



ALICE MA
Solo 10 Kilometer Santa Cruz Pier to Pier
 (aka: P2P; Wharf to Wharf)

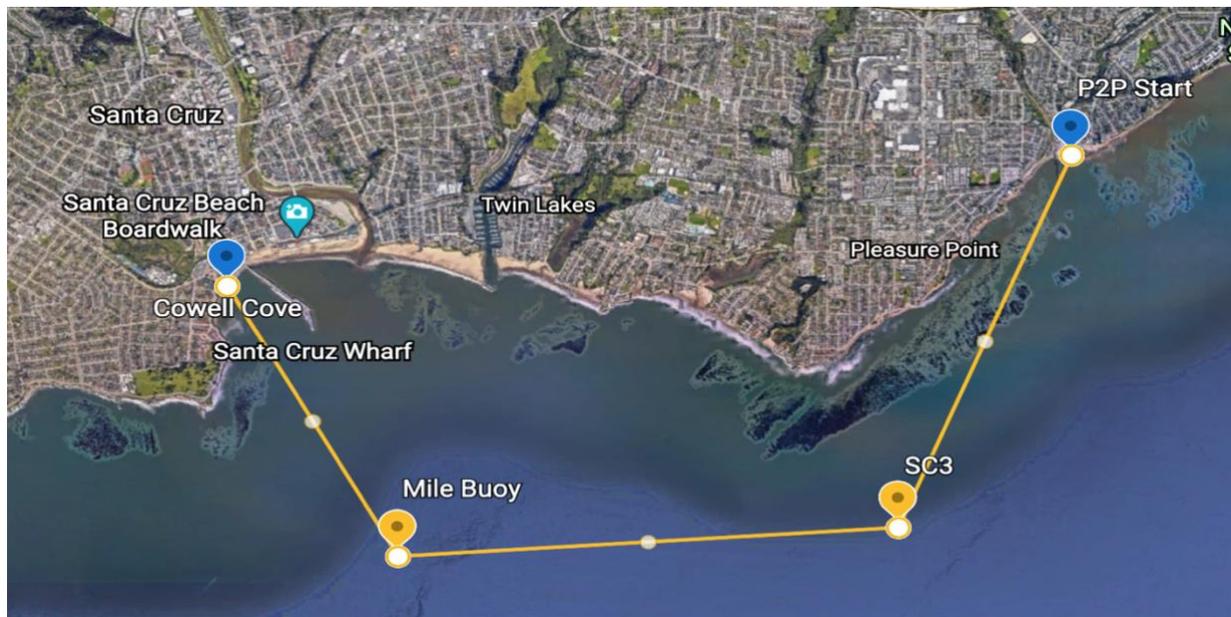
Date: Saturday June 12, 2021

Course:
 Cowell Beach/Santa Cruz Wharf to Mile Buoy to SC3 to Capitola Beach/Wharf

Straight Line Swim Course Distance: 10 Kilometers

Swim Duration: 5 hours, 20 minutes, 55 seconds

MARK	LOCATION	LATITUDE/LONGITUDE	TIME OF DAY
START	Cowell Beach, West of Santa Cruz Wharf, in front of Dream Inn	N36 58.052'; W121 53.433'	START: 06:54:50
Outer Turn Marker 1	SC Mile Buoy	N36 56.363'; W122 00.600'	
Outer Turn Marker 2	SC3 Buoy	N36 56.500'; W121 58.026'	
FINISH	Capitola Beach, East of Capitola Wharf, in front of Venetian Inn	N36 58.261'; W121 57.195'	FINISH: 12:15:45



MBSA Observer 1: Scott Tapley

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

Crew: Kristine Buckley



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. Silicon swim cap
3. Swim goggles
4. Ear plugs
5. Vaseline/Lanolin mixture to prevent chaffing

Feedings:

From the boat. Every 30 minutes, starting on the 30. Every feed consisted of approximately 10 Oz of a Carbo Pro and Scratch Mixture with chunks of fresh ginger.

Weather & Ocean Observations:

Surface conditions for the swim were ideal. Clear sky, small swell, virtually no wind until the last hour (which was a tail wind). Wind was 0-1 for 4 hours, then quickly built to 8-10 WNW for the last hour, with a slight push from SC3 to Capitola (pulling the swimmer slightly east, but not significant). During the center leg (Mile Buoy to SC3, there was a small counter-current pushing from Pleasure Point West. This slowed the swimmer pace for about 30 minutes, adding some to the overall swim duration.

