



BRAD SCHINDLERR

Solo Trans-Monterey Bay Marathon Swim

Age 49 at time of swim

Date: AUG 29-30, 2021

Course: A Single Crossing of the Monterey Bay as defined by MBSA course and rules.

Swim route chosen was North to South, from Seabright Beach to San Carlos Beach.

Straight Line Distance: 25.1 statute miles

Overall Swim Duration: 15h, 17m, 22s

START/FINISH	LOCATION	LATITUDE/LONGITUDE	TIME
Start	Seabright Beach, Santa Cruz	N36° 57.725', W122° 0.389'	21:26:00
Finish	San Carlos Beach, Monterey	N36° 36.574' W121° 53.694'	12:43:22

Observer 1: KIM RUTHERFORD **Observer 2:** ROBIN ROSE

Boat & Captain(s): BRIAN THOM, KRISTA SWEDBERG, NOMAD SAILING CHARTERS

Swimwear/Equipment: Standard porous suit (JAMMERS), single standard silicon swim cap, standard swim goggles, applied zinc sunblock and light coat of "grease" to avoid chaffing, ear plugs, no watch. Applied some Safe Sea lotion.

Planned Course: Santa Cruz Harbor to Monterey (harbor to harbor)

25.1 STATUTE MILES, 40.3 KILOMETERS

Actual Course: SAME AS PLANNED

Final Swim Duration: 15 HOURS, 17 MINUTES, 22 SECONDS

Crew: Rich Saint, Pete Andrew

Feeding Plan:

(see attached) – plus alternating between Aleve (2 prior to swim), then Tylenol and Advil (or exedrine), alternating every 4 and 3 hours. First feed 45 minute and then every 30. Warm feeds available. Occasional Biotene mouthwash.

Swim Category:

Unassisted Solo Marathon Swim



Rules

1. This swim was conducted following Marathon Swim Rules as defined by the [Monterey Bay Swimming Association](#). These rules are based on those used by CSA, CS&PF, SBCSA, CCSF. These rules are often collectively referred to as "English Channel" rules, however there are minor differences with the actual rules for swimming the English Channel.
2. This swim was conducted in the spirit of marathon swimming as described here: [Marathon Swimmers Federation](#)

Weather & Ocean Observations:

Light wind with some texture. Water ranged from 56 to 64f with most of the water about 61F.

2-4 ft rolling swell NW and wind 0-1knot overnight, and increasing to 6-8 knots by late morning. No wind over 10 Knots for the entire swim.

Wind: E 0-2 knots; turning WNW 4-8 knots. Mostly under 6 knots, with max wind of 8 knots.

Water Temperature (degrees Fahrenheit): Low 56F, High 64F (mostly 61 during the swim)

Air Temperature (degrees Fahrenheit): Low 56F, High 61F

Skies: Mix of fog and clear. Sun in the morning at the finish.

Currents: N/A

Jelly Fish/Wildlife:

A few jellyfish stings. Dolphin sightings. Whale sightings.

Historical Claims:

This is believed to be the 9th verifiable solo marathon swim across Monterey Bay.



Observer Narrative and Observations

By Kim Rutherford

On August 29th at 21:26:00 hours Brad Schindler entered the water at Seabright State Beach to start his Monterey Bay Crossing. The weather was perfect for Brad's crossing. The water started out exceptionally warm for Monterey Bay at 64* and never dipped below 60*. Brad is all business a-heads down get it done kind of swimmer and that is exactly what he did. Starting out with a strong and powerful stroke Brad was steady all the way. Brad had a very complex feeding plan starting after the first 45 minutes of swimming and continuing every 30 minutes till the completion of the swim. With the warm ocean water and the mild to no wind most of the swim,

Brad had fantastic conditions with the wind picking up to 6k-8k with 1 ½-2 hours left to finish his swim. We did not see the usual large amount of sea life over the canyon, we did however see whales and dolphins in the distance just as we exited the canyon. There were also several moon jellies scattered throughout the swim.

The sky was dark and the fog was thick throughout the night but Brad was still swimming strong and steady.

