

Swimmer

Name: Abby Bergman Gender: F Age: 24 Resides In: Culver City, CA

Support Personnel

Pilot name(s): David Harvey Vessel: Pacific Star Port: 22nd St Landing, San Pedro

Crew names & roles:

Jake Harvey co-captain, Max Harvey galley, Tristan Harvey deck, Jax Cole Crew Chief, Dan Simonelli Observer/Kayaker, Steve Harvey Observer

Swim Details

Date: Sept 2-3, 2020 Body of Water: Santa Monica Bay, CA Location: Malibu - Palos Verdes, CA

Route description: N of Point Dume, S of edge of Lunada Bay Trans SaMo Bay

Swim distance: 27 Start time: 11:41:15 Finish time: 16:07:08 Elapsed: 16:25:53

List any "first" or record claims: personal best for length and time in water

Rules & Conduct

Feeding (substances & frequency): Carbo Pro, Honey Stinger Gel, GoGo Squeez, Ibuprofen, 30 min interval

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

Zumo swimsuit, speedo vanquisher goggles, zogs kids earplugs, nuetrogena baby sunscreen, sporti brand swim cap, adventure led light, 50/50 vaseline/tanolin grease

List any modifications of MSF Standard Swim Rules:

NA

Observer: Jax Cole, Steve Chase, Dan Simonelli

Email or Phone: 562 754 9856



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

September 3 2020

Swimmer(s)

Abby Bergman

Observer(s)

Dan Simonelli
Steve Chase

Swim Description

Trans Santa
Monica Bay

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
						Rough crossing. Abby is nervous about whether to start. Discussion about Pirates Cove vs Zuma for start. Agree on Zuma.
23:41:05	34 0.1549N	118 48.5927	sea 62			Swimmer enters water N4' swells that are irregular timing and direction 11 41 15
23:47						Jax reporting Abby has a ton of sand in her suit.
23:53			A 66/S 63	11 kts		Approx 11 kt gusty winds - Jax reports difficulty keeping up due to winds.
00:31	33 59 3467	118 48 4319				GPS (see addendum)
00:38			A 66/S 62	8+ kts	56	Wind ave 8.2kts; gusts to 10+ kts
00:51						Feed per plan. Abby states water is bumpy; wishes it would warm up.
01:01	33 59 0550	118 47 8532				GPS Swimmer making steady progress; still windy, swells still 3-5'
01:15			A 66/S 63	8 kts		Swells 3-5' but more rolling than sharp; no white caps now.
01:21						Feed per plan. About 60 seconds for feed.
01:33					56	Stroke appears steady, relaxed and strong.
01:52						Feed per plan. Swimmer upbeat, she discussed improving conditions.
02:02	33 58 3345	118 46 7242				GPS
02:20						Feed per plan. Abby stated "goggles are squeezing my face"
02:30			A 64.7/S6:	7 kts S/SE	55	Conditions still windy; swells are more rolling but still 3-5'

9/3/20 0004	Jax is requesting that they get closer to the boat (Jax and Abby) move closer to the boat. Captain states he will move closer to the swimmer
9/3/20 0010	Wind and current is making it extremely difficult for Jax to keep up with the swimmer. Abby is about 50 yards ahead of Jax and she wants to know whats happening with Jax and that she is safe
9/3/20 0023	We fed abby from the boat since Jax is still behind due to adverse conditions. Abby is swimming back and forth since we stopped the boat to enable Jax to catch up and board the boat
9/3/20 0025	Jax is safely aboard the boat and the swim resumes with feedings and supervision from the boat only, no kayaker due to wind, current, and surface conditions

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AbbyBergman

Observer(s)

