## JESSI HAREWICZ

## Solo Trans-Monterey Bay Marathon Swim <br> Age 41 at time of swim

Date: SEPT 5-6, 2023
Course: A Single Crossing of the Monterey Bay as defined by MBSA course and rules.
Swim route chosen was North to South, from Cowell Beach to San Carlos Beach.
Straight Line Distance: 25.3 STATUTE MILES, 40.7 KILOMETERS
Overall Swim Duration: 24h, 56m, 10s

| START/FINISH | LOCATION | LATITUDE/LONGITUDE | TIME |
| :--- | :--- | :--- | :--- |
| Start | Cowell, Santa Cruz | $36.961236,-122.023947$ | $18: 21: 27$ |
| Finish | San Carlos Beach, Monterey | $36.609511,-121.894490$ | $19: 17: 37$ |

Observer 1: ROBIN ROSE Observer 2: N/A
Boat \& Captain(s): Mako; Brian Thom \& Greg Gubser
Swimwear/Equipment: Standard only. One piece Lycra swimsuit, single silicon cap (Canada), goggles (both tinted and then clear), Mack's ear plugs, Desitin Cream. Adventure lights (solid green on goggles, blue on back of suit)

Planned Course: Santa Cruz Harbor to Monterey (harbor to harbor)
25.1 STATUTE MILES, 40.3 KILOMETERS

Actual Course: Cowell Beach to Monterey (Cowell to Harbor) $25.3 \mathrm{mi}, 40.7 \mathrm{k}$

Final Swim Duration: 24 HOURS, 56 MINUTES, 10 SECONDS
Crew: Ken Mignosa, Richard Harewicz (father)
Feeding Plan:
See report/log.

## 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:

Choppy and swell throughout the swim. 2-4-foot SW Swell. Waves were too large to start the swim at Harbor or Seabright Beaches, so the start was moved to Cowell Beach. Still some shoulder high beach waves at Cowell. Wind began at roughly 7 knots SW, dropped off after 10PM, but slowly crept back up after 3 am . From 3 am to finish, wind was $6-12$ knots from the SW, making for sloppy challenging conditions for a N to S bay crossing. Water temp ranged from 57.6 to 61 Fahrenheit. Mostly in the 59-60 range. Air temp was 59-60f overnight and 63 to 64 f during the day.

Wind: SW 0-12 knots, dropping quickly to 0-1 knots E overnight. Building from to 2 to 12 knots SW beginning at 3am, some reprise in mid-morning, then growing throughout the day until inside the protection of Point Pinos.

Most of the swim was completed in 0-2 choppy SW wind and wind swell.

Water Temperature (degrees Fahrenheit): Low 57.6.3F, High 12F (mostly 59 +/- during the swim)

Air Temperature (degrees Fahrenheit): Low 59F, High 64F Skies: Swim began under a mix of high fog and clouds. Overcast for most of the swim.

Currents: Wind driven surface current, mostly in the last 3 miles of the swim, pushing swimming Northeast.

Jelly Fish/Wildlife:


A few jellyfish stings - Pacific Sea Nettle. Dolphins. Sea Lions.

## Historical Claims:

This is believed to be the $12^{\text {th }}$ verifiable solo marathon swim across Monterey Bay.

## Observer Narrative

By Robin Rose

On Wednesday September 6, 2023, 40-year-old Jessi Harewicz of Vancouver, British Columbia, Canada, swam from Cowell beach in Santa Cruz to San Carlos beach in Monterey. Jessi is the 12th known person to complete the 25 -mile Monterey Bay crossing. Jessi is the first Canadian to complete this swim, with a time of 24 hours 56 minutes and 10 seconds.


Jessi's swim was escorted by the Mako fishing boat, piloted by Greg Gubser and Brian Thom. Greg and Brian are very experienced in Monterey Bay waters and have escorted many swimmers. On board the boat was Jessi's Dad and crew chief Richard Harewicz, Ken Mignosa, and Robin Rose as observer.

Jessi contacted the Monterey Bay Swimming Association a couple months prior to notify us that she was interested in swimming the Monterey Bay. She was in contact with Amy Gubser, who helped coordinate the swim dates and help Jessi secure the Mako with the piloting team of Greg Gubser and Brian Thom.

Jessi arrived in Santa cruz on Monday evening with her dad, Richard who has been on most of her swims. Scott, Kim and I from Monterey Bay Swim Association met up with Jessi and her dad for a brief meeting on Monday. We explained a few things to her including that the finish looks like you want to go into the closest landing spot, but in fact going toward the jetty is better, to avoid the kelp patches and rocks hidden under them. She and her dad seemed to be a well-oiled machine and she was rolling with everything we discussed and was here to swim the bay! Jessi was acclimated to colder water and the demands it can put on a swimmer, and she prefers 60f or below. She was happy the predicted temp over the canyon was 58. The plan was to meet up with the boat at 5 pm on Tuesday.

Ken Mignosa and I along with Jessi and Richard met at the boat at the Santa Cruz Harbor at 5pm on Tuesday September 5. The boat was already in the water near the launch area at the harbor. The planned location for the start was at the Harbor beach in front of the Crow's Nest restaurant in Santa Cruz. Harbor beach was predicted to have big surf, so the start was changed to a more protected start at Cowell beach due to safety concerns. We told Jessi about the surf, and she said, "I'll do whatever it takes to get this done." After rules were read, we motored 10 minutes over to Cowell Beach. Jessi was stretching and enjoying music listening to headphones until we got in position. I asked her to let us know each time she voids. She and her dad put on her Desitin to protect her from the sun and chafing. Once Jessi was ready, she jumped off the boat and swam to shore toward Scott and Kim who were land crew. Jessi waved her arms above her head and the boat horn was blown and she started at 621pm. (Funny side note: Jessi's dad Richard came to Santa Cruz only once, 40 years an ago. He distinctly
remembers two things: 1) the Catalyst night club and Neil young making a surprise appearance; and 2) going on the Giant Dipper roller coaster at the boardwalk. When we motored over to the start, we passed right in front of the Giant Dipper Roller coaster all lit up! Super fun memory!

