

Official Newsletter
of the
**California Surf
Lifesaving
Association**
Spring 2020

The CALSURF

Volume 25 No. 1

Bob Burnside 1932 - 2019



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Follow Renae Jackson...

...As She Completes All 28 Miles of the
California Gold Racecourse

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Hometown
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with Renae Jackson

EVENTS CALENDAR 2020/21

Spring CSLSA 2020 Board of Directors Meeting

April 2 & 3, 2020 **CANCELED**

Location: LA County Lakes

Spring USLA 2020 Board of Directors Meeting

April 22 - 25, 2020 **CANCELED**

Location: Pittsburg PA

CSLSA Regional Jr. Lifeguard/Lifeguard Championships July 24 & 25 (respectively)

Location: Carpinteria City Beach

Fall CSLSA 2020 Board of Directors Meeting

October 8, & 9, 2020

Location: LA County Lakes

Fall USLA 2020 Board of Directors Meeting

November 5 - 7, 2020

Seattle WA

COMMITTEES

| | |
|--|----------------------------|
| Bylaws/Policies & Procedures..... | Bill Richardson, Bob Moore |
| Certification..... | Vince Lombardi |
| Exchange..... | Vincent Fiamengo |
| Grants..... | Diego Busatto |
| Junior Lifeguards..... | Casey Graham & Chris Egan |
| Legislation..... | Adam Sandler |
| Liaison..... | Vacant |
| Sport/Fitness..... | Jay Butki & (Vice) |
| Membership...Charlotte Graham & Leslie Schwene | |
| Newsletter..... | Jim Hughes |
| Original Founders..... | Rob McGowan |
| Professional Standards...Shea Gipti & (Vice) | |
| Public Education..... | Mike Silvestri |
| Public Information Officer..... | Adam Sandler |
| Public Relations..... | Renae Jackson |
| Social Media..... | Sierra Page |
| Special Awards | Bill Richardson |
| Statistics..... | Ian Burton |
| Training | Mark Allen |
| Ways and Means..... | Bryan Etnyre |
| Website..... | Byran Kine & Bryan Etnyre |

THE CALSURF NEWS

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PRESIDENT'S MESSAGE

Bill Humphreys, President
California Surf Lifesaving Association

After the national and statewide Declaration of Emergency by President Trump and Governor Newsom, the Executive Board of CSLSA had to cancel the April 2nd & 3rd Board of Director's meeting in Castaic.

We apologize for this inconvenience, realizing that many of you had previously booked lodging in the Santa Clarita/Valencia area. It is our hope that our notification in February, aided you in cancelling your reservations, and allowed you to receive refunds in light of this nationwide emergency.

We now know that the National Board of Director's meeting in Pittsburg will be canceled in a similar way, especially because of the added requirement of air travel to and from Pennsylvania for that meeting.

The ongoing COVID-19 pandemic is having far reaching impact on the community, businesses, and our membership, both personally and professionally, and we believe that the safety and health of our members, and the public, must be our primary concern.

We are disappointed but, **looking forward to our re-scheduled meeting at Castaic in October of 2020.**

We will be updating you via e-mail and our website with further details.

As you have seen and heard, this is an ongoing, extreme situation, with many adverse impacts on many people.

Sincerely,

William J. Humphreys, Jr., President
California Surf Lifesaving

Congratulations to the following award recipients:



MERITORIOUS ACT AWARDS

San Clemente - Friday, 11/16/2018

**Christopher Billy, Carter Vasnder Broek,
Dylan Wersching**

...for the successful rescue of a 12-year-old boy who was caught in a rip current 75 yards from shore.



HEROIC ACT AWARD

Huntington State Beach - Tuesday, June 11, 2019

Brandon Brown

...for the rescue of two male victims at the head of a rip current approximately 350 yards offshore, in extreme peril.



HEROIC & MERITORIOUS ACT AWARDS

Santa Cruz - Monday, September 2, 2019

**Morgan Clayton – Heroic Act
Jack Michaelis– Meritorious Act
Cole Renfro Meritorious Act**

...for the rescue of a man who fell off the cliff adjacent Steamer Lane in an area known as the "Toilet Bowl."

Justin Meek, Hometown Hero By Sean Carey



Your whole universe can change in the blink of an eye. On November 7th, 2018 the world was forever changed again by another mass shooting. This time it was at the ***Borderline Bar and Grill in Thousand Oaks***. Twelve innocent, unarmed bar patrons and employees were murdered that night. Among them was a Coronado Lifeguard, Justin Allen Meek.

