

Swim **Lake Powell**

by **Sarah Thomas**
marathon swimmer of Conifer, CO



Start
4 October 2016
8:21:00 am
Bullfrog Marina Ramp, UT

End
6 October 2016
4:26:26 pm
Wahweap NPS Ramp, AZ

Total duration 56 hours, 5 minutes, 26 seconds

Distance 80 miles

Observers
Andrew Malinak, Suzie Dods

Crew
Ryan Willis (crew chief), Jamie Patrick (navigator), Karl Kingery (navigator), Scott Olson (kayaker), Melody Maxson (crew), Becky Powell (crew), Ken Classen (crew), Jack Nuanes (crew), Alice Barton (crew), John Baxter (crew), Alex Conner Thomas (crew/EMT)

Rules
Marathon Swimmers Federation rules, as published at the start of the swim.

Apparel
Standard one-piece black bathing suit, single gold "MSF" silicone cap, ear plugs, goggles (tinted during day, clear at night), blue light at night, Lanolin and Desitin.

Attachments
Observers hand log
Feed log
Pilot's log (J Patrick)
GPS: Handheld Garmin + SPOT tracker

Observers statement
This swim was witnessed in its entirety, start to finish, by the two observers. This swim was completed in accordance with the stated rules and the spirit of traditional marathon swimming.

Submitted for peer review 25 October 2016,
Andrew Malinak, Observer

Abbreviations: ST=Sarah Thomas, SN=Sea Nymph (aluminum skiff), TR=Triumph (19ft ski boat), BT=Big Thomas aka SS Thomas (59ft houseboat).

Time	Stroke rate	GPS	SPOT	Air temp	Water temp	Notes
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4 October 2016

Observer on duty - Andrew Malinak

8:21	423	SN	-	68	Start at Bullfrog Ramp. Two boats (Sea Nymph and Triumph). Wind near zero. Water mirrored. Team 1 on duty. Ryan piloting SN, Jamie piloting Triumph with John and Melody aboard. Houseboat still at dock awaiting 8am walkthrough and instructional. SPOT aboard SN.
8:40	61		-	-	

Time	Stroke rate	GPS	SPOT	Air temp	Water temp	Notes
9:00	62	424		-	-	At red buoy BF2. Wind ear zero. Water mirrored with boat wakes.
9:30	62	425		-	-	First feed (no feed until first hour) and first riddle. Wind near zero. Water mirrored 2.5mi
10:00	63	426		-	68	At end of Bullfrog, about to turn. ST cannot hear Melody saying riddles because of her earplugs. Wind v. light. Water barely rippled. 3.2mi. SOG 156 fpm
10:30	63	427		-	-	Flat, hot. SOG 166 fpm
11:00	62	428		-	-	Houseboat has caught up at 5mi mark.
11:30	63	429		-	-	Still on two small boats. Houseboat now 50m behind, making coffee, I hope. SOG 164 fpm
12:00	62	430		-	-	Ryan says this is the place ST and he camped on time, ST looking down to find the campsite, which is maybe 50ft underwater. ST: "There's fish!" Triumph leaves after feed to tie up to houseboat.
12:08				-	-	Scott kayaking alongside, wind 5kt from ahead, water has small ripples. SOG 168 fpm
12:15			kayak	-	-	
12:30	63			-	-	All aboard BT except Scott in kayak. Wind 5kt ahead, Water 6in from ahead with confused wakes.
13:00	63	431		-	-	Wind ahead, under 5kts. Water ripples, big rock wall to right. Scott kayaking.
13:25				-	-	Passing Lake Powell buoy #87.
13:30	63	432		-	-	A few strokes of backstroke. Light wind making small ripples. Weather hot and sunny. Past 10mi at 13:35.
<i>Observer on duty - Suzie Dods; Andrew off until 18:00</i>						
14:00	64	433		84	-	Wind speed 2.6kts from behind. Houseboat on ST's right, kayak on left. Jack, Alex, and Melody are decorating in purple. The tassles get fired for misbehaving.
14:12				-	-	Andrew jumps in to pace swim behind her. Pass buoy #86 at 14:16. ST is wearing gold MSF cap, Andrew has "Norotious
14:30		435		-	-	Head wind, feed with red bottle. ST: it "looks like a birthday party." 11.15mi
14:46	64			-	-	Still swimming with Andrew "the all-purpose observer" Malinak. There are a lot of red rocks.
<i>aside: Observer schedule planned following 4-4-4-6-6 shifts; details omitted from this transcript.</i>						
15:00	64	436		-	-	Red buoy #84 on left. About 13.2mi. Andrew out of the water, "what a lovely lake." Water rippled with wake from passing
15:11				73	-	Wind 10-12, gusting 15mph from ahead.
15:30		437		-	-	Feed. [Note: feeds have been on every half hour since first feed]. Wind 10-12, gusting 18, ahead. 14.2mi
15:43				79	-	Buoy #83. A houseboat towing three boats passes us on the left, our kayak on our right next to "red rocks". Wind 10-12 mph.
15:50	62			-	-	
16:00		439	kayak	81	-	Scott out, Melody in green kayak. Feed blue bottle. About 15mi. Kayak at right, BT at left. Wind 6-7mph.
16:15				-	-	Jazz started :(Ugh. Jazz sucks.
16:24				-	-	Passing Naked Ryan Point [another reference to ST and Ryan's previous trip to the Lake]. Jazz music sucks. "It's like 5 people playing 6 different instruments trying to be different."
16:30	64	442		-	-	Feed blue bottle. Passing buoy #82. Speedboat passing on our right. [description of symbols used in log] wind 2.5mph to 7.6mph.
16:42				-	70	Cross breeze. Coming up a mile - water ripply but really... My foot in the sun is 85f.

