wasn't recorded.

A container ship passed behind Dean at 5:15 am while Dean was feeding. Seventeen minutes later the sun came up and the wind began to pick up. Dean swam some backstroke to orient himself. At 7:30 am a porpoise and her baby swam in front of the boat at about 200 meters.

At 9:59 am on August 5th Dean walked ashore at Pelican Cove. His aggregate time 11:29.38 and he became the 372nd person to successfully cross the Catalina Channel.

Kerry Yonushonis, a 41-year old from Katy, Texas planned to swim the Catalina Channel from the Island to the Mainland. She greased up with lanolin and Vaseline. At 10:50.50 pm on August 6th Kerry entered the water at Doctor's Cove where the water was flat and the wind was calm.

The conditions on this swim were excellent. The water temperature was 72* for almost the whole crossing but the last reading eighteen minutes before the finish, the water temperature dropped to 68*. Similarly, the air temperature held 68* for most of the swim but threw in 67* and 69* a few times. The wave height was zero for most of the swim but rose to 1 foot for a while. The wind speed was almost non-existent reaching a high of 2.2 knots during the crossing.

Kerry started with a stroke count of 66 strokes per minute. She had planned to maintain a 60-stroke rate while she bilaterally breathed. Her stroke rate ranged from 61 to 66 strokes per minute and she averaged 63 strokes per minute. This was well above her goal!

For feeding Kerry drank Maxim with 10 ounces of warm water on the half hour and on the hour, she drank Gu Roctaine with 10 ounces of warm water. Kerry used mouth wash to rinse her mouth of the salt. She took 4 Advil, 2 Aleve, 1 Ibuprofen and 3 Zofran's for nausea. She ate oatmeal four times. She drank every thirty minutes and had 24 feedings on the crossing. Kerry had her first feed from the boat but that didn't work so she had the rest of her feeds from the kayak. Her feedings lasted from one minute to ten minutes.

Kerry had changed to two kayaks which helped with not only the feedings but also the navigating. Kerry seemed strong throughout the swim. She had different pace swimmers. Her crew cheered for her and near the finish both the kayaks and the pace swimmers followed her to shore.

At 10:18.10 am On August 7th Kerry finished at Terranea Beach. Her accumulated time was 11:27.00 and she became the 373rd person to successfully tackle the Catalina Channel.

The eighteenth swimmer of the summer was Prabhat Raju Koli from Mumbai, India. He was 16-years old. Prabhat greased up with Vaseline before the swim. He entered the calm water at 11:07.34 pm on August 7th at Doctor's Cove.

The conditions of the swim were ideal. The water temperature was between 72* and 73* throughout the swim. The air temperature varied five degrees from 67* to 72.1* during the crossing. The wave height ranged between 0 foot and 2 feet and the wind speed only hit a high of 1 to 3 knots.

Prabhat had planned to breath to the right side and hold his stroke count between 50 and 60 strokes per minute. He began with a 58-stroke count. His stroke count ranged from 56 to 60 strokes per minutes. He averaged 58 strokes per minute.

For his nourishment Prabhat drank carbohydrates with warm water every hour. He also ate bananas and fruit squash on some of the feeding breaks. He had nine feedings on the crossing.

The shipping lane was very busy during the night and a cargo ship passed a mile ahead of Prabhat. In addition, a whale was spotted during the swim. Beyond that the crossing went well and efficiently.

At 9:37.40 am Prabhat cleared the water at Terranea Beach. His coach jumped in and swam ashore to greet him. His aggregate time was 10:30.06 and Prabhat became the 374th person to successfully cross the Catalina Channel.

Mark Miller, a 48-year old from La Crescenta, California, entered the water at Doctor's Cove on August 8th at 10:46.48 pm. The water was flat and warm, 73* in fact. There wasn't any wind or waves at the start.

During the swim the water temperature only varied from 73* to 71* before returning to 73*. The air temperature fluctuated a lot on the swim from a low of 67* to a high of 75* at the finish of the crossing. The wave height rose from zero feet to 2 to 3 feet on the swim whereas the wind speed climbed from 0 knots to 2 to 4 knots on the swim. These conditions were ideal for a crossing.

Mark wanted to maintain a 50-stroke count and bilaterally breath on the swim. He not only did that but he averaged a 51-stroke count and varied his count from 50 to 52 strokes per minute. His stroke was strong and consistent throughout.

On the swim Mark drank Malto dextrose, apple juice, tea and Gu Roctane. He also ate peaches. His feedings were every thirty minutes. More impressive his breaks were very quick from nine to twenty

seconds. At the 4:05 am break he threw up and felt very seasick. He didn't have any more problems after this episode.

In the early morning Mark switched to tinted goggles. Soon after the wind picked up a bit. As a current was opposing Mark the captain changed the finish to Terranea Cove. Almost immediately a pod of dolphins came up from the stern.

Mark scrambled up the rocks at Terranea and cleared the water at 11:14.07 am. His accumulated time was 12:27.19 and Mark became the 375th person to conquer the Catalina Channel.

The twentieth swimmer of the summer was Natalie Radtke. She was a 31-year old from Hermosa Beach, California. Natalie entered the calm water at Doctor's Cove at 11:16 pm on August 9th, 2016. She was very excited and "ready to go".

Two minutes into the swim Natalie was stung by a jelly fish. She started the swim with a pace swimmer but this caused problems and the pace swimmer was removed after ten minutes. The beginning of this swim was a bit hectic but it calmed down quickly.

The conditions were excellent for this crossing. 71.2* was the water temperature at the commencement of the swim. It was also the coldest reading of the water temperature during the swim. From there it climbed slightly to a peak of 72.9*. The air temperature bounced around a lot more on the swim from a low of 66* to a high of 72* near the finish. The wave height ranged from 0 to 3 to 4 feet and the wind speed also ranged from 0 to 3 to 4 knots.

Natalie had planned to hold a stroke rate of 58 on the crossing while breathing bilaterally. Her lowest stroke count was 61 and her highest was 71 strokes per minute. She averaged 64.5 strokes per minute, very impressive and well above her goal.

For feeding on the crossing Natalie had numerous options. She drank Carbo Pro, Nuun, Perpetuem, electrolytes, 5 Hour energy drink, mouthwash and Gu. She also took Advil twice. She drank every thirty minutes on the crossing and had 22 feedings.

During the crossing Natalie was well hydrated and could clear this from her system easily. At 3:00 am Natalie stated in the dark, "My splashes scare me." The darkness can get to everyone. Soon after she was stung by another jelly fish. Within the hour the exhaust was bothering Natalie but the wind was blowing the boat off course. This was a tough hour; however, Natalie was strong through it.

At 6:16 am the sun came up. Natalie asked for the distance and she was in great spirits. She had 7 nautical miles to go. In an hour, she looked up and thought the land looked so close and was told to stop looking just swim. At 8:15 am dolphins surrounded her and she saw them leaping. She was very excited, especially when she heard she only had 2.4 miles to go.

Natalie took her last feed with .42 nm to go. She could see friends on the beach and her friends on the boat jumped in to swim the rest of the crossing behind her. At 9:32.00 am Natalie landed at Terranea Beach. Her overall time was 10:15.20 and Natalie became the 376th person to successfully swim the Catalina Channel.

Melissa Barkay a 25-year old from Oakland, California wanted to swim the Catalina Channel butterfly. It had been done by a Canadian but never by an American. At 11:08.53 pm on August 11th Melissa began her quest. The water was very calm with a slight breeze which blew the fumes into Melissa. Immediately she was moved to the other side of the Pacific Star. There were many flying fish in the vicinity at the start.

The conditions for the crossing were reasonable. The water temperature was either 72* or 70*. The air temperature ranged from 68.5* to a high of 76.2* on the swim. The wave height was a little greater than 1 foot or less on the whole crossing. Finally, the wind speed fluctuated from 1 knot to 7.9 knots in the crossing.

As butterfly is a two arm stroke the stroke rates are much lower than in freestyle. Melissa began with a 14-stroke count but gradually increased this during the crossing to 16, 17, 18 and peaked at 19 strokes per minute. She maintained her stroke and didn't use any other strokes during the swim.

On the crossing Melissa drank every thirty minutes and she had 26 total feeds on the crossing. She drank water, Almond Milk, Gu, Pedialyte and a mouthwash rinse. She had a banana, applesauce and chinsed. She also had three Advil's. Her stomach did get upset and she did throw up at 5:00 am. She limited how much she drank as she didn't want to throw up again.

Throughout the swim Melissa seemed upbeat. She had pace swimmers and this seemed to encourage her even more. At 11:00 am a sea lion was sun bathing on the surface as Melissa was approaching the finish. Then at 11:50.04 pm on August 11th Melissa climbed up the beach at Terranea. Her aggregate time was 12:41.11 and Melissa became the 377th person the successfully swim the Catalina Channel.

Joseph and John Zemaitis of Scottsdale Arizona decided to swim the Catalina Channel together on August 15th. Joseph was 36 and John was 33-years old. They were swimming from the Mainland to Catalina and they entered the water at Terranea Beach at 10:02.04 pm. The conditions in the Cove were reported as bumpy as there were 5.8 knot winds.

The water temperature was 64* at the start of the swim. Gradually the temperature increased until it reached a peak of 73*. The air temperature climbed from a low of 62* to a high of 72*, a ten-degree difference in the temperature. The wave height began at 1 to 2 feet and rose to a high of 4 to 5 feet. The wind speed was very active in the swim ranging from a low of 2.4 knots to a high of 10 to 12 knots on the crossing.

Just under two hours into the swim John was very seasick and decided to withdraw from the swim. Joe went on without him at 11:55 pm.

Joe had planned to maintain his stroke count between 56 to 60 strokes per minute while breathing bilaterally. His stroke counts ranged from a low of 50 to a high of 62. He averaged 55 strokes per minute. During the swim his stroke looked strong but he didn't kick according to the log.

For feeding Joe had planned to feed every forty-five minutes and twenty minutes if needed. Joe waited an hour for his first feed and then fed every 45 minutes for the rest of the crossing. He drank Carbo Pro, Gu and water. He also ate a Snickers bar. He had 16 feedings on his crossing.

During the crossing dolphins swam close to the brothers early in the swim. Two container ships with lots of lights passed by Joe soon after John had left the water. Another ship called the captain to decide whether to pass in front or behind the swimmer. The fourth ship passed by the stern at 2:45 am. The sun rose early in the morning which makes everyone feel better.

Joe landed at Doctor's Cove at 10:50 am on August 16th, 2016. His accumulated time was 12:57.26 and Joe became the 378th person to successfully swim the Catalina Channel.

The twenty-third swimmer of the summer, Thomas Casavant, was a 56-year old from Iowa City Iowa. He entered the water on a clear night at Doctor's Cove at 12:02.20 am on August 18th. There was a bit unusual situation which occurred at the start he had a pace swimmer begin with him and swam for the first hour.

The conditions on this crossing were good. The water temperature began at 68* rose slightly to 69* then fell all the way to 63* as he approached the upwelling waters near the finish. Similarly, the air temperature fluctuated from a high of 74* to a low of 67* on the swim. The wave height was minimal on the swim from 0 foot to 2 to 3 feet. The wind speed rose from 0 knots to 6 knots.

Thomas was a bilateral breather and had planned to maintain 60 strokes per minute on the swim. His first count was 59 strokes per minute and this was his highest count in the swim. He ranged from 54 to 59 strokes per minute and averaged 55.5 strokes per minute on the crossing. Initially, his stroke was strong but later in the swim he began to limp slightly. His right arm produced a longer pull than his left arm. This seemed to lessen as he approached the finish.

For feedings Thomas went an hour then fed every thirty minutes until he approached the finish when he dropped to twenty minutes. He drank Gatorade, sports drink, water and energy drink. He ate a few bananas and took numerous Ibuprofens for shoulder pain on the crossing. He had 23 feedings which lasted from a minute to 3 minutes in length. When the latter happened, the Captain complained as he drifted of course. At one point, he even swam in circles.

At 2:19 am Thomas's lights failed and after two attempts new glow sticks were attached to his goggles. Thomas had some nausea due to the wind waves but this disappeared after a while. At 6:31 am the sun glowed orange and the water was flat as could be. Greg Elliot, the captain of the Bottom Scratcher, stated, "We only do this (beautiful weather) for out of state customer." This was the last of the captain's fun on the boat as his fuel tank began leaking gas from the starboard tank.

A fishing boat passed by the swimmer and created ripples at 8:00 am. Thomas wanted to know how much further he had to swim and wasn't pleased with the answer of 6 nautical miles. At 10:00 am he skipped his feeding. He was getting frustrated and finally by 10:25 am he demanded to know how much farther he had to swim. He had 3.8 nautical miles to go. This didn't seem to bother him. Within a half hour dolphins were spotted off the stern of the boat a good sign for any crossing.

An Iowa flag was hoisted on the boat and the finish was in sight. The pace swimmer said Thomas had a positive attitude and looked forward to the finish but had severe shoulder cramps. The boat and swimmer were approaching Pelican Cove. The support swimmers jumped in the water to follow Thomas

to the shore. At 1:01.30 pm on August 19th Thomas climbed ashore. His aggregate time was 12:59.19 and Thomas became the 379th person to successfully cross the Catalina Channel.

Andrew Vatovec of Zetland, Australia, decided to tackle the Catalina Channel on August 21st. Prior to entering the water he had sun block, lanolin and Vaseline applied to his body. Andrew also stated he felt queasy from the ride over from the Mainland. He commenced his swim at 11:34.42 pm from Doctor's Cove on the Island.

When Andrew began his swim he accidentally swam to the left and swam directly into the back of the Outsider, his support boat. He had all the exhaust in his face.

The conditions on this crossing were good despite some mild waves in the crossing. The water temperature ranged from 65* to 68* but the first reading didn't occur until 2:30 am. The air temperature bounced all over the place from a low of 68* to a peak of 85* within 2 ½ hours of the finish. The wave heights ascended from 0 feet to 3 feet while the wind speed rose from 0 to 3 knots to a high of 5 knots on the crossing.

Andrew had one of the largest stroke count spreads on a crossing from a low of 40 strokes per minute to a high of 60 strokes per minute. He wasn't kicking during the swim. This was due to a combination of throwing up, smelling fumes from the boat most of the night, swallowing salt water, getting cold and his going into hypothermia during the crossing. A lifeguard's boat was alerted in case he had to be pulled and rushed to a hospital. He fought his way through all this, had more warm feeds and finished the swim.

For his feeds Andrew drank Gatorade, Endura, Gu and Caffeine, water and Ovaltine on a two-hour rotation. He also had warm potato and leek soup, Coke and jelly beans. He planned to drink every thirty minutes but his crew had him wait an hour before starting his feedings. A dietician told him to gain over ten pounds for the swim which he gladly did. His breaks were from 45 seconds to three minutes. He had 22 feeds.