Justin spent much of his youth in Coronado, playing water polo, enjoying the beach and developing his musical talents, among many other pursuits. As a Jr. Lifeguard Justin was not always the fastest but he was determined, and his Instructors recognized his character early on. One of the things Justin excelled at was story telling. He would tell amazing stories that would captivate the younger Jr. Guards and for that he earned the nickname “Justincredible”.

Over the years Justin worked his way up, becoming a Cadet, then Lifeguard Assistant, and finally a Beach Lifeguard in 2014 when he graduated from Coronado High School. With his outgoing personality, love for the ocean, and desire to protect and serve others it was a natural progression.



After graduation Justin attended California Lutheran University (CLU) where he pursued his two passions, music and service to others. As a criminal justice major with a minor in music, he matured into a remarkable young man who was just at home on the shooting range or in the ocean as he was on the stage performing. One of Justin’s favorite songs to perform was *Blue Suede Shoes* and he was spot on, sitting in with local bands in Coronado and Thousand Oaks. Justin was also on the CLU water polo team and was involved in campus student organizations.

Justin had career goals after graduation to serve in the US Coast Guard and eventually go into a career with the US Marshall service. In order to develop his

skills, he took a job at Borderline Bar and Grill in Thousand Oaks. He served as both a Promoter and a Security Guard which allowed him to pursue his passions of music and protecting others. Justin attended several security training programs and grew into a lead role at Borderline. Ironically one of his Senior papers was on the topic of mass shootings, and he was very knowledgeable on the topic.

On the night that Justin died he was doing what he loved, working around his friends at Borderline on “College Country Night” as a Bouncer.

When the shooter entered the bar and started murdering bar patrons and employees, Justin started breaking out windows in the back and helping people climb out. He placed his huge body between the shooter and the bar patrons, trying to help as many people as possible escape. Tragically two bullets from the shooter struck him and he died almost instantly. **Several witnesses attested to the fact that Justin acted heroically that night and saved many lives.** As his former captain and longtime friend, I was not surprised in the least, that was Justin being Justin.

Over a year has passed since the shooting and as I write this, it is August 31st, Justin’s 24th birthday. That night the universe changed for many, many people. My hope is that those of us who remain can learn something from this and become better people. My goal in writing this is for you the reader to develop a renewed love and appreciation for the people in your life, because life is brief, and you never know when it will be cut short.

“And in the end, it’s not the years in your life that count, it’s the life in your years” - Abraham Lincoln. Justin was a loving son, protective big brother, friend and hero to all.

A Criminal Justice Scholarship has been established at California Lutheran University in Justin’s memory. If you would like to donate to the Justin Meek Memorial Scholarship fund at California Lutheran, you can go to:

<https://www.callutheran.edu/emergency/give/#>



THE CALIFORNIA GOLD



North America's Most Challenging Lifesaving Endurance Event



It started with a dream: "What if we could bring the world's most iconic surf race, The Coolangatta Gold, to California to gather lifeguards from around the world for a cause that unfortunately claims too many lives...drowning." Last year this dream turned into reality as the 50km test event, across 4 disciplines (Surfski, Run, Paddleboard, and Swim) was completed and turned out to be a success!

Known to be the most grueling endurance race in surf sport, the Coolangatta Gold is a 42km ironman course that began in 1984 in Australia's Gold Coast. What made this race so iconic was its origins of being created for the set of a movie production. While sitting on a beach, the movie's director Peter Schrek wondered if he could get anyone to race from Surfer's Paradise to Coolangatta and back. Although the first person he asked initially said no, that answer quickly changed once a \$20,000 price tag was put on it. The movie itself was based around the plot of two brothers battling for the glory of winning the race in order to receive the ultimate feeling of appreciation from their ultra-competitive father. Rather than

shooting individual scenes, the film was produced while athletes were racing the actual event. Since 2005 the Coolangatta Gold has been run consecutively, turning into the premier event held by Surf Lifesaving Australia, kicking off their Summer of Surf series.

In 2011, California Lifeguard Sean Barlow watched video footage of Caine Eckstein winning his 4th consecutive Coolangatta Gold Champion Title. Caine, a surf lifesaving legend in Australia who still competes and dominates lifesaving competitions to this day, inspired Sean to one day complete the Coolangatta Gold event. It wasn't long after that Sean discovered the original movie, sparking conversations with his father (who worked as a lifeguard for the City of San Diego) regarding Surf Lifesaving Sport flourishing in the 90's. Those conversations made him aware of the decline in lifesaving sport since those days. Many Californian Lifesaving Athletes from the 1990's remember the Bud Light Series, 10 events every weekend for the 10 weeks of Summer. The legacy of once a great staple of the sport in California now only lives on with the occasional Bud Light hat and one of the original Bud Light Series Events "The Greatest Show on Surf", also known as the San Clemente Ocean Festival.