Time	Stroke rate	GPS	SPOT	Air temp	Water temp	Notes
16:50				-	-	Buoy #81
16:55				-	-	Wind gusting to 18mph
17:00		443	SN	74	-	At feed, Melody out of kayak - has to pee. Little boat "Sea Nymph" starts w/ Andrew in boat. SPOT on SN. 10mph headwind. SN started right up. "[in color] Jazz sucks :(I hate jazz"
17:17				-	-	Buoy #80. SN and Sarah switch sides.
17:30	60	444		74	-	Feed from yellow bottle. Fast, under 1 minute. Also points 447, 449, 453, 454. 10 mph headwind
18:00	62			74	-	Feed. Ripples on water. Wind 5 mph. Near marker #79.
<i>Observer on duty - Andrew until 22:00</i>						
18:30	63	454	SN	-	-	Observing from Sea Nymph. Nearing the first float-toilet. Sun is ducking behind the first cliffs, setting. The air is much cooler in the dark. Sarah at 136 ft/min.
		455		-	-	Between rocks and shore.
18:39				-	-	Sundown. Some 3G service for a minute, first time all day, enough to make a phone call. Sarah 153 ft/min.
19:00	62	456	SN	-	-	Sarah had some Vaseline in her nighttime (clear) goggles. I wiped it out with my shirt, better. Switch out of SN with Ryan. We had 5 bars of service for over 15 min. Wind 0 to 5 kt, wiave under 6in from port bow.
19:03				-	-	SUNSET
19:30	63			-	-	I'm back on BT, Ryan piloting SN. Crew putting up glow sticks.
20:15				-	-	Piloting BT from bridge (upstairs) after some difficulty in getting controls working.
20:30	62	457		-	-	"Special Feed" - Sarah "fine", doesn't want warm feed, glad the wind is gone, can see us alright. Wind now near zero. Navigation now by GPS and nav buoys, most have a functioning red/green flashing light.
21:00	62			-	-	BT is ahead slightly, scouting for the course with spotlights.
21:30		458		-	-	Feed crew in SN with Ryan. Past marker #74B
22:00		459		-	-	Feeding from SN. Wind light, 5kt from ahead. Nearing #74A
<i>Observer on duty - Suzie until 04:00</i>						
22:17				-	-	Headwind, going into another canyon.
22:30		460		-	-	Feed, Ryan and Alice in SN to the left. About 26.6mi in. ST requests applejuice. Karl is on bow with spotlight. Alice also asks for midnight to 01:30 feeds to be prepared.
20:50				-	-	Near marker #72
23:00		461		-	-	Feed. ST: "it probably doesn't matter now."
23:30		462		-	-	also pt 464. Nearby buoy not lit.
23:51				-	-	near green buoy #71, also not lit.
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0:00		464		-	-	Feed
0:30				-	-	Steering control lost on upstairs helm, controls returned to downstairs. In radio contact with SN.