At an hour into the swim Andrew was spooked by the water, everything. He had to have his light on his goggles changed and it took too long. He was agitated. Later he was swimming breast stroke three times in ten minutes but he wasn't talking. Finally, the coach asked him and he said it was swallowing salt water and fumes from the boat. He changed his feed but threw up again and was upset again. Gradually he felt better especially when he was told at his 12th feed that he was half way. He didn't believe his coach at first, "You're not just saying that." He had 9 nm to go.

Dolphins were seen early in the swim off the bow of the boat. A cargo ship then a fishing boat passed by the swimmer in the morning. The sun rose like an orange orb in the east at 6:30 am. Besides these there wasn't much outside activity in the crossing.

As Andrew tried to stand up at Terranea Beach he slipped in the wave surge but could clear the water's edge on the second attempt at 1:33.41 pm on August 22nd. His accumulated time was 13:58.59 and Andrew became the 380th person to successfully cross the Catalina Channel.

Nora Toledano Cadena of Mexico City, a 46-year old and Elizabeth Fry Anne Fry of Westport, Connecticut a 57-year old decided to swim the Catalina Channel in unison. They chose to tackle the Mainland to Catalina route which had not been done by a woman this summer. After a false start, they successfully entered the water off Terranea Beach at 9:37.35 pm on August 22nd.

The conditions on this crossing were remarkable. The water temperature rose from 65* to 72* while the air temperature ranged from a low of 66* to a high of 77.6* at the finish. The wave height was insignificant from 0 feet to only 1 to 1 to 2 feet. Similarly, the wind speed was minimal just 0 knots to 2.3 knots.

Nora was a left sided breather and had planned to hold a 72 to 74 stroke per minute count. Nora's stroke count ranged from a low of 63 to a high of 72 strokes per minute.

Elizabeth was a bilateral breather and wanted to maintain a 60-stroke rate on the crossing. Liz's stroke count went from a low of 57 to a peak of 70 strokes per minute. Liz exceeding her goal stroke rate.

Nora planned to feed at thirty minutes while Liz wanted to feed at an hour. Luckily, both swimmers compromised and fed every 45 minutes after the first hour on the crossing. Nora drank warm Accelerade or Maxim on the swim; it wasn't identified. Liz drank Carbo Pro and Coke. She ate cookies and had an Aleve. They had twenty feeds on the crossing lasting from one minute to five minutes when waiting on a kayaker switch.

It had been a clear night with a half moon. The Outrider used a shark shield on the swim at the behest of the swimmers. At 5:58 am dolphins were spotted, a positive sign for the crossing. Soon after this occurrence the sun began to rise.

Both swimmers were doing well and staying positive in the morning hours as they approached the Island. At 10:15.02 am Nora and Elizabeth walked ashore at Doctor's Cove. Both the Mexican and the USA flag were proudly displayed on the beach. Their aggregate time was 12:37.27. Nora became the 381st and Elizabeth became the 382nd to successfully cross the Catalina Channel. In addition, they completed the requirements for the triple crown.

The next swimmer to attempt the Catalina Channel was Tania Hill from Wanberd, Australia. She descended into the water at Doctor's Cove at 10:20 pm on August 22nd. She was ready but nervous. The sky was clear but filled with stars and half a moon.

The conditions on the crossing were fair. The water temperature fell to 65* from 68* at the start before climbing to 72*. The air temperature started at 69*. The low air temperature was 64* and at its peak was 72*, like the water temperature. The wave height started at 1 to 2 feet and rose to 3 to 4 feet. The wind speed, however, was more severe ranging from 1 to 2 knots to 12 knots.

Tania was a bilateral breather and wanted to maintain a stroke count of 60 on the crossing. Her stroke count began at 55 strokes per minute. Her peak was 59 and 51 was her lowest stroke count, way below her goal. She did average 55.6 on the crossing. She held her stroke well even though her left shoulder was sore.

On the crossing Tania drank a variety of fluids from Ovaltine, water, chocolate drink with honey, Endura, Gatorade and apple juice. She ate 4 to 8 ounces of oatmeal on different times in the swim. For her pain, she took two dosages of Padidol over the latter half of the swim. Her breaks very every hour for a while then she dropped to the half hour. She had 17 feeds on the swim but the length of the breaks wasn't recorded. She did give thumbs up on quite a few breaks to signal she was happy and doing well.

There was a strong current against for a fair portion of the swim. At first she was discouraged then she tried to pick up her stroke rate to overcome the current. Gradually the current subsided.

At 8:22 am she swam right over a school of anchovies and a bait ball. She was happy and was the crew there weren't any big fish around. Six dolphins appeared right after a pace swimmer hopped in the water, checked out what was happening then swam on. At 11:29 am a large pod of dolphins was seen approaching the boat. They were leaping and turning. One of the dolphins swam right in front of Tania.

At 12:19.56 pm on August 23rd, Tania walked ashore at Pelican Beach. Her overall time was 13:59.25 and Tania became the 383rd person to successfully cross the Catalina Channel.

The twenty-eighth swimmer of the summer was Lucy Faust, a 19-year old from Piedmont, California. Lucy gingerly entered the water at Doctor's Cove at 10:51 pm on August 23rd. Two light colored seals were sprinting and feeding around the Outrider at the start also.

The conditions on this swim were excellent. The water temperature was 71* at the start and 70* at the finish. In between it jumped from 67* to 72*. The air temperature fluctuated immensely from a low of 55* to a high of 71*. The wave height was always active but not very high just from 1 to 2 feet to 2 to 4 feet. The wind speed was a bit more active from a low of 0 knots to a peak of 7 to 8 knots on the crossing.

Lucy had planned to hold her stroke count from 68 to 74 strokes per minute while breathing bilaterally on the crossing. Her first stroke count was 60 and immediately, after that she fell to the 50's and later to the 40's. Her peak was 60 and her low stroke rate was 43. She hit seven different counts in between these numbers. Lucy tried to maintain a good stroke throughout the swim but her right shoulder was killing her. She began swimming some backstroke and stretches to ease the pain. She knew this was going to be a problem as she planned to take Ibuprofen before the swim and then every four hours during the swim.

For feeding Lucy had decided to feed every hour. The initial feed consisted of 2 scoops of Maxim in 16 ounces of water and 1 tablespoon of chia. On the second feeding she had a Huma packet with 16 ounces of water. In the third feeding she had a smoothie with coconut water, chia, flax, avocado and other unnamed ingredients. She also had Advil and Ibuprofen on the crossing. She had nine feedings on the crossing.

As the nautical mileage was recorded at each feeding stop, this information provided how far Lucy swam between each feed. Her highest leg was the first with a 2.4 nm but she put in a 2.3 nm in the

fourth hour. Her weakest leg was her 8th hour when she only covered 1.5 nm. She was in extreme shoulder pain at this time, however.

At 8:34.40 am Lucy walked up the beach at Terranea Cove on August 24th. Her accumulated time was 9:43.40 and Lucy became the 384th person to successfully cross the Catalina Channel. This is the fastest swim for a female up to this point of the season.

The next swimmer of the summer was Bob Fernald, a 49-year old from North Hampton, New Hampshire. He commenced his swim at 11:55.02 pm on August 24th from Doctor's Cove. It was a partially cloudy night with some stars and a bit of wind.

The conditions for this swim were excellent. The water temperature was either 71* or 72* throughout the swim. Likewise, the air temperature was either 65.2* or 65.8*. The wave height was between 1 to 2 feet to 3 to 4 feet whereas the wind speed ranged from 1 to 2 knots to 5 to 9 knots.

Bob was a right sided breather and wanted to hold a 55-stroke count on the swim. He started with a 52-stroke count and raised it from there to a peak of 55. His average stroke count was 52 strokes per minute for the crossing. Bob's stroke was strong and consistent throughout the swim. He did have some shoulder stiffness at 2:55 am but that seemed to go away.

On the swim Bob planned to feed every thirty minutes after the first hour. He planned to drink Infiniti on the hour and Gatorade at the thirty minutes. His breaks took .40 seconds to a minute and a half except his last one which only took .15 seconds. During the swim, he had seventeen feeds.

At 3:25 am a container ship passed to the stern of the boat as the Bottom Scratcher and Bob were in the Southbound lane. The traffic control directed the ship out of the lane to avoid the boat and swimmer. There wasn't any marine life seen on this crossing.

Bob landed at Pelican Cove at 8:07.10 am on August 25th. His overall time was 9:12.08 and Bob was the 385th person to successfully cross the Catalina Channel. His time was the second fastest of the season thus far.

The thirtieth swimmer of the summer was Eugene Hanrahan from Santa Monica, California. He was a 46-year old who decided to swim the Catalina Channel from Catalina to the Mainland on August 25th. He launched into the calm quiet overcast night at 10:51.35 pm at Doctor's Cove.

The conditions for this swim were good. The water temperature was either 71* or 72* and the air temperature was between 62* and 66*. The wave height was minimal from 0 feet to 1 to 2 feet only. The wind speed, however, was very active and went from 0 knots to a peak of 7 to 9 knots.

Eugene was a bilateral breather and had hoped to hold 60 strokes per minute on his crossing. His first stroke count was 54 and his count plummeted from there. He ranged from a low of 44 strokes to a high of only 54 strokes per minute.

For feedings Eugene had Perpetuem at the half hour. He did eat some chocolate and had his feed warmed starting at 1:51 am. He fed every thirty minutes. His feeds were fast, usually .10 to 15

seconds. On one kayaker change he had to wait five minutes and he was very displeased. Eugene had 18 feeds.

As the nautical miles were taken every thirty minutes how much he swam in this time was calculated. His longest distance was 2.00 nm and his weakest leg he only covered .8 nm.

Eugene finished at Terranea Cove at 8:28.21 am on August 26th. His aggregate time was 9:36.46 and Eugene became the 386th person to successfully cross the Catalina Channel.

From New York City, New York, Abigail Fairman, a 39-year old came to swim the Catalina Channel on August 26th. She entered the water at Doctor's Cove on a calm cloudy night at 11:01 pm. She wasn't alone as a few seals were chasing the flying fish in the area. In addition, there was a problem with her goggles and she had to change them immediately.

The conditions on this crossing were ideal. The water temperature was between 69* and 72*. The air temperature was unbelievable ranging from 65* to 80.6*, an extreme difference. The wave height was insignificant from 0 feet to 1 to 2 feet only. Similarly, the wind speed went from 0 knots to 3 to 4 knots.

Abigail's stroke count began at 57 on the crossing. She had planned to maintain a 60 to 62 stroke count on the swim. She was a bilateral breather but when she tired she switched to a right sided breather. On the swim her stroke counts fluctuated from 52 to 60 strokes per minute.

For feeding Abigail fed every thirty minutes until 4:20 am when she switched to twenty minute feeds. She had an upset stomach and felt the extra feeds would help her. On her feeds, she drank Carbo Pro and on the second feed she added a half of banana. Once she threw up she switched to water and then to Chicken broth, Gatorade and Carbo Pro. She also took Naproxen, Excedrin and Ibuprofen. Abigail also had some caffeine and hot chocolate on a break. Her breaks lasted from .35 seconds to 3 ½ minutes. She had 26 feeds on the swim.

This was an outstanding crossing for marine life from the early seals to numerous dolphin sightings. At midnight dolphins were by the boat. Within a half hour more dolphins were around. A sea lion approached Abigail in the morning but stayed clear luckily. Finally, around 10:00 am dolphins were jumping around the boat. Besides marine life a large container ship passed in front of the boat in the early hours of the night.

At 11:09.58 am Abigail landed at Pelican Cove. Her overall time was 12:08.58 and Abigail became the 387th person to successfully cross the Catalina Channel.

The thirty-second swimmer of the summer was Kevin Cassidy of Preston, Australia. The 55-year old had decided to swim from the Island to the Mainland on August 28th. He entered the water at Doctor's Cove at 11:03.30 pm. The wind was blowing 8 to 10 knots but the waves were only 1 to 2 feet high.

The conditions on this swim were good. The water temperature was from 71* to 73* while the air temperature was all over the place. The low was 55* and the high was 74* making a spread of 19

degrees for air temperature. The wave height was minimal from 0 feet to 2 to 4 feet. The wind speed on the other hand, was more active rising from 0 to 2 knots all the way to 8 to 10 knots on the crossing.

Kevin had planned to breath bilaterally on the swim and maintain a 60-stroke count. He began with a 74-stroke rate. His coach said he would settle down in a while. His stroke was strong and he was pulling lots of water per the observer. As the swim progressed his stroke count began to decrease. It ranged from 74 to a low of 60. Kevin was well above his goal of stroke counts on the swim.

There were 27 feeding breaks on the swim. He fed every thirty minutes with one 15-minute break. He planned to drink Gatorade with water for a few feeds then add a piece of banana or later have gel, chocolate, Power bar or Nurofen. Unfortunately, Kevin threw up on the boat on the way over. He was throwing up constantly so he went to water feeds to try to stop the throwing up. It didn't help. He kept trying diluted Gatorade and water. He fought through the best he could.

Many boats were passing Kevin and the Bottom Scratcher that night. An oil rig and a few container ships were in the shipping lane as Kevin entered the shipping lane. Later a 50-foot yacht came within 200 yards of Nick as he was an hour and a half from the finish. In addition, vessel assist was towing a boat to shore.

A few birds were spotted walking on the kelp which Kevin had to swim through as he approached the finish. He was landing in between Pelican Cove and Terranea at a small bay. Kevin climbed over some rocks at 1:03.15 pm on August 29th. His accumulated time was 13:59.45 and Kevin was the 388th person to successfully cross the Catalina Channel.

The next swimmer of the summer was Simon Olliver of Christ Church, New Zealand. He was a 51-year old who had swum the English Channel the year before his Catalina attempt. On August 29th, he entered the water at Doctor's Cove at 11:09.51 pm. He was supported by the Bottom Scratcher.

The conditions on this swim were good. The water temperature was only 71* to 71* in the crossing. Similarly, the air temperature fluctuated between 78* at its peak and 68* at the coldest degree. The wave height started at a low of 0 to 1 feet and rose to 2 to 4 feet at the highest mark. The wind speed, however, reached 8 to 10 knots and had over ten different readings in the crossing.

Simon was a right sided breather and had planned to hold his stroke count at 70 during the crossing. His first stroke count was a low of 62 but from there he jumped to a 72-stroke count and remained above 70 for the rest of the crossing. Simon's highest stroke count was 80 strokes per minute. His average was 74.3 strokes per minute, well above his goal. His stroke looked good until the early morning when the arm pull shortened up a bit.