At 08:15 Brad let us know that he wanted more tylenol at the next feed "my wrist is hurting ". This pain/injury slowed Brad's speed down for the duration of the swim.

As we got closer to Monterey I spoke to Brad and let him know that the injury has slowed his speed down to approximately 1 mile an hour. I suggested to this crew that they give him flat coke, they did and he quickly picked his pace back up.

Brad landed at San Carlos Beach at 12:43:22 finishing off his swim in 15:17:22 hrs. Brad's family and Monterey Bay Swimming Association's President Scott Tapley were on the beach to greet him. Fantastic swimming Brad!



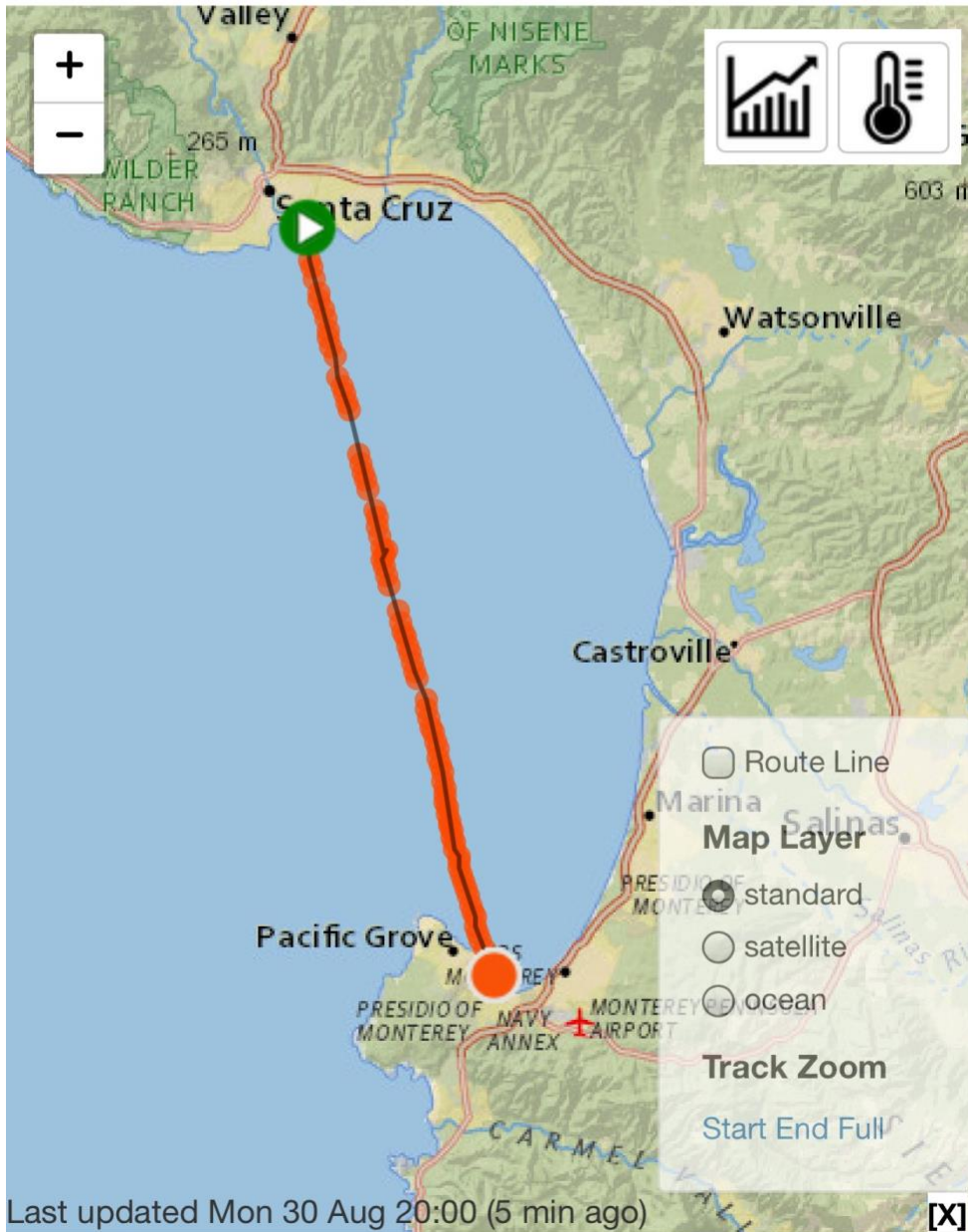
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**Brad Schindler
Monterey Bay**