Time	Stroke rate	GPS	SPOT	Air temp	Water temp	Notes
0:38		468		-	-	also pt 469, 470
0:47				64	-	Swimmer and SN abeam. Wind 2.6 to 3.1 mph
1:00		472		-	-	Near marker #69. Melody and Jack having much discussion about feeds. Shift change for crew at 2am. Alex has been on spotlight duty for a while, Karl is piloting from downstairs.
				-	-	"Observer - me - eyes are feeling very thick but at least there's no jazz playing. The stars have been and are like a blanket across the sky. It's as clear as Yosemite." Crew switch - Alice on board, Becky with Ryan in SN.
1:30		473		-	-	Feed. Ryan: "did you see any fish?" Sarah: "What time is it? I wish the sun would come out." Some giggling, a bit of chatting, a riddle. "you're the toughest person I know." Passing another floating potty on the left.
1:50		476		-	-	Lost GPS coverage
2:00		477		-	-	ST behind us. Ryan comes over to refill feeds, Becky got a diet something to drink. Sea Nymph abeam, but across lake.
2:18				70	-	Breeze astern. Alex still on spotlight, Karl still driving.
2:30		478		70	-	also 479, 480. Feed. No wind. About 34 mi.
2:50				-	-	Buoy coming up #67A. There's a nonfunctioning green buoy just in front. Having Ryan sight off houseboat. Water is so calm the stars are reflected.
3:00		483		-	-	also 484. Swimmer near, a bit behind. It's absolutely quiet except for us. Seen 1 bat, heard 1 coyote, no fish, no birds, a fighter jet ahead at sunset, but no ambient noise. ST cold, tired, just wants the sun to come up.
3:30		485		60	-	Houseboat acting as waypoint for SN, which is behind us again. Red feed bottle. No wind.
3:52				-	-	Headwind resumes
Observer on duty - Andrew until 10:00						
4:00		486	SN	62	69	Feed from green bottle. ST and SN are a few hundred yards behind. Stars are reflecting in the lake. The spotlights light up a decent haze over the water, there is very little wind right now.
4:30				-	-	Light wind, BT is holding position between buoy #63A and #63B. Coffee is brewing.
4:49	62	487		-	-	ST and SN are alongside to exchange feeds, Ryan and Becky still in the skiff.
5:00				-	-	GMRS radios have died. Looking for chargers and switching to VHF radios. ST and SN are a few hundred yards behind again. Light wind about 5kt from ahead.
5:23				-	-	BT holding position at buoy #63. Jamie is awake, and had a dream about being in a sailboat going over a waterfall.
5:30				-	-	ST well behind BT, fed. Scott is awake now. Fuel on SN reported still full, has a 9.9hp with about 9 gal tank. A light wind is blowing, and some light is showing on the horizon. Feeds on SN are: 2/3 + 1 bottle blue, 1 green (2.7hrs)
6:00				-	-	A plan was hatched overnight to beach the houseboat in the day to let the crew sleep, run the generator, and attempt repairs to the steering. This has since changed, the houseboat will not run to avoid splitting the resources up. Sarah about 300yd behind, night crew (Karl + Ryan) looking tired. Passing buoy #62A. More coffee being made.
6:10				-	-	Scott in kayak.
6:20				-	-	At buoy #62. Ahead by 400-500yd.
6:23				-	-	Sunrise in one hour. Light enough to see contrast on the hills.