For feeding Simon fed at the thirty-minute mark. He drank a mixture of High 5 carbohydrate with protein powder and 500 ml of water. He had seventeen breaks on the swim. The lengths of the breaks were unbelievable from the kayaker falling off initially a five-minute break to Simon entering hypothermia and having extreme problems with urination a major sign of hypothermia. Some of his feed breaks took under a minute while others took two minutes.

Adding to these problems the Bottom Scratcher's generator belt broke. The back-up generator was running the boat. In addition, there was gas leaking into the water and everything smelled like gas. This had to add to Simon's and his kayaker's seasickness.

Simon took a dose of Paracetamol which had been described by his doctor. The kayakers were having trouble keeping Simon close enough to the boat and heading towards the Mainland. This inexperience led to Simon swimming extra distance on the crossing. This was unfortunate.

At 6:15 am a container ship in front of the bow and Simon was entering the shipping lane. Soon after this Simon said he was about to abort the swim as he was in pain and hadn't peed in the last three hours. He was also hungry. He complained they weren't giving him enough time to pee. At his next break the kayaker moved 20 to 30 feet from him but in six minutes he still couldn't urinate. The observers on the boat knew he was in hypothermia and had called CCSF to alert them of the situation. Not being able to urinate is the third stage of hypothermia and meant his body temperature was near 92*. At 8:07 am Simon could urinate and he felt better.

Simon had two nm to complete the swim. There was a strong current pushing him towards the Mainland so much so the captain said, "He'll make it even if he stops swimming." Of course, he didn't. With a 75-stroke count Simon pushed forward with dolphins in the area and he landed at Pelican Cove at 9:55.22 am. He stumbled briefly then raised his arms in the air triumphantly. His accumulated time was 10:45.31 and Simon became the 389th person to successfully swim the Catalina Channel.

The thirty-fourth swimmer of the summer Melissa Jean Kegler from Redmond, Washington. She was a 33-year old who planned to swim from Catalina Island to the Mainland on August 31st. Melissa entered the water on a dark night at 11:08.18 pm at Doctor's Cove. There were flying fish and a seal in quick pursuit of the fish.

The conditions for the swim were good. The water temperature only varied from 72* to 69* on the swim. The air temperature ranged from 67* to a high of a warm 73 *. The wave height was minimal, moving 0 feet to less than 2 feet. Similarly, the speed moved from 0 knots to 3 to 6 knots only. This was made for a calm crossing.

Melissa had planned to hold her stroke count at 72 strokes per minute during the crossing. She was a bilateral breather, however she preferred to breath to her right side for 60% of the time and to the left side 40 % of the time. On her swim, she began at 60 strokes per minute. From there she dropped to a low of 52 strokes per minute but averaged 55.5 strokes per minute on the swim.

Melissa feed every thirty minutes on the swim with a few exceptions due to seasickness. She had planned to drink 10 ounces of water at every feed and at every other feed drink 300 calories of Gu or Perpetuem. There were 25 feeds. Unfortunately, when she became sick she had to alter her plan. She tried to limit her feeds to water. Despite throwing up, Melissa kept swimming and held a positive attitude. She drank Coke to help settle her stomach and tried to feed on Scratch. She could maintain some of the calories.

Her stroke was strong throughout the crossing. She had four pacers in the water starting at 2:06 am. This seemed to help her and even her coach swam with her. She was breathing every third stroke, alternate breathing.

At 7:50 am a northbound container ship crossed in front of Melissa and gave some nice waves to the swimmer. About two hours later a pod of dolphins also crossed the bow of the boat. A half hour later another pod of dolphins but much larger passed in front of Melissa.

Melissa was tired in the morning but mentally was very strong. As she approached the finish, most of her crew prepared to follow her into the shore. There was a strong current as warned by the captain, Greg.

Melissa landed at 11:26.30 am on September 1st at Pelican Cove. Her accumulated time was 12:18.12. Melissa became the 390th person to successfully swim the Catalina Channel.

Hana Gosney was a 27-year old from Portland, Oregon. At 11:24.44 pm on September 3rd she entered the water at Doctor's Cove at Catalina Island with the intentions to swim the channel. It was a calm night without any wind.

The conditions on this swim were OK. The water temperature was warm from 70* to 72* while the air temperature dropped from 72* to 62* during the crossing. The wave height was rose from 0 foot to 4 feet. Meanwhile, the wind speed varied from 0 knots to 10 plus knots. This made for a bumpy crossing.

Hana wanted to maintain a stroke rate of 63 while she breathed to her right side. She started at 63 strokes per minute then quickly dropped to 62 and below. She ranged from a high of 63 to a low of 56 strokes per minute. When her shoulder began hurting she switched to breaststroke, backstroke then to one arm freestyle and even one arm butterfly.

She fed every thirty minutes on the crossing. Hana had a wide variety of drinks and food that she consumed. She drank Carbo Pro, water, GU, Gatorade, coconut water and tea. She ate potatoes, yams, bacon, eggs, watermelon, bananas, apple sauce, apple butter, peanut butter and coconut bites. She took Advil and Tylenol on the swim. For treats she had Twix and gummies. Not all her feeds were timed but of those which were timed her shortest was a 1:30 and the longest was 5:00 minutes.

To help with her shoulder pain Hana applied Icy Hot patches during the swim. She did this a few times. This along with the pain medicine made some difference. In addition, she breathed to her left side to relieve some of the pain.

At 10:45 am a tug boat towing two boats was in sight. As it passed its name was Hana. What a coincidence. At 11:37 am baby dolphins were spotted near the boat. Within an hour a fast-moving boat came close to the swimmer and the captain honked his horn angrily. Within minutes a massive whale breathed behind Hana and then a sailboat ran over the whale. As Hana had 1.3 nautical miles to go the public traffic was getting crazy. She was heading for Terranea Cove.

As she approached Terranea she diverted around a seal and a kelp bed on her way to landing. At 1:33.44 pm she climbed into the Terranea Cove. Hana's overall time was 14:08.57 and became the 391st person to successfully cross the Catalina Channel.

The next swimmer was 46-year old Courtney Paulk from Richmond, Virginia. She had decided to attempt a double-crossing beginning from the Mainland to Catalina and back. She began her crossing at Terranea Cove at 11:52.55 pm on September 3rd.

The conditions weren't very good for this crossing in most categories. The water temperature varied from 69* to 74* and this was the only thing going in Courtney's favor. The air temperature ranged over ten degrees from a low of 65* to a high of 75*. The wave height rose from 0 feet to a high of 5 plus feet. In addition, the wave speed climbed from 1 to 2 knots to 12 to 13 knots on the swim.

Courtney had planned to hold strokes per minute on the swim. She was a left sided breather which meant the kayaker was between her and the boat. Her first stroke count was 66 and she quickly dropped her count into the fifties. She maintained stroke counts between 56 and 58 for hours and only had one count of 52 as her low count per minute.

For feeding Courtney varied her time as she became seasick. Some feeds were at 20, 30 minutes and at the hour. Courtney drank water, tea, Carbo Pro, Bio Steel, Diet Coke and Ginger ale on the crossing. She ate apple sauce, egg salad, rice balls, ginger gum and mouth wash. She took ibuprofen, Advil, Tylenol and thyroid medicine on the swim. Her feeds lasted from .30 seconds to 4:10 minutes in length. On a few feeds salt water filled the water bottles and a second bottle had to be thrown out.

Early in the swim a sailboat passed very close to the bow of the boat, making everyone a bit nervous in the dark. Courtney's goggles weren't working and she had to switch to a new pair. Things seemed to get better once the sun came up. Then between 10:15 and 10:49 am Courtney stopped six times for water, a feed to tread water, fix her goggles, thyroid medicine and finally to say she was sick and in pain. Despite all of this she kept going. This was a tough time but she didn't quit, Courtney continued!

For the next four hours, the waves picked up dramatically. By 12:56 pm the wind speed was 12 to 13 knots. By 2:16 pm Courtney wanted out but just asked, "how much further." She had 1.0 nautical miles. Another sail boat crossed her path abruptly as she approached Doctor's Cove.

At 3:56.05 pm Courtney walked ashore at Catalina. Her overall time was 16:23.55. She stayed on the beach for 4:31 minutes then began her second crossing. After 7:31 minutes she aborted the return trip by tagging the boat. She had, however, completed the Mainland to Catalina swim and become one of a few swimmers who have crossed both ways.

Robert Cohen, a 58-year old from Sylmar, California, decided to swim the Catalina Channel from the Island to the Mainland on September 5th. He descended into the water at 8:21.17 pm at Doctor's Cove. There was a mild wind at the start of the swim.

The conditions on the swim were favorable to the swimmer. The water temperature began at 69* and gradually climbed to 73*. Similarly, the air temperature had a low of 64.4 degrees but rose to a high of 74*. The wave height was minimal from 0 feet to 1 to 2 feet. Additionally, the wind speed only rose from 0 knots to 4 to 7 knots.

Robert was a right sided breather and had planned to hold a 48 stroke per minute pace. His first stroke count was 46 strokes per minute. Immediately he dropped to 41 and 40 strokes per minute. He held these for most of the crossing but near the finish he could climb to 44 and 45 strokes per minute. After each feed, he swam a minute of breaststroke to rest his shoulders.

For food Robert drank Gatorade, water, some sips of protein and Coke. He also took Advil twice for pain. He fed every thirty minutes during the swim and had 29 feedings on the swim. Robert's breaks lasted from .30 seconds to 1:30 minute. At the end of each feed Robert would look to the boat and the crew would cheer him on. He looked forward to this cheering.

During the night, the fog rolled in and by the morning it was a marine layer. Robert was stung by a jelly fish in the morning and soon after was asked to count backwards by three from 17. He was fine minus the first and last number but on the next break he corrected himself. Obviously, he wasn't suffering from hypothermia. The people on the boat said that test was too hard. Robert also joked the warm feeds, "it's nice how it warms you up but if I had neoprene it would last a lot longer."

As Robert approached Terranea, a mola mola, the Pacific Star with another swimmer and then a whale which was breaching numerous times all was happening near the finish.

Robert with some of the crew following him, landed at Terranea at 11:55.18 am on September 6th. His aggregate time was 15:34.01 and Robert became the 392nd person to successfully cross the Catalina Channel.

From Wroclaw, Poland came 51-year old Boguslaw Ogrodnik. He chose to swim the Catalina channel from the Island to the Mainland on September 5th on the Pacific Star. He slid into the water at Doctor's Cove at 11:02.00 pm. The water was flat and calm.

The conditions on this crossing were excellent. The water temperature only varied from 68* to 70*. On the other hand, the air temperature varied twenty degrees from 64* to 84*! The wave height was minimal from 0 to 1 foot to only 1 to 2 feet. Similarly, the wind speed moved from 0 knots to 1 to 5 knots during the swim. These conditions were beneficial to the swimmer.

Boguslaw intended to feed every thirty minutes on the swim. He drank carbohydrates, Gu, hot tea, water and coke. He ate chocolate numerous times, a power bar and Gerber baby food. He had thirty feeds on his crossing. They lasted from .20 seconds to 3:00 minutes in length.

He was swimming well and in good spirits through the night and morning. At 10:34 am he refused electrolytes as he was weary. He wanted to know the distance to the finish. The observers decided to stop taking statistics and completely focus on the swimmer. This was a good call by the observers. He had less than one nautical mile to reach the finish.

Two swimmers entered the water to accompany him to the finish as the current was moving quickly near the shore. At 12:06.12 pm Boguslaw landed at Terranea Cove. His total time was 13:03.12 and Boguslaw became the 393rd person to successfully cross the Catalina Channel.

The next swimmer of the summer was Peter Dolnik of Randwick, Australia. He was 48-years old and he decided to swim from the Island of Catalina to the Mainland. Peter stepped into the water at 11:14.00 pm on September 6th at Doctor's Cove. At the start a sea lion was feeding on flying fish.

The conditions on Peter's swim were excellent. The water temperature ranged from a low of 68* to a high of 72*. The air temperature moved from 66* to 70*. The wave height was minimal from 0 foot to only 1 foot. Similarly, the wind speed varied from 3 knots to 5 plus knots on the swim.

Peter was a left sided breather and wanted to hold his stroke rate between 64 and 66 strokes per minute but this didn't happen. He began at 57 strokes per minute and after a while his count began to drop. His high had been 57 and his low was 51 strokes per minute. His crew chief thought his stroke count was lower as he didn't have much night swimming experience.

For feeds Peter drank every forty minutes after the first hour. He drank Gatorade, Maxim and apple juice. The only other thing he took on the crossing was five Ibuprofen when he needed them. He had 13 feeds, lasting from .45 seconds to 1:30 minutes.

At 4:55 am Peter said he was tired but looking forward to the sunrise. He was halfway now. Fifteen minutes later a sea lion visited Peter then disappeared. Peter caught up to the Outsider and passed their swimmer. Soon after it was noted that a current was positively pushing both swimmers toward shore. The conditions were calm despite it being overcast.

Peter was approaching Cardiac Hill and he landed at Pelican Cove at 9:20.15 am on September 7th. His accumulated time was 10:06.15 and Peter became the 394th person to successfully cross the Catalina Channel.

The fortieth swimmer of the summer was Julieanne Goode from West Croydon, Australia. She was 42-years old. She decided to swim from the Island to the Mainland. Prior to entering the water, her coach, Shelly Taylor-Smith, slathered a zinc white cream all over her body. Julieanne slid into the water at Doctor's Cove at 10:50.50 pm on September 6th.

It was a clear night with calm seas. The conditions for this crossing were ideal. The water temperature ranged from 68* to 72* while the air temperature varied from 65* to 69*. The wave height only moved from 0 to 1 feet to 1 to 2 feet. Meanwhile the wind speed was almost non-existent moving from 0 knots to 2 knots. What perfect conditions.

Julieanne had planned to bilaterally breathe and work within stroke counts of 64 to 68. Her first count was 67 strokes per minute. She maintained her stroke count between 63 and 67 and only two counts were 63. She averaged 64.5 strokes per minute on the swim. She had a strong kick and consistent stroke throughout the swim per the log.

Julieanne had a well-planned feeding schedule. She waited one hour then fed every thirty minutes for the rest of the swim. She drank ten gels, Replenish, peppermint tea, 2 E-Shots, three Sustagens, had two custards, spaghetti and two drinks made up of polyjoule, water, stock cube and juice. She also took Voltaren, an anti-inflammatory medicine. On the swim, she had 19 feeds. After a feed, she quickly stretched.

During the swim a 20-foot boat passed near the bow and the Bottom Scratcher also was close at one point. A large container ship was traveling in the north bound shipping lane and the captain altered the ship that there were two swimmers in the water.

