

Swimmer

Name: Elizabeth Fry Gender: F Age: 61 Resides In: Westport, Connecticut

Support Personnel

Pilot name(s): Sonny Lisowski - Capt
Lloyd Karzen - First Mate Vessel: Mirage Port: DuSable Harbor, Chicago, IL

Crew names & roles: Peggy Gaskill - crew 1 Qing Li - Pacer,
Debbie Masso - crew 2 starting @ 7:35pm - Hour 12

Swim Details

Date: 9/2/20 Body of Water: Lake Michigan Location: Chicago to Michigan City, IN

Route description: Promontory Point, SE corner of point / to Washington Park Beach
Chicago, IL Lifeguard Stand
Michigan City, IN

Swim distance: 35.5 miles Start time: 7:00:00am Finish time: 04:45:06 Elapsed: 21:45:06

List any "first" or record claims: Oldest person, Fastest Woman, 1st time route has been done.

Rules & Conduct

Feeding (substances & frequency): Approximately every Hour (w/ a few 40min ints.)
A combination of these: Vitargo 4-10oz GU-1 Pack Coca-Cola-4oz
Electrolyte Fizz 26oz FRS Chews-2

List all equipment, devices, and swimwear (including standard equipment) used by swimmer:

Speedo Women's Training Suit
Silicone Bathing Cap "Cork Dist Week"
TYR mirrored goggles, wax earplugs, light stick attached to rear of suit.

List any modifications of MSF Standard Swim Rules:

None

Observer: Marcia Cleveland - Main
Qing Li - ass't
Email or Phone: 847-227-7202
Marcia C944@gmail.com



I witnessed this swim in its entirety, start to finish, and attest that it was conducted in strict accordance with the rules and spirit of traditional marathon swimming.

MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

9/2/20

Swimmer(s)

Elizabeth Fry "Liz"

Observer(s)

Marcia Cleveland
Qing Li

Swim Description

Across Lake Michigan. Promontory Pt, Chicago to Michigan City IN

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# Hrs.	TIME	LATITUDE	LONGITUDE	TEMP f sea / air	m/s unit WIND * spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
Start	7:00:00	N 41° 47.697'	W 87° 34.097'	73.7/73.4	2.4 W	64	Strong start from Promontory Point Rock. Lots of cheering fans. Inhaled 2 Aleves - start.
	7:30	N 41° 47.618' W 87° 33.239'	W 87° 33.239'	76.4f/0	2.8 W	65	Boat positioning is being worked out. Liz is looking strong. Beautiful view of city.
	7:42	N 41° 47.506'	W 87° 31.107'	76.4f/			Switch to starboard side for swimmer. Sonny can watch much better. Throttles on side ^{side} .
①	7:59	↓	↓	76.4f/71.7	2.2 W	65	Vitargo + Electrolyte Fizz (E) Feeding @ 8AM. Boat spins around. Liz is calm.
	8:30	N 41° 47.390'	W 87° 30.894'	76.2/78.5	2.4 W	65	Better boat posit. Still back away but Boat pilot getting ↓ control. Liz is steady + strong. Nice push from (W)
②	9:00	N 41° 47.247'	W 87° 29.672'	76.1/74.5	2.4 W	64	Liz is a bit frustrated w/ boat but managing. = (V) + Elect for feed. Madhu says hi.
	9:25	N 41° 47.195'	W 87° 28.752'	73.8/75.2	2.2 W	65	Roller waves @ 1/2-2'. Switching Obs. times to 0.05 feeds so no interference. Sunny day!
③	9:55	N 41° 47.085'	W 87° 27.757'	73.8/77.3	2.4 W	66	called USCGV switched H ₂ O temp. to watch over the side @ 9:25am.
	10am	1		74.2/78.2	2.6 W	64	Feed of (V) + (E) + HammerGel
	10:25	N 41° 46.990'	W 87° 26.541'	74.2/78.7	2.6 W	64	All good. Sunny w/ partial clouds. Sonny says "Liz is sorta surfing."
	10:55	N 41° 46.871'	W 87° 25.590'	74.2/79.4	3.6 W	64	50' water (shallow in this area) steady. Aiming for double stacks way over there.
④	11am						Feed , V + E Feed M ₃₀₀₀
	11:25am	N 41° 46.764'	W 87° 24.494'	74.2/79.8	1.9 WNW	63	I swells now. Good rhythm. 2MPH pace, acct Sonny. (F. Chicago)
	11:55	N 41° 46.663'	W 87° 23.374'	81.3	1.8 WNW	64	westward ho! Great water. Chicago is still closer than Mich City but directly off to to (S)
⑤	noon						Freighter buoy for Gary + Calumet Harbor 1 mile due south. CMT 12 Shipping Mtrks