Time	Stroke rate	GPS	SPOT	Air temp	Water temp	Notes
6:30				-	-	Ryan's radios both too low on battery to transmit, but has enough on his GMRS to receive. Gave directions "Head to red flashing buoy, we'll meet you there in 30 min." Ryan responds by blinking a flashlight at us.
6:45			kayak	-	-	Ryan ties up to BT, I take the skiff out to observe. Alice in the boat with me for feeds.
7:00		490		-	-	Report on ST "Physically feels good, but mentally..." Feed with green bottle. Light enough for full visibility.
7:22				-	-	Sunrise! Sarah is looking forward to being warm. Wind about 2kt, sea flat. Ken jumps in to pace.
7:30		491		-	-	Feed from green bottle. Through narrow. Mountain ahead has sun on it. Wind 5-10kt ahead, waves under 6in.
8:00	58	492	SN	-	-	Sun on Sarah! Feed from green bottle. She asks for carrots, cookies, and lanolin. Scott paddles over to get them. SPOT on skiff. Wind 5kt ahead.
8:09	58		kayak	-	-	Tight corner, about 10yd from shore. Waves 6-12in after turn. SPOT with Scott in kayak.
8:30		494		-	-	24 hour feed! Big red bottle. Wind 10-15kt ahead. Seas 1ft. Ken will stay in to pace another 30min. Alice left skiff for BT, Jack now in her place.
9:00	60	495		-	-	Feed, blue. Day goggles (tinted) on. Ken gets out after 98 min. Wind 10-15kt, seas 1ft. Sun is up.
9:30			(reset)	-	-	SPOT needed to be reset after 24hrs. Feed, 2nd of 3 from blue bottle. Replaced batteries in Handheld GPS. Wind 10, calmer than before. Sarah is riding through waves, Jack is giving me a thorough analysis.
10:00		496		-	-	Sarah eats her carrots and rest of blue bottle. Wind 10, sea calming down, 6-12".
Observer on duty - Suzie until 14:00						
10:00			SN	-	-	SPOT on SN with Andrew and Jack. Scott still kayaking. Jack threw Scott a banana, and he caught it.
10:30		497		-	-	
11:30	56	499		69	-	Feed, faster. Wind steady 8.5mph ahead.
11:55				-	-	Passing marker #50
12:00		500		73	-	Noon, feed, two boats passing Wind 8.5 mph ahead.
12:30		501		75	-	Feed. Scott gets out of kayak (6h20) onto BT. Karl is in the water to pace. Wind 8.8 mph. Melody in kayak. Big swells from a passing tour boat.
13:00		502		74	-	Karl is still swimming, Sarah is laughing during the feed. Wind 9.0 mph from ahead. White horses appearing.
13:11			kayak	-	-	Melody is getting SPOT tracker and radio into the green kayak.
13:30		503		73	69	Green bottle from green kayak with Melody. Karl is getting out after swimming 1hr. Wind steady 11mph ahead. Water 68.1f to 69.3f, Scott's leg 85, Andrew's 86, Karl's 80.1, Suzie's 92 :) Passing marker #46
14:00		504		-	-	Scott and Alex in SN. 5 jet skis just flew by. Lots of swell bouncing off wall again. Winds predicted to 25 mph. 15 breaststrokes, then back to freestyle. Finally got the button on the handheld GPS to work on first try!
14:05	56			-	-	VERY rough, confused water and headwind. Glen Campbell on the radio. Thank god. It's not JAZZ!
Observer on duty - Andrew until 18:00						
14:20			kayak	-	-	SPOT on Melody's kayak is not transmitting. Repositioned to higher location and is now working.