At the start of her swim, Jessi swam through a set of two big waves with no problem. Although the port side is Jessi's preferred side to swim, the setting sun was directly in her line of vision. With the sun in her eyes, it was difficult for her to stay next to boat. She was very frustrated, and the water was bumpy as well. We called her over to swim closer to boat a few times. Jessi had her first feed at 650pm, of peanut butter sandwich, 250 ml of water and honey stinger. She continued with feeding every 30 minutes with her rotation of water, peanut butter jelly sandwich squares, honey stinger various flavors, with alternative feeds of Gu with caffeine -on demand, plain peanut butter jelly, potato balls and banana nut mini muffins. Soon after her first feed at approx. 7pm, she switched to the starboard side and continued. There were cloudy overcast skies. She was able to stay closer to boat without the sun in her eyes, however since she's used to swimming on port, she had a hard time on the starboard with the wind and swells that were bouncing her around. She was also trying to maneuver around the big patches of kelp that were difficult for her to see. Once the sun went down, Jessi switched back to port side and fortunately she fell into a good rhythm right away.

At approx. 720pm the wind was at 7 k with 1-2-foot swells. We could see the lights of Santa Cruz in the distance. Jessi was very visible from the boat, with a solid blue adventure light on the back of her swimsuit, and a green one on her goggles. Jessi was still maneuvering through an abundance of kelp. The wind finally started dying down beginning at about 10pm for the next 5 hours. Jessi continued to stay very visible at a perfect distance next to the boat. The water temperature was constant at 59 f average through the night. The air was mild at 59-60F during the night. Her stroke rate was 63-66 strokes per minute throughout the night. The wind was coming from the SW. The SW swell was in full force for the entire swim.
With the cloud cover, it was a long dark night for Jessi. The moon was finally peeking through the clouds about 230am. The moon was in the waning gibbous phase, and it looked big enough to light up the sky for a bit. There were lots of phosphoresces in the water and we could see the beautiful bright fluorescent colors all around her. About 255am she was stung by a jelly fish on the right side of her neck, she said "ouch" and brushed her neck but kept on swimming.

It was a long night of swimming for Jessi, but she powered on. In the middle of the bay, it's hard to know how much longer for the swimmer. There aren't any landmarks to look for at this point. The distant lights from the towers at Moss Landing harbor are visible for hours. The wind started to pick up a bit at about 3am with the winds still coming from the SW. Jessi's stroke rate came down to 60 as the night went on, until daylight it started to go back up.

Ken was keeping track of translating miles/knots to kilometers for Jessi from Canada. Jessi was determined to keep track of how much distance left and how fast she was going. We tried to tell Jessi just to keep swimming, but her persistence broke us down and we relented and had wonderful Ken on board to keep her posted on progress. Per Ken at about 8am," you have gone 28k distance." Jessi then asked, "Will this alleviate or not? You can say it. I don't mind the truth." Ken said, "Yes it will get better. and you are making progress." So, Jessi swam on. At about 920am Ken told Jessi " 1.8 k per hour and you are still fighting the wind and current."

There were lots of Herman gulls circling nearby. and Sea Lions popping up here and there. The wind was still constant. at 6-8 kt with 3-4-foot ground swell. Jessi was getting frustrated that she may be the
swimmer with longest time, she said that she doesn't want two swims in the 24 -hour club (she already had one 30 -hour Canadian swim in 2019). She also did not want to finish after sunset. She very much liked to be aware of exactly how much time left and how many $k$ left. She has a hard time hearing with her earplugs in, so it was hard for her to hear the answers to her many questions, very frustrating for her. Her dad is very good with Jessi, and we all told her to keep swimming! Which she did! And she continued to swim uphill into the wind.

A few minutes later, at 824am, a small fishing boat suddenly appeared with one person on board. He kept his distance off to the port side and motored slowly nearby. He stopped for about 2 min just checking us out. We waved. He then turned around and yelled at the top of his lungs WAAOOO!!! And he took off into the blue! We didn't see anyone out on the ocean at this hour, it was VERY unusual!!

At about 900am super sloppy conditions continued. The water was super clear, and you can see Jessi's feet while she is treading water. She told us she was struggling to tread water due to her legs cramping up. She also had some trouble with her hip tightening up and bothering her. She would get close to the boat and struggled to swim away. We could finally see the lighthouse of Pacific Grove in the distance. Jessi continued saying "URINATION" each time she voided, which is greatly appreciated! Jessi was slowing down a bit. With the swimming upstream against the current. At 920 am Jessi was told to pick up the pace if she wanted to finish before dark.
"Where is flag!" At 11am Greg raised the Canadian flag for Jessi. Nice and high and it sure was flying in the wind! Her stroke rate sped up to 64 strokes per minute. And then around 1120 am we heard whales nearby. She took 400 mg of ibuprofen around 1220pm. At 150pm there were dolphins all around the boat! They came over a wave and came perpendicular toward Jessi. Three dolphins right toward her, and more seemingly guiding her.

109pm white caps were everywhere and swimming was difficult. The wind continued to push Jessi into boat, and she was finding it difficult to kick while feeding. Her legs and hip were bothering her. Jessi needed a pep talk in the afternoon. She was grinding out hard all day and she felt she wasn't making progress. Jessi didn't want to be the longest person to finish, and she was already in the 24 -hour club from her 30-hour swim in 2019. Her dad and crew explained to her that she IS making progress but it's slow due to adverse conditions. She wanted to know if people were commenting on the Facebook photos we were posting. Ken, who is not on social media, even learned to post on Facebook for Jessi! We read to her some of the special comments on Facebook to cheer her up. This made her happy! She put her head down and swam on.

At about 330 pm a Mola was in front of boat. Land was visible very clearly. At 349 pm , with 5.4 k left., the wind at about 9 knots and coming from SW (a bad direction). Greg said we would soon be coming into the lee of the peninsula and the inner water should be calmer.