At 5:00 am a pod of dolphins was off the bow. Julieanne said, "I could hear them! Was hoping that's what it was, the squeaking." The dolphins were so close you could hear their breathing. In addition, you could see the bioluminescence trailing behind the dolphins.

Her coach was giving her some stroke corrections. Her spirits were up. She had a pace swimmer in the morning for an hour. She had her last feed at 9:15 am and was told about the finish.

At 9:40.20 am Julieanne walked ashore at Terranea. Her overall time was 10:49.30 and Julieanne became the 395th person to successfully cross the Catalina Channel.

Mark Spratt a 60-year old from Indianapolis, Indiana began his swim at 10:57.00 pm on September 7th. He entered the water at Doctor's Cove on the Island of Catalina.

The conditions for his crossing were excellent. At one point the observers even called the water Lake Catalina. The water temperature only waivered from 66* to 68*. Similarly, the air temperature was 68* throughout the swim. The wave height only varied from 0 feet to one foot. Finally, the wind speed ranged from 0 knots to 5 knots during the swim but was at 0 knots for most of the swim.

Mark was a left sided breather and wanted to maintain a 59-stroke count on the swim. Unfortunately, his highest stroke count was 57 strokes per minute and his lowest was 50 strokes per minute. He averaged 52.5 strokes per minute, well below his goal stroke rate.

For his feeding Mark fed every forty minutes. He drank water, carbo pro and Maxim. He followed his feedings with mouthwash to clear his mouth of the salt taste. During the swim Mark had 15 feedings and consumed approximately 10 ounces per feed. One of the observers, Jodi, asked Mark to drink more early in his swim when he was only consuming 6 ounces.

His breaks took from 57 seconds to 4:00 minutes in length. Mark hacked during his swim breaks and this might have been caused by the Carbo Pro. He took two Advil on the swim but no other medicine or food. He was shown Red Vines near the finish to entice him to finish quickly.

At 3:20 am a large tanker ship passed in front of Mark. At 6:05 am a pod of dolphins was spotted off the bow of the boat.

Mark was very quiet during the swim but he had no complaints and always seemed positive. He had a strong and smooth stroke. He had a few pace swimmers and near the end the pacers joined him for the finish.

As he approached the rocks at Terranea he cautiously climbed over them until he reached dry rocks and completed his swim at 9:03.00 am on September 8th. Mark's overall time was 10:06.00 and he became the 396th person to successfully cross the Catalina Channel. He was one week before his 61st birthday, making him the oldest man to swim the Catalina Channel.

The forty-second swimmer of the summer was Ashley White of San Diego, California. She was 26-years old when she entered the water at Doctor's Cove on September 9th. She slid into the water at 9:47.45 pm on a clear night.

Conditions were OK for her crossing. The water temperature began at 72* but dropped to 64* and she felt cold during her crossing. The air temperature also bounced all over the place from a low of 66* to a high of 76*. The wave height climbed from .5 feet to 3 to 4 feet in the crossing. Similarly, the wind speed rose from 2 to 3 knots to 8 to 10 knots during her swim.

Ashley wanted to hold her stroke count at 63 strokes per minute and breathe bilaterally during her crossing. She could start at 66 strokes per minute and then drop to 60 strokes. She varied from 65 to 59 then to 56 before her right shoulder gave out. She tried breaststroke and backstroke. It had been hurting her for hours but then she had to switch to left arm only. She was holding 31 strokes per minute with her left arm only. Pretty much from 9:00 am on she was swimming with one arm.

For feeding Ashley had Gu, water and Perpetuem. Ashley had 2 cookies. She also took 8 Ibuprofen, 6 Tylenol and 2 Advils for pain. Her feeds lasted from .15 seconds to 5:00 minutes. At 3:15 am Ashley stated she was cold; it had been a three-minute feed and the water was still 72*. Ashley had 34 feeds on her crossing.

Ashley kept her positive attitude despite extreme shoulder pain. At one point, she joked, "Who would pay to do this?" She kept swimming. She did cry at times especially when she found out the current was pushing her towards Cabrillo Beach and she wasn't making forward progress. She was finally told there was no way to reach Terranea and that she would allow the current to push her and try to land at Royal Palms Beach. This change added hours to her swim but she did it.

At 3:33 pm the water temperature dropped to 64* and Ashley was having trouble breathing in the colder water. Again, she dug deep in her sole and fought through the pain to finish the swim. At 4:40.10 pm on September 10th Ashley landed at Royal Palms Beach on the Mainland. Her accumulated time was 18:50.25 and Ashley became the 397th person to successfully cross the Catalina Channel.

From Bray, Ireland came Ion Lazarenco Tiron, a 38-year old who decided to swim the Catalina Channel. He had swum the North Channel and the English Channel so he was looking for a new challenge. On September 11th, he slid into the water at Terranea Cove on the Mainland at 10:07 pm. Due to rough conditions and strong currents it was decided to swim this less popular way.

The water temperature was much colder than usual starting at 58* and gradually rising to 69*. Initially there was calm conditions but the wave height picked up to 1 to 2 feet. Within the hour this increased to 4 feet. After this the wave height seemed to calm down for the rest of the swim.

Ion was a bilateral breather. He started with a 52-stroke rate but quickly jumped to a stroke rate of 60 strokes per minute. He held between 58 and 60 for 6 hours before he dropped his stroke rate briefly to 55 then returned to 58 to 60 strokes per minute. He was very consistent.

He went to a little breaststroke in the early morning before he complained about his right shoulder hurting at 5:02 am. He took a little bit hand Ibuprofen then his stroke count returned to 60 strokes per minute. In addition, on that feeding, he was in high spirits and stated, "he loved us all."

For feedings Ion drank Maxim and an electrolyte. He ate a banana and jelly babies a popular food for channel swimmers. He also took Ibuprofen when he needed it. During his swim, he had eleven feeds. He planned to feed every 45 minutes on the swim but he changed this to feed every hour throughout the swim.

At 12:01 am Ion stopped to say, "there is something swimming under me." He was quickly told they were dolphins. Another mammal or fish was spotted but no one was sure what it was in the dark. While Ion was on his fifth feed, a seal began circling him. He didn't seem to react, however. At 8:55 am a seal checked out Ion while a pod of dolphins swam by.

At 10:08 am Ion landed at Doctor's Cove. He completed his swim in 12:01.14 and Ion became the 398th person to successfully cross the Catalina Channel.

On September 18th Stacey Warmuth, age 59, from Ventura, California and Karina Garcia, age 29, from Camarillo, California departed from Doctor's Cove to cross the Catalina Channel. They entered the flat water at 10:24.00 pm.

The conditions for these swims were good. The water temperature ranged from 68* to 64*. The air temperature varied a bit more from a high of 77* to a low 66*. The wave height was minimal only from 0 foot to 1 foot. The wind speed was a bit more active from 0 knots to 10 knots.

Stacey planned to hold a stroke count of 54 to 58 while Karina wanted to maintain a count of 58 to 64. Both were right sided breathers. Stacey's stroke count went from a low of 41 to a high of 48 strokes per minute. Meanwhile, Karina went from 52 to 57 strokes per minute. Neither met their goal stroke rates.

For feeding both swimmers fed at thirty minutes. They drank Carbo Pro on the swim. They each had Ibuprofen. Karina ate mashed potatoes while Stacey had an aspirin. There were 20 feeds on the swim lasting from .20 seconds to 1:10 minutes. There was a longer break when Karina had to change her suit but it wasn't timed. During one of the early morning feeds dolphins joined the two swimmers.

Throughout the swim the water was called Lake Catalina or flat and calm water. Then as they approached the land the wind picked up and there were white caps. There was 3.2 nautical miles to go to the finish. Within twenty minutes the wind and the waves died down. By 8:24 am everything was calm and flat again as they took their last feed.

At 9:37.12 Stacey landed at Terranea followed at 9:37.17 by Karina. Stacey's overall time was 11:13.12 and Stacey became the 399th person to successfully cross the Catalina Channel. Karina's aggregate time was 11:13.17 and Karina was the 400th person to successfully swim the Catalina Channel.

From Bentleigh, Australia came Dan Canta a 16-year old. He decided to swim from Catalina to the Mainland on September 19th. He entered the water at 10:25 pm at Doctor's Cove on a perfectly clear night. The sea was calm except for a couple of sea lions swimming in the area.

The conditions for Dan's swim were near perfect. As stated by the captain, "It's so calm; it's the nicest day of the year. The water temperature barely varied from 70* to 68*. The air started at 78* but no other readings were taken. The wave height was non-existent on the swim while the wind speed was calm most of the night. At one point, it reached 6 knots but quickly plummeted to 0 knots again.

Dan wanted to maintain a 75-stroke rate on his crossing, however he couldn't do this. He was breathing bilaterally. His stroke rate began at 71 strokes per minute but gradually fell to 64 strokes per minute. He did recover to 72 strokes per minute on his last stroke count near the finish. His stroke was strong and consistent throughout the swim. At one point, he was given some stroke advice and he quickly adopted the changes.

For feeding Dan planned to feed every thirty minutes after two one hour feedings. He had 17 feedings on the swim. These lasted from .25 seconds to 1:00 minute. He drank PowerAde, Energy Gels and tea. He ate chicken soup, a hamburger, beans, a biscuit, peaches and bananas. At one point, he asked for an Advil but his mother only had a menstrual pain medicine so he took that instead.

At 4:46 am he passed the Outrider which was accompanying a swimmer going in the other direction. At 7:02 am while Dan was feeding a large ship passed in front of him. He thought it was cool.

As he approached the finish his mother entered the water to join him but she couldn't keep up with him and quickly left the water. At 9:36.19 am Dan cleared the water at Cardiac Hill. His cumulative time was 11:13.19 and Dan became the 401st person to successfully cross the Catalina Channel.

The forty-seventh swimmer of the summer was Robert Drysdale, 51-years old from London, England. Based on conditions he chose to swim from the Mainland to Catalina. He entered the calm waters off Terranea Beach at 11:17.01 pm on September 19th.

The conditions for Rob's swim were excellent. The water temperature started at 63* but gradually rose to 69*. The air temperature rose from a low of 66* to a high of 77*. Meanwhile the wave height was minimal on the swim going from less than 1 foot to less than 2 feet. Finally, the wind speed rose from 1 to 2 knots to 4 to 6 knots.

Just an hour into the swim Robert saw dolphins and following them the bioluminescence in the water. He was very excited about this experience. In addition, the moon was shining through the clouds and there was a sky full of bright stars.

Robert drank every hour for four feedings then dropped to 45 minute feedings. He had 16 feedings on the swim. His fastest feed lasted .20 seconds and slowest was 1:25. He drank warm feeds of tea, Gatorade and 250 ml of Maxim. He also ate pieces of a banana and sliced fruit.

At 3:12 am it was determined that Rob had not progressed very far in the last two hours due to current activity. At 4:49 am the Bottom Scratcher passed going in the other direction with two

swimmers in the water. By 7:41 am the sun was shining through the clouds. A pace swimmer swam with Rob and this helped Rob increase his stroke rate by four.

Rob's stroke was good but he lifted his head and looked forward on every breath. He was consistent with his stroke count in the low forties. With 1.2 nm to go he hit a current then an eddy. He plowed through it. Robert landed at Doctor's Cove at 1:40.03 pm on September 20th. His accumulated time was 14:23.02 and Robert became the 402nd person to successfully cross the Catalina Channel.

Ian Downs, also from London, England was a 53-year old man. He decided to swim from Catalina to the Mainland. He set off from Doctor's Cove at 12:01.43 am on September 21st. The water was calm except for the fish jumping in the area.

There was a clear sky and conditions were good for his swim. The water temperature ranged from 70* at the start to 66*. Likewise, the air temperature moved from 69* to 72*. The wave height was good from a low of 0 foot to only 1 to 2 feet. On the other hand, the wind speed ranged from 0 knots to 7 to 10 knots, a little more active.

Ian wanted to breath on his right side and hold a 65 stroke per minute pace. Unfortunately, he never came close to this stroke rate. He began at 62 strokes per minute and plummeted from there. He hit a low of 55 strokes per minute and had many counts in the high 50s. He averaged 59.5 strokes per minute. Ian held his stroke throughout the swim. He had a low elbow recovery and in higher waves hit the water but this didn't slow him down.

Ian had 23 feeds during his swim which lasted from .40 seconds to 1:45 seconds. He started out drinking every hour then switched to drinking every thirty minutes after the second hour feed. On his breaks, he drank Maxim, hot tea and Gatorade. He ate a half of a banana and canned peaches. He also took Ibuprofen and paracetamol.

During the swim Ian saw dolphins at 1:45 am and with the bioluminescence in the water he could track their path. In the early morning as it was starting to get lighter a large Matson ship passed a kilometer in front of Ian. This produced four waves for Ian to ride. Fifteen minutes later a dolphin pod made up of four dozen dolphins were sighted. Another container ship passed 1000 yards in front of the Outsider.

Ian asked for a pace swimmer at 9:00 am and the pacer swam an hour. A current was pushing Ian and the course had to be adjusted.

As Ian approached the finish at Terranea he had to swim through a kelp bed. He swam through a surge but landed at 12:20.19 pm. His aggregate time was 12:18.36 and Ian became the 403rd person to cross the Catalina Channel.

The next swimmer of the summer was Kristian Rutford, 56-year old from Lincoln, Nebraska. Prior to entering the water, he had lanolin applied to his shoulders, neck, back, forearms and legs. He left the beach at Doctor's Cove at 11:04.00 pm on September 21st. Besides swimming through seaweed there were many 4 to 5" inch fish swimming in the Cove.

The conditions on Kristian's swim were OK but worsened as the time went on unfortunately. The water temperature was a little challenging ranging from a high of 66* to a low of 61*. The air temperature was ideal, however from 75* to a low of 66*. The wave height varied from a low of 0 foot to 4 to 6 feet. The wind speed also was active ranging from 0 knots to 5 to 10 knots.

For Kristian's stroke count he wanted to maintain a count between 50 to 54 stroke per minute while breathing to the right side. His stroke counts began at 40 strokes per minute and then he dropped to 35 strokes per minute. He climbed to 46 and held this count for quite a while. Gradually he rose into the fifties and reached a high of 58 strokes per minute near the finish. It was thought he wasn't used to the cold water or the conditions and as he adjusted he increased his pace.

For his feeding Kris drank every thirty minutes. His 23 breaks took from .19 seconds to 2 minutes. He drank Endurox R4 and Gu. At his 9:00 am feed he was told he had to swim faster which he didn't like but he had 2.45 nautical miles to go and he was in a current. The captain wanted to do quicker feeds or no feeds at all.

