

OBSERVER ROTATION SWIS

Elaine 17:45-1:45 9/16

JEANNIE 1:45-9:45 9/17

ELAINE 9:45-17:45 9/17

17:45-1:45 9/17-9/18

1:45-9:45 9/18

MARATHON SWIMMERS FEDERATION - Standard Swim Log



TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
17:43.17	43°25'35.6 N	073°042' 639 W	69.3/67	0 SW	51	start, calm conditions, 6 souls on board
18:15	43 25 973	073 42 061 W	69.1/69	10 SW	48	"bagels are pre cut + there are utensils!"
18:30	—————		67.4 sea	on a	quar	m thermometer. Caroline says "Don't fall in!" to Kellie
18:44	43 26 656 N	073 41 490 W	68.9/67	8-10 SW	50	dusk falling
19:13	43 27 241 N	073 40 916 W	68.9/67	6-7 SW	49	"put on the red light" swimmer happy.
19:43	43 27 876	073 40 412	68.9/66	3 SW	49	darkness falling, glow sticks deployed
20:14	43 28 517	073 39 963	68.7/66	3 SW	48	Feedme! Lost a contact. Needs more lights.
20:44	43.29 142	073 39 518	68.5/66	5 SW	49	swimmer happy with improved lighting
<div data-bbox="111 938 373 1040" data-label="Text"> <p>ELAINE HOWLEY JEANNIE ZAPPE</p> </div>						Water is kinda sloppy. Glow sticks better
21:14	43 29 742	073 39 413	68.5/66	7 SW	49	peeing
21:43	43 30 375	073 39 181	68.4/67.2	6 SW	48	Four hours! Kellie off duty (you said doody)
22:13	43 31 033	073 38 077	68.4/67.2	8 SW		She's I'm good! All good. Rose's first toss
<div data-bbox="111 1149 373 1312" data-label="Text"> <p>DOUBLE LAKE GEORGE.</p> </div>						Kayak broke free - handle busted Kellie Kellie handle
22:43	43 31 616	073 38 338	68.0/62.8	16 SW		gotten v. windy. Smoother part of lake
23:15	43 32 393	073 38 029	68.2/62.4	17 S		big roller. Challenging conditions holding position nearly impossible swimmer too far away for stroke count

Date

9/16/20

Swimmer(s)

CAROLINE
BLOCK

Observer(s)

ELAINE HOWLEY
JEANNIE ZAPPE

Swim Description

DOUBLE
LAKE GEORGE.

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ELAINE HOWLEY 17:45-1:45 9/17-9/18

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

9/17/20

Swimmer(s)

CAROLINE
BLOCK

Observer(s)

ELAINE HOWLEY
JEANNIE
ZAPPE

Swim Description

DOUBLE
LAKE
GEORGE

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
25:43	43 33 604	073 37 702	68.0 62.4	16-18 SE		adul, conditions still v. snotty. coughing
00:09						Whee!!
00:13	43 33 560	073 37 516	68.2 62.5	15 SE	47	paper towels to wipe goggles
00:44	43 34 102	073 36 412	68.2 62.4	12 SE	48	happier with boat position, conditions better
<hr/>						entering the narrows
1:08	43 34 509	073 36 409	68.0 62.8	8 SE	46	peeing, in the narrows asked for solid.
1:44	43 34 849	073 35 401	68 62.4	2 SE	51	Fig newtons Yay! first solid food. 8 hrs!
2:16	43 35 422	073 34 780	68 62.5	7 SE	50	smooth swimming!, peeing
2:45	43 35 925	073 34 314	67 62.4	6 SE	48	all good! said she was doing good
2:45			67	6 SE		we were using aquarium temp but it's too high I Hague, NY @ 54 now
3:17	43 36 606	073 33 954	67/54	7 SE	48	took 4x to get feed to her, requested hot feeds all night, peeing, asked why
3:45	43 37 141	073 33 603	67/53	2 S	48	lots of course correction - wind!
						got feed on 1st attempt, feed too hot, peeing 10 hrs & about 1/2 way!
4:20	43 37 693	073 33 517	67/52	10-15 S	49	got feed on 2nd attempt, could be warmer, solid next feed (fig), peeing smooth!