TEMPS IN FARENHEIT. DISTANCE IN STATUE MILES. WIND IN KNOTS. WAVES IN FEET.

Solo Monterey Bay

Swimmer:

Brad Schindler

Date:

8-29-2021

Observer 1:

Kim Rutherford

Observer 2:

Robin Boese

Boat & Captain(s):

Nomad Brian Thom

Christa Sweedburg

Planned Course:

Actual Course:

SE Seabright to Monterey San Carlos

Final Swim Duration:

15:17:22

Start Time:

21:26:00

Finish Time:

12:43:22

Start (GPS OR WRITTEN DESCRIPTION:

Finish (GPS OR WRITTEN DESCRIPTION:

Crew Members and Roles:

Rich Saint (crew chief)

Pete Andrew crew

Outcome/Notes:

Solo Monterey Bay

Time	H2O	Air	Wave	Wind	Stroke	Observations
21:40	64°	58°	2	2	56	Clear, glass, 1st feed
22:30	62°	59°	2	2	52	clear ② 602
22:45	62°					2nd feed 802 (see list)
23:15	60°	57°	roll 1-2'	2	55	2nd feed 602
23:45	60	57	roll 2-3'	2	52	4th feed 802
00:15	60	57	roll 3-4'	φ	54	5th feed very dark sky fog thick 802
00:45	62	59	roll 3-4'	1kt	52	electrolyte - spotted few moon jellys.
01:15	61	59	roll 2-4'	1kt	56	6th feed 802
1:45	61	57	3-4 roll	1kt	54	7th feed 802
2:15	61	57	3-4 roll	1kt	54	Brad asked for pain meds next feed
2:45	61	57	3-4 roll	1kt	53	2 tylenol * 402 feed 8th feed
3:15	61	57	3-4 ft roll	1-2kt	53	Brad he was "stung" all over the place - it felt "good" feed 402 "It's hard to finish feed 10th feed
3:45	61	57	3-4 roll	1-2kt	53	Brad asked for less water in his feed 602 feed 11th feed
4:15	61	56	1-2 roll	2kt		12th feed 602 antem. north side of canyon
						13th feed 702

Paranoid 6:30
start

Time	H2O	Air	Wave	Wind	Stroke	Observations
4:45	60°	56°	1' roll	0	1e1	14th feed 903 Dolphin jumping its shell really dark kick for wants dolphin
5:15	60°	56°	1' roll	0	60	15th feed 903
5:45	60°	56°	1' roll	0	59	* 2 dolphin 16th feed
6:15	60°	56°	1' roll	0	60	16th feed & recap 17th Dolphin feed
6:45	60°	57°	1 1/2' roll	0	62	Feed 18
7:15	60°	57°	1' roll	0	60	Feed 19 10 line for water Feed 20
7:45	60°	57°	1' roll	0	54	Wrist is bothering him Feed 21
8:15	60°	57°	1' roll	0	54	* Tyloni 2 feed #22
8:45					52	-
9:00					32	-

CHECK ON THE HEALTH OF THE SWIMMER. LOOK FOR SIGNS OF FATIGUE AND/OR HYPOTHERMIA.

CHECK ON BOTH THEIR PHYSICAL AND MENTAL CONDITION BY ASKING A FEW BASIC QUESTIONS.

(e.g.: What day is it? What is your birthday? What is the name of this boat?)

