

Observation log

Lake Pend Oreille - 30 & 31 July 2014 Elaine Howley

General

Water body: Lake Pend Oreille, Idaho
Swimmer: Elaine Howley
Start: Buttonhook Bay, Farragut State Park, ID
End: Sandpoint City Beach, Sandpoint, ID
Distance: 32.3 miles
Time: 20:25:55
Claim: First solo cross lengthwise of the lake
Route: published 29-Jul-14 at andrewswims{dot}com

Crew

Observer: Andrew Malinak
Pilot: Val Kasper (46' houseboat *Seabiscut*)
Crew chief: Mark Howley
Nutrition: Sunny Blende
Kayak: Randy Hickson
Organizer: Eric Ridgway
2nd boat: Bruce Usher and wife Chris
Video: Scott Rulander
Others: Jackie Kasper, Duke (poodle)

Rules & conduct

Rules: MSF standard, unmodified, no exceptions taken
Apparel: Standard (suit, silicone cap, goggles, wristwatch)
Feeding: Managed/recorded by Sunny B. Primarily UCAN, solids as needed. Feeding every 45 minutes.
Timing: Dual stopwatch with iPhone stopwatch backup.

Verification

I witnessed this swim in its entirety, start to finish, and attest that it was conducted in strict accordance with the rules and spirit of traditional marathon swimming.

Submitted for peer review 2 August 2014

Andrew Malinak, Observer

<u>Course time</u>	<u>Day time</u>	<u>Position</u>	<u>Pt ID</u>	<u>Air (°F)</u>	<u>Wtr (°F)</u>	<u>Strk/min</u>	<u>Weather</u>	<u>Notes</u>
00:00	2014-07-30T19:50-07:00	N47 57.202 W116 34.608	157	88	-	-	WSW 2kt, water calm	Started from tree swing in NE end of Buttonhook Bay. Kayak: Randy.
00:18	2014-Jul-30 20:08			-	-	-		Elaine (EKH) pees.
00:30	2014-Jul-30 20:20	N47 57.325 W116 33.603	158	-	72	73	WSW 2kt	Sunset, west sky pink, mountains dark, light haze
00:59	2014-Jul-30 20:49	N47 57.680 W116 32.629	159	72	71	72	W 2kt	
01:31	2014-Jul-30 21:21	N47 58.146 W116 31.601	162	-	-	72	W 3kt	EKH some sinus pressure. Some stars visible, passing Bayview
01:59	2014-Jul-30 21:49	N47 58.570 W116 30.726	163	-	70	70	E 5kt	No light left in sky, heading E
02:15	2014-Jul-30 22:05			-	-	-		EKH pees.
02:31	2014-Jul-30 22:21	N47 59.137 W116 29.855	164	-	72	70	E 5kt, <1ft head	Holy moly stars! Lights added to kayak. Kayak: Randy out, Eric in. Rounding first point, heading towards two lights. Light chop from front.
03:00	2014-Jul-30 22:50	N47 59.836 W116 29.479	165	73	-	70	SE 5kt, <1ft	