JEANNIE ZAPPE 1:45 - 9:45
9/18
picked up

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

9/17/20

Swimmer(s)

CAROLINE
BLOCK

Observer(s)

ELAINE HOLLEY
JEANNIE ZAPP

Swim Description

Denble Lake
George

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9:45 - 5:45
Elaine

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
4:46	4338182	07332702	67/53	10-15S	47	2nd attempt got feed, ^{she} dropped big, feed could be warmer still, peeing all good!
5:02 ^{am}						Mars is bright red tonight! just did a 360° partial whitecaps @ did a donut!
5:17 ^{am}	4338663	07332379	67/52	10-15S	47	took a few attempts. Feed temp good! Ibu Sang, "there's got to be a morning after!" next
5:47 ^{am}	4338946	07331760	67/52	10-15S	47	Ibu profen, peeing no more stars! peeing passing Harbor Islands @ ~18 miles in, almost daylight peeing, requested pretzels sunup and warm coke on next feed
6:15 ^{am}	4339320	07331225	67/54	10 ^S ish	49	Happy to see Kellie again! windy + choppy - got pretzels but no coke - crew fail! Opt Infinite
6:44 ^{am}	4339753	07330627	67/54	15 ^S	49	warm coke feed - 20.2 mi wants warmer coke
7:15 ^{am}	4340215	07330252	67/54	6-7S	48	"Mom says great job!" asking about forecast peed, coke/didnt take any feed 21 mi.
7:44 ^{am}	4340903	07329928	67/56	4-5S	49	peed, warm feed + perfect temp + 1 for Kellie! Communicated weather forecast - less
8:15	4341544	07329580	68/57	~4S	49	wind, air temp 43... ok... we will watch.
8:45	4342022	07329443	68/57	~3S	48	"Here comes The Gap!"
						replen warm feed + 2 fig 15 hrs in! requests + ozo + tomato soup @ turnaround water calm!
9:15	4342498	07329285	68/59	4-3S	49	22.5 mi down! warm feed, peeing all good! every 30 min flat H ₂ O
9:45	4343010	07329116	68/59	3S	49	peed, regular warm feed, requests 20ibu @ 1145, new goggles 16 HRS!
10:15	4343442	07329114	68.5/60	5 N	48	Elaine back on shift. Swimmer happy
						Wind has switched out of the North as anticipated, but all little early.

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

9/17/20

Swimmer(s)

CAROLINE
BLOCK

Observer(s)

ELAINE HOWLEY
JEANNE ZAPPE

Swim Description

DOUBLE
LAKE GEORGE

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Elaine
 9:45 -
 5:45

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)	
11:13	43 44 298	073 28 960	66.4	9 N	49	cormorant on the water	
11:44	43 44 701	073 28 797	65.4 / 61.6	7 N		singing about the "Billie bills Bells" pills in bananas Kellie dons angler hat ^{It has a functional lantern}	
<hr/>							
12:14	43 45 152	073 28 678	68.7 / 62	7 N	48	almost to Gap. Banana republic is next -	
12:32	<hr/>						celebrated passing that "fucking totem pole!"
12:45	43 45 660	073 20 503	68.7 / 62	6 N	48	4 miles or so to end of lake. Chappy w/ that report	
13:14	43 46 198	073 28 478	68.7 / 62	4 N	47	27.5 miles per track "Against the wind" ^{send the}	
<hr/>							
13:44	43 46 634	073 28 287	68.7 / 62	6 N	47	asking for hot chocolate, ^{has a} sore throat, peeing	
14:14	43 47 014	073 27 863	68.7 / 62	6 NE		surprise food item, peeing while singing ^{to herself}	
<hr/>							
14:43	43 47 346	073 27 518	68.7 / 61	6 NE	46	delightful hot cocoa. flutters all around wants anything but this / ^{wants to next to soup} next time	
15:14	43 47 661	073 27 123	68.5 / 60	8 NE	47	peeing; maple syrup + water requested for next feed	
15:43	43 48 081	073 26 745	68.4 / 60	4 NE	47	Kayak in to guide CB to the turn point	
<hr/>							
						C says it hasn't been great but not unusually painful	

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

9/17/20

Swimmer(s)

Caroline Block

Observer(s)