Wind: NW 0-1 knots for 4 hours, then WNW 6-10 knots for 1 hour.

Water Temperature (degrees Fahrenheit): Low 53.9f, High 57.5f

Air Temperature (degrees Fahrenheit): Low 60f, High 72f

Swells: 0-1 first half; 1-3 last leg (east of Pleasure Point)

Skies: Sunny/Clear



Observers' Narrative

by *Scott Tapley*

Alice contacted me about week before the swim and said she needed an observer for a last minute "birthday" celebration swim. She had hired Nomad Sailing Charters (using their RIB) to pilot the 10K Pier to Pier course. The swim would follow the current official 10K course between Santa Cruz Cowell Beach and Capitola Beach, swimming OUTSIDE both the SC Mile Buoy and SC3 Buoy. This is a perfect 10K course using only fixed and measurable/repeatable course markers. This is also a course that takes the swimmer into deeper and more variable (challenging water) than if someone cuts straight across from the SC Wharf to the Pleasure Point kelp bed.



With recent NW winds coming up strong by 11:00 AM, I recommended Alice start before 7:00 AM and go from SC to Capitola (West to East). Alice hired Brian Thom to pilot and recruited Kristine Buckley as crew. I don't think Kristine knew she'd be on a small inflatable, but she was a good sport regardless.

We met at the Santa Cruz harbor (F Dock) at 6:15 ready to go. We boarded the boat and headed out of the harbor and over to Cowell Beach for the start. Alice made the short swim from Cowell Buoy 1 into the beach to exit the water. At 6:54 she was off the beach and swimming. Conditions were perfect. The surface conditions looked like a morning lake. The beach was empty except for one other open water swimmer (who followed Alice to the end of the wharf then turned back.).

As Alice settled in beside the boat (about 10 feet to the port-side), she began the first leg to Mile Buoy (which is closer to 1.8 statute miles). The sun was low in the sky and reflecting off the glassy water. Sea lions barked and hooted below the wharf. As we left the protection of Cowell Cove, we had a clear view of Pleasure Point and all the way to Monterey. It was a perfect day for a swim. Soon we could hear the low drone of the SC Mile Buoy whistle. So close, yet so far away.

Everyone, including Alice, was pleased to be blessed with such great conditions. Alice must have some good Karma. Alice asked if we had Lion's Mane jellies in Monterey Bay. We do not. What she described below was a large jelly that could be either a Purple Stripe jelly or a large Pacific Sea Nettle.

As we approached Mile Buoy, we could see lots of activity in the water. The buoy was packed with Sea Lions (as usual), but there were also several sea lions swimming, jumping, and fishing around the buoy. We could see small clusters of fish glimmering like glitter on the surface. As we rounded the Mile Buoy, Alice was startled by a small sea lion pup who popped out of the water. She swam closer to the boat.

Now on the middle section to SC3, we looked for the buoy. The GPS was guiding us and we had our usual landmarks across the Bay, but we couldn't see it (even with perfect conditions and binoculars) until we were less than a mile from the buoy.

As we passed the SC harbor, there were some clusters of jellies. Alice was stung at least once, but she took it like a pro and kept swimming. She had no noticeable adverse reaction to the stings.

About even with 26th Ave, we noticed her pace was slowing. This wasn't explained by fatigue or stroke. We presumed there was a small counter current pushing us slightly back and out away from Pleasure Point. This held Alice in the same area for about 10-15 minutes, but she continued to make slow progress East until breaking free from the current as she passed Pleasure Point and approached SC3.

Just after passing SC3, Alice asked where she was and mentioned that she was hurting. Her shoulder was in pain and we could see that in her stroke. (She also had to relieve herself.) With about 45 minutes remaining and Alice was confident she would be fine. At this time the wind was picking up and had gone from 0 to 6 knots. We could see it was much higher back where we had just come from. Maybe 10-15 knots. Soon, the wind was 10 knots over Alice's left heel, but blowing Alice NE toward Capitola.

