JOE LOCKE
Solo 20 Kilometer Pier to Pier to Pier
(aka: P2P2P; Wharf to Wharf to Wharf**)**

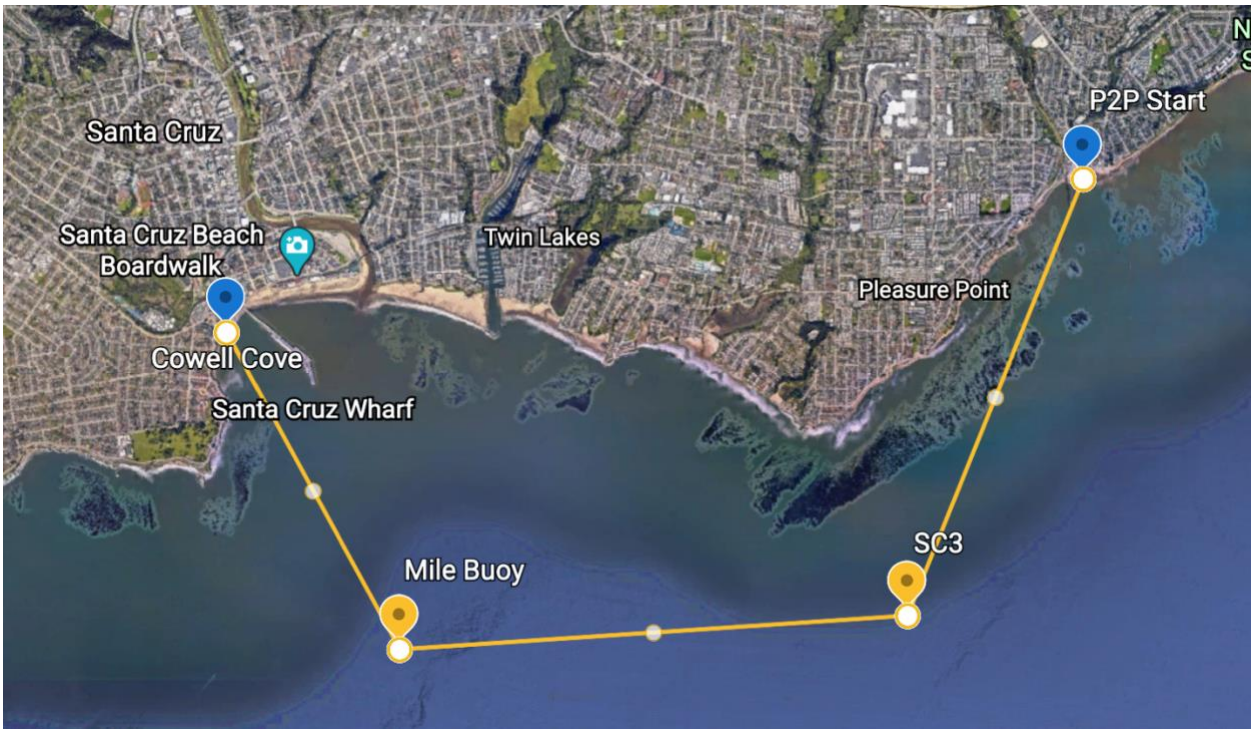
Date: August 13, 2021

Course:
Leg1: Capitola Wharf to SC3 to Mile Buoy to Santa Wharf to
Leg 2: Santa Cruz Wharf to Mile Buoy to SC3 to Capitola Wharf

Straight Line Swim Course Distance: 20 Kilometers

Swim Duration: 5 hours, 27 minutes, 51 seconds

MARK	LOCATION	LATITUDE/LONGITUDE	TIME
Start/Finish	Capitola Beach, East of Capitola Wharf, in front of Venetian Inn	N36 58.261'; W121 57.195'	START: 7:11:20 FINISH: 12:39:11
Outer Turn Marker 1	SC3 Buoy	N36 56.500'; W121 58.026'	
Outer Turn Marker 2	SC Mile Buoy	N36 56.363'; W122 00.600'	
Turn	Cowell Beach, West of Santa Cruz Wharf, in front of Dream Inn	N36 58.052'; W121 53.433'	TURN: 9:41:20



MBSA Observer 1: Scott Tapley

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

Crew: Michelle Lower

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. Standard porous swimsuit
2. Swim Cap
3. Swim goggles (clear)
4. Zinc and Lanolin Mix

Feedings:

Every 40 minutes from start to finish.

