



SARAH ROBERTS
Solo 20 Kilometer Pier to Pier to Pier
 (aka: P2P2P; Wharf to Wharf to Wharf)

Date: April 23, 2021

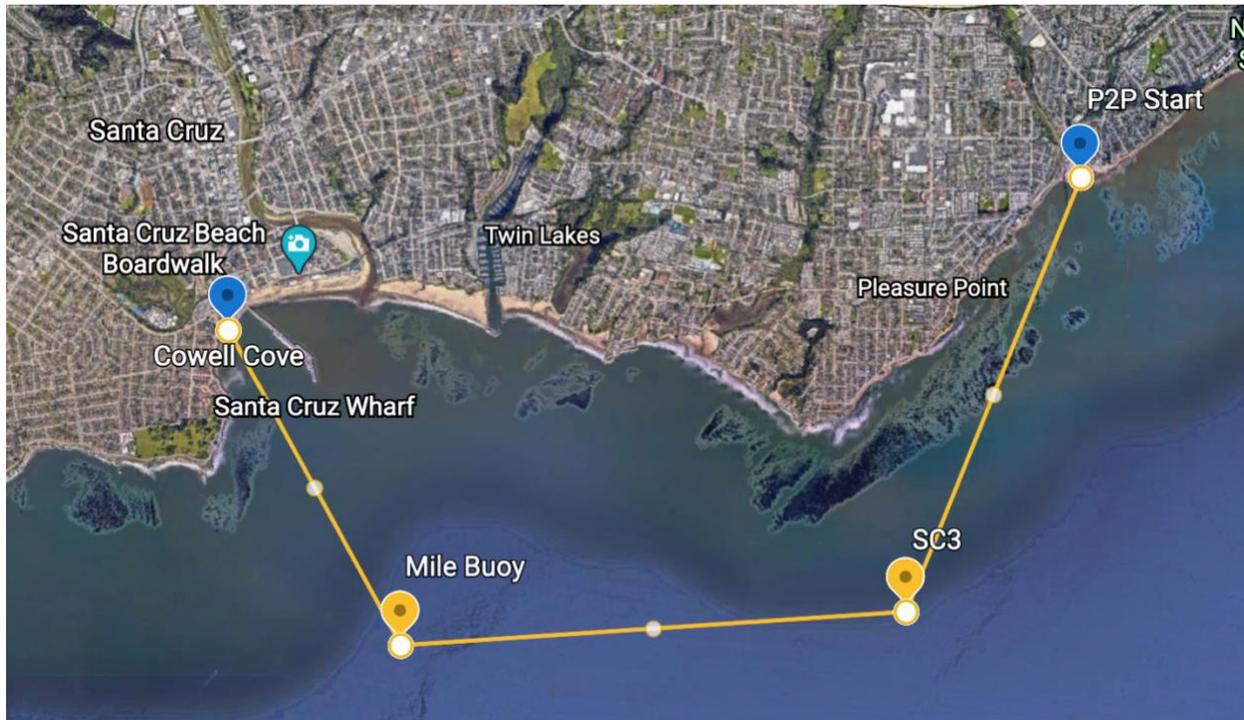
Course:

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: 7 hours, 5 minutes, 15 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: 06:29:30 FINISH: 13:34:45 |
| 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: 09:47:00 |



MBSA Observer 1: Scott Tapley

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

Crew: David Roberts



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. Besmon Silicon Ear plugs
5. Vaseline, Lanolin, Zink mixture to prevent chaffing and for sun protection

Feedings:

From the boat. First feed at 1 hour, then every 30 minutes. Alternating Water, Carbo Pro combined with Gatorade and Gel packs. Approximately 150 calories per hour.



Weather & Ocean Observations:

Wind: Wind was calm for the first half of the swim. The NW breeze began to pick up on the return trip as Sarah rounded the Mile Buoy. She had a slight push home from the NW wind swell. The sky was overcast for most of the swim. Air temp began at 50f and rose to 60f. Water temp remained 52 for the duration of the swim (dipping slightly to 51 at one point.)

Water Temperature (degrees Fahrenheit): 52F

Air Temperature (degrees Fahrenheit): Low 49, High 60

Swells: 0-1 first half; 1-3 wind swell on the return trip

Skies: Mostly overcast



Observers' Narrative

by *Scott Tapley*

Sarah and David Roberts met us (Robin Rose and Scott Tapley) at the Capitola Wharf entrance about 6:00 AM. Sarah organized her feeds and was ready to swim. The air temperature was 49, with overcast sky. The water was flat and grey.