A large ship lite up like a Christmas tree passed in front of the bow of the boat at 4:08 am. At 9:18 am a huge pod of over 100 dolphins jumping and communicating crossed in front of the bow going westbound.

As Kris approached the finish the wind picked up and the water temperature dropped. At 10:33 am Kris had his last feed break, 500 yards from Pelican Bay. There were 2 to 3 foot waves slapping the rocks. As Kris existed the water he used both his hands and feet to climb out of the surge. He finished at 10:45.00 am on September 22nd. Kristian's overall time was 11:41.00 and he became the 404th person to successfully cross the Catalina Channel.

The fiftieth swimmer of the summer was Amy Gubser, a 48-year old from Pacifica, California. She began her crossing at 11:18.40 pm on September 21st from Doctor's Cove on the Island. There was a half moon and many bright stars that night even though there was partial cloudiness.

The conditions for Amy's swim were average at best. The water temperature began at 69* and gradually dropped to 64*. The air temperature varied from a high of 87* to a low of 67*. The wave height ranged from 0 foot to 1 to 5 feet. Finally, the wind speed was active throughout the swim, going from 0 knots to 10 to 13 knots. From 9:40 am until the finish, with one exception, the wind speed was over 6 knots. This was unusual for the Catalina Channel.

Amy had planned to maintain a stroke count of 66 stroke per minute and breath to her right side on her crossing. Her first stroke count was 68 strokes per minute. She held her goal stroke rate from the start through 6:18 am on the swim. From then to 9:40 am she held stroke counts of 60 to 62. Unfortunately, at her 10:10 am feed she reported her shoulder hurt and her stroke count dropped to 58 strokes per minute. She swam breaststroke trying to relieve some of the pain. After a while she had to switch to one arm freestyle. Amy did this for the last few hours of the swim.

A little before the shoulder problem, Amy was beginning to experience a breathing problem. She told her kayaker but it wasn't relayed to the boat, her coach and to the observers. For five hours, she was struggling to breath. There were algae in the water and with the high salt content, these

combined to create an anaphylaxis reaction. By doing the one arm stroke she could get more air into her throat. By the end of her swim her throat was almost swollen shut. After the swim Amy ended up in the hospital.

Amy had 28 feeding breaks beginning one hour after the start then every half hour after that. During the swim, she drank Carbo Pro as her main drink, Gu, water and Coke. She ate mash potatoes, peanut butter sandwiches, bananas, peaches, apple sauce with bananas, Reese's, and baby Reese's pieces. She also took Tylenol, Advil and Aleve for pain on the swim. On one feed Amy dropped the open feed bottle in the water and lost her drink. Quickly, she was passed another drink.

During the swim Amy stayed strong with a good attitude. She kept smiling and responded to everyone on the boat. When the captain called her, "a bad ass" her reply was humorous. She was in pain but never lost her sense of humor or her determination.

As she approached Terranea, doing an alternate one-armed stroke so she could breath, she was escorted into the beach for safety. She landed at 2:15.22 pm on September 22nd. Her accumulated time was 14:56.42 and Amy became the 405th person to successfully cross the Catalina Channel.

Zach Margolis, a 27-year old from San Francisco, California decided to swim from Catalina to the Mainland. On September 22nd at 10:54.39 pm he entered the water at Doctor's Cove. Within the first half hour the waves were from 4 to 8 feet high, a very unusual condition off the Island.

The conditions on this swim were good except for the wave height at the beginning of the swim. The water temperature was comfortable, 70* to a low of only 67*. The air temperature barely moved from 68* to 66.2*. The wave height was the most challenging statistic on the swim from less than 1 foot to 4 to 8 feet. On the other hand, the wind speed went from 0 knots to only 5 knots.

Zach was a left sided breather. His stroke count began at 62 strokes per minute. His lowest stroke count was 57 while his highest was 68 strokes per minute. He averaged 63 strokes per minute on the swim.

On the swim Zach had 19 feeds. Only a few were timed but most of those were 2:00 minutes in length. He fed every thirty minutes on the swim. Zach drank Gatorade as his main drink. He ate many Cliff bars, energy waffles, peanut butter and a granola bar. He used mouth wash to rinse his mouth. For pain Zach took 2 Advil.

Zach was in good spirits throughout the swim. At one point in the swim while he was waiting for a kayaker change he began tossing the water bottle as if he was playing water polo. After his last feed with 1.4 nautical miles to go, he swam four strokes of butterfly before returning to freestyle. He landed at 11:04.26 and Zach became the 406th person to successfully cross the Catalina Channel.

The next swimmer of the summer was Chad Sharks of Sandy, Utah. He was 42-years old and he chose to swim the Catalina Channel from the Island to the mainland. He slid into the water at Doctor's Cove at 11:44.25 pm on September 23rd. A dolphin crossed Chad's path and left a trail of bioluminescence in the water. It was a black sky with some visible stars and a quarter orange moon.

The conditions for this swim were good except for the wave height. The water temperature was warm, 70* to 68*. Similarly, the air temperature was warm from a low of 71* to a high of 84*. The wave height ranged from less than 1 foot to 4 to 5 feet. From 2:15 am until 8:16 am the wave height fluctuated. The wind speed varied from 0 to 1 knot to 4 to 6 knots.

Chad was a right sided breather but he didn't have a predetermined stroke count. His first stroke count was 68 strokes per minute. That was his highest stroke count and his lowest was 58. His average stroke count was 63 strokes per minute. He maintained a strong stroke throughout the swim.

On his swim Chad had 25 feeding breaks lasting from .10 seconds to 2:00 minutes. He fed every thirty minutes after the first hour of the swim. He drank Perpetuem, Gatorade, water and Mountain Dew. He ate numerous Ho Ho's, Bacon and a Buzz Bite. For pain, he took 8 Advil and 5 Ibuprofen.

While Chad was waiting for a kayaker change at 2:45 am he asked what time it was? Chad was wearing a watch and this didn't make sense. On his next break, he reported that his right shoulder was hurting and he had been stung by a jelly fish near his underarm. A half hour later, at 3:45 am Chad checked his watch to see how far he had gone after he finished his feed.

At 6:45 am the captain reported a six-foot thresher shark was following Chad. It disappeared soon after it was spotted. Chad asked for a pacer swim and the pacer tried to give stroke corrections to Chad. His reply was, "To shut up and swim.". During this time Chad changed goggles and reapplied grease at 8:16 am. At 10:14 Chad joked that he's," never told this many people he peed before."

A cormorant bird dove and followed Chad for about ten seconds. Chad had 2.98 nautical miles to go to finish the swim. At 12:45 pm Chad had his last feeding and he had .7 nm to go to finish the swim. His three pace swimmers jumped in and followed him to the finish. There was a current near the finish which pushed Chad from Cardiac Hill to between Cardiac Hill and Terranea. He landed on a beach with large boulders and was met by his family once he cleared the water. It was a rough finish and he suffered a few cuts and bruises.

Chad landed at 1:47.30 pm on September 24th and he became the 407th person to successfully cross the Catalina Channel.

Carol Schumacher Hayden was a 65-year old from Laguna Hills, California. On September 26th, she decided to swim from Catalina to the Mainland. Carol entered the water at 10:56.05 pm at Doctor's Cove while supported by the boat, Bottom Scratcher. The night was perfectly clear filled with stars and it was very warm.

The conditions on Carol's swim were ideal. The water temperature barely changed from 70* to 68 *during the swim. The air temperature started at 89*! From there it dropped to 79* and slowly fell to 71* before climbing back to 80* for the finish. The wave height was minimal, from 0 foot to 1 to 2 feet. Lastly, the wind speed only ranged 0 to 2 knots to 3 to 4 knots which was made for an amazing crossing.

Carol had wanted to have her stroke counts between 59 and 62 strokes per minute on the crossing. She was a bilateral breather. Initially, her stroke count was 56 strokes per minute. Immediately she dropped to 50 strokes per minute then varied between 48 and 57 strokes per minute throughout the rest of her swim. Her average stroke count was 51.7 strokes per minute.

For feeding Carol had a variety of options. She drank Carbo Pro, water, GU, Espresso Gu, a coffee/cocoa mix and coconut water. She ate a ½ bar of crunch power bar, Vega hydro oatmeal, quinoa flax blueberry oats, sliced peaches, parts of bananas, a caramel candy and applesauce. In addition, she had 6 VO2 pills, 5 Advil's, ½ tums, 2 Tylenols and a motivator capsule. She took a feeding break every half hour. Carol had 29 feeding breaks on her crossing. Her breaks weren't timed but at 8:30 am the captain reported that her breaks were getting longer.

On the swim Carol had three pace swimmers. They swam for an hour and repeated up to three times. The sun rose at 6:30 am. At her 7:00 am feed Carol said, "It just started getting hard." At 7:30 am she was told she had gone over half way and she only had 8.4 nautical miles to go. Her response was, "8.4 nm to go? Oh! I can do that.!" Besides the slip above Carol was positive throughout the swim.

Carol switched her goggles a few hours after the sun came up. Initially they leaked so the kayaker fixed them as she kept swimming. She had to readjust them again but the dark goggles protected her from the sun and the water glare.

This was an amazing crossing for dolphin sightings. On six occasions these lovely mammals swam near the boat, Carol and her kayaker, jumping and playing as they inspected what was going on as they traveled the channel. At 1:00 pm 6 to 8 large dolphins passed right by the kayaker making three jumps and did these two to three times!

Carol's crew chief jumped into the water a few times to hand deliver her food later in the swim. He was trying to keep her spirits up. At 12:00 pm she said, "her throat hurts, nasal passage hurts, her body hurts -tongue is swollen." Her crew chief changed her feed's texture, flavor, calorie and temperature to help motivate Carol. The salt water was the cause of her throat, nasal and tongue problems and the distance was the cause of her body pain. She only had 2.69 nm to go. Carol pushed on without saying much else.

At 1:58.46 pm Carol landed at Terranea Beach. Her accumulated time was 15:02.44 and Carol became the 408th person to successfully cross the Catalina Channel. In addition, she became the oldest female to swim the Catalina Channel by five years. Carol set the Catalina record of 65 years and two months!

The fifty-fourth swimmer of the summer was Samir Botelho Barel, a 32-year old from Sao Paulo, Brazil. He was swimming from Catalina to the Mainland. He slid into the water at Doctor's Cove at 11:28.00 pm on September 28th. The water was flat and calm at the start and there was a new moon.

The conditions for Samir's crossing were excellent. The water temperature was 72* at the start and only fell to 68* at the end of the swim. The air temperature ranged from 73.5* to 69.8*, a small shift. The wave height had the slightest movement from 0 foot to only 1 to 2 feet. Similarly, the wind speed varied from 0 knots to 5 to 8 knots all making for an ideal crossing.

Samir was a bilateral breather and wanted to hold 50 strokes per minute on the crossing. His first stroke count was 66 strokes per minute. He only dropped to a stroke rate of 60 but then he climbed to a high of 73 strokes per minute.

He fed every fifteen minutes then every twenty minutes on the swim. His 21 feeds lasted from .08 seconds to a high of .40 seconds. Some of his feeds weren't recorded especially in last two hours of the swim. He drank Gatorade, Malto, Coke, Gel and water. He had a potato and peaches on the swim. Samir also had aspirin for pain on the swim.

Throughout the swim the water was glassy and calm. In the early hours of the swim some dolphins were seen jumping and swimming quickly near the boat. Unfortunately, these were the only dolphins seen on the crossing. At 5:50 am there was an orange light gradually appearing in the east as the sun was slowly beginning to rise. The water temperature was still 71*. By Samir's feed at 6:19 am the water temperature had dropped to a warm 70* but Samir felt the difference and stated the water was colder.

At 6:51 the orange sun rose. Samir only had a few nautical miles to go. A pace swimmer entered the water to support Samir and stayed with him until the finish. Gradually the water temperature dropped slightly to 68*. The water was still calm as could be. Samir approached Terranea and at 8:13.30 am he cleared the water's edge. Samir's overall time was 8:45.30 and Samir became the 409th person to successfully cross the Catalina Channel. Besides this at this point in the summer he has the fastest swim of the summer in either direction for men or women.

Jesus Samuel Neri Gutierrez from Mexico City, Mexico, 51-year old returned to Catalina to make a second attempt at a double crossing. This year he decided to swim from Catalina and back. He started at 1:07.10 am on October 2nd from Doctor's Cove. It was a clear night with lots of visible stars.

The conditions for Sam's swim were good. The water temperature varied slightly from 72* to 69* while the air temperature went from 66* to a high of 80*. The wave height climbed from less than 1 foot to 2 to 3 feet in the swim. Meanwhile, the wind speed started at 0 to 2 knots and ascended to 7 to 9 knots.

Sam wanted to hold his stroke rate at 60 strokes per minute while he breathed bilaterally. He couldn't achieve this goal. His count started at 55 strokes per minute. He dropped slightly before climbing as high as 59 strokes per minute. He ranged from 59 to 50 strokes per minute on his way to the Mainland. His stroke was strong. At times, he did a catch-up stroke and tended to lift his head when he breathed to the left side.

For feeding Sam chose to feed every hour. He had 12 feeds on the first crossing. He drank Gatorade and water. He consumed meat juice, some type of protein but it was explained, chicken broth and peaches. His breaks took from .25 seconds to 1:15 minutes although the time on some of his breaks weren't recorded.

On the crossing bioluminescence was in the water and made for a beautiful setting. In the morning, a pod of dolphins was off the starboard side of the boat, swimming gracefully. A large Mako was spotted but then it was realized it was a Mola Mola.

Sam landed at Terranea at 12:58.05 pm. His overall time was 11:50.55 for the first leg. He rested for 8:52 then began his second leg. Unfortunately, despite a great effort of over eight and a half hours Sam left the water due to declining weather conditions. He was still coherent and doing well.

The fifty-sixth swimmer of the summer was Kieron Vaughan Jeremy Palframan from Newlands, South Africa. He was forty-two years old. On October 4th at 10:58.08 pm Kieron slid into the water at Doctor's Cove. The water was calm with a slight swell. Kieron was accompanied by a seal initially.

The conditions on Kieron's swim were fair to good. The water temperature only varied from 69* to 66* while the air temperature dropped as the swim progressed. The wave height increased from 3 feet early in the swim to 6 feet. Then unfortunately, the swimmer was hit by not only a side swell but a front swell as well. In addition, the wind began to increase through the night. There were even swells for the finish.

Kieron decided to feed every forty -five minutes then dropped to every thirty minutes. He varied this slightly but finally got on schedule. He had 13 feeds lasting .18 seconds to 1:10 minutes. He drank water, GU and chicken soup on the crossing.