Elaine Howley
Seannie Zapp

Swim Description

Double Lake George

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5:45pm Seannie

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
16:14	4348457	07326196	64.9 / 59	6 N		Swimmer is with kayaker nearing Diane's rock
16:45	4348798	07325910	64.8 / 59	4 N		Bread + water @ feed. Swimmer on other side ^{w/ kayak} motorboat in deeper water monitoring progress via binoculars
	less than	a mile to the rock.	will feed next there	all appear normal.		Shift change on boat pilots
17:25						(23:41:38) 1st kg
17:33	1734	start 2nd lap				at the turn she took P.B.S., ibuprofen, soup, water aquaphor
		transition				9:25 @ turn undo way again
						@ 2:1
5:45	4349166	07325916	64.2 / 60	0-1N	50	looking good! fed on soup
6:01					49	hot water + mint choc gel smooth sailing!
6:30	4348667	07326349	65.7 / 59	0	48	gu + water, has been peeing flat water! peed on command! 😊
7:00	4348189	07326762	68.4 / 58	0-1/2N	50	maple tea "water has never felt cold - it was the air"
7:30pm	4347740	07327347	68.5 / 58	0-1/2N	50	1 slice bread + maple tea - potatoes next time flat as a pancake!
8:00pm	4347251	07327613	68.5 / 58	2-3N	49	two small potatoes w/ cream cheese - YUM! + warm water, peed
8:30pm	4348843	07328153	68.5 / 55	2-3N	49	hot choc - next time maple coffee + hot H ₂ O
9:00pm	4346307	07328464	68.7 / 55	5-6N	47	Deb has skillz! Nailing the feeds! 29 mi left! maple coffee + hot H ₂ O - next time potatoes (35.6 down)
9:30pm	4345722	07328460	68.5 / 59	6N	46	stars peeing out, peeing said she was getting cold 2 potatoes + hot H ₂ O, peed

MARATHON SWIMMERS FEDERATION - Standard Swim Log



TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
10:00 ^{am}	4345217	07328378	68.5 / 55	10 N	45/46	soup - "not going to finish it so heat it up again" she's cold but OK. Wind picked up.
10:30 ^{pm}	4344693	07328452	68.2 / 53	10 N	47	wants ibu when she can - "11:45/12" smooth stroke
11:00 ^{pm}	4344197	07328656	68.2 / 53	5 N	46	1 km push, arms are cold hot choc / next time ibu conversant
11:30 ^{pm}	4343696	07328873	68.2 / 53	5 N	46	1/2 banana w/ 2 ibu, hot choc. "arms get warm in water" maybe 24.5 39.4 mi down!
12	4343201	07329155	68.0 / 52	3-5 N	46	Hot coke! all good! mars is out! peeing!
12:30 ^{am}	4342691	07329256	68.4 / 51	3 N	47	potatoes + warm H2O good mood wants ladder in for finish!
1 am	4342182	07329497	68.2 / 50	4 N	46	hot chocolate "I gotta pee" all good!
1:30 ^{am}	4341651	07329788	68.0 / 54	6 N	46	waffle snack + hot clear skies! H2O / 42+ miles down! she peed!
02:00	4349128	07329888	68.0 / 54	2 N	45	Yay bread! Peeing. Hot choc next. little sleep but cognizant
02:29	4340699	07330136	67.8 / 54	6 N		peeing, good spirits.
03:01	4340194	07330308	67.5 / 54	6 N		wants soup. Asked how far left 720 mi
03:29	4339773	07330609	67.3 / 54	6 N	47	soup o'clock! requested potatoes, peeing
03:57	4339459	07330956	67.3 / 53	4 N		45 miles down, 19 to go shooting stars potatoes in my face
						"Nom. Nom, Nom" peeing. loves potatoes hot coke
04:30	4339080	07331355	67.1 / 54	8 N		having trouble with sighting boat. Fingers really winky. Feels like she's swimming in circles

9/17 - Date

9/18^e 9/18/20

Swimmer(s)

Caroline Block

Observer(s)

Elaine Howley
Jeannie Fapp

Swim Description

Double Lake George

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MARATHON SWIMMERS FEDERATION — Standard Swim Log



Date

9/18/20

Swimmer(s)

CAROLINE
BLOCK

Observer(s)