Brian Thom arrived on the Nomad Rib and David and I boarded via the boat rental ladder. The gate to the Wharf was locked, so fortunately the bait shop on the Pier allowed us to enter and use their ladder. The public dock was still removed for winter.

Robin called to let us know Sarah was ready to start and at 6:29 she entered the 52f water.

The trip out to SC3 was calm with only a few patches of kelp. There were families of otters hiding in the kelp. The need to meander off course to avoid kelp was minimal (not always the case here). We could not see the SC3 buoy until we were about ¼ mile away, but we knew we were on course (using GPS). Sarah took her first feed at 1 hour, just short of the SC3, and her attitude was wonderful (which remained wonderful the entire swim – Sarah is a happy, no drama, get 'er done swimmer.)

At one point, We were all pointing to show where we think the SC3 buoy should be. This made Sarah a little nervous. "What are you all pointing at?"

With this swim, the goal is always to get up and turned around before the NW Wind and Wind Swell kicks in. That is exactly what happened.

Sarah could see lots of jellies just below the surface, but not close enough to sting (mostly). She said the water was very clear. At 8:44 she got a jelly down the suit and had to stop for a bit to dig it out.



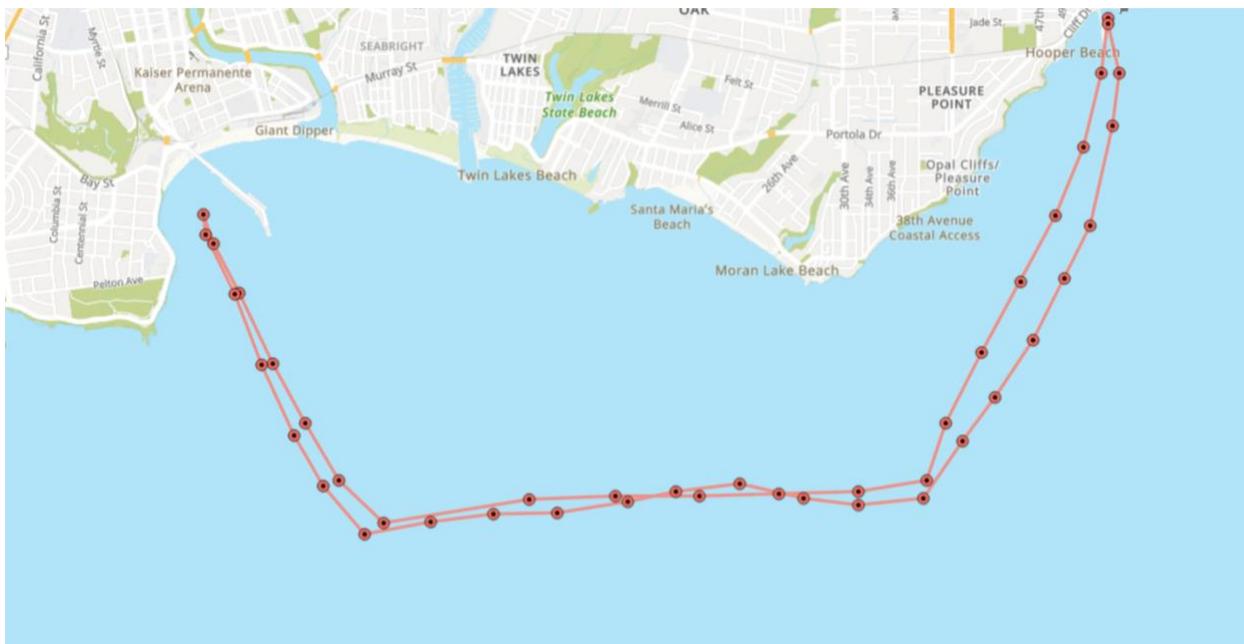
As we approached the Mile Buoy, there were lots of Sea Lions on and round the Mile Buoy. We took the turn very wide, putting the boat between Sarah and the buoy. She rounded the buoy at 8:49 and turned North toward Cowell Beach.

Sarah made the turn just before 10 AM and wasted no time getting back on track and out to Mile Buoy for the second time. As we passed the protection of Point Santa Cruz and the lighthouse, we could feel the breeze and see a few white caps further out to sea.

As we headed back out to mile buoy, we lost a small Tupperware food box over the side of the boat. We asked Sarah to grab it and toss it back. As we did, Sarah asked, "What?" and David said, "Box Jelly." (joking). Sarah didn't think that was so funny. After the Tupperware rescue, we were soon at Mile Buoy again just before 11 and the wind was up a little, but now we were heading down wind and down swell.