Wrist bothering him
Wanted more Tyloni

Solo Monterey Bay

Time	H2O	Air	Wave	Wind	Stroke	Observations
9:15	61	55	4-5'	23kt	52	Feed #23
9:45	61	56	4-5'	23kt	50	Gu feed Feed #24
9:50					50	
10:00					51	
10:05		55	4-5'	68kt	50	Colce Kim gave pep talk to speed it up after coke
10:30					58	*Speeding up
10:35					56	Land is visible
10:45	62	56	4-5'	68kt		#26 1.5 hr legs Feed colce only
11:15	62	59	4-5'	68kt	52	#27 colce cookie
					52	2.5 mile left
11:30	62	59			54	"How come you keep oddz miles?"
11:35						
11:45	61	59	4-5'	68kt	53	#28 colce *1.5 hr go
					53	Dolphins spotted
12:15	62	61	2'	68kt	53	Feed #29 monard butter
12:45	61				52	coke-Gu *Last feed 3/4 mile to finish
						Finish time
						12:43:22

⊕

Swim duration*

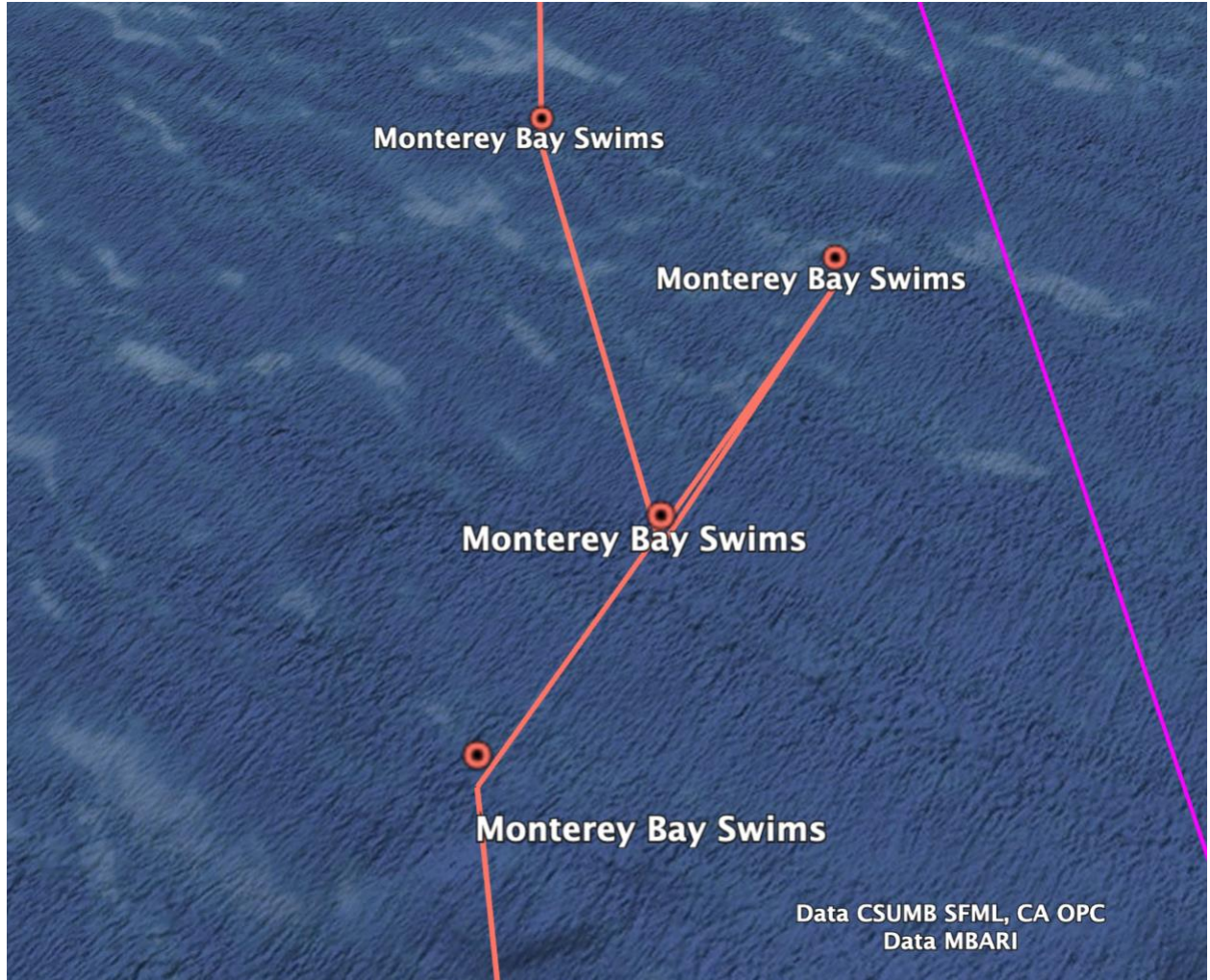
15:17:22

Feeding plan Brad Schindler Monterey Bay

First feed at 45 minutes and then 30 minutes the rest of the way. Feeds will be with warm water. Bottle of biotene available to get salt water.

1. 3 scoops Perpetuem Chocolate in 8 ounces water	45
2. 3 scoops Perpetuem Chocolate in 8 ounces water	115
3. Nuun Electrolyte tablet 8 ounces water	145
4. 3 scoops Perpetuem Caffé Latte 8 ounces water	215
5. 3 scoops Carbo Pro 8 ounces water	245
6. Nuun Electrolyte tablet 8 ounces water	315
7. 3 scoops Perpetuem Chocolate in 8 ounces water	345