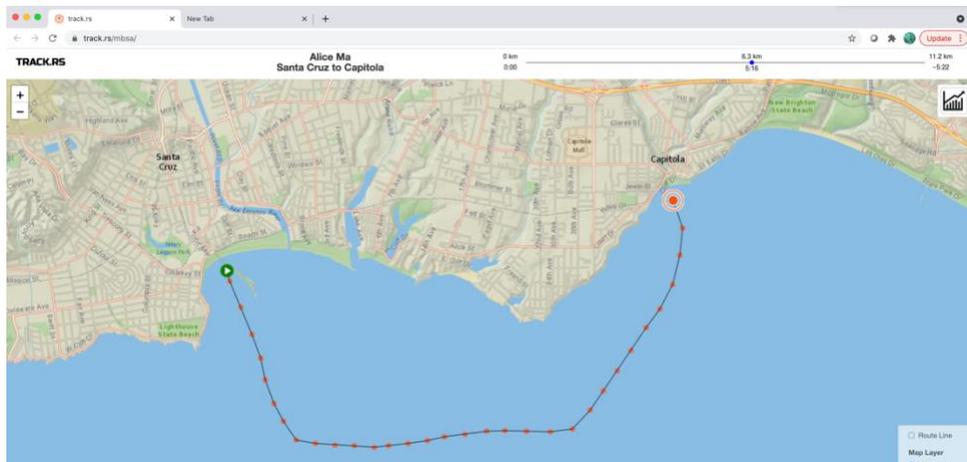
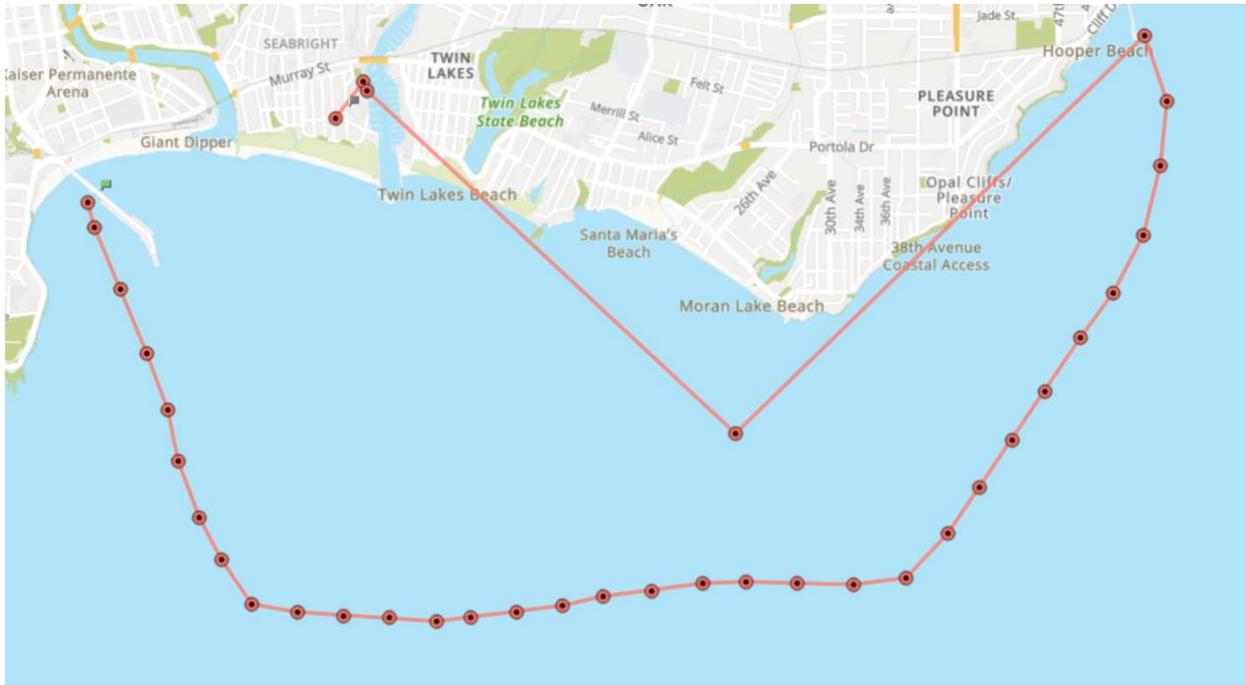
At around Noon, Alice refused her last feed. She could see the wharf and people on the beach.