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03:31	2014-Jul-30 23:21	N48 00.608 W116 29.084	166	-	-	71	SE <5kt, <1ft following	
03:45	2014-Jul-30 23:35			-	-	-		Advil during feed for sore shoulder (ventral), says it's typical. EKH pees.
04:01	2014-Jul-30 23:51	N48 01.326 W116 28.672	167	71	73	70	Lt&var	
04:30	2014-Jul-31 00:20	N48 02.052 W116 28.259	168	-	-	72	Lt&var, calm	Kayak: Eric out, Sunny in. Randy sleeping, Mark off to nap.
05:00	2014-Jul-31 00:50	N48 02.796 W116 27.839	169	-	69	68	Lt&var, calm	
05:30	2014-Jul-31 01:20	N48 03.586 W116 27.516	170	-	-	70	Lt&var, glassy	
06:00	2014-Jul-31 01:50	N48 04.305 W116 27.150	171	-	-	72	Lt&var, rippled	Kayak: Sunny out, Randy in.
06:31	2014-Jul-31 02:21	N48 05.024 W116 26.673	172	64	69	74	Lt&var, rippled w/ small swell	Swimmer: AM in. Boat breakdown. Sky light ~3:30. See narrative.
09:00	2014-Jul-31 04:50	N48 07.812 W116 24.711	173	-	-	-		Kayak: Randy out, Mark in.
09:20	2014-Jul-31 05:10			-	-	66	NE 5kt, 1ft	
09:31	2014-Jul-31 05:21	N48 08.328 W116 24.387	174	-	71	66	NE 5kt, <1ft SE	
10:05	2014-Jul-31 05:55	N48 08.932 W116 24.252	175	66	69	64	ENE 5-7kt, 1ft	Swimmer: Eric in
10:30	2014-Jul-31 06:20	N48 09.372 W116 24.053	176	64	68	66	ENE 5-7kt, 1ft	Swimmer: Eric out 10:45. Kayak: Mark out, Eric in.
11:00	2014-Jul-31 06:50	N48 09.922 W116 23.771	177	-	-	64	ENE 5-7kt, 1ft cresting	
11:30	2014-Jul-31 07:20	N48 10.365 W116 23.242	178	71	68	66	E 5kt, <1ft E	
12:01	2014-Jul-31 07:51	N48 10.891 W116 22.685	179	70	68	66	NE 5kt, <1ft E, sunny clear	
12:30	2014-Jul-31 08:20	N48 11.322 W116 22.306	180	-	70	65	NE <5kt, <1ft SE, sunny haze	Kayak: Eric out, Sunny in. Took Duke the Dog to shore to his business.
13:00	2014-Jul-31 08:50	N48 11.844 W116 21.952	181	-	-	68	NE <5kt, <1ft SE, sunny haze	Rounded red marker, turning north
13:30	2014-Jul-31 09:20	N48 12.431 W116 21.512	182	-	-	68	NE 1-3kt, <1ft SE	Heading N.
14:01	2014-Jul-31 09:51	N48 13.050 W116 21.447	183	-	71	68	E 1-3kt, calm N	
14:25	2014-Jul-31 10:15	N48 13.486 W116 21.822	184	-	-	68	1-2kt, rippled	Swam with EKH, took underwater pictures.
15:00	2014-Jul-31 10:50	N48 14.286 W116 22.166	185	-	-	70	Lt&var, glassy	
15:06	2014-Jul-31 10:56			-	-	-		Kayak: Sunny out, Mark in.
15:30	2014-Jul-31 11:20	N48 14.810 W116 22.410	186	-	-	70	Lt&var, mirrorlike	
16:30	2014-Jul-31 12:20	N48 15.410 W116 23.985	187	-	-	70	Lt&var, rippled	Cheering crowds on shore. Cheering boats off shore.

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17:02	2014-Jul-31 12:52	N48 15.559 W116 25.062	188	-	73	72	Lt&var, ripples&wakes	Swimmer: Sunny in 17:07
17:30	2014-Jul-31 13:20	N48 15.684 W116 25.969	189	-	-	70	SE <5kt, <1ft SE following	Swimmer: Sunny out 17:47, Eric in 17:52
18:00	2014-Jul-31 13:50	N48 15.847 W116 27.068	190	-	72	68	SE <5kt, <1ft SE following	EKH tells joke about bear paws.
18:30	2014-Jul-31 14:20	N48 16.049 W116 28.183	191	-	73	72	SE <5kt, ripples&wakes	Convoy of four boats. Swimmer: AM in 18:35, Eric out 18:40
19:01	2014-Jul-31 14:51	N48 16.232 W116 29.246	192	-	-	66	Lt&var, glassy&wakes	Swimmer: AM out 19:00
19:30	2014-Jul-31 15:20			-	-	66		Boat breakdown, remainder of obs done in RIB.
20:04	2014-Jul-31 15:54	N48 16.379 W116 31.557	193	-	-	-		Bruce returns with his boat, escorts to finish. Kayak: Randy out, Mark in <1km to finish.
20:25	2014-07-31T16:15-07:00	N48 16.313 W116 32.354	194	-	-	-		Official finish time 20:25:55. Verified course length 32.3 miles. See narrative.

Additional information

Data files of course and waypoints available at andrewswims.com as .kmz, .gpx, .txt, .xlsx files.

Additional narrative to be available at andrewswims.com

Nutrition logs have been requested from Sunny B. and will be made available once received.

For questions, comments, or concerns, email Andrew Malinak at andrew{dot}malinak{at}gmail{dot}com
or contact the marathon swimming community via the [Marathon Swimmers Federation at marathonswimmers{dot}org](http://marathonswimmers{dot}org).