Many lifeguards who compete in Lifesaving Sport will say it has raised their appreciation for the ocean and the lifeguard community. Furthermore, it instills the skills needed to become a better and more well rounded lifeguard. The conversations Sean had with his father gave him a passion to regenerate the sport from the past. While the 2017 Coolangatta Gold event was going on, Sean along with California Lifeguard Renae Jackson started brainstorming courses for a similar event in California. With a passion for drowning prevention and inspired by the legacy of Ben Carlson, the two came up with an idea of partnering this event (they now termed, "The California Gold") with the message of drowning prevention: the universal mission statement of all lifeguards. Sean and Renae not only wanted to create an event that could raise money for drowning prevention programs, but they wanted to race in memory of Ben Carlson, the Newport Beach Lifeguard who tragically lost his life while saving the life of another.

The official launch of the California Gold will take place on October 10, 2020.

In this year's event, 30 athletes from 5 countries will be competing in the grueling 28-mile course in memory of Ben Carlson to promote drowning prevention. The course direction will be based on the wind direction, with Paddleboard and Swim Legs going Downwind.



The course includes the following:

- **12-mile Surf-ski** from the Newport Beach Pier to the Huntington Beach Pier and back
- **6-mile Sand Run** from the Newport Beach Pier to the Huntington Beach Pier
- **6-mile Board Paddle** from the Huntington Beach Pier to the Newport Beach Pier
- **2-mile Swim** from the Newport Beach Pier to the Balboa Pier
- **2-mile Sand Run** from the Balboa Pier to the Newport Beach Pier.

So naturally, the Newport Beach and Huntington Beach coastline seemed like the perfect spot. Mapping out the potential racecourse resulted in the legs being the exact distances the two were hoping for. Soon after, they went to The Ben Carlson Foundation with the idea of partnering to serve as a fundraising event with the proceeds going directly to the Foundation to fund drowning prevention and water safety programs. What started with a dream in 2017 became a reality last year when Sean Barlow and Renae Jackson successfully completed the test event. The proceeds from last year's California Gold event were used to help fund this year's SoCal Water Safety Summit (a forum for collaboration on practices, programs, and policy that reduce drowning and aquatic injuries in our community), assist International lifeguard agencies in need of rescue equipment, and promote education in water safety programs. Without the generous donations of **P2P, Ocean Paddlesports, Faster Farther, and Crown Ace Hardware**, this event would not be possible.

(Follow Renae as she completes all 28 miles in her "Athlete's Journal" on page 12)



As open-water lifesavers, our **MISSION** is to promote Beach Safety awareness and Professional Lifeguard standards through public education, training programs, exchange programs, junior lifeguard programs, competition and other means. The ultimate goal is to prevent and reduce aquatic injuries, accidents and death at open-water beaches in the Southwest Region of the United States Life-saving Association.

Bob Burnside

By ADAM SANDLER



When the United States Lifesaving Association was celebrating its 50th anniversary in 2014, I had the pleasure of putting Bob Burnside on the phone with many newspaper and radio reporters who were interviewing him about the milestone and discussing the history of ocean lifeguarding.

He was always gracious with his time, passionate about the topic, and patient with a reporter who would sometimes ask an odd question — usually informed by their familiarity with the “Baywatch” TV series — which Burnside would handle with aplomb. The reporters would often comment privately to me afterward that he was a terrific interviewee, and they learned something new about lifeguarding.

Burnside, who was widely considered the most influential lifeguard in modern history with his advancements in lifeguarding standards and methods, his inclusion of females into the lifeguarding profession and creating the first lifeguard paramedic program, died Dec. 11, 2019 at his home in Eden, Utah. He was 87.

However, Burnside is perhaps known most for the creation of the Burnside Buoy, also known as the Burnside Can, which has become the iconic worldwide symbol of ocean lifeguarding.

“He was a wonderful mentor of the lifeguards who followed him and he had a huge impact on lifeguarding throughout the world,” said Gary Crum, a longtime friend and retired LA County Lifeguard Section Chief who lives in Manhattan Beach. “There’s not a part of lifesaving he didn’t touch.”

Burnside was a terrific ambassador for the profession, through both his knowledge of lifesaving and beach safety, his amusing anecdotes, and by competing in lifeguard competitions into his ‘80s.