8. 3 scoops Perpetuem Caffé Latte 8 ounces water.	415
9. Nuun Electrolyte tablet 8 ounces water	445
10. 3 scoops Carbo Pro 8 ounces water	515
11. 3 scoops Perpetuem Chocolate 8 ounces water	545
12. Nuun Electrolyte tablet 8 ounces water.	615
13. 3 scoops Perpetuem Caffé Latte 8 ounces water	645
14. 3 scoops carbo pro 8 ounces water	715
15. 3 scoops tailwind 8 ounces water	745
16. 3 scoops Perpetuem Chocolate 8 ounces water	815
17. 3 scoops Perpetuem Caffé Latte 8 ounces water	845
18. Mamma Chia with Nuun Electrolyte Tablet 8 ounces	915
19. 3 scoops Carbo Pro 8 ounces water	945
20. 2 fig newtons Nuun Electrolyte tablet 8 ounces	1015
21. 2 salted potatoes 8 ounces ginger tea	1045
22. 3 scoops Perpetuem Chocolate 8 ounces water	1115
23. 2 fig newtons Nuun Electrolyte 8 ounces water	1145
24. 3 scoops Carbo Pro 8 ounces Water	1215
25. 3 scoops Tailwind 8 ounces water	1245
26. 3 scoops Perpetuem Caffé Latte 8 ounces water	1315
27. Half a cliff bar Nuun Electrolyte 8 ounces	1345
28. 2 salted mini potatoes 8 ounces ginger tea	1415
29. 3 scoops Tailwind 8 ounces water	1445
30. 3 scoops Perpetuem Chocolate 8 ounces water	1515
31. Half Lenny and Larrys vegan cookie Nuun tablet 8 oz	1545
32. Mamma Chia Nuun tablet 8 ounces water	1615
33. Carbo Pro 3 scoops 8 ounces water	1645
34. GU with Water	1715
35. Half a cliff bar with water	1745





