

### Swimmer

Name: Stephen Root Gender: M Age: 49 Resides In: Mill Valley, CA

### Support Personnel

X Pilot name(s): Tom Linthicum JOHN GRUNSTAD Vessel: Ghost rider Port: TAHOE KEYS

Crew names & roles: Mark Lutzker - observer  
Geoff Butler - kayaker  
Justin O'Reilly - kayaker

### Swim Details

X Date: 8/10/2020 Body of Water: Lake Tahoe Location: California/Nevada

Route description: South (Camp Richardson) to North (Incline Village)

X Swim distance: 21.25 miles, 18.46 NM, 34.2 km Start time: 12:00 AM Finish time: 9:35:39 AM Elapsed: 9:35:39.44

X List any "first" or record claims: Previous record holder width of Tahoe  
Cave Rock to Vikingsholm (4:22:00)

### Rules & Conduct

Feeding (substances & frequency): Food: gels, peanut butter, baby food + bars every hour.  
Drinks: Nuun mix + Maurten mix every 30 minutes

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

TYR jammer swim suit, goggles, silicone swim cap

List any modifications of MSF Standard Swim Rules:

NONE.

Observer: MARK LUTZKER  
Mark Lutzker  
Email or Phone:  
LUTZKER3@YAHOO.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.

Mark Lutzker



MARATHON SWIMMERS FEDERATION - Standard Swim Log



Date

8/10/2020

Swimmer(s)

Stephen Root

Observer(s)

Mark Lutzker

Swim Description

Length of Tahoe - south to north

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TIME	LATITUDE	LONGITUDE	TEMP sea / air	WIND spd / dir Dir / spd	DTG / STR. RATE	NOTES (distances, feeds, subjective conditions, other incidents)
12:00	38°56'19" N	120°2'22" W	69.1 / 60.4	calm	53	calm wind, few clouds, bright moon, glassy water Tom says, "We need a faster kayak" Justin says, "My shoulder is already sore"
1:00	38°58'35" N	120°1'41" W	68.4 / 64.4	calm	54	2.6 miles, calm wind, few clouds, smooth water "Feeling good" 1 Gu + 1 Mawuten
1:30	38°59'28" N	120°1'25" W	67.8 / 65.1	ESE / 6.5	57	17.6 DTG / 3.7 / wind picking up from the east few clouds, texture on water, drifting left of course "feeling great" drank some Mawuten
2:00	39°0'20" N	120°1'8" W	67.7 / 65.3	E / 2.2	56	16.6 / 4.7 / wind is better, few clouds, mostly smooth water drank almost, back on course "feeling good" Stephen doesn't have much to say
2:30	39°1'15" N	120°0'50" W	67.5 / 65.6	ESE / 4.8	60	15.5 / 5.5 / few clouds, darker, drank some Mawuten, Stephen seems focused, still not talking much.
2:52	39°1'54" N	120°0'38" W	67.5 / 65.1	S / 1.5	57	14.6 / 6.7 / clear skies, calm wind, glassy water Mawuten + gel, Justin told him to pick it up if he wants to break 10 hours. Stephen seemed ok
3:24	39°2'56" N	120°0'19" W	67.5 / 64.7	calm	61	13.5 / 7.8 / calm wind, clear skies, glassy water drank some Nuun
3:54	39°3'54" N	120°0'0" W	67.5 / 65.0	W / 3.3	61	12.3 / 9 / light wind, few clouds, glassy water Drank Retain, Geoff is Kayaking, fast transition
4:23	39°4'54" N	119°59'42" W	67.2 / 64.1	NE / 3.5	60	11.1 / 10.2 / light wind, clear sky, light texture on water "my stomach is empty, but I'm not hungry" drank some Mawuten
4:53	39°5'54" N	119°59'23" W	67.2 / 63.8	NE / 6	62	10.0 / 11.3 / 2.3 light wind, clear sky, more texture on water "I'm ready for the night" Stephen has speed up + is maintaining, past halfway!
5:23	39°6'57" N	119°59'4" W	67.2 / 62.5	calm	61	8.78 / 12.52 / 2.32 calm wind, clear sky, glassy water Starting to get light, Stephen likes that. Drank some Retain
5:54	39°8'5" N	119°58'42" W	67.3 / 63.1	calm	59	7.42 / 13.88 / 2.58 calm wind, clear sky, glassy water water + air are starting to warm up.
6:23	39°9'10" N	119°58'22" W	67.2 / 62.6	calm	56	6.21 / 15.01 / 2.57 calm wind, clear sky, glassy water, Peanut Butter + Nuun "The water feels good"
6:53	39°10'4" N	119°58'6" W	67.3 / 70.6	calm	55	5.03 / 14.27 / 2.37 weather + conditions: no-change Justin jumped in to keep Stephen company, Nuun
7:20	39°10'53" N	119°57'50" W	67.6 / 68.7	ENE / 2.6	55	4.0 / 17.3 / 2.21 weather + conditions: no-change Stephen is mixing it up w/ backstroke "Don't tell me distance", stiff, tightening up.

just that

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