Among his many stories, he would frequently tell an anecdote about walking along the sand one day at Zuma beach with former President Ronald

Reagan, who had been a lake lifeguard outside of Chicago. “I still cannot relax. I always look at the water,” Burnside recalls Reagan as saying, with both men agreeing that once a lifeguard, always a lifeguard.

Burnside was hired as a Los Angeles County lifeguard in 1951, following six years of working for L.A. City. He was promoted to LA County’s Chief Lifeguard in 1967, a tenure that lasted until he retired in 1983.



“The Chiefs” LA County - photo taken in 2012

But it was while working in 1970 as a captain for LA County that Burnside would develop the Burnside Buoy.

Burnside says he was writing an injury report for a lifeguard who had been struck and injured during a rescue by the aluminum rescue buoy currently in use. He had a small plastic statue on his desk, and looking at it, he contemplated a lighter, safer alternative to the metal buoy.

He contacted Ron Rezek, who at the time was a professor at UCLA in the school’s Industrial Design Department. Rezek knew molding techniques of the day could create a seamless, watertight and hollow buoy made from rotational molded plastic.



By NQCethos - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=84829750>

He added a handle and tweaked the torpedo shape, and the Burnside Buoy was created.

As L.A. County's Chief, Burnside orchestrated the merger of two lifeguarding agencies, bringing Santa Monica's lifeguards into LA in 1975, and adding L.A. City's beach lifeguard operations a year later. The move would substantially increase beach safety with previously unrelated departments now working under a singular lifeguarding strategy.

Among Burnside's other noteworthy changes to the lifeguarding profession was the concept of the preventative action, where lifeguards would spot and intervene in a potential problem before it became a lifesaving rescue. The concept of the "prevents" or "PA's" would forever change lifeguarding.

Burnside was the first president of the National Surf Life Saving Association of America, which he later helped evolve into the United States Lifesaving Association (USLA) with a goal of encouraging lifeguard agencies around the nation to share information on the latest technology, training and education practices. Today, more than 100 agencies are part of USLA.

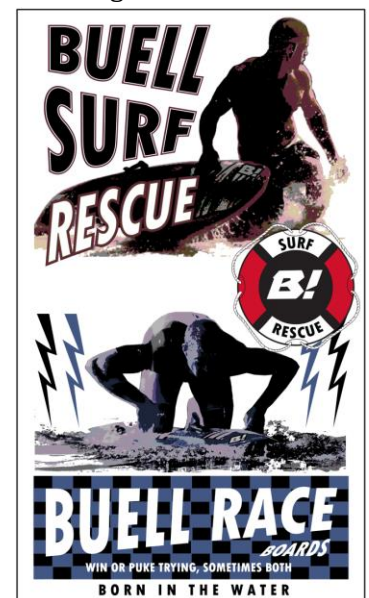
Burnside turned his sights outside of the United States in 1986 when he founded Club Tortuga, a Mexican water safety project that organized training and political support for lifeguards throughout Mexico. He helped create a paid lifeguard program in Puerto Escondido.

In 1956, Burnside and a number of California lifeguards were invited by Surf Lifesaving Australia to compete in an international lifesaving competition to be held in Australia during the year of the 1956 Olympics.

Burnside was appointed to become the president of what was to be called the "Surf Life Saving Association of America," created solely to compete, although the team had never competed in an international lifesaving competition. Burnside placed third in the international belt race at Torquay Beach.

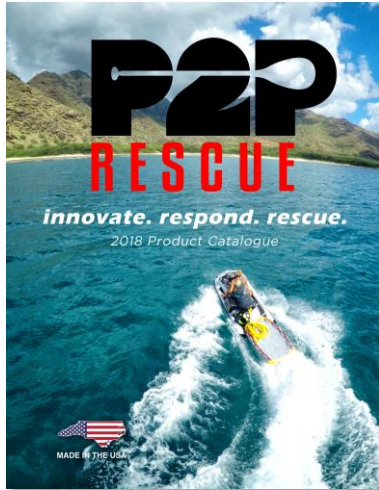
In 1963, Burnside invited lifeguards from various lifeguard agencies in Southern California to meet and discuss the concept of creating a national association of professional ocean lifeguards.

The various delegates agreed, and in 1964, the "Surf Life Saving Association of America" was formally created as a nonprofit organization of professional



beach lifeguards. Burnside was elected president and served in that capacity for four years.

Even in his later years, Burnside was a formidable competitor, earning a grand champion title in the World Body Surfing competition in 1989, a contest he won in his age division for 13 years.



He was also a masters division national champion 12 times at the USLA National Lifeguard Championships, in the Ironman, swim rescue board and rescue race events. He won the Ironman Championship for his age group in 2013, as he had done 45 years earlier at the same stretch of sand in Manhattan Beach.