This is where Brad stopped to relieve himself. ☺

Monterey Bay Swims Positions & Events

Begin: 8/29/2021 12:00:00 AM

End: 8/30/2021 11:59:00 PM

<u>Date</u>	<u>Address</u>	<u>Lat/Lng</u>	<u>Speed</u>
8/29/21			
21:05			
8/29/21			
21:55			
8/29/21	Santa Cruz, California, USA	36.945700, -	0.80
21:58		122.001910	mph
8/29/21	Santa Cruz, California, USA	36.941760, -	2.18
22:06		122.000840	mph
8/29/21	Santa Cruz, California, USA	36.936780, -	0.00
22:16		121.999100	mph
8/29/21	Santa Cruz, California, USA	36.930510, -	2.13
22:28		121.996930	mph
8/29/21	Santa Cruz, California, USA	36.927120, -	2.04
22:36		121.995670	mph
8/29/21	Santa Cruz, California, USA	36.922600, -	0.00
22:46		121.994090	mph
8/29/21	Santa Cruz, California, USA	36.918050, -	1.94
22:56		121.992720	mph
8/29/21	Santa Cruz, California, USA	36.912840, -	0.00
23:05		121.991260	mph
8/29/21	Santa Cruz, California, USA	36.909020, -	1.93
23:15		121.990400	mph
8/29/21	Santa Cruz, California, USA	36.904600, -	1.90
23:25		121.988860	mph
8/29/21	California, USA	36.900210, -	1.90
23:35		121.987370	mph
8/29/21	California, USA	36.891000, -	1.97
23:55		121.984790	mph
8/30/21	California, USA	36.885940, -	0.00
0:05		121.982720	mph
8/30/21	California, USA	36.883110, -	1.74
0:15		121.981430	mph
8/30/21	California, USA	36.878250, -	0.00
0:25		121.979550	mph
8/30/21	California, USA	36.875070, -	1.75
0:35		121.978520	mph
8/30/21	California, USA	36.854060, -	1.80
1:24		121.972380	mph
8/30/21	California, USA	36.849870, -	0.00
1:34		121.970940	mph
8/30/21	California, USA	36.845790, -	1.78
1:44		121.969650	mph
8/30/21	California, USA	36.841960, -	1.64
1:54		121.968480	mph
8/30/21	California, USA	36.837630, -	1.85
2:04		121.967190	mph
8/30/21	California, USA	36.827650, -	0.00
2:24		121.964030	mph
8/30/21	California, USA	36.824300, -	0.00
2:34		121.962660	mph

8/30/21	California, USA	36.820010, -	1.89
2:44		121.961720	mph
8/30/21	California, USA	36.815370, -	0.00
2:54		121.960610	mph
8/30/21	California, USA	36.810650, -	1.98
3:04		121.959750	mph
8/30/21	California, USA	36.806740, -	1.73
3:14		121.958020	mph
8/30/21	California, USA	36.809120, -	1.10
3:24		121.956590	mph
8/30/21	California, USA	36.804940, -	1.59
3:36		121.959290	mph
8/30/21	California, USA	36.801770, -	1.80
3:44		121.958270	mph
8/30/21	California, USA	36.797400, -	1.91
3:54		121.956420	mph
8/30/21	California, USA	36.793030, -	1.91
4:03		121.954740	mph
8/30/21	California, USA	36.780160, -	0.00
4:37		121.950290	mph
8/30/21	California, USA	36.775570, -	0.00
4:47		121.948570	mph
8/30/21	California, USA	36.770810, -	1.80
4:57		121.947200	mph
8/30/21	California, USA	36.768090, -	0.00
5:03		121.946180	mph
8/30/21	California, USA	36.764230, -	1.73
5:13		121.944640	mph
8/30/21	California, USA	36.760550, -	0.00
5:23		121.943350	mph
8/30/21	California, USA	36.756640, -	1.65
5:33		121.941890	mph
8/30/21	California, USA	36.752080, -	1.57
5:45		121.940280	mph
8/30/21	California, USA	36.749240, -	1.69
5:53		121.939090	mph
8/30/21	California, USA	36.738390, -	1.62
6:23		121.933760	mph
8/30/21	California, USA	36.734440, -	0.00
6:33		121.932820	mph
8/30/21	California, USA	36.730360, -	1.69
6:43		121.931700	mph
8/30/21	California, USA	36.726180, -	0.00
6:52		121.930200	mph
8/30/21	California, USA	36.723180, -	1.57
7:02		121.929170	mph
8/30/21	California, USA	36.719070, -	1.57
7:13		121.927760	mph
8/30/21	California, USA	36.715780, -	1.61
7:22		121.926800	mph
8/30/21	California, USA	36.711880, -	1.66
7:32		121.925600	mph
8/30/21	California, USA	36.708200, -	1.58
7:42		121.924480	mph
8/30/21	California, USA	36.704680, -	1.49
7:52		121.923750	mph
8/30/21	California, USA	36.700390, -	0.00
8:04		121.923300	mph

