

#76 Moving On!

By Bill Welzien

Where is all this going? Hard to say! Swimming is incremental, just like all of life. In life, one decision leads to the next, one step leads to the next ... and in swimming, one stroke leads to the next. When I began swimming around this island of Key West, I never - in my wildest dreams - imagined I would swim it 76 times. However, that is what I have now done. Swimming is incremental and it is cumulative.

After my #75, "Snatching the Diamond," I got thinking about my next move. I looked at my calendar and my eyes fell on the full moon on Monday, June 20, 2016, (the first day of summer as well). The tide looked good for that day, but appeared even better for Tuesday and Wednesday. The height of the high tide and depth of the low were identical. The only difference, tide-wise, was that I would begin from Smathers Beach at 8:30 am on Wednesday, June 22nd rather than 8:00 am on Tuesday. I looked up the cruise boat schedule for the Key West Harbor and saw there was a cruise ship due in about the time I would be entering the harbor. That fact clearly helped me settle on Wednesday, June 22.

The wind was much more robust on Tuesday and I prayed for a calmer day. The Lord graciously granted my request. I was looking at 10—12 mph out of the east northeast.

I was able to convince my 18-year-old daughter, Jane (our caboose), to kayak for me. She was a bit reticent to spend a major portion of her day sitting in a kayak, so I tried the bit about "being a part of history." I must admit, that line has worn thin. I have been driven to bribery. My kids are demanding pay from their old father! As time goes on, my bribes are needing to become more and more lucrative. I recall the time when the promise of a steak sufficed. Now I am laying money on the table. And the ante is being upped gradually and progressively!

Jane has become a good, experienced kayaker. She has kayaked for me a few times now and kayaked for swimmer Paul Grassie in the 40th Swim Around Key West (12.5 miles) this past June 4th. So she knows the drill pretty well.

I had my drinks mixed and refrigerated on Tuesday afternoon. We placed the kayak on the top of my van before evening prayer meeting and Bible study. The van

also had all the supplies (zinc, throw away latex gloves, paper towel, numbered pennant, paddle, life jacket, etc.) in the van the evening prior. So in the morning, we needed only to put the drinks in. Before bed, I had my swimsuit, goggles, GPS watch, clothes for after and towels laid out. In the morning we were out in no time and on our way to Smathers beach.

Jane covered me up thick with zinc and we entered the water. I took my first stroke at 8:35am. The swim was pretty straightforward. You can see my progress below:

Splits	Time	Cumulative Time	Moving Time	Distance	Avg Distance/Stroke	Avg Pace	Calories
1	32:48	32:48	32:05	1,760	1.75	1:52	439
2	30:29	1:03:17	30:06	1,760	0.92	1:44	424
3	27:06	1:30:23	26:44	1,760	0.65	1:32	338
4	23:53	1:54:17	23:24	1,760	0.52	1:21	271
5	22:28	2:16:45	22:04	1,760	0.43	1:17	279
6	37:05	2:53:49	36:50	1,760	0.34	2:06	347
7	35:24	3:29:14	35:08	1,760	0.29	2:01	299
8	32:52	4:02:06	31:14	1,760	0.25	1:52	308
9	33:51	4:35:57	33:03	1,760	0.22	1:55	364
10	28:02	5:03:59	27:24	1,760	0.20	1:36	351
11	34:36	5:38:35	33:36	1,760	0.18	1:58	314
12	34:42	6:13:18	33:41	1,760	0.16	1:58	382
13	6:21.2	6:19:39	5:52	328	0.03	1:56	70

You can see that my fastest mile was from 4-5. The Fleming Cut was a joy! Immediately after that nice ride, I worked my way forward as I stroked into the wind. That was my slowest mile for the day. The wind does make a difference.

In the end, we made it. Swim #76 is now in the books. Next swim? Lord willing, on Tuesday, July 5, 2016!

Distance
21,443 yd

Calories
4,186 C

6:19:39
Time

6:11:11
Moving Time

6:20:11
Elapsed Time

1:46 min/100 yd
Avg Pace

1:44 min/100 yd
Avg Moving Pace

Swimming Dynamics
73,717

Total Strokes

27 strokes/min

Avg Stroke Rate

50 strokes/min

Max Stroke Rate

5,671/length

Avg Strokes