Elaine Howley
Jeannie Zappe

Swim Description

Double
Lake George

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9:45am -
Jeannie
observer

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)	
05:00	4338845	073.31833	67.1 / 54.4	8 NE		"Om, non, nom" wants to go back to hot feed	
05:24	4338847	0733220	67.1 / 52	10 NE		back to liquid feed, wants caffeine	
05:58	4338225	073.3247	66.9 / 51	15 NE	44	1/2 banana w/ ^{peel w/ lube} advil. caffeine feed.	
06:17	—————						pilot shift change
07:00	4337446	073.33547	66.7 / 49	15 NE	45	swimmer is chipper. tired but happy	
07:59	4336672	07334430	66.6 / 49	18 NE	47	says = warmer now =	
08:21	4336254	07334761	66.6 / 52	17 NE		happy swimmer glad to hear cheers!	
08:58	4335772	07334074	66.4 / 52	18 NE	45	the machine! about 15 mi to go.	
09:29	4335367	07334345	66.7 / 53	20 NE	46	caffeine over me a high hit! where the hell was the sun yesterday	
10:00	4334982	07335681	66.6 / 56	20 NE	45	reg Infinite all good! sun is shining!	
10:15	~~~~~						Had to divert to left of island at Narrows due to wind and depth
10:30	4334630	07336072	66.7 / 57	17 NW	45	Reg Infinite, peeing enough on track again!	
11:00	4334383	07336577	66.7 / 57	20 NW	45	Caffeinated Infinite, peed, good mood!	
11:30	4334026	07336158	66.7 / 58	20 NW	45	Caff. Infinite + 1/2 banana 10.5 to go! peeing + 2 ibu backstoking!	
12:00pm	4333665	07336688	66.9 / 58	20+ NW	45	she just did a somersault! reg Infinite + 1 fig small white caps Elaine showed her the D!	

NOT WATER PROOF CAPS

about 11+ left

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

9/18/20

Swimmer(s)

Caroline Block

Observer(s)

Jamie Zapp
Elaine Howley

Swim Description

Double Lake George

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
12 ¹⁵ pm	4333217	07338131	67.3 / 59	20+NW	45	Wind is a bitch! being blown around cap. Infinite heading toward Dome Is! she has a good line!
1252	4332996	07338123	67.3 / 60	20+NW	46	Albert just showed up! Refused feed Attempted feed with a bell! She refused again snotty wind! too hard to eat
135 pm	4332210	07338459	67.3 / 60	20+NW	46	bread & water she said she thought she was supposed to sprint?? Conversant & good we continue to have trouble staying with her due to WIND.
200	4331937	07338729	67.1 / 61	20+NW	46	cap + 2 Oreo's ask for attempting cap a reg feeds
225	4331569	07339000	67.1 / 60	20+NW	45	reg infinite quick feed Pontoon boat - Bob Singer, Gia, Deb came to say hi! So rough out here!
300	4331122	07339355	67.1 / 61	20-25NW	46	High seas! peeing reg infinite getting a little colder but fine
330	4330756	07339600	67.1 / 61	25-30NE	45	Crazy ride! Kook n Rollin! cap infinite Even more wind!
401	4330371	07339842	67.1 / 60	30+NE	43	Reg Infinite Crazy Ride! 5 swells less than a 10k left!
432 pm	4329957	07340024	66.9 / 60	30+N	44	cap infinite gave directions as we can't be very close to her tho's good!
500 pm	4329559	07340199	66.7 / 59	30+N	46	HUGE WAVES! 3-5' swells cap. Infinite again "Orientiering" O: "Where is Michael Tang?" E: "why do you need the Hong Kong guy?" C: I could use his elite Orientiering course!

545 Elaine

MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

9/18/20

Swimmer(s)

Caroline Block

Observer(s)

E. Housley
J. Zappa

Swim Description

Double Lake George

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
5:30	4329146	07340496	67.1 / 58	30+N	45	huge swells + white caps she has a hard time sighting due to waves.
17:59	4328652	07340783	67.1 / 58	30+N	48	Reg. Infinite + gave directions feed challenges - Frustrated re: Feeds
18:14						asking for directions
18:27	4328171	07340820	67.1 / 58	15 N		warm feeds w/itching goggles
18:59	4327686	07340947	67.1 / 57	8 N	47	wants to switch to 45mm's feed, hot.
19:40	4327023	07341194	67.3 / 56	5N	40	Adventure boat coming in, can see Village gas
50 HOURS						
20:19	4326503	07341809	67.1 / 55	0-2N	42	scuffed at the idea of a feed - refused.
20:32			67.1 / 35		44	scuffed the feed says feed tastes like dirt
						thought she was closer than we are,
						found another gear. 1.5 to 60.
20:59	4326080	07341997	67.5 / 54	3N	44	drank only a tiny bit of feed.
21:29	4325730	07342270	67.5 / 53	4N		feed wasn't warm - ate almost nothing

52:24:47