Jessi was given some Excedrin. The sun was in her eyes, and she kept getting very close to boat, so she switched her to the starboard side. She kept swimming away from boat. Her dad said she was used to going around points and islands and she naturally aimed toward the outer point of the Bay, in the opposite direction of the finish. She was called back to boat a lot and began to stay much closer. Although she was familiar with Monterey Bay on a map, she hadn't ever seen the Monterey Bay in person. Later Jessi stated the following. "Since I had misread the map in my head, I was thinking I was going to the outer tip of Monterey." At 450pm the wind speed was high at 12 k with 215 nm left to go! She requested her mini almond walnut muffin. She started choking on walnuts from her muffin,
coughing a lot. She drank water and after a few minutes was able to swallow and was able to continue swimming. The sea lions continued to check Jessi out. We knew we were close, there was a sailboat regatta that we could see in the distance. Her dad Richard told her to pick up pace and she did as she could see land! At 543 pm Jessi was going strong! Looking toward the finish and headed directly to shore.

The pilots angled the boat directly toward shore instead of going parallel along the land. This was in part to help stay in the lee of the peninsula to continue to the finish in calmer waters.
It was predetermined that Ken would swim Jessi in at the end. Ken got in at 710pm and screamed "ACK" as he got in. Jelly Fish. The sun was beginning to set. we looked up sunset time and were rooting for Jessi to finish before sunset! Ken swam next to Jessi and guided her to the finish away from the kelp and the rocks. There were baby otters and sea lions toward the finish.

During the swim Jessi expressed that she didn't want to finish in the dark. We all hoped she would finish before sunset! Jessi finished at 7:17pm, about 10 minutes before sunset! She got out and laid flat on the sand to stretch and reflect on her tremendous accomplishment.

We are so proud of Jessi! Never did we doubt she would finish. She had relentless conditions for most of her swim! Congratulations Jessi!

Note: We are also grateful for the two local swimmers, Lisa Jensen and Julie Hymer, who met Jessi at the beach with a towel to greet her! They were following our Facebook posts and took some wonderful photos of the finish!



## Swimmer Narrative

## By Jessi Harewicz

It's been over a month since my Monterey Bay swim. And I still am avoiding thinking about it.
This was the hardest swim of my long distance swimming journey of the past 8 years. I don't know exactly why. A big comfort for me after the swim, was learning that other faster and longer distance swimmers than me, had found this swim really REALLY tough. I knew this swim was suppose to be tough, but never as traumatic as it ended up being.

## Why Monterey ?

About 3 years ago, I heard of Monterey Bay swim. It was a lesser known crossing. But known to be very cold, lots of jellyfish and rough water. I knew the transient Orca's stopped there on their west coast migration. So I starting planting the seed (SEAd) in my brain. The more I thought about it the more it grew on me. Last year when I was training for North Channel, I was getting attracted to this swim And MSF had it on "Toughest 13" ocean swims around the world. Once I completed the North Channel. That was way warmer water than expected. The ocean 7's never attracted me, but this swim did. I was looking for something hard. I didn't have anything booked for 2023 yet. I was considering doing a big swim in Salish Sea (in BC Canada) But I had committed to a lot of volunteer work in the summer. And it would be my first whole summer working outdoor lifeguarding on call. I didn't have a lot of time for my own swim planning.

When I went to the Suzie's 24 hour relay in San Francisco in February. I had started talking to Amy Gupser about Monterey Bay. I knew she had swam it. When I messaged her about it, she mentioned her husband could pilot it for me. It was closer than Europe \& East coast. My summer commitments were building up. Open water race volunteering would take ANY and ALL my free time I had outside of training \& working. I had decided to do the Monterey Swim.

I took more time off swimming than any other year, after the North Channel. I am still trying to find a life balance between now lifeguarding indoors and outdoors, training and race coordinating. The great thing about training through the summer, was that I only had a few months where I was at my home pool for 7 days a week (between working and training days). I did my first full summer as an outdoor lifeguard. And was able to do lots of dusk swims after I finished work. Great to avoiding the bright hot afternoon sun.

## Warm Water Training Problems

Monterey Bay water was going to be 15-16c. The water got so warm by early July in 17-19c in Vancouver. Even swimming in the cover of dusk, the water felt too warm. So Dad and me started going to Vancouver Island to train. We discovered Sydney was a nice 15-16c. But with the ferries have staff shortages with car bookings impossible to secure. Dad started looking at places just south of the boarder. We took a chance and went down to Anacortes. The water was a cool 12-14c. Which took me a few weeks to acclimate too. But It felt great to be back at those temps!

We had a great 2 months going down to few different spots. We met some great locals. And found some cool caves! These would be memories I would pull on durning my gruelling Monterey swim.

## Monterey

Fast forward to late August and we got the notice about the weather, when we were still in Vancouver. I would be swimming on Tuesday evening. We were only getting into San Francisco on the Monday afternoon. I worked my last shift at Kitsilano Pool on the Sunday afternoon. I got sent to Kitsilano Beach for an hour. I watched the flat water of English Bay. Only 2 swimmers. And lots of people asking me how cold the water was. It was only September 3rd. But on a cloudy day, people in Vancouver think it turns into winter overnight! I collected a few seashells, as I would normally do few days before any my swims. But I wasn't even in Santa Cruz yet. Monday morning we were off on our quick flight to SFO airport. Thankfully I already knew I didn't have to stay on the boat after this swim. So I could pack a lot less for this 6 day trip!!

Once we landed in SFO, it look almost longer to get our car rental than the whole flight! But by 2 pm we were on the road to Santa Cruz. A nice drive through the mountains. We met Robin at her family apartment. And after a nice hour chat on marathon swimming stuff. We were off to the grocery store to get groceries and supplies for the swim.

After a few hours of shopping, we were back to cook a light meal before bed. I looked out the balcony onto the dark night sky on to Monterey Bay. The evening was cloudy, but calm. I could see the different layers of dark and grey in the sky. I got a calm vibe. This 'all night' swim, would be okay. Maybe that was my first mistake, thinking it would be 'okay'. I usually like night swimming. But after North Channel and the confusion within the night part. I always double check my head space on EVERYTHING.