Dan Simonelli
Steve Chase
Jax Cole

Swim Description

Trans Santa Monica Bay

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
02:50						Feed per plan. Abby confirmed that we are 3 30 into the swim. She paused
						briefly to urinate. She said she was fine. "I wished it was a bit warmer"
03:03	38 57.6637N	118 45 6099 W				We are 3 hours into the swim so there may have been a slight error in order
						She received baby Advil @ the 02:50 feeding
03:20			A 65.2 S 64.5	~ 6 kts		Feed went smoothly. We did ??? these two feeds.
03:30			A 65.2 S 64.5	~ 6 kts S/SE	55	Conditions are almost identical to last hour. Swimmer continues making
						steady progress and remains positive.
03:50						Feed per plan. Abby continues to be upbeat. Requested liquid feeds be
						warmed from now on. She urinated.
04:01	35 57 0376N	118 44.6004W				GPS
04:20			A 64/S 65	5-8 kts E		Feed per plan. Warm feed.
04:50					54	Feed per plan. Warm feed.
05:05	33 56 58 N	118 43 52 W	A 64 S 65	7-10 kts	53	
05:20						Feed - warm
05:50				5-8 kts	54	Feed warm; apple sauce; Abby requested and added extra grease

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Swim Description

Trans Santa Monica B

TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir	STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
06:00	33.55.86 N	118.42.62W	S64/A65	4-7 kts E	54	
06:20						Feed warm. Abby in good spirits "Good morning!"
06:30						Amazing sunrise and moonset. Jax obs.
06:50						Swells diagonal assist. Lumpy swells. Textured surface.
06:54						Feed carbopro warmed 1 min 10 sec in microwave.
07:08						Dan prepares to kayak; gets GoPro from Natalie. Dan warmed all feeds
						insulated in thermal bag. Pod of Dolphins! Pointed out to Abby
07:20	33.48.80N	118.46.69W	S67/A67	4-5 kts	58	Dan launches kayak; Deckhand Max helps
07:22						Feed from kayak; carbopro and ibuprofen. Abby req tinted goggles next fd.
07:50						Feed GoGoSqueeze; Dan collects blue tinted goggles from Natalie via line
08:20			S67/A70	4-5 kts	58	Feed Carbopro Abby; "I'm resisting asking how much farther to go"
						Swaps Goggles. Crew removes layers.
						IPad source of lat long appears to not be updating.
08:50			S68/A 71	3-5 kts	58	Feed carbopro and honeystinger gel. Informed Abby that soon she will be
						livestreamed to second grade class at her elementary school.

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TransSM Bay

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						2 thumbs up response.
09:23			S67.4 A73	2-3 kt	56	Feed Carbopro. "Hi!" Abby waves and smiles to the elementary students
						on camera.
09:46	33.52.442	118.36.678				Distance to dest. 10.3 nautical mi. ETA 15:31pm Speed 2kt. Bearing 114.
09:51			S67/A85	1-3 kt	54	Feed GoGoSqueeze. "These are the conditions I ordered. They just
						arrived a little late." Calm smooth surface and tending smoother.
						Confirmed Track.rs link is working.
10:12						Dan filmed Abby w/ GoPro "You're scaring me!" She was surprised at
						him being off position.
10:15	33.52.003	118.35.842				Distance to dest completed at 9:45 am: 12.86 nm; 22.3 nm total 2.03 kt
10:20			S67/A86	1-3 kt	60	Feed Carbopro temp on rail of boat 102F; informed Abby of distance
						Palos Verdes silhouette starting to emerge from smog/smokey haze/beige
10:50						CarboPro & Honeystinger. informed Abby of kayak change next feed.
11:10				2-4 kt		Prepare for kayak change. Steve prep to begin observing.