Secret sauce: custom carb/protein shake (Nut butter, rice, nut oil…)

Weather & Ocean Observations:

Wind: Calm and flat first 10k. Textured 5k on return. Lumpy wind chop from NW (tail wind) for last 5k. Overall very good conditions. Wind ranged from 0 to 10 knots. It was mostly in the 0-4 range. Sky was overcast for ½ of the swim and party sunny there afterwards.

Water Temperature (degrees Fahrenheit): Low 57, High 60 (mostly around 58)
Air Temperature (degrees Fahrenheit): Low 59, High 69
Swells: Mixed: 3-4 ft South, some mixed in wind swell NW
Skies: Overcast for most of the swim, then turning mostly sunny on return trip around SC3.

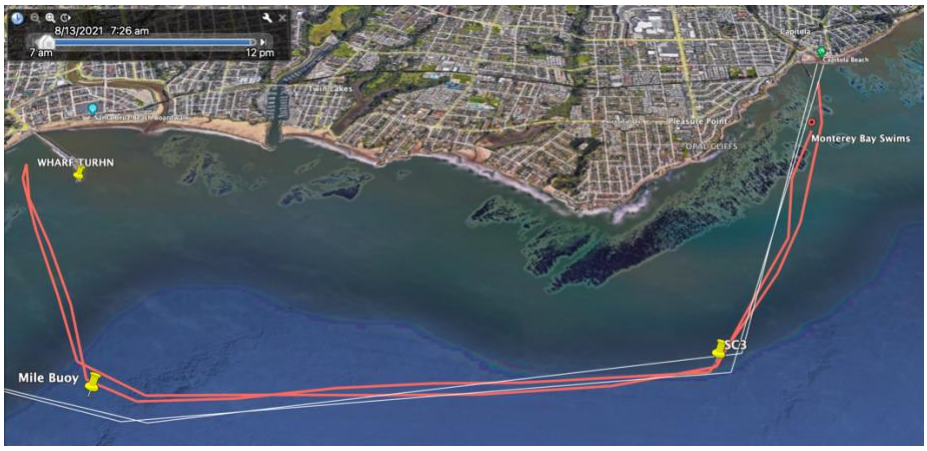
Observers' Narrative
by Scott Tapley

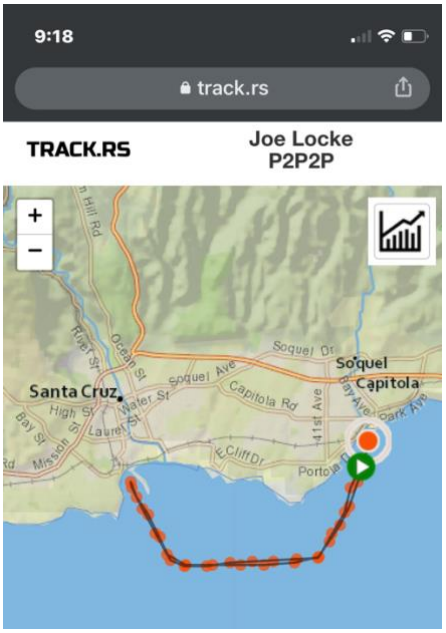
As usual with this swim, we met at 6:15 at the Capitola Wharf, went over the rules and route, and got prepared for the jump. Joe brought along Michelle Lower, a friend and swim buddy to crew for him on the RIB. Kim Rutherford met us at the beach to see Joe off, and at 7:11, under foggy sky, Joe set out for the SC3 Buoy, which is approx. 2 miles SSW of the Capitola Wharf. There was a south swell that day so he had to wait between sets to start the swim, but got underway with no issues. Joe didn't waste any time. He took off at a fast clip and kept that pace for the duration of the swim. Michelle informed me that Joe is not a "happy to finish" swimmer. He cares about his time and he wanted to fit this one in under 6 hours. Just as traversed the outside of the kelp bed about even with Privates beach, Joe was visited by a pod of dolphins. Joe said, "What the $%^# was that?" Not a fan of swimming with dolphins. Joe fed consistently every 40 minutes. He was taking in maybe 10Oz of his home-made nut butter shake on each feed. He fed quickly and got back to