The next morning we got up late and did more grocery shopping, packed, and food prep. Me and dad went over the "feed plan". I was making some changes to my feed plan. I was trying to reduce the amount of caffeine I ate on the swim to reduce the after jitters. And my gut has struggled with GU gels after 16 hour on a few of my swims. I also was going to try mash potatoes. BEST DECISION I EVER MADE I know I was breaking of rules by changing things up. But with all the things I had tried in the past. I had my default: peanut butter and jam rolls and GU caffeine gels.

Ken showed up in the afternoon. I had met him before at 24 hour relay in SF. He was also a strong marathon swimmer. He offered me a bunch of things for the swim. Everything I already had. But it is always appreciated ! I showed him my food stuff. He would be helping my dad for the feeding and other things. Robin arrived and we loaded all our stuff into her car. Robin's son drove us to Santa Cruz Marina to meet Greg with his boat

## The Swim

Once we got to the Marina (a short drive away) put my earphones in \& stretched a bit, in the sun on the pavement. I was nervous. Struggling to get zoned in. I saw Greg's Octopus truck \& thought at least the Gubser house has taste in car artwork! I saw him get out a rescue device. And talked to Ken \& my dad about how to use it. This gave me confidence they had a safety plan. And with the fact, I could feed from the boat, I was feeling happy about the support for this swim. As they put the motor boat in the water, I kept stretching. We walked down the ramp to the boat. Pilled the gear on. After a quick safety briefing we were off to the starting point. I remember seeing Gretchen, running down the boat ramp as we took off.
There was talk of 2 different starting points. I was only half paying attention to these details, as was nervous. This was going to be a long one. Robin was telling me how Scott Tapley had drove down to potential starting spots to double check the conditions! Again something I would have done! So all these things indicated that this Monterey Bay group knew their stuff. They are all accomplished marathon swimmers, but I could also see the attention to detail for safety \& route logistics. I would learn later, that I was swimming on Lisa Amaro's birthday. Which I wish I knew before.

So we headed over to the swimming beach that I would be starting from! The first thing I noticed was a large apartment building. I was told that I'd be swimming to shore to Scott Tapley and Kim Rutherford who were waiting to witness the start of the swim. And I did see Gretchen on the pier next to the beach. I don't know any of these people very well. But it's always really nice and comforting when you see people that you've met before, at the start of my swim. This would be a long lonely swim.

I swam fast with the waves to get to shore. I got above the tide line. I told Kim that I had to pee before I got back in! So I needed a minute. Then I put my hand up and heard the horn. And dived into the soft, sandy water. I swam to the boat. For some reason I thought we were turning at the pier. I wasn't familiar with the local geography. I usually spend 2-3 days before a big swim, dipping in the local waters. But this time I hadn't had a chance! All I knew was, the sun was in my eyes, there were waves \& I was struggling to stay with the boat ALREADY. After some confusion, they decided to switch sides. It seem to help. The sun was so bright, I was already getting frustrated! When I was finally convinced that we were not going to turn. I told myself to shut up \& follow the boat. As the sun started to set, I started to settle in to my swimming rhythm. I was thinking about the jellyfish that I may feel before I could see them. But then I remembered what happened in the North Channel and it seemed
that waves would push jelly fish down from the direct surface of the water. The negative side is the waves would be hard on my shoulders. Greg and Scott Tapley had said the weather was forecast to get better the next day. So we were all hoping I would have the worst weather in the beginning of the swim. So quickly would they be wrong.

I was trying to find things to think about, songs to sing. Again I had almost zero time to myself before this swim. The summer had been so busy. I was thinking about how proud I was of Kim Hedges for swimming the Georgia Straits. How crazy traumatic it was, running the first new 10km race for VOWSA (Vancouver Open Water Swim Association) in bad weather conditions. How working at the beaches this summer was comical. So many funny: things like a guy chasing after bottles at low tide. Taking beers of patrons hands, because you can drink at the beach, but not at the outdoor pools. The beautiful Salish Sea sunsets. I had watched the video drama by Whitney Houston on the plane ride there. So I was able to kick up a beat of "oh I wanna dance with somebody, I want to feel the heat with somebody". In the past, I have collected a bunch of songs to memorize to help soothe me through the tough times of a swim. I remember reading historically about the blues music in cotton fields in USA. And how the beats and rhythm helped sooth workers with the pain and suffering. As privileged as I am. I found this usually to work. Another reason why maybe this swim was so tough. I had no mental soothing plan.

## Feeding

I changed my traditional feeding plan for this swim. I was trying less caffeine. I had been getting sick on GU gels on hour 16-18 on last few swims. I got my dad and myself, to write out my feed plan (two copies). I told the crew \& dad I would ask for caffeine GU when I wanted it. I would try and get 3 caffeine gels within a 6 hours period (I did not tell the crew this). So every 4th feed I would ask for GU. I had enough GU \& Honey stinger to last 25 hours each. Enough peanut butter \& jam squares to last me 30 hours. And new idea: mash potato balls. These balls would save my gut from so much discomfort ! This would be the first channel swim I WAS NOT SICK ON !

Feeding went pretty well in the dark. But 3-4 hour in I felt the wrong gel being handed to me. I had noticed that the GU gels packages were slipperier than the Honey Stinger packages (Homey Stinger had more of a sandpaper feel to them). And I caught my dad a few times handing my the GU gels. I had used both of these gels for training this year. And I know my dad was more used to handing me the GU on long swims. This is the first time I could use the Honey Stingers on a channel swim. Sometime in the middle of the night. I swam up to the boat for a feed and I realized that it wasn't my dad. It was Ken. And I asked - if my dad went to have a nap. He said yes. I was about to give him instructions for feeding, when he started handing me everything, as my dad had done. Mashed potato ball broken in half. Then the gel. Then 250 ml bottle of water followed with by the second half of the mashed potato ball. Ken's timing was impeccable! This calmed my mind.
I had gotten my dad to pack the feeding bag and label my feeding kit this time. In hopes he would remember things better. I continued to swim. A lot of that night was a blur. I do remember asking around hour eight if we were past the underwater cliff/shelf. And I think they said yes. I think we were past half way? The water would get calm for a feed or two and then we get choppy again. I've always been surprised on how the water becomes alive in the middle the night with the waves in some oceans. I kept swimming. Then I felt a jellyfish sting the right side of my neck. I brushed my hand on my neck. Sharper sting than Lions mane but it only burned for 1 feed or less. I kept swimming.