*Please see attached addendum

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

9/2/20

Swimmer(s)

Liz Fry

Observer(s)

Marcia Cleveland + Qingli

Swim Description

Chicago to Mich. City, IN

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
12.25	N41°46.552	W87°22.370	74.8 / 80.8	0.9 WNW	64	Liz is solid, settled in. Feeling hot on boat. Wind has but still w/us. Long strokes for balance.
12.55	N41°46.381	W87°21.333	74.4 / 84.9	0.5 WNW	63	<input checked="" type="checkbox"/> <input type="checkbox"/> Gu Seals + Carmel <input checked="" type="checkbox"/> 7oz / <input type="checkbox"/> 4oz <input type="checkbox"/> Boat is rocking from side to side.
⑥ 1pm		Got nose plug				Wind is shifting to a bit more North. Liz OK @ feed. Wants to know where smoke stacks are.
1.25	N41°46.221	W87°20.351	75.8 / 83.4	1.4 WNW	62	Channel Buoy to Calumet H. due S. 3 miles. Liz's GPS to Mich City is working well but we need here a bit North.
1.55pm	N41°46.250	W87°19.476	75.8 / 84.0	1.2 NW	64	In good synch w/ boat now. Wind is shifting to N. Water is crystal clear + aqua blue.
⑦ 2pm						"I'm following my good friend, Sonny, now!" FRS Chew + 7oz. <input checked="" type="checkbox"/> the biting flies are bad on boat.
2.25pm	N41°46.190	W87°18.572	76.9 / 84	1.2 NW	63	Sonny having to u/ble w/ boat again, Liz manages to stay on course. Wind is shifting north, hence current.
2.55pm	N41°46.129	W87°17.866	76.6 / 82.4	1.7 NW	62	Zigzagging to stay even w/ line due to wind. Liz drops back/catches up/etc a lot. Tough but she's amazing.
⑧ 3pm						Feed: 1/2 GU M + 1/2 Ave 9oz <input checked="" type="checkbox"/> Spirits good. Pee
3.25pm	N41°44.993	W87°17.211	74.4 / 85.1	0.9 NW	62	Smart Liz is figuring out pattern of boat to stay on line. she looks like a gazelle lopping thru the H ₂ O. Beautiful even w/ uneven boat line. Capt is trying.
3.55pm	N41°45.972	W87°16.638	75.8 / 81.8	3.0 NE	61	wind shifts AGAIN. Last 20 mins have been very excellent. Flies cont to bite.
⑨ 4pm						chew + <input checked="" type="checkbox"/> 7oz / Boat turned 90° into line but Liz headed in correct direction.
4.25pm	N41°45.888	W87°15.700	74.4 / 80.0	8.5 mph ENE	61	we are @ 18 miles. Liz solidly strokes. 1' chop heading into us. 75' water
4.55pm	N41°45.780	W87°15.121	76.2 / 86.0	7.8 SE	62	Good momentum last 30 mins. Wind has done a 180°
⑩ 5pm						H Gel, <input checked="" type="checkbox"/> sip 17.9 miles to go. Warm up Wants to know dist to go @ next feed. Feeds!