business. He commented a few times on how perfect conditions were. Sky was grey and the water was flat. He swam along the port side of the boat and stayed perfectly in position. As we rounded Mile Buoy, there were the usual Sea Lions, but nothing too threatening. Lots of pups mostly. We took the buoy wide and headed North back up to the Dream Inn. The water stayed calm all the way to Cowell Beach where Joe did the turn at the 2.5 hour mark. Somehow, he managed to make the turn at exactly 2.5 hours. Did he plan that? As Joe headed back to Mile Buoy for the second time, Michelle got in to swim for a few minutes. She was in for 15 minutes and then quickly got back on the boat without interruption to the swim. As Joe rounded the Mile Buoy heading south, the NW wind started to show and there was texture on the water. At about 10:30 there was a little wind swell and chop, but all at Joe's back. The sun was also starting to break through. Joe mentioned that his hip flexor was not happy, but he didn't take any meds for it. He continued East toward SC3 at a good clip, unaffected by the new texture in the water.

Joe hit the small counter current just off Pleasure Point, and his stroke rate decreased slightly from 77/76 down to 75/73ish, but as he rounded the SC3 and the sun was now out, the home stretch it seemed to lift his spirits and he kicked it back up for the final push.

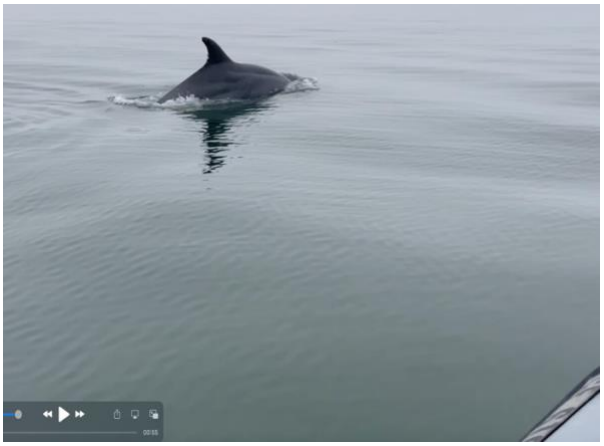
The water remained between 57 and 58 for most of the swim and Joe noted that the water felt "warm."

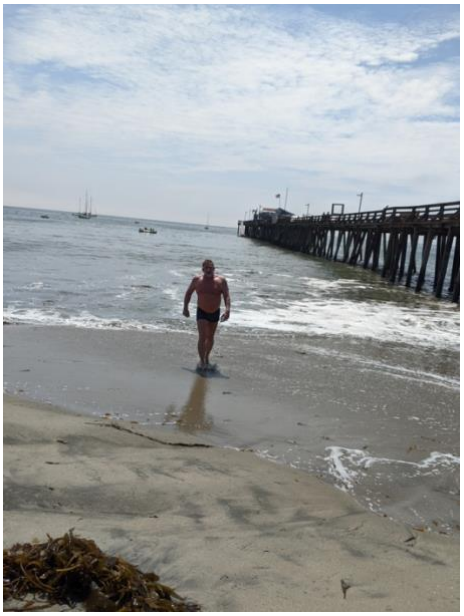
At 12:30 Joe skipped his last feed (just outside the moorings) and headed for the beach. Kim Rutherford had returned to receive him on the beach and out 12:39 he landed. His overall swim time was 5 hours, 27 minutes, and 51 seconds, setting a new course record.