## The Part I Wanted to Forget

As the sun rose on Monterey Bay the water started to change colour, there were no big mountains in front of us. So wasn't expecting a delay in water colour change from the sky to the water (this happens back home, where the steep mountains almost hang over the water) I don't remember this part of the swim, but I was thinking about the sunrise. I would see the land in the distance. It would seemed so far. I knew would feel disappointed when I could see land in the near daylight. And since I had miss read the map in my head. I was thinking I was going to the outer tip on Monterey. So every few hours I would ask about it. And the more tired I got, the more frustrated I got. When I got to hour 18 or 19 I started asking how much further. I knew Kim Rutherford had done this swim in 22 hours. This was on my mind. Ken had a watch that could tell us how far we were moving. I was struggling to make progress. And my shoulder was bugging me. I finally asked for some pain killers. And reminded my dad that the 'pill tube' was labelled in the 'feed tool kit'. They couldn't find it. So they handed me two pills, I double checked to
make sure it wasn't too much with my crew. I remember in my 30 hours swim they restricted the dosages I took (but that was only on hour 10 of my 25-30 hour swim, I was already at hour 19 or 20 on this swim) And I needed a caffeine hit. I was tired. As the sun got higher in the sky, the waves seem to get more violent putting my pressure on my shoulders. At this point I gave up hope the wind was gonna die down. This is California, isn't this the reason you start Catalina Channel at night? At some point the crew told me dolphins were near by. I tried to lift my head in the direction they pointed. But my body said nope! I was too tired of over rotating in the chop. I will watch the video after! I asked for my extra caffeine, Coke gel. As it had double the caffeine of the GU gels. Made sure I drank all my water. I started asking about social media at my feeds. I always loved hearing messages from the Seattle Alki swimmer, Irish swimmers and of course, that famous lady from Colorado, hint hint!! After night crewing myself for Kim Hedges in the summer, I experienced how hard night crewing was. So I saved complex requests for daylight. I kept asking about the distance, I tried to crank up my speed. But it barely made a difference, from 600 m per 30 min to 800 m per 30 min then I would drop back down again to $500-600 \mathrm{~m}$ per 30 min . This kept my mind occupied, and aided the negative thoughts. But also stressed me out, I wanted to cry. Had I not done enough training? Should I had taken more caffein throughout the swim. Or is this the reason this swim in considered extra tough? I knew I just had to keep my head down and swim. The wind was picking up. Every time we stopped to feed, the wind would push the boat almost on top of me. My legs were cramping up. I told my crew I could not keep doing such strong egg beater. My right leg \& my bad hip were tightening up. The motor of the boat was almost on top my legs (turned off of course). At one feed I had to swim away from the boat while they moved the boat around me. I then threw my feed bottle back on the boat, when it was on other side of me. So they finally told me they were going to try to keep the boat on that side. Then the other problem happened. I swam for 3 minutes only to be 100 m away from the boat. So frustrating. I started to yell at the boat, then put my head down to swimming back to the boat. Eventually I would get to the boat. Only to repeat this process 3 minutes later 100m away. Swim back to the boat. It should be call "swim to the boat", not swim Monterey !! I honestly felt the last 4 hours of this swim I was either swimming away from or back to the boat. Sometime within all this, was when I had a least 1 mental breakdown fit. "Should we even keep going? Should I stop. This is so stupid, I can't swim any faster!" I felt defeated. The lack of caffeine in this swim was effecting me. I could see my crew starring at me, listening \& waiting for me to start swimming again! This took my mind off my stomach for a bit. I thought they had told me we were running out of potato balls. I tried a mini muffin with tiny walnuts (this was the only flavour I saw at Trader Joe). This would be a big mistake I started to choke. My salt mouth was pretty bad at this point and I was struggling to swallow. I could not feel the back of my throat. I could not tell if the walnuts were still my mouth or not. I told the crew I needed a minute, as I floated on my back and coughed it out. Then I continued to swim. Back to potato balls. I know I got a few more dosages of Tylenol \& Excedrin. They found my 'pill tube'. But the caffeine didn't seem to be staying for super long. And I would have energy for about 45 minutes to an hour and then my energy would drop off. The negative thoughts persisted in my brain. This is some of the slowest swimming I had ever done. Eventually I started seeing more details of the land. But I also saw the sun was going down. They told me Ken was going to get in the water to help swim me to shore. So I started tracking Ken's whereabouts on the boat. As he would take off a piece of clothing, then do some thing and then something else. I kept looking ahead of me. And then swimming a few strokes and looking ahead again. This is always the toughest part. The last hour or so. Dad finally said this was the last feed. And I gracefully rejected the gel offered to me, (I might have said, 'never a gel on the last feed DAD!) I drank some water and a potato ball. I could finally see the break water. the crew was telling me about. I yelled I can't even make it before sunset! I heard them yell back, swim swim you will make it! I saw some people up there. And I finally saw a little beach with a couple people waiting there for me. I've been curious if anybody I knew was going to be there! I always tell people that a marathon swim finishes in the last five minutes. All this endless waiting for the end, waiting for the land to come to you. I could finally see the bottom. The soft ripples of Monterey sand. I tried to touch the bottom. But it was still a few centimetres too deep. Few more strokes, I adjusted my swimsuit and I was able to climb out of the water. I put my arms up briefly in my typical marathon finish style. Only to start crying instantly. And I felt slightly embarrassed. These lovely people were there waiting and all I wanted to do was cry. This lovely lady handed me a towel. And I asked her if it was OK to get Desitin on it. She said of course! I said, "I'm really sorry with a whimper. This was such a tough swim!" I really had to pee though. Ken asked me if I wanted to go to the washroom. I said no. So I gave the lady back the towel went to lie down in the water which I just swam. It resulted in a great photo! A sense of relief came over me. Lying back in that horizontal position I had been in so many hours. I wasn't cold, I was not hurt. I survived. This is how I became the 12th person \& 1st Canadian to swim Monterey Bay.
swim: Monterey Bay Crossing
swimmer. Fess Harewicz
one e 5 Sept 2023
osesener: Robin Rose
Observer 2:
sons coposanss: Mako Grey Gubser, Brian Them
plamescoure Harbor Bent (Crows Nest) to San Carlos Brach santacrve to monterey actual course Cowell Beach to San Carlos beach, Monterey
final sum Duration: a $4: 5610^{10}$
Saran Time: $6: 21: 27 \mathrm{pm}$ (18:21:27)
Finis Time: $7: 1737$ pm 191737
start (Gps or written oescerpption): Cowell Beach, Santa Cruz
Finish (Gps or written description): San Carlos Beach, Monterey
Crew Members and Roles:
Richard Harevicz - crew chief
Ken mignon crew