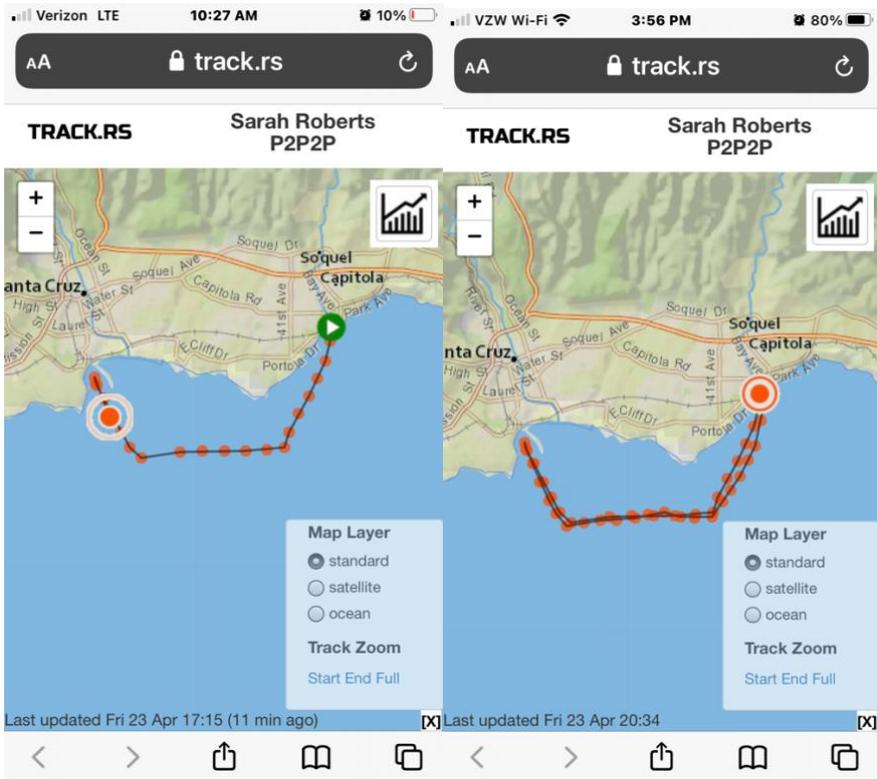
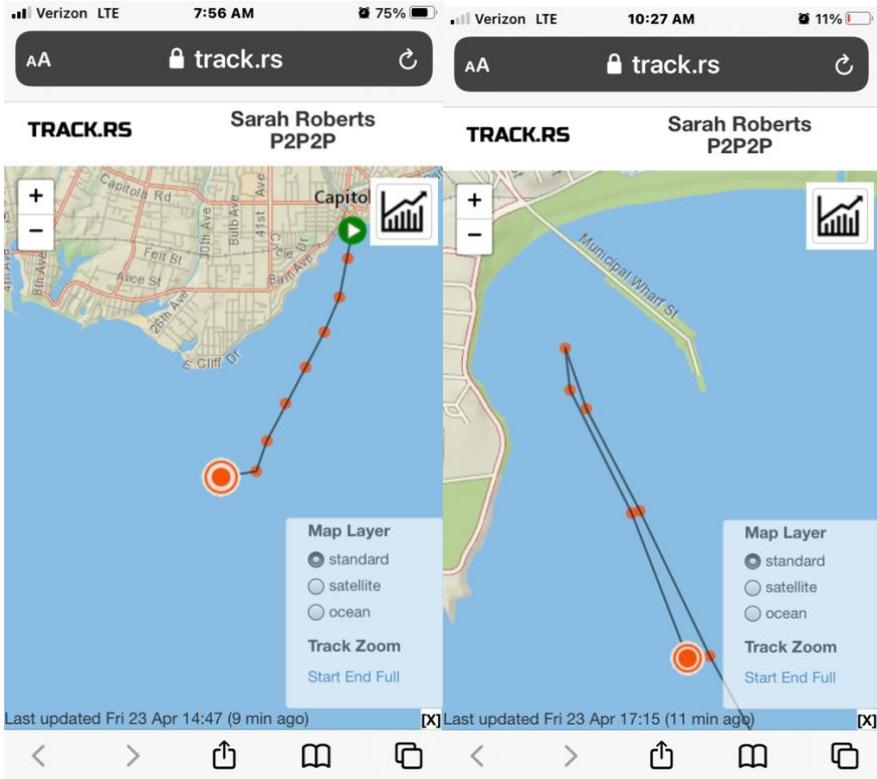
Rounding the Mile Buoy #2 was our green light to eat the Jalapeno Chips (crew, not swimmer).