Time	Stroke rate	GPS	SPOT	Air temp	Water temp	Notes
14:30		505		-	-	Sarah: "I'm having a meltdown...Is the wind ever going to stop?" and "Am I past halfway?" and "Can I get a weather update?" Wind currently 10, gusting to 12kt ahead, waves 1ft and choppy. Forecast is for higher winds in the evening, but then calming down by tomorrow.
15:00	54			-	70	Ryan in kayak.
15:30		506		-	-	Wind 10kt ahead. Waves ~1ft (no more whitecaps or wind streaks). ST is requesting warm feeds from now on.
15:40				-	69	Ryan brings out feed. Passing marker #45. Wind 10-12, gusting to 15.
16:00	52	507		-	-	Ryan in kayak, Scott & Alex in SN. In a long, straight part of the lake. Alex says she's "cold." Wind steady 10-12 ahead. White caps forming. Karl at helm of BT.
16:30	52	508		-	-	Wind 10, whitecaps gone. Alex is trying to get ST's skin temp with the IR gun...it isn't working well. ST is in better spirits now, Ryan, Alex, Scott alongside. Crew on BT is taping pictures of Beagles for Ryan.
Observer on duty - Suzie until 22:00						
16:56			kayak	-	-	Dinner is chicken burritos crock potted by the multi-talented Jack Nuanes & put together by Jamie. Yummy. Love the
17:00	54	509		-	-	and 510. Wind down to 8.9 mph, Ryan is telling ST "You can do it."
17:30		512		79	-	Feed. NO WIND!
17:38				-	-	Ryan brought turkey tacos to Scott and Alex. Slight breeze, but way less than today. We all finally got some cell coverage and everyone was on their phones for the first time in a day.
17:56		513		-	-	-
18:00		515		-	-	Eating risotto! Made by Alice and Melody. Becky sent over some texts, Ryan is reading them to ST: "We have 1000's"
18:06				-	-	Swimming again
18:09				-	-	Passing marker #42
18:24				-	68	-
18:30		516		80	-	and 519. Zero wind
18:45				-	-	Ryan out of kayak and back on BT. Overcast, big clouds. Still light, but fading fast. Ken C preparing to swim
19:00		526		73	-	Scott in kayak. Then Scott out of kayak, back on BT. Ryan piloting SN with Alex still on board. No wind. Karl still piloting
19:24				72	-	Late dusk. Wind gusting to 14mph.
19:30		528		-	-	Feed. Ken still in. Wind at 15mph.
19:36			kayak	-	-	Scott back in kayak.
19:42				-	-	SN coming in, Alex on BT. SPOT with kayak. Karl helping to load Becky into boat, Ryan still piloting SN.
20:00		529		72	-	Winds at 16.5mph. Feed. Ken still in. Sliver of moon is enough to cast a shadow on water, high clouds, not nearly as many stars [as yesterday].
20:06		530		-	-	Ken out, swimming to BT. Karl still piloting. 18.8mph wind. Passing buoy #39. Gusts to 20mph. BT ahead of SN and kayak.
20:30		531		-	-	Feed. Jamie taking pictures in galley.