Additional Notes:

- Mack's eciplugs
- Canadian silicone cap
goggles
Destin
Adventure Light Green un Goggles (solid light) A druntue light Mire m Swimsuit bach"
worms textile summat oreprece



Monterey Bay Swimming Association


Observer Log - Page $\frac{4}{4}$


# Jessi Harewicz plan for her Monterey Bay Crossing 5 September 2023 

From: robin rose (robinannrose@yahoo.com)
To: robinannroseفyahoo.com
Date: Thursday, October 19, 2023, 3:30 AM PDT

## Medicine

1.Every 6 hours Zofrin for upset stomach
2. on Demand- Ibuprofin 200 mg
3. on demand Eccedrin 500 mg .

## Foods on Jessica plan-

These are : every 30 minutes

1. Honey stinger gel- variety of flavors alternate
2.peanut butter and jelly sandwich with caffeine cut small
2. Water at room temperature

## Alternative food as needed: She will request as needed

A. Gu Caffeine
B.Peanut butter and jelly sandwich plain
C. Potato Balls
D.mini muffins. banana nut -(with Walnuts)

Her Dad Richard feeds Jessi.and he is aware of the rotation. Jessi will give notice before feed what she wants next is there is a change.
Ken is backup feeder when Richard is resting.

## Jessi wore :

1.standard textile one piece bathing suit
2.Child size Mac earplugs
3.Silicone cap with Canadian flag
4.Goggles with transitional lenses
5.Adventure lights one green and one blue non blinking
6.Desitin for sun protection

Weather and Ocean Observations

From: robin rose (robinannroseفyahoo.com)
To: robinannroseblyahoo.com
Date: Thursday, October 19, 2023, 4:19 AM PDT

## Weather and Ocean Observations

Wind varied from 2-12 kt of wind most of the swim. There was a reprieve of no wind during the late hours to early morning hours of first night. Otherwise the rest of the 20 hours of swim were varied winds from 2 kt up to 12 kts of wind coming from SW. The surface conditions were sloppy, choppy and tattered with smooth waters at the finish. Water temperature ranged from 59.9-61F. Swells were $2-3 \mathrm{ft}$ up to 3-4 ft most of the swim.

Home / Products / NOAA Tide Predictions / 9413450 Monterey, CA § Favorite Stations .

Station Info - Tides/Water Levels - Meteorological Obs. Phys. Oceanography OFS
de Predictions at 9413450 , Monterey CA
$\equiv$


Today's Tides (LST/LDT)

| next tide at |
| :---: |
| 12:09 PM |
| -low |


| 6:41 AM | high | 4.33 ft |
| :--- | :--- | :--- |
| 12:09 PM | low | $\mathbf{2 . 8 1} \mathrm{ft}$ |
| 5:11 PM | high | 4.07 ft. |



| 9/5/23 18:24 | 36.959950, -122.022920 | 0.00 mph |
| :---: | :---: | :---: |
| 9/5/23 18:32 | 36.956980, -122.021510 | 1.63 mph |
| 9/5/23 18:42 | 36.952940, -122.020130 | 1.75 mph |
| 9/5/23 18:52 | 36.949850, -122.018750 | 1.38 mph |
| 9/5/23 19:02 | 36.946830, -122.017790 | 1.29 mph |
| 9/5/23 19:12 | 36.944050, -122.016490 | 1.23 mph |
| 9/5/23 19:22 | 36.941170, -122.016020 | 1.21 mph |
| 9/5/23 19:32 | 36.937650, -122.014010 | 0.00 mph |
| 9/5/23 19:42 | 36.934730, -122.013410 | 0.00 mph |
| 9/5/23 19:52 | 36.931300, -122.012470 | 1.42 mph |
| 9/5/23 20:02 | 36.927440, -122.011640 | 1.62 mph |
| 9/5/23 20:12 | 36.923560, -122.011460 | 1.61 mph |
| 9/5/23 20:22 | 36.919870, -122.010470 | 1.57 mph |
| 9/5/23 20:33 | 36.915700, -122.008610 | 1.66 mph |
| 9/5/23 20:42 | 36.912900, -122.006840 | 1.48 mph |
| 9/5/23 20:52 | 36.909550, -122.005580 | 1.46 mph |
| 9/5/23 21:01 | 36.906040, -122.003920 | 1.58 mph |
| 9/5/23 21:11 | 36.902530, -122.002380 | 1.55 mph |
| 9/5/23 21:21 | 36.898800, -122.001240 | 1.60 mph |
| 9/5/23 21:32 | 36.895460, -122.000210 | 1.33 mph |
| 9/5/23 21:41 | 36.891960, -121.999440 | 1.62 mph |
| 9/5/23 21:54 | 36.887490, -121.997700 | 1.45 mph |
| 9/5/23 22:01 | 36.885150, -121.996930 | 1.53 mph |
| 9/5/23 22:11 | 36.881590, -121.995990 | 1.52 mph |
| 9/5/23 22:21 | 36.877980, -121.994840 | 1.57 mph |
| 9/5/23 22:32 | 36.874320, -121.993790 | 1.44 mph |
| 9/5/23 22:41 | 36.871750, -121.992450 | 0.00 mph |
| 9/5/23 22:51 | 36.869180, -121.990910 | 1.22 mph |
| 9/5/23 23:01 | 36.867000, -121.989330 | 1.05 mph |
| 9/5/23 23:11 | 36.864460, -121.987840 | 1.17 mph |
| 9/5/23 23:20 | 36.862230, -121.986420 | 1.05 mph |
| 9/5/23 23:32 | 36.859090, -121.984830 | 1.22 mph |
| 9/5/23 23:40 | 36.856500, -121.984070 | 1.30 mph |
| 9/5/23 23:50 | 36.853840, -121.983150 | 1.16 mph |
| 9/6/23 0:00 | 36.851250, -121.981990 | 1.15 mph |
| 9/6/23 0:11 | 36.848330, -121.980900 | 1.16 mph |
| 9/6/23 0:20 | 36.845840, -121.979980 | 1.20 mph |
| 9/6/23 0:31 | 36.842930, -121.978910 | 1.15 mph |
| 9/6/23 0:40 | 36.840460, -121.977860 | 1.20 mph |
| 9/6/23 0:50 | 36.837600, -121.976870 | 1.24 mph |
| 9/6/23 1:00 | 36.834810, -121.975940 | 1.21 mph |
| 9/6/23 1:10 | 36.832020, -121.975080 | 1.20 mph |


