



ANGEL MORE

Solo 20 Kilometer Wharf to Wharf to Wharf

Date: September 29, 2016

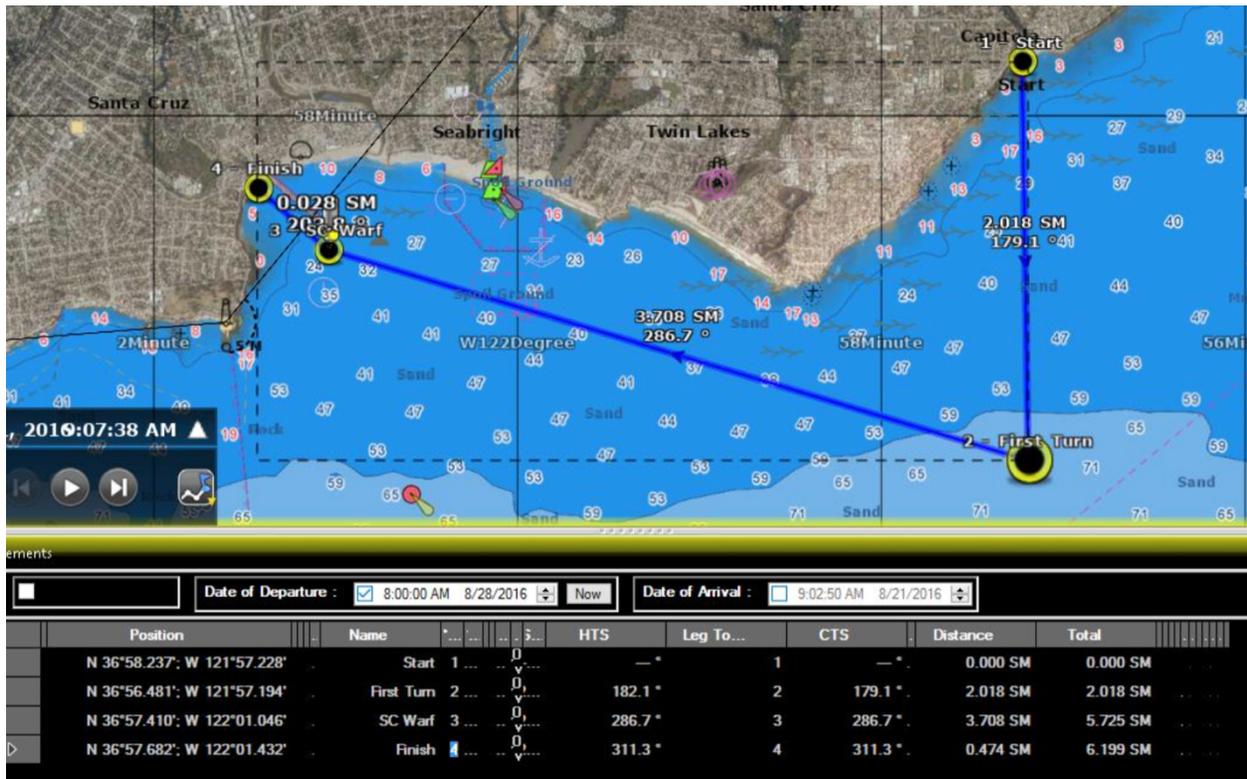
Course: Capitola Wharf to Santa Wharf to Capitola Wharf

Straight Line Swim Course Distance: 20 Kilometers

Distance Traveled via Pilot Boat (on the GPS): 20.14 Kilometers

Swim Duration: 8 hours, 19 minutes

START/FINISH	LOCATION	LATITUDE/LONGITUDE	TIME
Start	Capitola Beach	36°58'15.26"N, 121°57'11.90"W	07:17 AM
Outer Turn Marker 1	2 Miles South of Capitola	36 56.481, -121 57.194	
Turnaround at Cowell Beach	Actual Turnaround was even with Lifeguard Tower on the Wharf, exactly 6.19 miles from swim start	36°57'42.27"N, 122° 1'23.82"W	10:45 AM
Finish	Capitola Beach	36°58'15.26"N, 121°57'11.90"W	15:36 PM



MBSA Observer 1: Scott Tapley **MBSA Observer 2:** Lisa Amorao

Boat & Captain(s) & Navigation: Brian Thom, Nomad Sailing Charters

Crew: Scott and Lisa took shifts paddling and feeding Angel during her swim.



Sanctioning:

This swim was observed and sanctioned by the Monterey Bay Swimming Association

Swim Category:

Unassisted Marathon Solo Swim

Rules

This swim was conducted following the rules for all Monterey Bay Relay swims as published by the [Monterey Bay Swimming Association](#).

This swim also followed guidelines defined by the [Marathon Swimmers Federation](#).

Costume & Swim Gear:

1. Swimmer used swimwear that conforms to Monterey Bay Swimming Association and MSF definitions of standard equipment. One standards swim suit, one cap, and goggles.
2. Angel did not use ear plugs.
3. Angel wore a single latex swim cap.
4. Angel used standard swim goggles.
5. Angel wore a small amount of Vaseline, Lanolin, Zink grease mixture primarily for chaffing



Feedings:

Angel fed from her Kayak/SUP support paddlers every 30 minutes. Nutrition consisted of warm water, GU, and blended fruit (baby food-like packages). She took in between 150 and 200 calories per hour.