8/30/21	California, USA	36.697040, -	1.45
8:14		121.922610	mph
8/30/21	California, USA	36.694190, -	1.52
8:22		121.922240	mph
8/30/21	California, USA	36.690930, -	1.37
8:32		121.921570	mph
8/30/21	Ocean View Boulevard, Pacific Grove, California, 93590,	36.688080, -	1.22
8:42	USA	121.920790	mph
8/30/21	Ocean View Boulevard, Pacific Grove, California, 93590,	36.685270, -	1.18
8:52	USA	121.920350	mph
8/30/21	Ocean View Boulevard, Pacific Grove, California, 93590,	36.681720, -	1.27
9:03	USA	121.919660	mph
8/30/21	Ocean View Boulevard, Pacific Grove, California, 93590,	36.679530, -	0.00
9:11	USA	121.919160	mph
8/30/21	Ocean View Boulevard, Pacific Grove, California, 93590,	36.677040, -	1.09
9:21	USA	121.918560	mph
8/30/21	Ocean View Boulevard, Pacific Grove, California, 93590,	36.674250, -	1.19
9:31	USA	121.917910	mph
8/30/21	Ocean View Boulevard, Pacific Grove, California, 93590,	36.671630, -	1.12
9:41	USA	121.917180	mph
8/30/21	Ocean View Boulevard, Pacific Grove, California, 93590,	36.668630, -	1.29
9:51	USA	121.916170	mph
8/30/21	Ocean View Boulevard, Pacific Grove, California, 93590,	36.664730, -	0.00
10:01	USA	121.914570	mph
8/30/21	Ocean View Boulevard, Pacific Grove, California, 93590,	36.662670, -	1.32
10:11	USA	121.913710	mph
8/30/21	Ocean View Boulevard, Pacific Grove, California, 93590,	36.659680, -	1.24
10:21	USA	121.913590	mph
8/30/21	Ocean View Boulevard, Pacific Grove, California, 93590,	36.656200, -	1.50
10:31	USA	121.912490	mph
8/30/21	Ocean View Boulevard, Pacific Grove, California, 93590,	36.652870, -	0.00
10:41	USA	121.911320	mph
8/30/21	Ocean View Boulevard, Pacific Grove, California, 93590,	36.649690, -	0.00
10:51	USA	121.910200	mph
8/30/21	Ocean View Boulevard, Pacific Grove, California, 93590,	36.646510, -	1.40
11:01	USA	121.909000	mph
8/30/21	Ocean View Boulevard, Pacific Grove, California, 93590,	36.642450, -	0.00
11:11	USA	121.907350	mph
8/30/21	Pacific Grove, California, 93950, USA	36.638690, -	1.50
11:23		121.905940	mph
8/30/21	Pacific Grove, California, 93950, USA	36.636010, -	1.62
11:31		121.904860	mph
8/30/21	Pacific Grove, California, 93950, USA	36.632430, -	1.55
11:40		121.903630	mph
8/30/21	Pacific Grove, California, 93950, USA	36.628840, -	1.55
11:50		121.902390	mph
8/30/21	Pacific Grove, California, 93950, USA	36.625320, -	1.55
12:00		121.900880	mph
8/30/21	Cannery Row, Monterey, California, 93940, USA	36.621510, -	1.75
12:10		121.898590	mph
8/30/21	Cannery Row, Monterey, California, 93940, USA	36.612870, -	1.92
12:30		121.894530	mph
8/30/21	Monterey, California, 93940, USA	36.608990, -	0.00
12:51		121.893560	mph
8/30/21	Monterey, California, 93940, USA	36.608960, -	0.55
13:00		121.893650	mph
8/30/21	Cannery Row, Monterey, California, 93940, USA	36.609340, -	0.54
13:11		121.895280	mph