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11:20						Feed per plan. Abby still upbeat. Ibuprofen in feed.
11:22						Kayak switch; Dan out, Jax into kayak.
11:32	33.50.6582N	118.33.5279W				GPS - conditions calm, warm and light wind.
11:53						Feed per plan. Abby asked @time remaining. When told it was about 4 hours, she said she could do that.
12:00			A70/S64	5.2 kts	57	---
12:20						Feed per plan plus honeystinger. Abby urinated during feed. Pod of dolphins swam on the port side just prior to feed.
12:30	33.49.6969N	118.31.5368V				Warm & breeze starting to pick up Ocean surface texture 1-2' rolling swell
12:50						Feed per plan plus honeystinger. Requested statute miles to destination @ nest feed. Abby urinated during feed.
13:05	33.49.2014N	118.30.3815V				GPS. Conditions remain stable; breezy with textured ocean.
13:20			A68.5/S64	5.1 kts	56	Feed per plan. 4.15 nm/4.8 statute miles to shore. Urinating.
13:20						Swimmer seems a bit disappointed in distance remaining; is glad it's less than 5 hours.

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13:50						Feed slight change, Abby had liquid with baby advil. Jax requesting
						GoGoSqueeze Applesauce since she doesn't have any on the kayak.
14:00	33.48.3964N	118.25.5617				GPS. Gave Jax 2 GogoSqueeze Applesauces for Abby
14:20						Swimmer urinated. Feed GoGoSqueeze applesauce. Note cloud cover
						increasing, temp seems to be going down.
14:30			A75/S64	2 kts		Conditions: Intermittent onshore cloud cover. Sea is 1'-2' rolling swells
						with surface ripples.
14:51						Feed per plan. Mostly clear & warm. Surface calm.
15:01	33.47.4847N	118.26.5316				GPS Update. Approaching shore.
15:10						Abby, Jax & Natalie discussed landing spot with Captain Dave to ensure
						correct end point; that is outside Santa Monica Bay.
15:24						Feed per plan. About 10 minutes of discussion regarding potential
						endpoint of the swim. Abby, Jax, Dan & Captain Dave. Abby has
						indicated a preference to clear the point and land well clear of the point.
15:30			A68.5 S64	4-5kts	57	Discussion is ongoing between all involved.

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15:34						Note Captain, crew & Abby have agreed to alter landing spot to Lunata Bay
						We are adjusting course accordingly
15:40						Abby & Jax are now on port side of the boat to swim closer to shore & reach Lunata Point faster. Boat is skirting edge of kelp bed. Dan has joined as 2nd kayak to assist.
16:00						Skipped 15:50 Feed, GPS
16:01	38.46.1717N	118.25.7967V				Swimmer making her way through dense kelp bed toward shore & landing
16:07.00		FINISH!				Abby touched the rocks just south of black pipe descending the cliffs.
16:07.00	33.46.3429N	118.25.6438V		16:25.53		Estimated GPS landing spot. Will confirm other apps. Preliminary time
						16:25:53.
16:16						Abby is safely on board. No reports of injury or illness other than cold skin
						She requested a warm shower, and stated she was ok otherwise.
16:38	33.46.4197N	118.25.6678V				Landing spot GPS more accurate. Estimate from GPS app.

Observer notes Addendum by Jax Cole

Regarding Abby Bergman Swim September 2-3 2020

Location: Lunada Bay between “Dominator” Shipwreck and reef rocks that stick into Eastern opening of Lunada Bay

Dan Simonelli: “Abby this rock connects to the natural connecting shore” and points to a white rock that slopes into the water on one side and touches dry and on the other. Dan uses his paddle to point.

Abby: “ok” and swims the indicated direction and places her hand on it above the water line. Abby appears to consider getting fully out of the water and looks around nearby shore turning her head.

Dan: “I gotta get out of here, I am gonna crash” as another lump of water pushes into his somewhat sideways yellow kayak. He is already in very tight among the rocks closer than I dare go. I am videoing with a gopro course as “my” kayak which is Dan’s black scrambler bottoms out on a shallow reef rock covered in soft sea plants.

The three of us exit the shallow rocky area promptly and return to Pacific Star 200+ yards away outside the kelp forest. Cheers + Smiles abound 😊