| 9/6/23 1:19 | 36.829560, -121.974010 | 1.10 mph |
| :---: | :---: | :---: |
| 9/6/23 1:31 | 36.826810, -121.972810 | 1.08 mph |
| 9/6/23 1:39 | 36.824400, -121.972060 | 1.17 mph |
| 9/6/23 1:49 | 36.821720, -121.971010 | 1.17 mph |
| 9/6/23 1:59 | 36.819490, -121.969250 | 1.10 mph |
| 9/6/23 2:09 | 36.817130, -121.967250 | 1.18 mph |
| 9/6/23 2:19 | 36.814930, -121.965580 | 1.07 mph |
| 9/6/23 2:32 | 36.811620, -121.964450 | 1.13 mph |
| 9/6/23 2:39 | 36.809490, -121.963460 | 1.29 mph |
| 9/6/23 2:49 | 36.806340, -121.962340 | 1.35 mph |
| 9/6/23 2:59 | 36.803520, -121.961380 | 1.22 mph |
| 9/6/23 3:09 | 36.800480, -121.960130 | 1.32 mph |
| 9/6/23 3:19 | 36.797570, -121.959490 | 1.24 mph |
| 9/6/23 3:29 | 36.795590, -121.958370 | 0.91 mph |
| 9/6/23 3:40 | 36.792700, -121.958190 | 1.13 mph |
| 9/6/23 3:49 | 36.790380, -121.956950 | 1.14 mph |
| 9/6/23 3:59 | 36.788520, -121.955120 | 0.98 mph |
| 9/6/23 4:09 | 36.785920, -121.954120 | 1.14 mph |
| 9/6/23 4:18 | 36.783310, -121.953090 | 1.15 mph |
| 9/6/23 4:28 | 36.781150, -121.952410 | 0.93 mph |
| 9/6/23 4:39 | 36.778770, -121.952090 | 0.93 mph |
| 9/6/23 4:48 | 36.776830, -121.951420 | 0.91 mph |
| 9/6/23 4:58 | 36.774970, -121.950580 | 0.82 mph |
| 9/6/23 5:08 | 36.773100, -121.949460 | 0.87 mph |
| 9/6/23 5:18 | 36.770890, -121.948520 | 0.96 mph |
| 9/6/23 5:32 | 36.768430, -121.947490 | 0.78 mph |
| 9/6/23 5:39 | 36.766650, -121.946990 | 1.07 mph |
| 9/6/23 5:48 | 36.764490, -121.945920 | 1.06 mph |
| 9/6/23 6:01 | 36.761790, -121.944020 | 1.00 mph |
| 9/6/23 6:08 | 36.760050, -121.943080 | 1.13 mph |
| 9/6/23 6:18 | 36.757550, -121.942210 | 1.08 mph |
| 9/6/23 6:28 | 36.755990, -121.941760 | 0.67 mph |
| 9/6/23 6:39 | 36.753170, -121.938780 | 1.42 mph |
| 9/6/23 6:47 | 36.751110, -121.936920 | 1.17 mph |
| 9/6/23 6:58 | 36.749710, -121.935200 | 0.81 mph |
| 9/6/23 7:07 | 36.747530, -121.934020 | 1.00 mph |
| 9/6/23 7:17 | 36.745780, -121.933120 | 0.79 mph |
| 9/6/23 7:27 | 36.744670, -121.932170 | 0.56 mph |
| 9/6/23 7:38 | 36.742800, -121.931270 | 0.74 mph |
| 9/6/23 7:47 | 36.741310, -121.930390 | 0.78 mph |
| 9/6/23 7:57 | 36.740520, -121.929870 | 0.37 mph |
| 9/6/23 8:07 | 36.739230, -121.929600 | 0.55 mph |
| 9/6/23 8:18 | 36.737970, -121.929230 | 0.00 mph |