Weather & Ocean Observations:

Wind: Wind was calm for the duration of the swim, with a north westerly wind picking up on the afternoon, but not until Angel had cleared Point Soquel on the return trip, so she was not affected by the wind.

Water Temperature (degrees Fahrenheit): 59-63F

Air Temperature (degrees Fahrenheit): Low 60, High 70

Swells: Very small swell – nearly flat

Skies: The swim began under foggy skies. Sun began to show at about 11:15 AM. Full sun by 12:30 PM.



Observers' Narrative

by Scott Tapley

Angel More is not your typical 13-year-old. When Angel and her family contacted the MBSA to support a 20K open water swim in late September, we had our reservations. But after reviewing her extensive swim resume, communicating with her parents, and reviewing her cold water swim training we couldn't find any reason we would not do everything in our power to support her. Her goal was to complete a cold water 20K before her 14th birthday. Not only would we have the opportunity to observe and document the swim, this also gave us the chance to make sure the swim would be conducted in the safest manner possible, and within globally recognized marathon swimming rules.

Angel arrived to Capitola beach with both her parents at 6:00 AM. She was ready to swim.

After a quick review of the rules and a safety talk, we reviewed the course and prepped the boat and paddlers for a start. It was a cold and foggy morning, but the sea was glassy and visibility was about 3 to 4 miles.

Angel started off strong with a pace of about 1.8 miles per hour. This swim course took Angel directly south and out to sea 2 miles, beyond the kelp line that surrounds Pleasure Point (Point Soquel), CA. As we approached the outer turn, a large Humpback whale breached about 200 yards past Angel and her support boat, the Nomad. The whale floated for a short while, then exposed its large fluke before diving below the surface. Angel cruised along unaware of the wildlife around her.

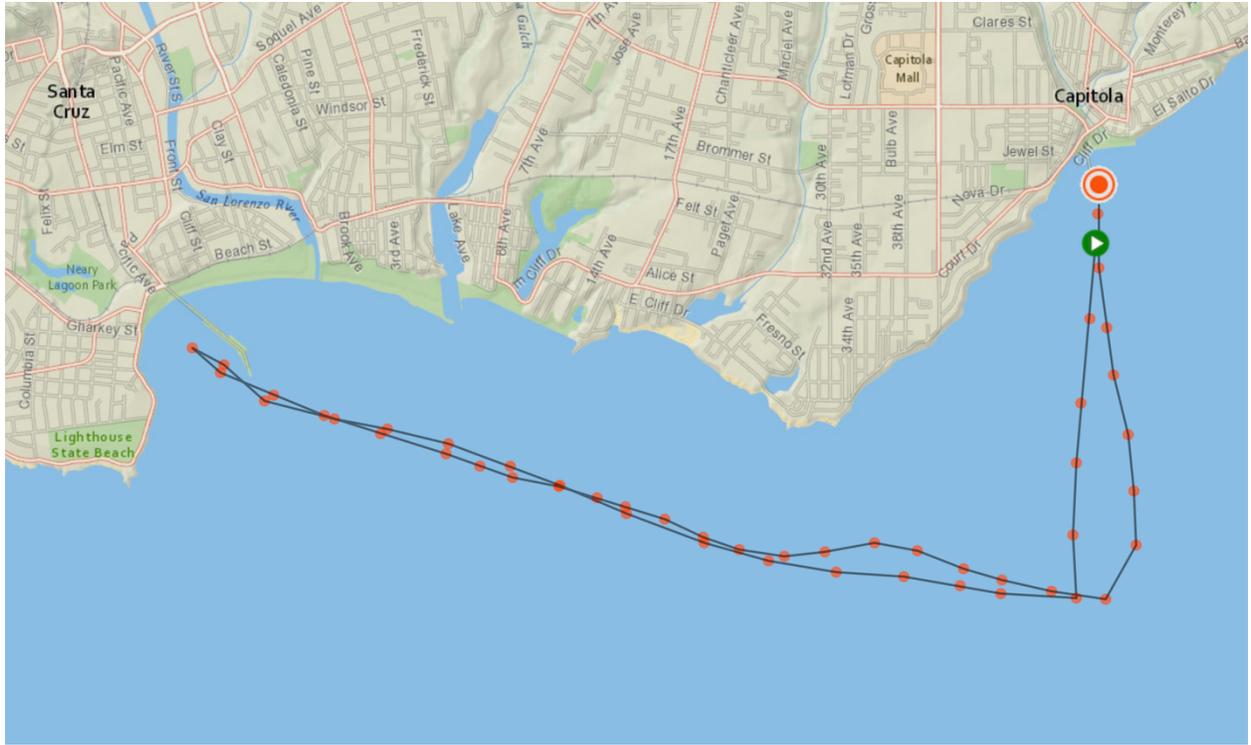
Angel stopped to eat and drink every 30 minutes. Angel maintained a consistent stroke rate of about 54 strokes per minute (+ or -). Water temperature ranged from 59 to 63F, but stayed mostly around 62F.