At 12:30 we approached SC3 again and the wind was up to about 8 knots and it was nice and lumpy. Still grey skies and no sign of whales. But Sarah was still a happy swimmer as we were now on the final 2-mile push back to Capitola. Occasionally, she would get a nice long push from the wind swell, which made up a little for the lumpy bumpy she had out in the deeper unprotected water. At 1:00 Sarah took her last feed, which included a cookie (reward). She brought it home to a quiet foggy beach at 1:34.



Swim video here:

<https://vimeo.com/541083901>





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

| Time | H2O | Air | Wave | Wind | Stroke | Observations |
|----------|-----|-----|------|------|--------|--|
| 06:29:30 | 52 | 50 | 0 | 0 | 55 | April 23, 2021 START Grey Sky. Flat Water, Chilly Otters with babies in 1 st kelp beds off Opal Cliff |
| 7:00 | | | 0 | 0 | 55 | “What are you pointing at?” Calm Sarah Says water is very clear. |
| 7:30 | 52 | 50 | 0 | 1 | 55 | Feed on first hour. 100z Carbo Pro + Gatorade + Stinger Gel Some fishing boats out. Quiet morning. |
| 8:00 | 52 | 51 | 0 | 0 | 55 | Feed – Carbo Pro only (unless otherwise noted, her feeds are about 10 Oz of liquid each feed. |
| 8:30 | 52 | 51 | 0 | 0 | 55 | She sees lots of Jellies, but below the surface. Feed – Carbo Pro/Gat + Gel We are .6 mi to Mile Buoy, but can hear the whistle |
| 8:44 | | | | | | Jelly down the suite – ouch! |
| 8:49 | | | | | | Rounding Mile Buoy Buoy is covered in Sea Lions |
| 9:00 | 52 | 49 | 0 | 0 | 57 | Feed – CarboPro/Gat |
| 9:30 | 52 | 49 | 0 | 0 | 57 | Feed – CarboPro/Gat + Gel Just off SC Wharf, about even with lighthouse |
| 9:40 | 51 | | | | | We stop the boat by swimmer buoy 2 and let Sarah head into the beach on her own. Water temp measures 51 in here. |
| 9:47 | | | | | | Clear Water for Turn |
| 9:47:30 | | | | | | Back on the Water – 30 second turn |
| 9:54 | | | | | | Back to Boat at swimmer buoy 2 – on our way to MB |
| 9:55 | 51 | 55 | 2 | 3 | 57 | Water temp down – stroke rate up Even with Olitos on the Wharf |
| 10:00 | | | | | | Feed – CarboPro/Gat |
| 10:30 | 5d2 | 55 | 3 | 4 | 57 | Feed – CP/Gat + Gel Wind is coming up now. A little lump We lose plastic box overboard. David says “Box Jelly” as a joke. Sarah not amused. |
| 10:49 | | | | | | Rounding Mile Buoy again |
| 11:00 | 52 | 56 | 3 | 4 | 57 | Feed - |
| 11:15 | | | | | | 1.5 miles to SC3 Still Cloudy and more lumpy. Getting a little push from wind swell. |
| 12:00 | 52 | 60 | 3 | 3 | 57 | Feed – CB/Gat + Gel Sarah a little disappointed, not whale sightings yet. |
| 12:30 | | | | 7-8 | | Some White Caps now Feed CP Only |
| 12:40 | | | | 10 | | White Caps |

| | | | | | | |
|----------------|-----------|-----------|----------|-----------|-----------|--|
| | | | | | | Home Stretch Sarah is doing great. One feed bottle remaining. It's choppy but swell is pushing swimmer toward goal. |
| 1:00 | 52 | 58 | 3 | 10 | 57 | Feed – CP/Gat + Cookie – Yum About 1 mile to finish |
| 1:34:45 | | | | | | FINISH |