(from KLM – available upon request)





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

Time	H2O	Air	Wave	Wind	Stroke	Observations
7:11:20	59	59	0	0		Start on Capitola beach in front of Venetian Hotel Overcast sky, flat water South Swell Joe will feed on his home-made Nut Butter Shake, every 40 minutes, approx. 10Oz. All feeds noted are the same. Joe on Port side of boat
7:25					75	Joe visited by dolphins – says "What the fuck was that?"
7:51	59	59	0	0	75	Feed Joe "It's really amazing out here. Just perfect."
8:06						SC3 Turn
8:30	58	60	Swell	2	76	Small smooth rolling swells, no wind chop, smooth water Feed
9:10	57	60		0	76	Feed
						Few pups on the Mile Buoy. We take it wide.
9:41						Turn at Cowell Beach 2.5 hours on the nose. Overcast sky
9:50						First signs of wind coming up. Feed (near buoy 2 at Cowell. Michelle in to swim with Joe.
	59	60		3	77	
10:05						Michell Out
10:30						Past Mile Buoy on return
	57	61		4	75	Small NW wind chop and south swell
11:07						Feed
11:35	57	63	3	9-10	73	Around SC3 – Sun is out. Scattered White caps
					77	Water cleaning up and calmer inside the Point
11:50						Feed
12:30					77	Skips feed – water is blue/green and calm on the inside.
12:39:11						Finish – Kim on the beach

Solo Monterey Bay

Swimmer: JOE LOCKE **Date:** 8/13/21

Observer 1: SCOTT TAPLEY **Observer 2:**

Boat & Captain(s): BRIAN THOM / NOMAD RIB

Planned Course: P2P2P - CAPITOLA TO SANTA CRUZ AND RETURN.

Actual Course: 20K VIA SCJ AND MILE BUOY.

Final Swim Duration: 5:27:51

Start Time: 7:11:20 AM

Finish Time: 12:39:11 PM

Start (GPS OR WRITTEN DESCRIPTION) WETLAND CAPITOLA.

Finish (GPS OR WRITTEN DESCRIPTION: SAME.

5:27:51

Crew Members and Roles:

MICHELLE LOWER

Outcome/Notes:

SUCCESS. NEW COURSE RECORD AS OF 8/13/21

FEED:
Almond Butter,
rice, coconut oil.

Solo Monterey Bay

FEED ON 40s

Time	H2O	Air	Wave	Wind	Stroke	Observations
STRETCH 7:10:20						OVERCAST, / FLAT
7:25	DOLPHINS					– SWIMMING ON PORTSIDE. "WHAT THE FUCK WAS THAT"
	59	59		0	75	S. SWELL – no wind waves. 3 ft.
9:51	59	59		0		FEED – ALMOND BU. (10 oz ?) CALM FLAT GREY.
8:06						SCJ
8:30	58	60	SWELL only 2-3 SOUTH.	2	76	FEED – ALMOND BU. (10 oz. ?) JOE "IT'S REALLY AMAZING OUT HERE. JUST PERFECTION"
9:10	57	60		0	76	FEED – ALMOND BU.
(9:41:20 turn) – COWELL						2.5 hr Leg. 1 STILL OVERCAST
9:50						FEED @ BUOY 2 COWELL. MICHELLE IN TO BUDDY SWIM. MOVED TO STARBOARD.
	59	60		3	77	10:05 MICHELLE OUT.
10:30	AROUND MILE BUOY 2nd TIME					2.3 to SCJ
10:30	57	61		4	77	SMALL NW WINDSWELL OR 3-5 WIND NW.
11:07						FEED – SAME. "HIP FLEXOR NOT HAPPY."
11:35	57	63	3	9	73	AROUND SCJ. 3 SUN OUT. NOW

KIMR, on BEACH,

69 0 10 KNOTS @ TURN.
60 69 5 CALM INSIDE. – 2-3 KNOTS. FLAT GREY WATER.