In his high-school years, Burnside was a record-breaking, competitive swimmer and water polo player. He was the first US swimmer to break 1 minute for the 100-yard backstroke, according to the International Swimming Hall of Fame, where he was honored in 2014 with its Paragon Award for Aquatic Safety.

“He was a real goal-oriented person who wanted to raise the standards of lifeguarding to the highest level possible,” Crum said. “He succeeded turning many ideas into a reality.”

The Flag Ceremony and Celebration of Life, previously scheduled for April 17, 2020 at Zuma Beach has been postponed. No new date has been set.

Burnside is survived by his wife Annette, two adult children, eight grandchildren and eight great-grandchildren.

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The full-face mask (FFM) used for snorkeling has been making a rapid appearance on Hawaii’s local beaches. They are offered for sale in popular tourist shops, provided by tour companies or brought to the islands by visitors themselves, often times borrowed from family or friends.

Full-face snorkeling masks seal around a person's entire face, and strap around the back of your head with a tube for breathing extending from the forehead. Two well-known manufacturers claim they developed the full-face snorkel mask together and released it for sale in May of 2014.

Attention was drawn to this device when there was a startling increase in drownings on the islands. Up until 2017, snorkeling-related deaths occurred in Hawaii on an average of about 17 per year.

In 2018, there were 14 such deaths in the first three months. Eight of those deaths occurred in January alone. Maui had the distinction of having 10 drownings within a two-week period.

Two of those deaths involved visitors from California who were wearing full-face snorkel masks and those drownings have raised concerns about use of recently introduced models of full-face snorkeling masks.

A closer examination of the drownings that occurred only in January 2018 on Maui, showed that roughly 40% of the snorkeling deaths (2 out of 5) were using a FFM.

Furthermore, statistics collected by the HI state Department of Health, show that over a ten-year period (2007-2017), 93% of snorkeling deaths were non-residents ...tourists, essentially.

These statistics plus outcry from the victim's families, and the fact it was a new technology, was enough to cause the Hawaii State House of Representatives to propose a ban on the sale and rental of all full-face snorkel in March of 2019, but it did not pass the Hawaii State Legislature. It appears there was a consensus that more studies and research needed to be done prior to such an extreme action.

The air circulation system in the FFM's design means people can breathe using both their mouth and nose, unlike a traditional snorkel with only a mouthpiece. In addition, they are designed to eliminate fogging by creating a pocket for breathing at the base of the

mask that is usually separated by an orinasal seal covering the nose and cheek area of the face. This style of breathing feels natural and is attractive to many snorkelers.

However, research and studies are beginning to show that if the orinasal seal is not a good fit, CO2 can get recirculated into the mask and be re-inhaled.



Manufacturers contend that those hazards are caused by cheap imitations, substandard materials and so called cheap "Chinese knockoffs."

However, an independent but amateur team conducted tests of popular, well known FFM and traditional snorkels with interesting results. Traditional snorkels set the benchmark to compare and the FFM ranged from poor to excellent.

The only FFM with excellent results was made by an off-brand knock-off as described above. Both O2 and CO2 levels remained nearly normal mainly due to a

slight design modification and not necessarily material composition or manufacturers rigorous testing. Therefore, advocating for professional independent testing is obviously needed because manufacturers will always insist their product is safe and put the blame on the cheaper off-brands or other imitations. Adjustment via head straps can be made to get a seal around the user's face, but none is available for the orinasal cup.

Lastly, the vast majority of FFM's have their snorkel inhale and exhale ports side by side and contained in a plastic covering to prevent water from coming in. This potentially increases rebreathing of exhaled air.

Another issue appears to be sizing. Part of the problem is that many manufacturers think two and recently three sizes are adequate. Two manufacturers have only one size that is supposedly adequate for "most" adults. Another manufacturer has been phasing out their smaller sizes to cut down on manufacturing costs. One manufacturer claims their sizes will fit 90% of the population.

This sounds great unless you are one of the 10% ...and don't know it!



Please visit the following websites:

- www.snorkelsafetystudy.com
- <https://www.civilbeat.org/2017/03/counties-to-track-equipment-used-in-snorkeling-deaths/>
- <https://watchyourself.com/are-full-face-snorkel-masks-safe/>
- https://hioceansafety.com/wp-content/uploads/2019/04/DOH_SnorkelSafetyBrochure_PrintResource2.pdf

Editor's note:

A special thanks to Colin Yamamoto, Maui County Ocean Safety battalion chief (retired), for his contribution to this article.