Solo Monterey Bay

| Time | H2O | Air | Wave | Wind | Stroke | Observations |
|------|-----|-----|------|------|--------|--|
| 6:30 | 52 | 50 | 0 | 0 | 55 | Grey sky Flat water chill. otters w/ babies in 50+ kelp bed off opal cliffs. what are you pointing at?? |
| 7:00 | | | 0 | 0 | 55 | CALM - Sarah says H ₂ O is very clear. |
| 7:30 | 52 | 50 | 0 | 1 | 55 | Feed on first hour 10c CARB + GAT + S ₁ + S ₂ + S ₃ Few fishing boats Quiet. |
| 8:00 | 52 | 51 | 0 | 0 | 55 | Feed Carb only 10c |
| 8:30 | 52 | 51 | 0 | 0 | 55 | Lots of killer ahead + down Feed Carb + gel + GAT. Can hear MB .6 mi + MB. 8:44 Jelly down the side |
| 9:00 | 52 | 49 | 0 | 0 | 57 | 8:49 Rounding MB CARB + GAT. |
| 9:30 | 52 | 49 | 0 | 0 | 57 | Feed, end of whale / Lish + 10c CARB + GAT. 9:40. Boat spotted & swim free. S ₁ + S ₂ will swim low BEHIND of the one, clear clearly between 2 spots. |

Total 9:47 exit.

9:43 + 30 enter

9:54 back to beach / 0. one way to water buoy

• 25 from Beach

51 e buoy.

Observer Log - Page 2

Solo Monterey Bay

| Time | H2O | Air | Wave | Wind | Stroke | Observations |
|---|-----|-----|------|------|--------|---|
| 9:55 | 51 | 55 | 2 | 3k | 57 | EVEN WITH. CLIPUS ON WHARF. |
| 10:00 | | | | | | Feed carb + 6ct 10-12oz. |
| 10:50 | 52 | 55 | 2-3 | 4 | 57 | WIND CUTTER POW. - LITTLE JUMP. 7+mi. down 24 to MB Feed carb + 6ct + 2oz W SWELL SHOWING LOW. - A LITTLE PUSHER. NOT RATHER. |
| | | | | | | "Dox 8000" (TRIPPER WARE BOX) |
| 11:00 | 52 | 56 | 3 | 3-4k | 57 | 10:49 Round MB - 500/1000 CHINS |
| 11:15 | 1.5 | 56 | SCS | | 57 | LOW M. SWELL CURVED. JAW. |
| 11:30 | 52 | 59 | 2-3 | 4 | 57 | Feed stringer, carb, 6ct. |
| 12:00 | 52 | 60 | 3 | 3 | 57 | Feed carb + 6ct. 12oz. SAD NO HANES YET. Search in great spirits. |
| 12:50 | | | 3 | 7-8 | 57 | 12:10 WIND PICKING UP AS WE APPROACH SCS 7-8 knots. STAY EASY at coal out. Getting a small pull from SW. D ECHO: CALIFORNIA. |
| 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 |
|---------|-----|-----|------|------|--------|--|
| 12:40 | 52 | 57 | 3 | 10 | 57 | few white caps - 17me stretch, Pretty choppy on boat. Search is duty gear. Down to 1 cut feet 5. little (no planned) choppy, but swell/wind pushing in north - small ice later. downside |
| 1:00 | 52 | 58 | 3 | 10 | 57 | FOOD + COOKING. < 1 mile to FW. |
| 1:34:45 | | | | | | Get rid of what - GPS = 12.48 lost av. @ boat 12:57 |
| | | | | | | |