MARATHON SWIMMERS FEDERATION - Standard Swim Log



TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
5:25pm	N41° 5.768'	W87° 14.596'	75.8 / 83.3	7.3 mph ESE	61	Strong + steady. Waves ← SE. Gentle 1' rollers Br to (R) mostly away from Boat side. 18 miles down
5:55pm	N41° 45.699'	W87° 13.790'	75.0 / 84.0	4.0 mph SE	61	72' water, pretty calm water but (W) wind approaching 1.5 m. fog Miles to GO: 16.8
6pm d. to end				pee	-	FRS <input checked="" type="checkbox"/> 100z. NOE <input checked="" type="checkbox"/> (warmed <input checked="" type="checkbox"/>) Wants tea Feeling "OK"
6:25pm	N41° 45.623'	W87° 13.120'	74.4 / 88.1	2.2 E	61	slowing down a bit. Tired. Feeds @ 45 mins. USCG for AOR crossing.
6:45pm	Change over feed: 5 mins. Gogs w/ light					swim on port side now. GU + 2oz Tea/warm 1/2 Egg salad sandwich
6:55pm 45min feeds	N41° 45.597'	W87° 12.377'	74.4 / 85.6	5.6 S	61	Liz looks weary Fumes are bothering her so pilots are working on position. Full on S. Winds now.
7:25pm	N41° 45.622'	W87° 11.390'	75.0 / 81.3	4.9 S	62	Sky is beautiful. Liz needs encour. so I flexed a lot. SW waves push her.
7:35pm	Feed Qing in @ 7:37pm as Pacer Pinned Light stick to Liz. (Light fell off.)					<input checked="" type="checkbox"/> 6oz. Liz needs to be eating more. Back to starboard side. Sun set @ 7:17pm. Waning light now.
7:55pm	N41° 45.653'	W87° 10.688'	74.0 / 77.3	5.1 SW	61	Having Qing in has perked Liz up
8:20	Feed Qing out					Good spirits GU + sips of <input checked="" type="checkbox"/> + tea Full dark "swim towards the moon"
8:25	N41° 45.560'	W87° 9.841'	74.2 / 76.5	4.8 SW	63	Crew has Flash light on Liz now Hard work to control Liz/Boat in dark. Down to 1 engine now.
Liz shot in front of boat, in dark. Prom starbd to Port. Got off course, creating confusion that took 30 mins to resolve.						
8:55pm	N41° 45.299'	W87° 09.095'	74.4 / 76.5	4.6 SW		

Date

9/2/20

Swimmer(s)

Liz Fry

Observer(s)

Marcia Cleveland + Qing Li

Swim Description

Chicago to Mich City, IN

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

9/2/20 - 9/3/20

Swimmer(s)

Liz Fry

Observer(s)

Marcia Cleveland + Qing Li until 10pm

Swim Description

Chicago to Michigan City IN

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
9pm	Feed					COKE + sips of \square COKE .
9:25pm	N41°44.972'	W87°08.387'	74.0 / 75.5	2.5 SW	62	Liz is sighting on boat intermittently. Large freight passes 300yds. astern.
9:55pm	N41°44.735'	W87°07.428'	73.6 / 73.9	4.5 SW	60	USCG ✓ Rolling, gentle waves ← S. Pict:
10pm	Feed: Aleve + Gel (Espresso GV)					Liz is staying close to boat. Has been confused by signals + directions.
	Qing in, sighting for Liz on port side with 1 engine, chance is to lean to Port side.					10.7m. from Mich City
	with the wind coming ← SW, the water bounces against MI side & creates some crazy currents in the area of the lower lake.					veer
10:25pm	N41°44.561'	W87°06.506'	74.2 / 74.4	3.3 S	61	Qing is pacing Liz well + keeping her w/ boat.
10:55pm	N41°44.441'	W87°05.483'	74.0 / 74.3	3.5 SSW	60	In the dark, navigation is only ok. Sometimes sw. are forward, at times aft.
11pm	Feed: Norad says "Hola Liz. Eat!"					All trying hard to make this successful. Chewy COKE ☒ Qing out (1 hour.)
	Liz is now following the boat. She can see it well + it's lit up like a beacon. Qing did an excellent job pacing and then instructing Liz how/where to swim. Excellent leadership. 1' rollers from the south.					
11:25pm	N41°44.353'	W87°04.480'	74.0 / 73.5	5.6 SW	60	Liz is really sw well now, behind the boat. Qing is barking orders about position + distance. Wind changed to 2' west rollers!
11:55pm	N41°44.406'	W87°03.431'	74.0 / 73.1	7.9 SW	62	Choppy now. At least, wind is pushing her towards the finish.
12am	Aleve in	Gel	7.8 mi	rest to go.		\square COKE Chew + GV. Pretty good spirits. 2' rollers. Peggy only offered \square so Liz is excited!
12:25am	N41°44.460'	W87°02.521'	74.0 / 72.0	14.5 SW	60	Forced to consume them. 6.6 miles to go! very consistent thru 2' rollers
12:55am	N41°44.428'	W87°01.487'	74.0 / 72.6	SSW 4.6	62	Wind gusting. Swells are growing.