At 9:45 Angel was visited by a small pod of dolphins.

At about 11:15 the fog began to break and we started to see some blue sky. As Angel approached the Santa Cruz Wharf, Sea Lions gave her a very loud welcome. Her mother cheered and took photos from the end of the wharf. As she approached the Lifeguard Tower on the wharf, she had swum 6.19 miles. The time was 10:45 AM. Her first 10K was completed in roughly 3 hours, 25 minutes. Angel was already showing signs of mild hypothermia, including some shivering during food stops, but her stroke and attitude were in good shape. On the return trip, we saw several jelly fish, but Angel was not being stung. The sun finally came out fully just after noon, which was good because Angel was continuing to get colder. Her pace had slowed, but her stroke was consistent. Her stroke was a little shortened due to being cold, but still swimming strong. She was now stopping occasionally to ask how much she had left.

As we rounded Pleasure Point on the return trip, knowing she was on the final stretch seemed to give Angel a second wind, and she picked up her pace slightly.

At ½ miles from Capitola Beach, Scott got into swim with Angel. As Angel approached the Capitola Wharf, a small crowd of fans waited with cheers. Angel walked onto the beach and was greeted by her younger sister and mother and a beautiful bouquet of flowers.



Angel More – Wharf to Wharf to Wharf September 29, 2016

Swim: Angel More, Wharf to Wharf to Wharf

Date: September 29, 2016

Observer 1: Scott Tapley and Lisa Amorao

Boat & Captain(s): Brian Thom, Nomad Sailing Charters

Planned Course: Capitola to Santa Cruz (Cowell) to Capitola; 10-12 miles depending on chosen course.

Actual Course:

Start Time: 7:17

Finish Time: 3:36

Final Swim Duration: 08:19:00

FINAL
DISTANCE: 12.57 LAND MILES

20.16 Kilometers

Start Location: CAP. BEACHS E OF WHARF

Finish Location: " " "

Crew:

1. Scott and Lisa will trade off as paddlers, as needed
2. Angel will feed from the Kayak

Outcome/Notes .

Press:

Angel More - Wharf to Wharf to Wharf September 29, 2016

Time	H2O	Air	Swell	Wind	Stroke	Observations
0738	63°	63.9	-	-	54	Hazy gray. 2 mph waves
745	FEED					Feeding: water + gu gel raspberry gel
0755					60	
0810	60°	61.9		3mph	57	
0815	← FEED →					water + gel WHALE!!
0820						starting our turn to Santa Cruz
0825					53	
0829						WHALES!!!
0845	60°	FEED				choc gel + water
0845	60°	61.2	-	-		
0855					52	
0915	61°	FEED				→ water, applesauce
0925					50	→ stroke count drop but Scott said she looks good.
0944						→ POLYHINE!! VOID = YES 😊
0945		FEED				water + gel ABOUT 200 CAL/HR.
0955					53	
1010	59°	64.6	-	4mph	55	1.8 RACE
1015		FEED				water + gel
1040	← →					LEAVE / PADDLE'S WITHT LISA L, SCOTT OUT.
1045	→					FEED @ TURN. 6.19 miles @ 10:45 welcomed by Sea Lions
11:15	60°			LIBERT	55	FEED, SUN STARTING TO PEAK OUT - SUN COMING OUT. SEA CALM.

@ 6 miles: ANGEL IS A LITTLE COOL BUT SPEAKING WELL.
STROKE COUNT IS GOOD AND BODY POS. IS GOOD.

Time	H2O	Air	Swell	Wind	Stroke	Observations
11:45		60				FEED, BU, WATER 1.6 hrs
12:00			Ø	Ø	54	MORE DULCINAS.
12:15						FEED, BU, WATER VOID = YES
	62°		Ø			
12:34		65			51	SUPER GLASSY. ANGEL IS DOUB BLINK. SHE IS SWIMMING A LITTLE OUBLE STAB, BUT STROKE LOOKS GOOD. ANSWERING ALL QUESTIONS WELL AND TAKING DIRECTIONS HEATING UP HER FEET A LITTLE WARMER FULL SUN.
12:45						FEED, ELECTROLYTES + BU. HONEY STABERS.
					56	
1:15						HOT WATER + BU. CHOC.
	62	68	Ø	Ø	53	ANGEL IS SWIMMING A LITTLE. ASKING HOW FAR. BUT STILL SWIMMING FINE. SLOWLY A LITTLE OUT OF.
1:40						FEED HOT WATER, BU JELLY FISH (BUT NO STAB)
						(1:28 PM .98 TO TURN)
1:48						WHALE SLIGHTLY B
2:10					51	BREATH PICKING UP. FULL SUN.
	62	70	Ø	4		
2:25						WIND COMES UP.
		70	2ft	6		
2:45	62					BU WATER 1.2 MILES (23 M IN) 6
					56	GOOD COUNT, A LITTLE SHORTER BUT STILL PULLING WATER. HOME STRAETHA.

3:15

LAST FEED.