| <u>Date</u> | <u>Address</u> | <u>Lat/Lng</u> | <u>Speed</u> |
|---------------|--|------------------------|--------------|
| 4/23/21 8:20 | | | |
| 4/23/21 8:28 | Capitola Pier, Capitola, California, 95010, USA | 36.970520, -121.952930 | 0.00 mph |
| 4/23/21 8:37 | Capitola Pier, Capitola, California, 95010, USA | 36.967180, -121.953480 | 1.59 mph |
| 4/23/21 8:47 | Opal Cliff Drive, Pleasure Point, California, 95010, USA | 36.962630, -121.954850 | 0.00 mph |
| 4/23/21 8:57 | Opal Cliff Drive, Pleasure Point, California, 95010, USA | 36.958470, -121.957000 | 1.90 mph |
| 4/23/21 9:07 | Santa Cruz, California, USA | 36.954400, -121.959690 | 1.90 mph |
| 4/23/21 9:18 | Santa Cruz, California, USA | 36.950120, -121.962650 | 1.95 mph |
| 4/23/21 9:28 | Santa Cruz, California, USA | 36.945790, -121.965390 | 1.94 mph |
| 4/23/21 9:37 | Santa Cruz, California, USA | 36.942270, -121.966900 | 1.70 mph |
| 4/23/21 9:47 | Santa Cruz, California, USA | 36.941560, -121.972080 | 1.75 mph |
| 4/23/21 9:57 | Santa Cruz, California, USA | 36.941440, -121.978240 | 2.06 mph |
| 4/23/21 10:07 | Santa Cruz, California, USA | 36.941350, -121.984310 | 2.04 mph |
| 4/23/21 10:17 | Santa Cruz, California, USA | 36.941310, -121.990710 | 2.16 mph |
| 4/23/21 10:27 | Santa Cruz, California, USA | 36.941140, -121.997340 | 2.11 mph |
| 4/23/21 10:46 | Santa Cruz, California, USA | 36.939700, -122.008510 | 1.95 mph |
| 4/23/21 10:56 | Santa Cruz, California, USA | 36.942310, -122.011970 | 0.00 mph |
| 4/23/21 11:06 | Santa Cruz, California, USA | 36.945760, -122.014530 | 1.62 mph |
| 4/23/21 11:16 | Santa Cruz, California, USA | 36.949440, -122.017030 | 1.75 mph |
| 4/23/21 11:26 | Municipal Wharf, Seabright, California, 1982, USA | 36.953750, -122.019600 | 0.00 mph |
| 4/23/21 11:36 | Santa Cruz, California, 95060, USA | 36.956750, -122.021570 | 0.00 mph |
| 4/23/21 11:46 | Municipal Wharf, Downtown, California, 1982, USA | 36.958550, -122.022340 | 1.40 mph |
| 4/23/21 11:56 | Santa Cruz, California, 95060, USA | 36.957310, -122.022170 | 0.50 mph |
| 4/23/21 12:06 | Municipal Wharf, Seabright, California, 1982, USA | 36.953670, -122.019910 | 1.78 mph |
| 4/23/21 12:15 | Santa Cruz, California, USA | 36.949370, -122.017870 | 1.92 mph |
| 4/23/21 12:26 | Santa Cruz, California, USA | 36.945030, -122.015340 | 1.89 mph |
| 4/23/21 12:35 | Santa Cruz, California, USA | 36.941930, -122.013110 | 1.58 mph |
| 4/23/21 12:45 | Santa Cruz, California, USA | 36.939010, -122.009950 | 1.61 mph |
| 4/23/21 12:55 | Santa Cruz, California, USA | 36.939720, -122.004860 | 0.00 mph |
| 4/23/21 13:05 | Santa Cruz, California, USA | 36.940190, -122.000050 | 0.00 mph |
| 4/23/21 13:15 | Santa Cruz, California, USA | 36.940320, -121.995160 | 1.66 mph |
| 4/23/21 13:25 | Santa Cruz, California, USA | 36.940960, -121.989800 | 0.00 mph |
| 4/23/21 13:35 | Santa Cruz, California, USA | 36.941560, -121.986110 | 1.53 mph |
| 4/23/21 13:45 | Santa Cruz, California, USA | 36.942100, -121.981220 | 0.00 mph |
| 4/23/21 13:55 | Santa Cruz, California, USA | 36.941200, -121.976330 | 1.59 mph |
| 4/23/21 14:05 | Santa Cruz, California, USA | 36.940750, -121.972130 | 0.00 mph |
| 4/23/21 14:15 | Santa Cruz, California, USA | 36.941180, -121.967150 | 1.58 mph |
| 4/23/21 14:26 | Santa Cruz, California, USA | 36.944700, -121.964080 | 1.63 mph |
| 4/23/21 14:35 | Santa Cruz, California, USA | 36.947350, -121.961650 | 0.00 mph |
| 4/23/21 14:45 | Santa Cruz, California, USA | 36.950850, -121.958740 | 1.63 mph |
| 4/23/21 14:55 | Santa Cruz, California, USA | 36.954600, -121.956330 | 1.76 mph |
| 4/23/21 15:05 | Santa Cruz, California, USA | 36.957820, -121.954300 | 1.49 mph |
| 4/23/21 15:15 | Opal Cliff Drive, Pleasure Point, California, 95010, USA | 36.963940, -121.952640 | 0.00 mph |
| 4/23/21 15:25 | Capitola Pier, Capitola, California, 95010, USA | 36.967160, -121.952130 | 1.88 mph |
| 4/23/21 15:34 | Capitola Pier, Capitola, California, 95010, USA | 36.970210, -121.952990 | 1.43 mph |

Note: Timestamp on SPOT is off by 2 hours.