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

9/3/20

Swimmer(s)

Liz Fry

Observer(s)

Marzia Cleveland

Swim Description

Chicago to Michigan City, IN

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
18 1am WSCG	Feed	Chew +	74.2 73.0	16.8SSW SSW	60	5.57 to finish 2 rollers "OK Mom!" Qing enters water again. Go company Liz wishes she was on that boat.
125am	N41°44.299	W87°00.421	74.2 73.0	16.8SSW SSW	60	Liz picks it up w Qing. They are being rocked by 2-3' swells that push them the right direction.
155am	N41°44.263	W86°59.377	74.4 73.2	11.8SSW	60	Rough seas prevail. Liz continues on... and on... and on... Good Boat Rhythm
19 2am	Qing out, Liz gets	Feed				We can't see any lights of Chicago now. Now 3.6 miles to go. 1 Espresso GV. Sip of [V]
225am	N41°44.217	W86°58.358	74.0 73.0	5.0SE	60	moon (full) has been w us all night. I am amazed w her ability to sustain herself.
255am	N41°44.105	W86°57.467	74.2 72.6	6.7SE	60	Solid swimming thru menacing waves. 2-3' rollers from SE. Why now? 2.05m to go!
20 310am	Feed #	Last(?)	74.2 72.5	11.8SE	60	GV + Aleve + 4oz. Coke "OK Mom!" Liz is sw like a person who is looking forward to being done. The seas are kicking up again. Hard to keep boat + Liz =
325am	N41°43.995	W86°56.407	74.0 72.5	15.9SE	60	we are approaching land and the wind is pushing us north quickly.
355am	N41°43.941	W86°55.521	74.0 72.1	12.1SW	62	Passed the Harbor entrance. Liz is doing really well, ready to be successful!
4:02am	N41°43.893	W86°55.011	70.0 71.5	9.0SW	62	Qing enters water again, to finish.
4:32	N41°43.833	W86°54.455	66.0 71.9	6.2SW	63	Inside breakwall to Mich City Beach
4:45	Finish	Washington Park Beach, Michigan City, IN in front of life guard (main) stand				
21:45:06		Julia Green is on beach				to guide swimmer into Finish.
@ 4:50am Finish	N41°42.909	W86°54.334	66.2 70.1	6.0SW	63	Liz has successfully swum Lk Michigan!

Addendum

Wind Speeds were taken in Meters/Second from the start at 7am until 4:25pm. The conversions are below.

Time of Day	Swim Time	M/Sec	Conversion*	MPH
7:00 AM	0	2.4	2.237	5.3688
7:30 AM		2.8	2.237	6.2636
8:00 AM	1	2.2	2.237	4.9214
8:30 AM		2.4	2.237	5.3688
9:00 AM	2	2.4	2.237	5.3688
9:25 AM		2.2	2.237	4.9214
9:55 AM	3	2.4	2.237	5.3688
10:25 AM		2.6	2.237	5.8162
10:55 AM	4	3.6	2.237	8.0532
11:25 AM		1.9	2.237	4.2503
11:55 AM	5	1.8	2.237	4.0266
12:25 PM		0.9	2.237	2.0133
12:55 PM	6	0.5	2.237	1.1185
1:25 PM		1.4	2.237	3.1318
1:55 PM	7	1.2	2.237	2.6844
2:25 PM		1.2	2.237	2.6844
2:55 PM	8	1.7	2.237	3.8029
3:25 PM		0.9	2.237	2.0133
3:55 PM	9	3	2.237	6.711

* <https://www.convertunits.com/from/meters/second/to/miles/hour>