12:30 SKIP FEED. JUST OUTSIDE MOORINGS

12:39 9:11 FINISH

12:39:11

Monterey Bay Swims Positions & Events

8/13/21

Date	Address	Lat/Lng	Speed
8/13/21 7:26	Opal Cliff Drive, Pleasure Point, California, 95010, USA	36.962630, -121.954900	0.00 mph
8/13/21 7:36	Opal Cliff Drive, Pleasure Point, California, 95010, USA	36.957550, -121.957870	2.34 mph
8/13/21 7:46	Santa Cruz, California, USA	36.951790, -121.959560	2.47 mph
8/13/21 7:56	Santa Cruz, California, USA	36.946870, -121.963180	2.39 mph
8/13/21 8:05	Santa Cruz, California, USA	36.941500, -121.967040	2.58 mph
8/13/21 8:15	Santa Cruz, California, USA	36.940120, -121.974500	2.56 mph
8/13/21 8:26	Santa Cruz, California, USA	36.939550, -121.983380	2.69 mph
8/13/21 8:35	Santa Cruz, California, USA	36.939490, -121.990190	2.54 mph
8/13/21 8:45	Santa Cruz, California, USA	36.939520, -121.998210	2.68 mph
8/13/21 8:55	Santa Cruz, California, USA	36.939470, -122.006200	2.67 mph
8/13/21 9:05	Santa Cruz, California, USA	36.941850, -122.011750	2.10 mph
8/13/21 9:15	Santa Cruz, California, USA	36.946910, -122.015080	2.39 mph
8/13/21 9:25	Municipal Wharf, Seabright, California, 1982, USA	36.952520, -122.018990	0.00 mph
8/13/21 9:35	Santa Cruz, California, 95060, USA	36.957460, -122.022080	2.49 mph
8/13/21 9:45	Municipal Wharf, Downtown, California, 1982, USA	36.958890, -122.022350	0.60 mph
8/13/21 9:55	Santa Cruz, California, 95060, USA	36.955490, -122.020750	1.51 mph
8/13/21 10:05	Municipal Wharf, Seabright, California, 1982, USA	36.951130, -122.017340	0.00 mph
8/13/21 10:15	Santa Cruz, California, USA	36.946150, -122.013820	2.25 mph
8/13/21 10:26	Santa Cruz, California, USA	36.940560, -122.010620	2.31 mph
8/13/21 10:35	Santa Cruz, California, USA	36.939070, -122.006650	1.64 mph
8/13/21 10:45	Santa Cruz, California, USA	36.939270, -122.000020	2.22 mph
8/13/21 10:55	Santa Cruz, California, USA	36.939980, -121.993290	2.27 mph
8/13/21 11:05	Santa Cruz, California, USA	36.940300, -121.986710	2.20 mph
8/13/21 11:14	Santa Cruz, California, USA	36.940350, -121.980670	2.02 mph
8/13/21 23:25	Santa Cruz, California, USA	36.940730, -121.973750	2.19 mph
8/13/21 11:34	Santa Cruz, California, USA	36.941120, -121.967590	2.20 mph
8/13/21 11:44	Santa Cruz, California, USA	36.945060, -121.964160	2.00 mph
8/13/21 11:54	Santa Cruz, California, USA	36.948740, -121.961090	1.85 mph
8/13/21 12:04	Santa Cruz, California, USA	36.953240, -121.958240	2.10 mph
8/13/21 12:15	Santa Cruz, California, USA	36.958930, -121.955780	2.20 mph
8/13/21 12:25	Opal Cliff Drive, Pleasure Point, California, 95010, USA	36.963540, -121.953750	2.23 mph
8/13/21 12:34	Capitola Pier, Capitola, California, 95010, USA	36.968440, -121.952790	2.20 mph