At 3:52 am a near disaster occurred as a huge ship came up on the port side of the boat and just missed hitting the supporting boat, the Bottom Scratcher. The observer stated she could have thrown a ball and hit the ship. The ship cut in front of the Bottom Scratcher and continued. Everyone was shocked.

In the early morning, another glow stick had to be placed on Kieron as his had died. He had used a small one and its life expectancy was used up. The larger glow sticks are needed so the swimmer can be seen throughout the crossing.

As Kieron approached the finish, small waves were breaking at Terranea beach. Kieron handled this situation well and cleared the shore easily at 9:18.66 am on October 6th. His cumulative time was 10:20.40 and Kieron became the 410th person to successfully cross the Catalina Channel.

Jacqueline "Jax" Cole a 36-year old from Long Beach, California chose to swim the Catalina Channel on October 7th. Prior to her swim she had a remembrance ceremony on the boat in honor of her grandfather Jack. She stepped into the water at 10:54 pm at Doctor's Cove. She was immediately surrounded by dolphins.

The conditions on Jax's swim were good. The water temperature varied from 68* to 63*, a little cool for the swim. The air temperature jumped from 66* to a high of 93* in mid-day. The wave height was from 0 foot to 1 to 2 feet but it wasn't recorded very much unfortunately. Similarly, the wind speed ranged from 0 knots to 5.5 knots as it was irregularly taken.

There was another problem in this swim. In the middle of the night Jax ran into a strong northern current. She had been going over 2 nautical miles (nm) an hour and when she hit this she dropped to .7 nm. This was a problem for two hours. Jax had to accept this and remember that her first goal was to complete the swim. She was very strong mentally and fought through this situation.

Jax wanted to maintain a stroke rate of 55 to 60 while bilateral breathing. She started at 66 strokes per minute and gradually climbed to 72 per her coach. Her low count was 60 strokes per minute and her high was 72 strokes per minute. Her stroke was strong for most of the swim. At times, she was

instructed to work on her follow through, her initial pull with her left arm and her kick. Each time she was told something she immediately responded.

The plan for Jax's feedings was to take a short break, around 10 seconds at the half hour and a little longer at the hour, around thirty seconds to a minute. She drank Carbo Pro, water and Hydro. Jax ate mashed potatoes also. She took naproxen, turmeric and some health pills during the swim. Unfortunately, she was nauseas and threw up after most feedings. She also wore a parch and felt dizzy. When she took off the patch she felt better.

This swim should have been called the dolphin expedition with swimmer Jax. Every few minutes there were dolphins around, in front or behind Jax and the boat. At times, they came under the boat and jumped in front of Jax. It was amazing. More than eight pods were seen. In addition, at around 1:40 am a huge whale breached ten yards behind Jax and Neil on the kayak which only a few people on the boat saw.

The wind was unpredictable during the swim. Jax had to be moved in front of the boat to get away from the fumes and then way behind the boat to escape the fumes. This was a trial and error situation as everything kept changing by the minute.

At 5:10 am the water dropped from 67* to 64* and Jax felt it immediately. Strangely at the same time the water conditions improved dramatically. By 6:20 am it was getting light and everyone was feeling better. A huge container ship, the Hamburg Sud passed in front of us and Jax had a few waves to surf over.

Jax had a pace swimmer, Ryan who swam with her a few times on the swim. Early on he couldn't keep up then later as she tired he could keep up. Ryan could inspire her to keep pushing herself. A second pacer, Amy also helped Jax near the end of the swim.

The support crew on this crossing was encouraging the whole time, cheering, laughing, waving anything to help Jax succeed. Positive statements were given as often as possible by her coach.

At 8:14 am a speed boat approached going extremely fast and produced many waves for Jax. Everyone yelled and waved for the boat to slow down to no avail. Everyone, at the same time, presented the ignorant captain with the bird sign.

At 9:35 am with only one nm to go Amy and Ryan joined Jax for the sprint to the finish. Jax landed at 10:15.32 am on October 8th. Her aggregate time was 11:21.32 and Jax became the 411th person to successfully cross the Catalina Channel.

The fifty-eighth swimmer of the summer was Denis Crean, a 56-year old from Bethesda, Maryland. He slipped into the calm water at Doctor's Cove at 11:55.05 pm on October 9th. There were clear skies with lots of stars and a quarter moon.

The conditions for Denis's swim were average. The water temperature ranged from 72* to 64* while the air temperature varied from 74* to 64*. The wave height was active from 1 foot to 4 to 5 feet in the swim. Meanwhile, the wind speed never was below 3 to 6 knots and reached as high as 15 plus knots during the crossing.

Denis had intended to maintain a 50-stroke count on his swim while breathing to his right side. He surpassed this completely. His stroke count began at 62 strokes per minute. His count ranged from 62 to 53 strokes per minute. His stroke was good and at one point he was given stroke directions to drive his arms forward on the entry.

For feedings Denis fed every fifteen minutes on the swim. This worked out to be 62 feeds. His quickest feed was .15 and his slowest was a 1:20. Most of his feeds were under .40 seconds. He drank GU, Hammer Gel, Perpetuem and water. He ate a nutritional bar and took 3 Aleve on his swim.

He did have some trouble urinating on the crossing, which may have been from not enough fluids or cold water or both. This seemed to work itself out through the swim.

Denis had a pace swimmer and yelled hello to her while he was swimming. At 6:50 am Denis stated, "a new day in paradise." He also applauded the sunrise. Soon after hundreds of dolphins greeted Denis and swam in front of him.

Denis was raising money for the Special Olympics on the swim. At one point, he wanted to know how far he had left but his crew didn't tell him. He didn't ask again.

Near the end of the swim a cross current was effecting where Denis was to finish. The captain changed course and headed to a landing on Trump beach. Even though there were white caps Denis could land. He landed at 4:13.25 pm on October 10th. This beach is also called Rancho Palos Verdes Beach. His accumulated time was 16:18.20 and Denis became the 412th person to successfully cross the Catalina Channel.

Gary Workman, from Cupertino, California decided to swim the Catalina Channel on October 11th. He was a 53-year old man. He began his swim at 10:32.47 pm at Doctor's Cove. The water was calm as could be at the start.

The conditions for Gary's swim were excellent. The water temperature ranged from a high of 68* to a low of 64*. Meanwhile, the air temperature jumped from 62* to a high of 82* during the crossing. The wave height varied from 0 foot to only 2 to 3 feet. The wind speed moved from 0 knots to 7 knots, all making for a nice crossing.

Gary had intended to hold a stroke count of 60 strokes per minute while breathing bilaterally. He started at 60 strokes a minute. He went from a high of 61 strokes per minute to a low of 51 strokes per minute.

At the beginning of the swim Gary had to stop abruptly as his cap was falling off. He changed caps but his legs were also cramping. He had two feeds one for two minutes another for three minutes. It turns out he hadn't swum in three weeks because of a pinched nerve in his hip. Gary wanted to feed every thirty minutes. He had 31 feeds on the crossing. His feeding time was long from 1:00 to 3:00 minutes. He drank GU, Hammer, tea and water. Besides this he had 5 Tylenol. He had an upset stomach but refused Pepto Bismo. He thinks the dinner he ate before the swim upset his stomach.

He seemed to do better once a pace swimmer entered the water. Just after his first pace swimmer exited the water she reported seeing something big under Gary while swimming with him. At

6:30 am a few dolphins were swimming around the boat and Gary. Some medium size fish started jumping behind Gary at 9:48 am but he didn't see them.

At 10:03 am Gary reported feeling cold and his legs were cramping again. He had a warm feed but it didn't help. By the next feed of hot tea, the cramping had disappeared but he said he was slightly fatigued. At the 11:00 am feed Sunny, his pacer, brought him a warm feed then swam with him. The water temperature dropped a degree. It dropped another degree at 11:27 am but Gary didn't say anything. The pacer did notice the difference. By 12:34 pm Gary had 2.7 nm to go to finish the swim. At 1:00 pm he had 2.1 nm to go which meant he traveled .6 nm in a half hour. At the 1:32 pm feed he looked at the shore and wondered if he was making progress. By 2:00 pm he took another Tylenol and found out he only had a little more than 1 nm to go.

He took his last feed at 2:35 pm with only $\frac{1}{2}$ nm to go to reach the beach. He landed at Terranea Beach at 3:09.58 pm on October 12th. His overall time was 16:37.11 and Gary became the 413th person to successfully cross the Catalina Channel.

The sixtieth swimmer of the summer was Beth French from Milverton, England. She was 38-years old. She had chosen to swim from Catalina to the Mainland. Beth entered the water at Doctor's Cove at 10:49.36 pm on October 12th. The water was calm and flat. The night was clear with an eighty percent moon shining above.

The conditions for Beth's swim were excellent except for the water temperature. It ranged from a high of 64* to a low of 60*, the coldest crossing thus far in the summer. The air temperature, however, varied from 64* to 74*. The wave height was minimal, moving only from 0 foot to 1 to 2 feet. The wind speed was a little more active but not much, going from 0 knots to 5 to 6 knots.

Beth planned to hold her stroke count between 55 to 60 strokes per minute and breathe bilaterally on the crossing. She easily surpassed this goal. She began at 62 strokes per minute and held this for quite some time. Her strokes ranged from a low of 58 once to a high of 68 strokes per minute.

During the crossing Beth complained of pain in her knees and pain in her shoulders. She took 5 to 6 Ibuprofen to address these problems. Beth swam some breaststroke to help her shoulder pain. Unfortunately, she also became sick on the crossing and began to throw up. This lasted a few hours. She drank water to help this situation but it didn't help much. She fought through the stomach cramps to finish the swim.

For feeding Beth decided to drink every hour for three hours then she switched to feed every thirty minutes. On the crossing, she had 35 feedings, lasting from .20 seconds to 3:00 minutes. Beth drank Gatorade, water, Ovaltine and Malto Dextrine. She ate pre -chewed Three Musketeer bar and a chocolate bar. Beth also had 5 to 6 Ibuprofen on the crossing.

Early in the crossing dolphins were swimming near the stern of the boat. In the early afternoon, a whale was on the starboard side of the boat, spouted a few times then dove. On her next feeding the whale or a new one appeared and Beth saw it and dolphins in front of the boat. It inspired everyone on the crossing.

Mentally Beth was positive in the crossing. She stated cheerfully, "it's morning." Later she laughed and joked with the kayaker. When she was asked if she was fine she said yes and swam off. Everything seemed to be going well. Then at 1:25 pm she was tired and felt slightly defeated. Unfortunately, she became sick and began throwing up. Beth began stopping frequently. In addition to these problems the water temperature dropped two degrees to 61*. The water also became choppy. No matter what she was going through she kept swimming. Beth kept going. She fought through the pain.

At 5:56.38 pm on October 13th Beth landed at Terranea Beach. She defeated the odds. Her overall time was 19:07.02 and Beth became the 414th person to successfully cross the Catalina Channel.

The sixty-first and last swimmer of the summer was Hank Wise. He returned to the Catalina Channel for his fourth attempt on November 5th. Hank originally planned to swim from the Mainland to the Island but instead chose to swim from Catalina to the Mainland on the day of the swim. Hank entered the water at 1:34.55 am at Doctor's Cove.

The conditions on this swim were good despite thick fog and precipitation. The water temperature only changed from 66* to 65* throughout the swim. The air temperature, however, varied from 64* to a low of 60*. The wave height was minimal ranging from 0 foot to 2 feet during the swim. Similarly, the wind speed wasn't significant, rising from 0 knots to 7 knots.

Hank had wanted to maintain a stroke count of 64 strokes per minute plus or minus 3. He could breathe on both sides but preferred to breathe on his right side. His stroke count began at 57 strokes per minute. His highest stroke count was 60 and his lowest was 54 strokes per minute. He averaged 56.5 strokes per minute.

During the swim Hank fed every thirty minutes after the first hour. His breaks were quick from .10 seconds to a slowest of .40 seconds. He had 14 feeds on the crossing. He drank a combination of Cytomax, Perpetuem and EFS. He had hot tea as a back-up. Hank also ate premade oatmeal near the end of his swim.

Around 6:30 am a ray of light was seen through the clouds to the appreciation of everyone. A large ship was passing Hank and within thirty minutes Hank was in the median of the shipping lane. He had 5.4 nautical miles to go.

Hank had been swimming 1.16 nm to 1.5 nm for a half hour up until 8:00 am. At that point he was stopping for short conversation breaks. His stroke count dropped from 56 to 54 and more importantly he only swam .83 nm in the half hour. Either the short breaks or fatigue was causing this slow down.

At 9:00 am he had only accomplished 1.57 nm in an hour. Again, his stroke count was 54 but he ate oatmeal and these two breaks may have slowed him. After the oatmeal, his stroke count increased slightly.

At 9:45 am Chris and Bill followed Hank in the dingy to the finish. Hank swam through a large kelp bed before being lifted by a wave onto the rocks at Terranea at 9:55.05 am. Hank was greeted by family and friends waiting on shore. Hank's total time was 8:20.10 and he was the fastest swimmer of the summer for men and women. He completed his fourth crossing of the Catalina Channel.

There were 61 successful swims across the Catalina Channel in 2016, the most ever in the long history of swims since 1927. There were 21 by women and 40 by men. No speed records were set but the oldest women's record was broken.

CHAPTER 23

2016 RELAYS

There were 16 relays in 2016. Of this, 13 swam from Catalina to the Mainland while only 3 swam from the Mainland to the Island. Three records were set including the As Seen on the Internetz, a mixed relay made up of 50 to 59-year old's, the Swell Guys Too, a 70 to 79 men's relay and a female relay, Mom's on a Mission, 44 to 50-year old's.

The first two relays of the summer, the Pacific Star Relay #1 and #2 were mostly made up of board members of the Catalina Channel Swimming Federation. They chartering the Pacific Princess, a new boat taking swimmers in 2016 captained by Dave. The members of each relay, their order and stroke counts when provided were as followed:

Relay #1

1	Jen Schumacher	75, 82
2	Grace Van der Byl	59, 52, 52
3	Forrest Nelson	56
4	Becky Jackman	51, 50, 51
5	Dan Simonelli	54
6	Carol Sing	-

Relay #2

1.	Carrie Cook	79, 71
2.	Cara Davidoff	54, 67, 58
3.	John York	71, 71
4.	Forrest Nelson	49, 55, 47
5.	Becky Jackman	58
6.	Paula Selby	-

The conditions for this crossing were ideal except for the water temperature. This was between 58* and 62*. The air temperature fluctuated from a low of 60* to a high of 71* at the finish. The wave height was minimal from 1 foot to 2 feet on the crossing. The wind speed varied from 0 to 2 knots to 3 to 4 knots a mild activity on the crossing.