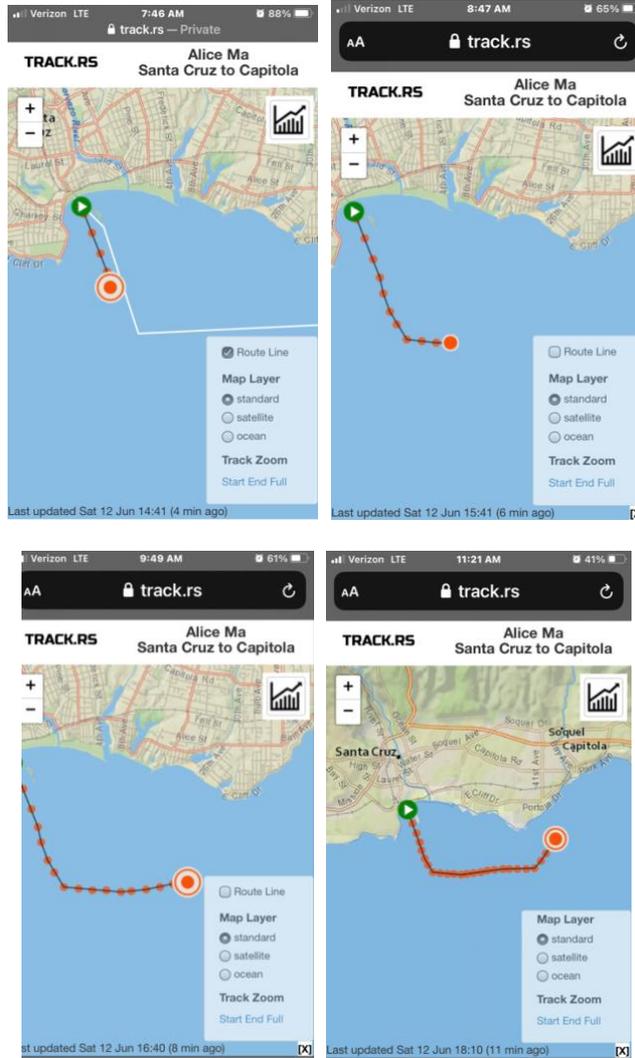
The beach was crowded. The boat stopped at the swim boundary and Alice cleared the water right in front of the colorful Venetian hotel, a few feet East of the Capitola Wharf. Robin Rose was waiting to take a photo, wrap Alice in a warm blanket, and escort her back to the dock on the Wharf to reload the boat.

Alice was emotional and grateful for having such a smooth and successful swim. We got Alice back on the boat, said thank you to Robin, and headed back to the Santa Cruz harbor. By now the wind was WAY up and we were plowing through waves and white water. Waves were coming up over the sides and we were all soaked. I felt like I had gone overboard. I was concerned about "after-drop," but Alice reported she was not cold and refused the extra clothing offered to her.

Soon we were back in the protection and warmth of the harbor.

The swim had gone exactly as planned. Alice can be very proud of herself. She one of the few adventurous swimmers who have the courage to do what they dream. She planned and flawlessly executed a COLD offshore 10k solo marathon swim in the Monterey Bay in June! Well done Alice.





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

Time	H2O	Air	Wave	Wind	Stroke	Observations
START	53.9	60	0	0		06:54:50 Very Calm water and clear sky. Mild Air Temp. Quiet Beach Starting directly in front of the bathrooms/stairs at Cowell Beach, Santa Cruz, West Side of the Wharf. Lots of Sea Lions echoing off wharf. Sun reflecting on the water. One other swimmer starting a swim down the beach from Alice.
7:13						Now outside wharf zone. Mile Buoy is visible.
7:27					49	We can now hear the Mile Buoy Whistle
7:30						FEED: Carbo Pro + Scratch + Ginger. 10-12 Oz. (not all feeds will remain the same throughout)