What California lifeguards should know about Full-Faced Snorkeling Masks...

1. Don't sound the alarm yet!

Data is still being collected and studies being conducted. There are many avid and experienced snorkelers out there who use FFM's often, ...and safely!!

2. Be aware and observant of these new devices.

As part of preventative lifeguarding, arriving beach visitors with these types of snorkeling devices should be given some extra attention if possible. Especially if they appear to be weak swimmers or unfamiliar with the device. Hawaii Department of Health produced a snorkeling safety brochure with drowning statistics and information to keep visitors safe.

https://hioceansafety.com/wp-content/uploads/2019/04/DOH_SnorkelSafetyBrochure_PrintResource2.pdf

3. Be educated on these new devices.

Sooner or later FFM's will be showing up on California's beaches, lakes, coves & lagoons, etc. Assuming we are the experts, lifeguard staff at all levels will eventually be approached by beach visitors, emergency management, public officials and the like, inquiring about the use and safety of these devices.

AN ATHLETE'S PERSPECTIVE - RACE DAY JOURNAL

Renae Jackson

Note: Since the test event from which this journal was recorded, the finalized course has been shortened.



LEG 1: SURFSKI ~16 Miles (Newport Pier to the Huntington Pier to the Balboa Pier and Back)

Mile 1: We started the race underneath a BEAUTIFUL sunrise. The water was so glassy it seemed like we were paddling in the sky as our skis punched through the reflection of the clouds in front of us.



Mile 3: At mile 3, I suddenly saw droplets in the water directly in front of me. At first I thought it was a group of fish, however, when I looked up there was a large cloud and despite it being warm and sunny, it was actually raining. I wish I could share this moment...it was so peaceful and unbelievably gorgeous. Around this time five seals also popped up around me. Unfortunately, there recently had been some large fires in Los Angeles and the smoke from those fires had come down to Orange County due to the offshore winds bringing it out to the ocean this past week followed by northwest winds bringing it down the coast. Although the smoke on the other side of the Huntington Pier made for a beautiful sunrise off in the distance, the smell of smoke and air quality toward the pier was pretty bad.

Mile 4: Around mile 4, I suddenly saw what looked like a white cross coming out of the smoke far off in the horizon. I soon realized it was a giant white mast of a ship but due to the heavy smoke, all I could see was the cross. I had so many random encounters such as this throughout the race that made me feel like Ben was there with us. At the 6-mile mark I turned at the

Huntington Beach pier and began my way back to Newport..

Mile 11: When I hit the Newport Pier around mile 11, there was a large pod of at least 10 dolphins jumping around me, once again reminding me that Ben must be putting on a show for us. From here I picked it up for the next 2 miles. As I approached the Balboa Pier, another group of 8 smaller porpoises were once again jumping out of the water directly in front of me. I have paddled this stretch of beach many times yet I have never had so many dolphins swimming around me at once. It was a surreal and very spiritual feeling, and it definitely made the first surfski leg go by quick.

I finished` the first leg at 2 Hours and 15 Minutes. I had never done an endurance event like this before and I knew that hydration and a consistent food source were essential to get through it. So throughout the first leg I drank a full 2 liters of electrolytes from my camelback and ate an energy GU (a carbohydrate gel) every 30 minutes to help maintain my fuel source. I truly believe that hitting the nutrition consistently from the beginning played a huge role in feeling great throughout the entire race. Coming in, Jason handed me some more fuel and water before taking off on the beach run.



LEG 2: SAND RUN ~6 Miles (Newport Pier to Huntington Pier)

Miles 16-18: For the first 2 miles of the beach run throughout Newport I ran barefoot, as the sand is very soft and angulated, prior to reaching the first of two channels you must swim across to get to Huntington Beach. Immediately after crossing the River Jetty, upon entering Huntington State Beach, Jason had just arrived in time to give me my shoes, socks, a banana and another energy GU before completing the final 4 miles of the beach run.

Miles 19-20: The sand at Huntington State Beach is much flatter and harder so the shoes and socks really helped decrease the stress on my Achilles tendon and allowed me to run faster. Two miles after eating the banana, I got a cramp in my stomach. Although I was able to continue running through this, for the rest of

the race I decided to stick to the GU's and Energy Blocks rather than hard foods. The sand gets soft and angulated again upon entering Huntington City Beach. Despite this, the shoes still really helped, and I completed the run in just under 50 minutes.

Upon entering the north side of the Huntington Beach Pier, Jason once again just barely got there in time to give me another GU and more water. However, I had a forced 5-minute break, as my board had not yet made it to the north side of the pier as I finished the run faster than my support crew had anticipated. So when I got my board in hand, I was feeling great and mentally amped to get back on the water and start pushing hard.