At 11:20.15 pm the first two swimmers, Jen and Carrie, plunged into the water at Doctor's Cove on May 7th. They were accompanied by kayaker Beth Yudovin as she put in a three-hour shift. The second leg, Grace and Cara had a good swim with 59 and 54 strokes per minute respectively. John and Forrest swam the third leg with John having a 71 stroke count. Forrest was also in the fourth leg and he took a 20 ounce feeding to rehydrate himself. His partner was Becky.

Dan and Becky swam the fifth leg as Becky repeated a leg as Forrest had. The sixth and final leg, starting at 4:20 am, consisted of Carol and Paula. Much to the unfairness of them the observers neglected to take their stroke counts! During their swim Paula's leg cramped. Nevertheless, she completed her hour swim.

At 5:20 am the first group reentered the water. As it turned out each group swam twice on the crossing. Five minutes into Carrie's and Jen's swim a container ship passed a ¼ of a mile off the bow, a little too close for comfort. Forty-five minutes later a whale was spotted off the starboard side of the boat, making for many happy swimmers as marine life sightings are good luck on crossings. Just before these women finished their leg captain Dave stated there was only 7 nm to complete the crossing.

During the second team's leg the sun began to rise in the East. Unfortunately, the water temperature had dropped to 60* and both Grace and Cara knew it. To make matters worse Grace was stung by a jelly fish in her nostril and her eyes were watering; Cara found a jelly fish tucked in her suit. Obviously the jelly fish didn't like the cold water either!

The next three legs went splendidly with 4.6 nm to reach the shore at Terranea Cove. The water temperature rose all the way to 62*. Two whale sightings occurred in this time period also. As Becky and Dan entered the water only 1.9 nm were left to be accomplished.

This left Carol and Paula to finish these wildly, crazy relays. A few other members of the relays returned to the water to follow them in to the finish. Carol and Paula had a strong finish and climbed the rocks until they reached dry rocks ending the swims. It was 10:57.10 am on May 8th, 2016. Not only were these the first relays of the year, but they became the 127th and the 128th relays to successfully cross the Catalina Channel. Their accumulated time was 11:36.55.

The next relay of the summer was the As Seen on the Internetz. This relay swam from the Mainland to the Island of Catalina. It was a mixed relay of three men and three women mostly from California. The members and the order they swam in was as follows:

1. Peter Hayden
2. Susanne Baab-Simpson
3. Dan Simonelli
4. Eileen Span
5. Russ Parker
6. Lynn Kubasek

The water temperature fluctuated throughout the swim from a 64* at the start to a 68* at the finish. In between, however, it bounced from 66* to 71*. The air temperature was just as erratic as the water temperature. It began at 70* dropped as low as 66* then rose as high as 76* for the end of the crossing. The wave height only climbed from 0 feet to 2 to 3 feet. The wind speed, however, was more active in the crossing with a low of 0 knots to a peak of 6 to 7 knots.

The first member, Peter, started at Cabrillo Beach on the Mainland at 10:52.06 pm on July 9. He swam an hour without any breaks for fluids. As a starting nautical mileage wasn't given Peter's distance swum couldn't be calculated. Next was Susanne and when Susanne swam the swell was picking up but

she was able to swim 1.9 nautical miles (nm from now on). The third swimmer was Dan and he swam in 4 knot winds. He switched with Eileen who thought the water looked like outer space because she was swimming in bioluminescence.

The fifth swimmer was Russ who had never swum on a relay and he thoroughly enjoyed his swim leg. The final swimmer of the first round was Lynn. When she entered the water the relay had 9.987 nm to go. The water was 71* as she started her leg and it plummeted to 66* at the end of her swim leg!

Peter started the second round of swims at 3:54 am. It was a dark night. When he finished his leg there was only 7.9 nm left to be swum. Susanne followed Peter and immediately there was a problem. Susanne had to move closer to the bow as the fumes weren't dissipating from the rear of the boat and no one wanted to get sick from the fumes. As Dan took over the wind and waves increased significantly making it challenging not only for the swimmer but for the kayaker and the pilot of the boat as well.

As Eileen entered the water both the wind and swell had decreased and the sun was rising. This made everyone enthusiastic. Russ swam a strong leg followed by an excellent leg by Lynn. When she was done there was only 3.9 nm to finish.

Peter took over from Lynn and began his third leg. He swam into huge garbage bags of trash and then the kayak but he wasn't hurt. He swam 1.5 nm leaving only 1.4 nm to the finish at Long Point. All of the relay members entered the water at this point to follow Susanne into the finish. Susanne swam well but with 2 ½ minutes to go Dan tagged her and took over and landed at Long Point.

Dan cleared the water at 11:54.31 am on July 10th. The accumulated time was 14:02.25 and this became the 129th relay to successfully cross the Catalina Channel. In addition, this relay set a Catalina Channel record for the mixed 50 to 59 age group from the Mainland to the Catalina Island.

The fourth relay of the summer came all the way from Weaford, Ireland and their name was the Wexford Masters. Their ages ranged from thirty to fifty years old and it was a mixed relay—three men and three women. The relay was to swim from Catalina to the Mainland. The members of the relay and their order was as follows:

1. James OConner
2. Enda Sinnott
3. Peter Bolgoz
4. Saskia Dodebier
5. Denise Underwood
6. Sandra Goldsmith

The conditions on this swim were challenging at times as the wind speed reached 10 to 15 knots early in the swim. Gradually the wind dropped to under three knots which made for a more enjoyable swim. The wave height never materialized throughout the swim. The air temperature began at 69* slowly dropped to 68* and stayed for a while before falling to 66*. Then the air temperature climbed to 72* and finally 75* near the finish of the swim.

The initial swimmer was James who entered the water at 10:50.55 pm on July 10th at Doctor's Cove. It was a clear night with a visible moon and many stars. At the start with James were tons of fish surrounding the Outrider. Enda switched with James and during her swim the wind picked up to 10 to 15 knots. Peter swam the third leg with lots of chop. At the end of his leg Saskia entered the water and swam a 1.33 nm leg in sloppy windy conditions. Saskia swam a 1.21 nm leg.

The fifth swimmer was Denise and she swam a 1.012 swim nm leg in lousy conditions. The sixth and final swimmer of the first round was Sandra. She had a good and quick exchange but the water was still rolling and swelling up and down. Sandra swam a 1.31 nm leg.

At the beginning of the second round of the relay the water had calmed down a bit for James's swim. He put in a 1.74 nm leg. Enda swam a nice 1.9 nm leg and cleared the water just in time to see dolphins off of the bow of the boat. In addition, the sun came up which makes everything better.

Peter had entered for his second swim but the water was still considered to be bumpy. Saskia had his second swim and when he finished there was only 4.697 nm left to be swum. Denise jumped in at 8:50 am and swam a 1.9 nm leg. Sandra went into 72* water with 1.172 nm left to swim.

Sandra landed at Terranea Beach at 10:47.20 am on July 11th. The overall time was 11:56.25 and the Wexford Master's became the 130th relay to successfully cross the Catalina Channel.

Irvine NOVAquatics entered the water at Doctor's Cove at 11:10.17 pm on August 6th. The relay was composed of five males and one female from the ages of 14 to 18. The order of the swimmers was as follows:

1. Brandon Bass
2. Karsten Johnson
3. Mo Burdi
4. Christopher Mykkannen
5. Brandon Samaniego
6. Jessica Moore

Conditions for this relay were perfect. The water temperature ranged from 74* to a low of only 70*. Likewise, the air temperature barely varied from 69* to 68* on the swim. The wave height remained at zero throughout the swim. Similarly, the wave speed only changed from 0 knots to 1.3 knots.

Brandon Bass entered the warm dark water first. There were no stars, no moon just calm water. In his leg he swam 2.3 nautical miles (nm). Karsten was the second swimmer. He had long easy swells which propelled him forward. He was able to complete 2.7 nm.

The third leg switched at the last minute due to seasickness. Mo hopped in and swam a respectable leg of 2.1 nm. Christopher, despite being seasick jumped in for his leg of the relay. He swam a 2.5 nm swim.

Brandon S. was the fifth swimmer. The water was still calm and there wasn't any breeze. His leg was 2.4 nm. The final leg was swum by the only female, Jessica. When she entered the water there was only 5.35 nm to go. She accomplished 1.8 nm. Jessica was stung by a jelly fish during her leg.

Brandon B. began his second swim and the wind picked up slightly. During his swim dolphins were sighted just before Brandon finished his 2.1 nm swim. As he left the water there was only 1.45 nm for Karsten to finish the swim. He raced to the shore. He slipped as he climbed ashore.

The relay finished at 6:52.00 am on August 7th. Their overall time was 7:41.43 the fastest relay up to this point of the summer by quite a bit. Irvine NOVAquatics became 131st to conquer the Catalina Channel.

On August 7th the Pacific Star accompanied three relays swimming from Catalina to the Mainland. Their names and the order they swam in were as follows:

Team # 1 I Don't Know What You Are Talking About

1. Gary Workman
2. Andy Hewitt
3. Tom Cook
4. Penny Nagel
5. Will Newbern
6. Robert Philipson

Team # 2 How do I get on that Relay

1. Sunny Lovell
2. Sean Durkin
3. Carol Hayden
4. Berke Cetinoneri
5. Sabrina Young
6. Cat Moore

Team # 3 What Relay

1. Grace Van der Bly
2. Tom Hecker
3. Steve Green
4. Ivanka Gavanski
5. Steve Coopersmith
6. Lynn Kubasek

The conditions for these crossings were excellent. The water temperature peaked at 71* at the start then fell to 68* at the lowest but most held around 69*. The air temperature ranged from 72* to 67*. The wave height was minimal, just 0 to 1 foot and 1 foot. On the other hand, the wind speed was much more active. It rose from 3 knots to a peak of 7.5 knots during the crossing.

The first three swimmers of the relays, Gary, Sunny and Grace entered the water at 11:32 pm at Doctor's Cove. There were no waves but there were 3 knot winds. When the second group jumped in, Andy lost his light then his goggles. This required a two-minute break to fix the problem.

During these crossings the observers didn't take stroke counts but after the first five legs had swum they began to record the nautical miles swum. This allowed for the distance of each group to be calculated. Robert, Lynn and Cat were the sixth and final leg of each relay. They entered the water at 4:08 am. For their leg they swam 1.4 nm.

The first group of Gary, Sunny and Gracie jumped in the water as the swells were picking up to complete their second leg. They swam an excellent 2.1 nm leg. Tom, Carol and Steve followed suit and swam a 2.1 nm leg. During their leg the wind decreased but the water was a little bumpier. The tide was also in their favor.

The fourth group completed 1.6 nm and when they finished the chop and swells were building. As their leg ended there was 3.4 nm to finish the crossing. Next, Will, Sabrina and Steve plunged into the water and completed 1.7 nm leaving the sixth leg to finish the crossing. All of the members of all of the relays jumped into the water for the finish at Terranea.

The final leg of Robert, Cat and Lynn landed at 9:56 am on August 8th. These relays overall time was 10:24.00 and they became the 132nd, the 133rd and the 134th relays to successfully cross the Catalina Channel.

The ninth relay of the summer was swum by the Swell Guys Too, an all men's relay of 70 to 79-year olds. They were accompanied by the Outsider, piloted by John Pittman. Their names and the order they swam in was as follows:

1. Bill Crane
2. Pete Petticrew
3. Dan Henry
4. Steve Dockstader
5. Stephen Cross
6. Tony Joseph

The conditions on this crossing were average. As they were swimming from the Mainland to Catalina they ran into the well-known currents which were against them for several hours. There were many things in their favor, however. The water temperature was 64* at the start of the swim but quickly climbed to 68*. From there it rose from 70* to 72*. The air temperature started and finished at 72*. At its lowest it was 64* but ascended 70*. The wave height was minimal from 0 feet to 2 to 3 feet. On the other hand, the wind speed was active going from 2 knots to 12 knots fairly early in the morning.

No stroke counts were taken on the crossing, however, the nautical miles for most of the swimmers were calculated. This information led to a comparison of not only each swimmer's legs to himself but to each other also.

Bill launched from Terranea on the Mainland at 9:41.42 pm. He had a good swim and his leg was 1.4 nm. When Bill climbed aboard the boat he had a leg cramp. Pete had tagged Bill and raced off into

the night. He accomplished a 1.7 nm leg. The third swimmer was Dan who entered just as the wind picked up to 4 knots. Despite this, Dan was able to complete 1.6 nm. Steve entered the water as the wind died down to 2 knots. He was able to put in 1.5 nm. Stephen swam the fifth leg followed by Tony who had a 1.3 nm leg. Tony finished the first round of swimmers.

As Bill started his second swim the wind was up to 10 knots and the wave height was 2 to 3 feet in his face. Bill still was able to swim a 1.1 nm leg. By the time Pete entered the water the wind had dropped a bit and this led to Pete swimming a 1.2 nm leg. When Dan jumped in for his swim there was only 5.9 nm to go in the crossing. Luckily, the wind dropped again and so did the swells. As he emerged from the water he had done 1.0 nm.

The fourth swimmer, Steve, was able to complete .8 nm going into the current. He was followed by Stephen and as he entered the water the sun was out but the wind had picked up again. He was trapped in the current and completed .7 nm. Tony, the sixth swimmer, was doing his second leg against the current, managed to swim 1.0 nm.

At 9:41 am Bill leaped into the water for his third swim. The wind was up to 12 knots. Dolphins were swimming at the stern of the boat. He completed at least 1.0 nm as the readings were off a bit. When Pete entered the water there was 1.27 nm to be swum. It was a nice sunny day and there was only a light wind for the finish. A few of Pete's teammates swam with him to the finish at Doctor's Cove.

Pete landed in front of a large cheering crowd at 11:42.42 am on August 13th. Their elapsed time was 14:00.00. The Swell Guys Too became the 135th relay to successfully cross the Catalina Channel. The relay also set the Catalina record for a Mainland to Catalina crossing for a men's 70 to 79-years old relay!

The next relays of the summer were two from Australia, Cousins 1 and Cousins 2. The first relay was from Melbourne and the latter was from Port Philip Bay. Cousins 1 was a mixed relay of 36 to 60-year olds while Cousins 2 was a mixed relay of 53 to 58-year olds. The relays and their orders were as follows:

Team #1	Cousins 1
	1. Ingilby Dickson
	2. Melinda Kent
	3. Alice Sagar
	4. Stephen Jones
	5. Annette Baker
	6. Alice Sagar

Team #2	Cousins 2
	1. Nick Owen
	2. Amander Flaherty
	3. Frank Mielice
	4. Michael Bruce

5. Stuart Baker
6. Suzy Cauley

The conditions on this crossing were average. The water temperature was 72* initially. It rose to 74* and stayed at 72* for most of the crossing. In the morning as the relays approached the shore the water temperature dropped from 68* to 66* and then to 63* for the finish. The air temperature was all over the place fluctuating from 74* at its peak to 65* at its lowest temperature. The wave height was minimal in the crossing rising from 1 foot to only 2 to 3 feet. Meanwhile, the wind speed was more erratic. It ranged from 0 to 1 knot all the way to 10 to 12 knots with eleven other readings in between.