						VOID
8:00	54	62	0	0	49	FEED Alice asks, "Wow. Do you have Lion's Mane Jellies here?" (we believe Alice saw a large Purple Striped Jelly in the 18-24 inches in diameter. She then saw several Sea Nettles drifting a few feet below her. Alice swears and then apologizes.
8:07						Approaching Mile Buoy
8:18						Round Mile Buoy – Lots of large and curious Sea Lions. Lots of activity with Sea Lions jumping off the Buoy and fishing. Alice is visited (and surprised) by a small pup who gets close and pops up for a visit. Alice is swimming great! Nice body alignment, long strokes, and smiles.
8:30	53.9	63	0	0	49	FEED VOID
8:45						Going through some kelp debris in a tide or current line. Still water with trapped debris. Jellies are mixed among the soup of debris. Alice gets stung at least once (more than once?) by a sea nettle. She says it stings, but she is Ok. Keeps swimming.
9:00	56	64	0	0	51	FEED Brian sees a squid near the surface. We are just off Santa Maria on the way to SC3/Pleasure Point. Alice's stroke has changed a little. We seem to be getting pushed a little away from the point and West. (SW). There could be a small current holding Alice back a little.
9:30	56.5	66	0	0	51	FEED
10:00	57.5	70	2	1	50	FEED Alice is doing great. Her kick is a little less "calm" and on the surface. Her left shoulder looks like it might be bugging her (coming in a little short).
10:08						We are seeing a little texture on the water, but at least we are out of the current.
10:23						Cross Chop. Water a little disorganized from changing wind and a little current spinning off the point.
10:27						FEED VOID – Alice needs to poop
10:34						ROUNDING SC3
10:50						Poop
11:00	56	72	2	5	48	FEED – stroke rate down slightly
11:30	56	69	2	10	49	Wind is now up to 10k, but it's behind her and helping push her toward Capitola.
11:39						Alice says she is hurting (shoulder pain) She has a pain reliever, but does not take it
12:00		68	0	6		Alice refuses feed .33 from finish Winds lighter on the inside. Cross a few clumps of kelp
12:15:45						Finish Capitola Beach

						Robin Rose is on the beach to capture the finish and support Alice on the walk to the end of the dock to re-board Nomad Rib.
						As we depart Capitola, the wind on the outside is now up to 15 with 20k gusts. Alice finished just in time to beat the wind. The ride back upwind to the harbor is wet and cold with waves coming over the side of the boat. Alice reports she is not cold and maintains a smile all the way to the dock.

Solo Monterey Bay

Swimmer:

Alice MA

Date:

JUL 12 2021

Observer 1: S. TAPLEY

Observer 2:

Boat & Captain(s): BRAD TAYLOR / NIMAD (RIB)

Planned Course: COWELL BEACH → MINE POINT → SC3 → CAPITOLA BEACH.

Actual Course:

Final Swim Duration:

5 hours 20 min. 55 seconds.

Start Time: 06:54:50 AM.

Finish Time: 12:15:45 PM

Start (GPS OR WRITTEN DESCRIPTION): COWELL / DREAM I.D.

Finish (GPS OR WRITTEN DESCRIPTION): CAPITOLA / VERANDA.

Crew Members and Roles:

KRISTINE BULLLEY - CREW, FEEDS.

5:20:55

Outcome/Notes:

with feed 2.50.

Time	H2O	Air	Wave	Wind	Stroke	Observations
7:39 7:13						COWELL - QUIET BEACH SUNNY, FLAT. LOTS OF FUJIMI BATS. MS VISIBLE FROM DISTANCE. SEA WAS CALM UNDER CURRENTS SUN REFLECTIVE ON FURTHER WATER
						SMOOTH SWIMMER. ALICE LOOKS GREAT!
7:27 7:30	53.5	60	0	0	49	MS. WHISTLE.
8:00	54	62	0	0	49	FEED: CAROL PHO, SCOTLAND, BUCKLE. V.O.N. FEED: " " " " ALICE: "WOW" "DO YOU KNOW HUGE POTTY, "WIND'S HOW..."
8:30	53.9	63	0	0	49	8:07: - 10 TO MS 8:18 RINGS MS, LITTLE SEXUAL PREF. UP. FEED: (SAME) ALICE doing great. 2.1 to SCJ
9:00	56	64	0	0	51	FEED - SAME <u>SQUID</u> ETHEL correct putting on bucker and putting on with SW. Slower going. Avg. 1mph.
9:30	56.5	66	0	0	51	FEED - SAME.
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)						