Time	Stroke rate	GPS	SPOT	Air temp	Water temp	Notes
20:43				-	-	Wind wind wind. There is no light. Jack is ready to swim, but not in yet. Discussion with Becky, Alice, Melody about feed, recovery bottle etc.
20:50				70	-	Wind at 14.8 mph. SN and kayak behind BT.
21:00		535		-	-	SN and kayak off port stern. Karl driving BT, Jamie brought me a cookie. Gusts of nasty crosswind, but no white horses. Ad, for the second time I got the button on the GPS to work on the first try!
21:15				-	-	BT resumes position as well-lit "waypoint" for SN and kayak. Marker #38 red on our port. Karl piloting. Wind gusting to 18mph, moon about 30 min from setting.
21:26		536		70	-	Boat passing marker #38. Flotilla and swimmer behind us. Wind gusting to 16.7mph. The absolute determination of this crew is astounding. Nasty nasty conditions especially after 40 hours and they soldier on. White caps visible in the dark - moon gone.
21:36				-	-	Can't see feed, but boats are stopped and overheard radio about feed - houseboat is slapping water. It's quite rough and extremely difficult to pilot. Hooking forward-looking halogen lamps to bow of bridge upstairs.
Observer on duty - Andrew until 04:00						
22:00			kayak	-	-	Feeding about 300 yds away. Wind has nearly died, its maybe 5kts from behind us, or ahead, I can't really tell.
				-	-	Ryan stops by in SN to pick up more feeds. Says it is like a washig machine out there still, but ST is in good spirits.
				-	-	Jack had been preparing to swim, but now he will not be. Ryan said it is too messy out there.
22:30				-	-	Wind about 10. ST asks for some more lanolin. Per Ryan, she says, "if it weren't for the wind..."
22:48				-	-	Gentle rain begins.
23:00				70	69	Feed. Wind 5-7mph, gust to 13. Light intermittent rain falling. Asked Ryan to try stroke count by radio, Ryan cannot hear ST's left arm well enough against the waves to get a count. Ryan stops by for the lanolin.
23:30				-	-	Feed. Sarah applies lanolin. "She's doing math to tell us when her next feed is," and "she seems to be in quite high spirits. Had some communication issues - the battery on Ryan's radio is good, but he had sat on it, turning the volume way down. We're
				-	-	Last feed was from green bottle, but there's still a bit left, about one feed (it has caffeine in it). Wind 5-10, rain stopped. We're cautioned: she'll be very upset if the ibuprofen is late.

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0:00			kayak	-	69	Wind coming around from behind at 5kt. Sea follows accordingly.
0:05				-	-	Ryan gives ok, Jack will jump in to swim.
0:12		538		-	-	
0:21				-	-	Pace swimming isn't working, too dark and choppy to have two swimmers.
				-	-	[some notes on sunrise/sunset times.]
0:30				66	68	Jack out of water, wind picked up at turn, now about 10, a few white caps.
1:00				66	68	Feed. Wind 12+ mph. some whitecaps. Houseboat up ahead to show course, SN and kayak behind with Sarah.
1:30				65	68	Feed. Wind is bad around the point where ST is, but will drop to 5kt once she rounds the next point.
1:50				-	-	While ST was rounding the mountain, we nearly beachd the houseboat on a mid-lake "shoal" (aka submerged mountain). Quick action was taken and Karl backed us off safely. We took the outside route, ST went inside.