A few stroke counts and a few nautical miles were recorded in this log. This information will be displayed.

At 10:40.52 pm on August 16th Nick and Ingilby entered the water at Doctor's Cove on a clear night. There was a swell and wind but Nick had a 61 stroke count and Ingilby had a 67 stroke count during their first leg. At the hour mark Amander and Melinda jumped into choppy seas and an 11 knot wind. By the time the third leg of Alice and Frank entered the water, the wind had dropped to 9 knots.

The fourth leg with Stephen and Michael jumped in to calmer waters. The moon was out, making for a pleasant swim. With 11 nm to go Stuart and Annette relieved the fourth leg. The wind had picked up to 6 to 8 knots while they were swimming. The sixth and final leg of Suzy and Alice hopped in to 8 knot winds. During their swim the wind dropped to 5 to 7 knots.

There was a slow transition between the sixth and the first group over two minutes as the kayaker also transitioned and he was cold and wet the entire time due to the winds. He was warmed both with clothes and liquids on the boat. When the second group entered the water two pods of dolphins were off of the port side of the boat, one with fifty and one with twenty.

As the third leg entered the water the sun was appearing through the clouds at 6:43 am. In the fifth leg Stephan and Michael were fighting the current in their second leg and only were able to swim .61 nm. The sixth leg was Suzy and Alice and despite the current were able to complete 1.0 nm. Stuart bumped his head on the aft cabin hatch. As the swimmers were struggling with the currents the captain changed course to Abalone Cove and the current assisted the relays.

The first leg was in for their third swim and accomplished a 1.8 nm. A whale was spotted off of the port side of the boat. The second group hopped in with 1.88 nm to go. Amander and Melinda had 8 to 10 knot winds but they were behind them. They thought they might finish but they came up short. The third leg of Frank and Alice jumped in at 12:44 and were swimming the final leg. The rest of the swimmers also followed them in to the finish. At 12:53.21 pm on August 17th both relays landed at Abalone Cove. The accumulated time was 14:12.29 and the relays became the 136th and the 137th successful swims to cross the Catalina Channel.

The twelfth relay of the summer, Sirens and Mermen was made up of four males and two females ranging in ages from 33 to 49-years old. The names of the relay, their order and their stroke counts were as followed:

1. Brady Ajay	58
2. Alexander Golberg	51, 52, 57, 52, 51
3. Lottie Tai	59, 55
4. Sean Murray	74, 75
5. Michael Chang	58, 58, 60
6. Denise McDade	68

The conditions on this swim were ideal. No water temperatures were taken but the water was described as warm throughout the swim. The air temperature varied little from 64.7* to 66*. The wave height was minimal from) feet to 1 to 2 feet only on the crossing. The wind speed went from 0 knots to 6 to 8 knots.

Brady was the first swimmer and he entered the water at 11:10.01 pm at Doctor's Cove on August 25th. There was a cloud layer that night. Brady swam a 1.5 nm leg. The second swimmer, Alex, had 51 to 57 stroke counts in his swim and on his leg went 1.4 nm. Lottie, the third swimmer had 55 and 59 stroke counts. It was very dark when she swam as there was no visible moon. She swam a 1.4 nm leg.

The fourth leg was swum by Sean. As he began his swim 5 to 6 dolphins visited the boat. Sean held a strong 74, 75 stroke count and completed 2.2 nm on his leg. Michael held his stroke counts to 58 and 60 while he swam 1.7 nm on his leg. The sixth and final person on the relay was Denise. She had a stroke count of 68 and swam a 1.6 nm leg. After she swam the relay had 8 nm left to complete the crossing.

Brady began the second round of the relay at 5:12 am. He had forgotten to put on his glow stick but this was quickly remedied. He had a 58 stroke count and swam a 1.6 nm leg. At 6:10 am as Alex was executing his swap with Brady as the dawn was appearing. The water became a bit choppy. A large ship passed just before the next transition. Alex swam 1.5 nm and had a 51 stroke count. Lottie entered for her second swim. The finish was in clear sight. She swam a 1.6 leg with a 55 stroke count. She improved over her last swim.

The fourth swimmer was Sean and he entered at 8:10 am. He swam 1.6 nm on his last leg. There was no sun as the sky was overcast. The fifth and final swimmer was Michael. He jumped in at 9:10am with 1,4 nm left to complete. At 9:50.43 am Michael landed at Terranea Beach followed by all of his teammates. The relay's eclipsed time was 10:40.42 and Sirens and Mermen became the 138th team to successfully cross the Catalina Channel.

The Des Moines Y Rats was composed of three men and three women with the ages of 32 to 63. The order and the stroke count when taken were as follows:

1. Ted Kempf	61, 62, 58
2. Sarah Riley	63, 62, 64
3. Jerry Greenfield	---, 71
4. Esmie Holderman	69, 69
5. Colleen Kenney	58, 53
6. D. Scott Avitt	57, 58

The conditions for this relay were good. The water temperature varied from a low of 67* to 70* and the air temperature ranged from 65.5* to 70.1*. The wave height was minimal, zero to 2 to 2 to 3 feet. The wave speed was a bit more active from 0 to 3 knots to 5 to 9 knots.

As Ted entered the water from the beach at Doctor's Cove, there was a half moon and lots of stars. There was a wind of 5 to 9 knots in the Cove. He swam well but at the transition with Sarah somehow the Bottom Scratcher was turned around as was Sarah and her kayaker. Everyone was facing Catalina. Quickly this was fixed and off to the Mainland the team went.

At 12:26 am Jerry jumped into the water. He was a left sided breather which meant he had to swim outside of the kayaker, further from the boat. This made taking stroke counts near impossible. In addition, there was bioluminescence in the water but the swimmers couldn't see it as the flood lights were on on the boat. This was unfortunate.

The fourth swimmer was Esmie. She had calmer weather as the winds and waves died down. Colleen tagged Esmie but immediately lost her glow stick. She dove for it but couldn't reach it. She borrowed Esmie's. A light is required on each swimmer by the CCSF rules for safety. During her leg the swells picked up but they were long and smooth.

Scott, the sixth swimmer entered the water and after twenty minutes was accidentally hit with the paddle by the kayaker. He was doing well. Finally, at 4:27 am Ted returned to the water for his second leg. The kayaker was pushing Ted too close to the boat and had to be told to move away from the boat. Ted was having a great leg with a 62 stroke count. As he exited the water he had a large, circular welt on his shoulder from a jelly fish.

Sarah and Jerry had strong second legs. A China Shipping Lines crossed a mile in front of the bow while Jerry was swimming. Jerry was also stung numerous times during his leg. Esmie tagged Jerry and had a strong leg. The sun began to break through the clouds in three columns in the East. As Coleen entered there was only 4500 meters to go to finish the swim. Jerry stated, "A morning workout." At 9:26 am Scott jumped in the water and had a strong swim with a 58 stroke count. He was approaching the finish but Ted had to enter to complete the swim.

He landed at Terranea with his Iowan teammates behind him at 10:48.13 am on September 9th. The Des Moines Y Rats total time was 12:21.40 and they became the 139th relay to successfully complete the Catalina Channel.

The fourteenth relay of the summer was the Colorado Icebreakers. The relay was made up of three men and three women ranging in age from 47 to 71. The order, their ages and strokes counts when taken were as follows:

	Name	Stroke C.	Age
1.	Jeff Glossa	68, 64	61
2.	Tracy Fagan	63, 66	56
3.	Susan Nolte	65, 66	55
4.	Chris Nolte	57, 58, 58	59
5.	Marcia Anziano	60, 62	71

Except for water temperatures the conditions on this swim were good. The water temperatures were the coldest of the summer thus far. The highest reading was 69* but the lowest was 61*. The air temperatures also varied significantly, from a low of 64* to a high of 72*. The wave height was minuscule, from 0 feet to only 2 feet. The wind speed ranged from 0 to 1 knot to 6 to 7 knots.

When Jeff started at Doctor's Cove at 10:22.30 pm on September 12th there was a cloudy sky but calm conditions. There were flying fish all around the boat and the Cove. Jeff had a good swim and put in a 1.88 nautical mile (nm) leg. Tracy tagged Jeff and began his 68* swim. When he finished he stated he had tougher and colder swims in training.

Susan was the third swimmer and had a 65 stroke count. The conditions were perfect. As Chris entered the water temperature actually increased to 69*. During his leg an unusual wind from the South popped up. He was able to maintain a 57 stroke count.

Marcia, the fifth swimmer jumped into the water and took over for Chris. The wind speed picked up to 4 to 6 knots, the toughest of the night. Marcia held a 60 stroke count. The swell sets increased causing the boat to rock significantly. Suzanne, the final swimmer tagged Marcia as the wind dropped completely. The water temperature also dropped to 66* on her leg.

At 4:22 am Jeff entered the water for his second swim. It began raining during his second leg. He was swimming strong with a 64 stroke count. He had ideal conditions in his leg. Tracy took over and the rain picked up. The water temperature dropped again to 64*.

Susan took over for Tracy and soon after the water temperature dropped to 61*. The crew was getting nervous about the water temperature and the dark rain clouds in the distance. Susan looked strong and didn't complain about the water temperature. Chris tagged Susan and the temperature rose to 62*. The conditions were worse but it didn't matter Chris kept swimming well. At 8:04 am the sun broke through the clouds and some blue skies could be seen.

With 3.38 nm to go Marcia returned to the water for her second swim leg. The water had warmed slightly to 64*. Again the wind picked up during her leg but she pushed through her leg. When Marcia was out she exclaimed, "That was fun." Not bad for a 71-year old!

Suzanne tagged Marcia and headed for the finish at either Pelican Cove or Cardiac Hill. Jeff had to enter for a short third leg to finish at the bottom at Cardiac Hill. A few teammates followed him in to the shore.

The Colorado Icebreakers finished at 10:30.26 am on September 13th. Their overall time was 12:07.56 and they became the 140th relay to successfully cross the Catalina Channel.

The Mom's on a Mission relay was composed of six females between the ages of 44 and 50. The relay order was as follows:

1. Patty Stephan
2. Michella Thomas
3. Pam Booker

4. Jennifer Henkel
5. Sally Taggart
6. Lola Swank

The conditions on this crossing were excellent. The water temperature only varied from 72* to 69*, a little surprising as the water had hit 61* just four nights earlier. On the other hand, the air temperature was all over the place. The high was 74* while it plummeted to 64*. The wave height was minimal from 0 feet to only .3 feet. Similarly, the wind speed went from .6 knots to 2.0 knots.

Patty was the first swimmer and she entered the water at Doctor's Cove at 10:50.58 pm on September 16th. It was a clear night and there was a harvest moon. The water was like glass according to the observer's log. Patty swam a 1.7 nautical mile (nm) leg. She was tagged by Michella. The wind picked up slightly but she was able to swim a 1.3 nm leg. As there was a strange current she had to fight to return to the boat.

Pam was the third swimmer and conditions had calmed perfectly. She swam a 1.5 leg. Jennifer took off with a current and according to the pilot was headed towards Alaska. After she was back on course she swam a strong 1.6 leg. The fifth swimmer was Sally. The wave height and wind speed increased slightly during her leg. How far she swam couldn't be calculated as the nautical miles weren't recorded for this and the next swimmer.

The sixth and final relay member, Lola had better conditions. Again how far she swam couldn't be calculated. Patty hopped in and tagged Lola and began her second leg. Patty swam a strong leg of 1.96 nm and when she was done the relay only had 5.68 nm to go. Michella began her second leg with the most wind speed of the crossing 2 knots. She did well and completed 1.92 nm. As Michella was exiting the water and Pam had started her leg a large cargo ship was passing in front of the boat. It created large waves which made it more challenging to exit the water.

Pam had quite the swim as a large whale passed in front of her and a fin, a shark fin was spotted as she was finishing her leg. Pam completed 2.11 nm! When Pam exited there was 1.65 nm to go. Jennifer had tagged Pam 7:50 am. She was so close to finishing but Sally took over and landed at 8:51.50 am. Technically, Jennifer had a five-minute leeway and could have finished.

Sally walked ashore at Terranea Cove on September 17th. The Mom's on a Mission relay became the 141st relay to successfully cross the Catalina Channel. In addition, this relay set a Catalina record for Women 40 to 50-years old for Catalina to the Mainland.

The sixteenth and final relay of the summer was J2K2BA, a mixed relay made up of members from the ages of 31 to 58-years old. The order and the stroke counts which were taken were as follows:

- | | |
|-------------------|--------|
| 1. Brent Blackman | 70, 72 |
| 2. Keith Dickson | 72 |
| 3. Jaime Moran | - |
| 4. Karen Schmidt | 67 |
| 5. Amy Dantzler | 80, 88 |

This relay swam from the Mainland to Catalina, leaving from the point at Terranea at 3:19.40 am on October 7th. The water was glassy and calm and bioluminescence was present in the water.

The conditions for this relay were ideal. The water temperature was cool, 66*, at the start and gradually warmed to 69.4*. The air temperature warmed significantly from 64* to 77*. The wave height began .5 foot and rose to 2 to 3 feet during the crossing. Meanwhile, the wind speed started at 0 to .5 knots and only rose to 3 to 5 knots in the swim.

The relay tried to have warm-ups with the zodiac but it didn't work so it was stopped after a few swimmers. At 4:49 am dolphins and sea lions were in the area of the second swimmer, Keith. When the fourth swimmer, Karen was in the water a whale was spotted. Soon afterwards, more pods of dolphins were seen.

As the sixth and final swimmer, Jen, entered the water another pod of dolphins was near the boat. Jen had a strong stroke count of 87 strokes per minute. At 9:19 am Brent started his second leg and the currents seemed to calm down finally. Unfortunately, the wind speed picked up producing small wavelets and some long swells.

The sun finally broke through the clouds at 11:53 am. Jaime was the third and final swimmer racing towards the finish at the rocks west of Arrow Point. As he passed the boat, the rest of the team jumped into the water to follow him into the finish.

At 12:14.40 pm Jaime cleared the water's edge. The relay's overall time was 8:55.00 and J2K2BA became the 142nd relay to successfully cross the Catalina Channel. In addition, this relay was the fastest in this direction for the 2016 year.

There were 16 relays in the 2016 season. Three relays set Catalina records. There were three Mainland to Catalina crossings and thirteen Catalina to the Mainland crossings.