LEG 3: BOARD PADDLE ~6 Miles (Huntington Pier to Newport Pier)

Mile 21: While surf at the Newport Pier was very minimal (1 ft), the surf at the Huntington Pier was 2-3 ft, which was fun and easy to get through on the prone board. So from the moment I hit the water, I was on my knees paddling until I passed the south side of the pier. Tyler paddled with me as a safety on his stock board. We had taped 2 GU's on my board, which I took every 30 minutes before finishing the board portion and 2 GU's onto Tyler's board to take during my swim. At this point the wind had completely died off (unlike what was forecasted) and the water was complete glass with crystal clear visibility.

As I am a much faster knee paddler than prone paddler, I tried to switch between 100 strokes on my knees and 100 double strokes on my stomach throughout the entire board leg. This meant that I would spend more time on my knees than my stomach, which I knew would be fatiguing on my hamstrings. For the rest of the race there was absolutely no help from the wind, and it was all pure effort and mental grind, however, the board section went by really fast. Although I spent most of my time with my head down staring at my yellow and pink board, when I would look up everyone once in a while, I was in complete awe by the beauty of everything surrounding me. It was sunny with crystal blue skies and beautiful scattered clouds that were truly inspiring. Once again,

there were a few seals between the Huntington and Newport Beach Piers with their fins up as if they were waving at me, cheering me on. Overall, I was completely shocked by how great I felt.

Mile 24: Upon reaching mile 24 my hamstrings really started burning from the combination of the soft angulated sand running and paddling on my knees over the majority of the past three miles, however, aerobically I did not feel fatigued. Despite the leg fatigue, I stuck to my pattern of 100 strokes on the knees and 100 double strokes prone. Focusing on those numbers and those strokes, along with constant thoughts of gratitude for everything around me really got me through the rest of the race. I only stopped for a quick 30 seconds twice to eat a GU and down some water on the board leg.

Mile 26: With one and a half miles left of the board paddle, I started experiencing arm fatigue, so I tried staying on my knees even more to save my shoulders for the two-mile swim we had next. Before I knew it, I was turning the pier, hopping off my board, and grabbing my cap, goggles and a quick sip of water from Jason before starting mile 28. As I was putting on my swim cap before getting into the water, the Newport lifeguard working the pier (Andy Hayes) asked how I felt and as surprised as I was by it, I replied, "GREAT!" as I ran into the water.



LEG 4 SWIM ~2 Miles (Newport Pier to Balboa Pier)

Mile 28: The water was absolutely perfect ...66 Degrees Fahrenheit had never felt better! I was able to high step about 150m out before dolphining another 50m in which I started my swim. As soon as I started swimming I was in absolute awe by the crystal blue water with clear visibility all the way down to the ocean floor. I stared at the ocean floor until the end of the pier when Tyler met me up to paddle alongside me as my safety. At the end of the pier there was a school

of hundreds of minnows that swam alongside me, staying out of my way. Once again, I was full of thoughts of gratitude for health, being able to physically do this race, for the perfect weather and ocean conditions, and for representing something so much greater than myself. After transitioning, my fatigue from the board paddle was gone and I truly felt great.



Two weeks prior to the race, the water temperature had dropped to 62 degrees and after a 70 minute swim (and my body never warming up throughout the entire 70 minutes) I exited the water hypothermic which took 20 minutes to stop shaking and get back to my normal body temperature. After experiencing that, I was concerned for the swim, especially with it being 28 miles in. As a result, Tyler and I had planned for him to check in on me every 20 minutes to make sure I could speak clearly and was mentally in tact, to avoid a hypothermic situation. However after hitting the water and feeling how much warmer the 66 degrees felt, I told him at the pier that I felt great and was not planning on stopping other than to take a quick GU halfway and then again at the end of the Balboa pier.

Mile 29: The entire swim felt phenomenal and the majority of the time the sun was shining through the water like crystals. My left shoulder started bothering me around mile 29.5 and around that same section of the beach, the berm is at such a steep angle that the waves were bouncing back from the shore and actually going out to sea rather than onto the shore. So for the entire last half mile I dealt with waves passing me out to sea and a current fighting against me. However, at that point I was so close to the pier and so stoked to see the finish line that I was absolutely

amped to keep pushing hard despite feeling drastically slower than I felt in the beginning. Upon entering Balboa, another dolphin swam alongside me.