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2:00				64	68	Wind 5kt. The cold temperatures in the forecast have not materialized.
2:30				-	-	Wind 5-10. I'm navigating with Karl. There's some difficulty with matching the map contours to what is currently showing above the 3610 el water level.
3:00				62	68	Wind 5-7kt. Melody wakes Jamie, Jamie jumps straight into his role as pilot.
3:15				61	69	Ken is summoned to swim with ST.
3:30				60	68	Feed. I wake him up from where he snoozes in a sleeping bag on the top deck, and tell him to get a suit on - this is what you get for missing all those 24 HR Relays. Scott is STILL kayaking!!! Ryan and Becky are still in SN. Wind 5-8mph from left. Ken in during feed.
<i>Observer on duty - Suzie until 10:00</i>						
4:00			kayak	-	-	Jamie at helm, still windy. Karl in a kayak to take a fresh radio to Ryan, Karl comes back to boat.
4:15				-	-	Much discussion about feeds.
4:30		539		59	-	Wind steady 5-8 mph.
4:50				-	-	Ken out. There is a horrific odor from somewhere, probably the floating toilet.
5:00		540		59	68	Swimmer behind ~400yd. Feed. Ken said it's warmer in the water than on the boat. Said he didn't notice wind while swimming with ST. Jamie at the helm, speed 3kts. Can see Navajo Coal Powerplant to our left.
5:10				-	-	Ryan comes to BT to swam out feeds. Sarah had a bowel movement, which is fantastic news. Ryan refused a triple-decker sandwich, Scott still in kayak.
5:30		541		58	-	BT about 400yds ahead, still acting as guide for SN/kayak. Wind 5-8m mph.
5:36				-	-	circling back to be closer to ST.
5:46		542		-	-	Jamie motoring ahead, both engines. There is still some horrific odor emanating from somewhere, possibly the AC? Wind gusting to 12 mph.
5:58		543		-	-	Circling up round to get better picture. Ryan + Becky in SN, Scott in kayak, Jamie at helm, both engines, 5kts. All lights on boat for high visibilit[y]
6:16				57	64	Ryan requesting more lights on boat. I think the odor is from the wet bar on the top deck.
6:21		544		-	-	and 545. Now 46 hours in.
6:24				-	-	EVER so faint daylight creeping up in the east. Stars beginning to disappear.
6:30		546		-	-	Holding place for flotilla to catch up. Unseen obstacles necessitated us taking a big loop (in BT).
6:35				-	-	Ryan getting in the white kayak
6:43				-	-	ST and kayaks alongside BT. Ryan is getting out, Scott with Sarah, no radio. Past marker #21A
7:00		547		56	-	Light enough to turn off flood lights. Oh, and wind 5-8 mph.
7:10				-	-	First "other boat" of the day. See ST nestled between Sea Nymph & Scott. Yes, Scott is still with her in the kayak. Becky. Ryan in SN.
7:30		548		-	67	There's real sun just below the horizon. Karl says about 12mi remaining. From binoculars, ST's stroke is same, slower, but same, my shin 73f.

Time	Stroke rate	GPS	SPOT	Air temp	Water temp	Notes
7:34				-	-	ST: How much farther? Ryan: I'm not supposed to tell you. ST: I want to know. Ryan: 12 miles. ST: whatever happens, we're going to finish this thing.
7:45				56	-	Motoring ahead to scout. Still wind, but not horrid. Marker #19 on top of a butte to the right, artificial marker.
7:59		550		56	-	Funfact: Mesa = flat on top, Plateau = large, expansive. Mesa < Butte < Plateau. and 551. Just heard Karl's "Warm Bay [Henge]" swim a couple of years ago. Andrew's getting in Triumph to relieve night crew, taking Alice and Jack with him.
8:05				-	-	Ryan said: she drank the entire recovery drink, wants her crew near her. Real sun. Ryan also says she is peeing on schedule. Becky says ST was in good spirits all night, came up to boat smiling "we're gonna finish."
8:24				-	-	BT passing Marker #19. 48hrs in.
8:28	50	552	kayak	59	65	Feeding. Form is <u>good</u> .
8:40				-	-	SN and Triumph on the side of ST. There's much more boat traffic that I would have expected at 8:45 on a Thursday. Wind has died down.
9:00	50	553		65	-	Feed. Wind 5, gusts to 8.
9:20				-	-	Andrew and Jack coming in to pick up ST's feeds, which are being warmed now.
				-	-	[Suzie draws some pictures...1) diagram of who's where 2) a grain silo and part of a flag? 3) "Andrew's flag, a poor rendition" 4) "Jack's puff balls, another poor rendition"]
				-	-	"This page left intentionally blank.
				-	-	Just had our first boat slow down when we waved an orange flag. It was an NPS tour boat.
9:34		556		78	-	Jamie says 8.5 mi to go. Wind 6-7 mph. Flotilla 300yds to rear. Barge approaching from ahead, passing to port.
10:00		557		-	-	Flotilla 400yd behind, still in a row. Water is <u>Finally</u> flat. <u>Finally</u> .
10:18	52			-	-	Passed on port by another houseboat of same model, Alex says "There goes us without all the awesome." Karl is going to get in to swim.