Solo Monterey Bay

Time	H2O	Air	Wave	Wind	Stroke	Observations
10:08	57.5		2	1	50	10:08 little texture, light wind. Sunny Sunny Sunny.
		70		4 knots		10:23 cross check for channel breeze.
10:27			1			ol to bus Feed V.O.D. needs to prep @ 10:30
11:00		72	1	5K	48	worklets Feed SAME, 1.6 mi to max.
11:30	56	65 72	2	10K	49	wid feeds. Left with L shoulder hunting. 11:30 .87 to max
12:00						SKEL FEED, .33 to fur
		68	0	6 WIND		10 outside nit and kv
12:07						FIG RULW V. 12:15:45

Note: Time Stamps off by 2 hours PST.

<u>Date</u>	<u>Address</u>	<u>Lat/Lng</u>
6/12/21 8:47		
6/12/21 8:53	Municipal Wharf, Downtown, California, 1982, USA	36.960490, -122.021840
6/12/21 9:02	Municipal Wharf, Downtown, California, 1982, USA	36.959190, -122.021390
6/12/21 9:12	Municipal Wharf, Seabright, California, 1982, USA	36.956020, -122.019620
6/12/21 9:22	Municipal Wharf, Seabright, California, 1982, USA	36.952630, -122.017900
6/12/21 9:31	Santa Cruz, California, USA	36.949680, -122.016590
6/12/21 9:41	Santa Cruz, California, USA	36.946980, -122.015900
6/12/21 9:52	Santa Cruz, California, USA	36.944040, -122.014470
6/12/21 10:01	Santa Cruz, California, USA	36.941880, -122.013050
6/12/21 10:11	Santa Cruz, California, USA	36.939530, -122.011030
6/12/21 10:21	Santa Cruz, California, USA	36.939140, -122.008030
6/12/21 10:31	Santa Cruz, California, USA	36.938950, -122.005020
6/12/21 10:41	Santa Cruz, California, USA	36.938850, -122.002080
6/12/21 10:51	Santa Cruz, California, USA	36.938620, -121.999010
6/12/21 11:01	Santa Cruz, California, USA	36.938830, -121.996770
6/12/21 11:11	Santa Cruz, California, USA	36.939090, -121.993770
6/12/21 11:21	Santa Cruz, California, USA	36.939470, -121.990770
6/12/21 11:31	Santa Cruz, California, USA	36.939970, -121.988050
6/12/21 11:40	Santa Cruz, California, USA	36.940240, -121.984910
6/12/21 11:51	Santa Cruz, California, USA	36.940620, -121.981520
6/12/21 12:00	Santa Cruz, California, USA	36.940690, -121.978670
6/12/21 12:10	Santa Cruz, California, USA	36.940610, -121.975330
6/12/21 12:20	Santa Cruz, California, USA	36.940580, -121.971680
6/12/21 12:30	Santa Cruz, California, USA	36.940920, -121.968260
6/12/21 12:41	Santa Cruz, California, USA	36.943210, -121.965520
6/12/21 12:51	Santa Cruz, California, USA	36.945650, -121.963410
6/12/21 13:00	Santa Cruz, California, USA	36.948140, -121.961270
6/12/21 13:10	Santa Cruz, California, USA	36.950670, -121.959170
6/12/21 13:20	Santa Cruz, California, USA	36.953440, -121.956860
6/12/21 13:30	Santa Cruz, California, USA	36.955820, -121.954650
6/12/21 13:40	Santa Cruz, California, USA	36.958800, -121.952670
6/12/21 13:50	Santa Cruz, California, USA	36.962410, -121.951570
6/12/21 13:59	Capitola Pier, Capitola, California, 95010, USA	36.965800, -121.951200
6/12/21 14:09	Capitola Pier, Capitola, California, 95010, USA	36.969200, -121.952620
6/12/21 14:40	South Palisades Avenue, Seabright, California, 95062, USA	36.948430, -121.979390
6/12/21 14:50	Mariner Park Way, Santa Cruz, California, 95062, USA	36.966330, -122.003510
6/12/21 15:00	USA	36.966840, -122.003770
6/12/21 15:09	Atlantic Avenue, Santa Cruz, California, 95062, USA	36.964890, -122.005580