LEG 5 SAND RUN ~2 Miles (Balboa Pier to Newport Pier)

Mile 30: I knew the last two miles would be rough. Any lifeguard or triathlete would tell you that transitioning from swimming to running is not exactly an easy transition. After swimming two miles, the majority of your blood is going to your arm muscles, so transitioning to running feels fatiguing on the legs at first. I also knew the last two miles of this portion of the beach would be particularly difficult due to the extreme softness of the sand and the steep angle of that stretch of beach. The sand between the Balboa and Newport Piers is so soft that it is actually a lot easier to run on the dry sand than the wet sand (in which your feet would sink about a foot during every step if you ran on it). After finishing the swim, Jason met me up for another gulp of water and then joined me on the two-mile soft sand run to the finish line. However, this time due to the sand, I decided to go barefoot. Once again, I was surprised at how good I felt.

Mile 31: My pace on the first run was about 8.5 mph however on the final leg of the race due to the softness of the sand, my pace was around 6 mph. I kept this up until 0.5 miles left when all of my abdominal muscles suddenly cramped up. I don't normally experience cramping and I made sure to regularly hydrate with electrolytes and water throughout the entire event, so up until this point, I felt fueled and energized the entire time. Anyone who trains with me, knows that I ALWAYS sprint through the finish line, however, this was the first time that I felt physically incapable of sprinting. I focused on pumping my arms in order to keep my legs moving. I kept thinking about swinging my legs forward step by step and activating my glutes on each step, to take my mind away from the extreme stomach cramping. As I crossed the finish line, everyone who helped make this happen was there, stoked, amped, psyched...you name it. We were all happy to see that this race was a success. It could not have been a more perfect day for it.

When I arrived at the finish line, Sean was also there, starting his swim. I soon found out that he sprained his knee on a fall during the first run and had to walk the rest of it. Sean probably has a very different story about the race than I did; one of struggles, determination and resilience. I was so proud of him. He had to deal with a swollen and sprained knee, yet he didn't give up. I was so hungry, salty, and tired, but I waited there at the finish line without eating anything else or rinsing off, until Sean also crossed the finish line, jogging with a limp for the last 100m.

As I reflect on my experience from this race, I am in awe and words cannot even begin to describe how great it was. Conditions were absolutely stunning, and the ocean was complete glass throughout the entire

race. I could not have done this race without my support crew (Jason Coy and Tyler Brundage). They ABSOLUTELY crushed it! **So HUGE THANK YOU to Tyler, Jason, and as well as the Ben Carlson Foundation for their continuous support.**

Junior Lifeguard's Corner



Regional CSLSA Junior Lifeguard Championships

Carpinteria Beach, CA July 24, 2020

National USLA Junior Lifeguard Championships

South Padre Island, TX August 5, 2020

Congratulations to Junior Lifeguard
Jack Michaelis



of Santa Cruz City as the
2019 **Bob Burnside Award** Winner

CSLSA Grants for Junior Lifeguard Programs.

Grant Money is available for qualifying Junior Lifeguard programs. See cslsa.org/juniorguards for more information.



A Quick Look at the Los Angeles County Lake Lifeguards

Host of the Fall 2020 CSLSA BOD Meeting

The Los Angeles County Lake Lifeguard Association (LACOLLA), is a 501(c)(4) nonprofit organization that seeks to promote beach and ocean safety awareness while maintaining professional open water lifesaving standards.

Affiliated Agencies:

County of Los Angeles Dept of Parks & Recreation
- Lake Lifeguard Division

- **Creation:** 1931
- **Shoreline Guarded:** 39.5 Miles
- **Permanent Lifeguards:** 26
- **Seasonal Lifeguards:** 250
- **Beach Attendance 2019:** 1.1 million
- **Rescues 2019:** 124
- **Junior Lifeguards: approx.** 446 per year

Lake Lifeguards have endeavored to keep the lakes safe for more than 80 years and are one of the most multi-faceted, dynamic employee units serving the County of Los Angeles. The permanent staff are trained and equipped to: enforce state and local boating laws; execute open-water rescues; provide emergency medical services to lake visitors; perform underwater rescue and recovery operations; conduct swift water (river) rescues. respond to and investigate boating accidents; assist disabled vessels; extinguish vessel fires and enforce Fish & Game regulations. The Department provides Lake Lifeguard services at 3 Lakes & 4 Beaches, using a cache of 12 towers, 14 LG vehicles & 18 rescue boats.

Chief Lake Lifeguard: Chris Graham

cgraham@parks.lacounty.gov

County of Los Angeles, Dept. of Parks & Recreation

<https://parks.lacounty.gov/>

For Agency information: <http://lakelife-guards.weebly.com/>