Observer on duty - Suzie in Triumph

10:37		558		-	-	Suzie and Alice aboard Triumph with Jack and Andrew.
10:58		561		-	-	Feed. Backstrokes, double arm backstroke, breaststroke, Freestyle!
11:05				-	-	Karl swim from BT to SN to deliver Ryan's cowboy hat to him. It is getting hot. Karl swimming next to Sarah, half-stroke behind her with no cap, but he does have his swim suit on. When ST saw Karl, she said "Karl you're funny."
11:10		562		-	-	and 563. Passing Marker #15
11:30		564		-	-	Feed. Karl still swimming (without cowboy hat). A good burp!
11:47				-	-	A jaggie (a swarm of jetskis) just passed, as well as a VERY large houseboat with an enclosed 2nd floor. Wind is NIL, but lots of slosh from skis and boats.
11:58		567		-	-	Feed. Andrew jumped in off Triumph to pee and rinse off. Chatting with Karl. Jack jumps in as well for a dip. Telling riddles, Karl is swimming back to boat.
12:15			SN	-	-	Passing marker #13. Scott is out of the kayak! Ryan, Becky still in SN.

Time	Stroke rate	GPS	SPOT	Air temp	Water temp	Notes
12:30		569		-	-	Feed and quotes from Facebook. Scott is back in the kayak with a clean shirt. Ken taking photos. She saw, and smiled. After 52+ hours of swimming, she can still smile.
13:00				-	-	Feed, more riddles. Suzie jumps in to pace.
<i>Observer on duty - Andrew, piloting Triumph</i>						
13:30	56	570	SN	-	-	Ryan + Becky tied up to BT to refresh (SPOT on SN). AM driving Triumph with Alice, Ken, Jack aboard. Scott in kayak, Suzie swimming. [AM aside: I'd forgotten that Suzie wasn't taking notes while swimming. Suzie got out around 14:15 because she couldn't keep up with ST.]
<i>Observer on duty - Suzie in Triumph</i>						
14:34				-	-	Approaching The Cut. Dead flat calm. Karl swimming with ST again. Ryan and Becky on BT. Scott kayaking with ST and
14:30		572		-	-	Ryan and Becky rejoin in SN, ST and Karl swimming.
14:47				-	-	Karl out, ST moving!
14:56		573		-	-	Feeding, crossing to cut. Can see top of boat ramp in distance. BT is heading to Ramp to tie up.
14:58				-	-	Swimming resumes. Dead flat clam. Warm, Jack jumps in for a dip. Andrew making broadcasts on VHF 16 requesting courtesy while transiting Wahweap Cut
15:03				-	-	Feed. A "boat release" [lots of boats together] is coming at us out of THE CUT.
15:10		577		-	-	Castle Rock Cut Green Buoy. [AM: navigation note - at Cut, water is about 25yd wide with 5ft . Directed crew and ST to remain on Green (our right) side of channel. One small boat overtook us at entrance to Cut. Unknown workboat waited patiently at our rear during transit. Order: Triumph through first, kayak and ST side-by-side, SN slightly behind, mysterious stranger at back. Uneventful transit]
15:18				-	-	Exiting Castle Rock Cut. Heading straight to Wahweap Ramp. Called and spoke with Jamie.
15:25				-	-	Feeding
15:39	60	580	SN	-	-	A little sidestroke. Sarah: "I have a cramp in my small toe." and "Can you believe we made it?"
15:54				-	-	FB Live post on Jack's feed. [we have full cell coverage now, for the first time in ages.]
16:06	60			-	-	Big smile, no feed taken. Scott loaded into SN, kayak placed across top of SN.
<i>Observer on duty - Suzie at finish</i>						
16:18				-	-	Everyone unloaded from Triumph, Andrew takes boat back out to manage traffic.
				-	-	Everyone told she has to clear water and the Ryan and Alice are the first to touch her.
16:26			SN	-	-	4:26:26. Sarah is finished after 56 hours, 5 minutes, 26 seconds. Sarah takes her ear plugs out, " I can hear you now."

Note: original log states final duration as 60 hr, this is a math error.