| 9/6/23 8:28 | 36.737200, -121.928460 | 0.00 mph |
| :---: | :---: | :---: |
| 9/6/23 8:38 | 36.735740, -121.928120 | 0.49 mph |
| 9/6/23 8:47 | 36.734700, -121.927470 | 0.55 mph |
| 9/6/23 8:57 | 36.734070, -121.926500 | 0.42 mph |
| 9/6/23 9:07 | 36.732800, -121.925420 | 0.64 mph |
| 9/6/23 9:16 | 36.731760, -121.924850 | 0.47 mph |
| 9/6/23 9:26 | 36.731190, -121.924620 | 0.25 mph |
| 9/6/23 9:38 | 36.729770, -121.924360 | 0.50 mph |
| 9/6/23 9:46 | 36.728870, -121.924680 | 0.49 mph |
| 9/6/23 9:56 | 36.728300, -121.924880 | 0.25 mph |
| 9/6/23 10:06 | 36.726750, -121.924190 | 0.68 mph |
| 9/6/23 10:16 | 36.725020, -121.922900 | 0.84 mph |
| 9/6/23 10:29 | 36.723590, -121.922130 | 0.00 mph |
| 9/6/23 10:39 | 36.720460, -121.920670 | 0.87 mph |
| 9/6/23 10:46 | 36.718720, -121.919800 | 0.00 mph |
| 9/6/23 10:56 | 36.716870, -121.919200 | 0.95 mph |
| 9/6/23 11:06 | 36.714330, -121.918500 | 0.00 mph |
| 9/6/23 11:16 | 36.712010, -121.918410 | 1.02 mph |
| 9/6/23 11:25 | 36.710180, -121.918560 | 0.77 mph |
| 9/6/23 11:35 | 36.708080, -121.918460 | 0.88 mph |
| 9/6/23 11:46 | 36.705990, -121.918290 | 0.81 mph |
| 9/6/23 11:55 | 36.704590, -121.917830 | 0.66 mph |
| 9/6/23 12:05 | 36.702750, -121.916120 | 0.96 mph |
| 9/6/23 12:15 | 36.700990, -121.914380 | 0.94 mph |
| 9/6/23 12:25 | 36.699660, -121.912450 | 0.86 mph |
| 9/6/23 12:35 | 36.697780, -121.910840 | 0.94 mph |
| 9/6/23 12:45 | 36.695350, -121.908370 | 0.00 mph |
| 9/6/23 12:55 | 36.693930, -121.906830 | 1.04 mph |
| 9/6/23 13:05 | 36.691560, -121.904830 | 1.19 mph |
| 9/6/23 13:15 | 36.688960, -121.902730 | 1.30 mph |
| 9/6/23 13:25 | 36.687450, -121.901250 | 0.80 mph |
| 9/6/23 13:34 | 36.685210, -121.900130 | 1.00 mph |
| 9/6/23 13:44 | 36.683270, -121.899260 | 0.86 mph |
| 9/6/23 13:54 | 36.681450, -121.898460 | 0.00 mph |
| 9/6/23 14:04 | 36.679690, -121.897260 | 0.82 mph |
| 9/6/23 14:14 | 36.677740, -121.896210 | 0.89 mph |
| 9/6/23 14:24 | 36.676670, -121.894790 | 0.66 mph |
| 9/6/23 14:34 | 36.674550, -121.894490 | 0.89 mph |
| 9/6/23 14:44 | 36.672590, -121.893140 | 0.94 mph |
| 9/6/23 14:56 | 36.670800, -121.891770 | 0.69 mph |
| 9/6/23 15:04 | 36.668960, -121.891360 | 1.07 mph |
| 9/6/23 15:14 | 36.666440, -121.889820 | 1.17 mph |
| 9/6/23 15:23 | 36.664840, -121.888410 | 0.82 mph |


| 9/6/23 15:33 | $36.662180,-121.886960$ | 1.21 mph |
| :--- | :--- | :--- |
| $9 / 6 / 2315: 43$ | $36.659540,-121.885770$ | 1.17 mph |
| $9 / 6 / 2315: 53$ | $36.657650,-121.884740$ | 0.85 mph |
| $9 / 6 / 2316: 06$ | $36.654670,-121.883180$ | 1.06 mph |
| $9 / 6 / 2316: 13$ | $36.653010,-121.882230$ | 1.04 mph |
| $9 / 6 / 2316: 23$ | $36.651220,-121.881160$ | 0.83 mph |
| $9 / 6 / 2316: 33$ | $36.648490,-121.880680$ | 1.13 mph |
| $9 / 6 / 2316: 43$ | $36.645740,-121.880140$ | 1.19 mph |
| $9 / 6 / 2316: 53$ | $36.643860,-121.879810$ | 0.79 mph |
| $9 / 6 / 2317: 03$ | $36.641170,-121.879470$ | 1.13 mph |
| $9 / 6 / 2317: 14$ | $36.638050,-121.878720$ | 1.19 mph |
| $9 / 6 / 2317: 23$ | $36.636040,-121.878110$ | 0.95 mph |
| $9 / 6 / 2317: 33$ | $36.633490,-121.878660$ | 1.09 mph |
| $9 / 6 / 2317: 46$ | $36.630320,-121.880830$ | 1.09 mph |
| $9 / 6 / 2317: 48$ |  |  |
| $9 / 6 / 2317: 51$ | $36.629370,-121.880780$ | 0.79 mph |
| $9 / 6 / 2317: 58$ | $36.628090,-121.881270$ | 0.79 mph |
| $9 / 6 / 2318: 08$ | $36.625690,-121.882320$ | 1.06 mph |
| $9 / 6 / 2318: 18$ | $36.623180,-121.883180$ | 1.08 mph |
| $9 / 6 / 2318: 28$ | $36.621380,-121.883850$ | 0.78 mph |
| $9 / 6 / 2318: 38$ | $36.619070,-121.884980$ | 1.04 mph |
| $9 / 6 / 2318: 48$ | $36.616920,-121.887240$ | 1.17 mph |
| $9 / 6 / 2319: 01$ | $36.613820,-121.890030$ | 1.28 mph |
| $9 / 6 / 2319: 08$ | $36.611650,-121.892000$ | 0.00 mph |
| $9 / 6 / 2319: 18$ | $36.610360,-121.893540$ | 1.06 mph |
| $9 / 6 / 2319: 28$ | $36.608990,-121.893460$ | 0.57 mph |
| $9 / 6 / 2319: 38$ | $36.608970,-121.893530$ | 0.00 mph |
| $9 / 6 / 2319: 48$ | $36.609270,-121.894040$ | 0.11 mph |
|  |  |  |

## LKM/GPX Files available

