

# JAMIE PATRICK

## Out to conquer the 'Oceans Seven'



Jamie Patrick started swimming at a young age and believes his exposure to the sport has made him the accomplished man that he is today. Coaching with some of the world's best and always staying connected to the sport, Patrick had a successful collegiate experience at the University of Hawaii and has continued to stay active with 15 Ironman triathlons and two Ultraman races under his belt.

Next up are events he developed with open-water guru Steve Munatones, that will push Patrick to places that no swimmer has gone before. The extreme open-water swimming adventure they are calling "Oceans Seven" will challenge him to swim the Irish Channel, the Cook Strait, the Moloka'i Channel, the English Channel, the Catalina Channel, the Tsugaru Channel and the Strait of Gibraltar—all in 2011. But first, to prepare for this epic adventure, Patrick will swim the Tahoe Triple in August.

### What is the Tahoe Triple?

In August I will swim three lengths of Lake Tahoe without a wetsuit, with water temperatures between 60 and 70 degrees depending on the snowmelt. The total distance I will swim will be 66 miles. It has just been confirmed by the World Open Water Swimming Association that this swim will be a world record for the longest open-water swim at elevation. I am planning on 30 hours of swimming, much of it through the night.

### What motivates you?

I am clearly passionate about water. Through my open-water adventures I plan on creating awareness for the fight against global water pollution. I am motivated to spread the word about the power of clean water.

I am unable to accomplish anything without a defined goal. I must have an ultimate goal, a finish line. Preferably

something most people think is unattainable. This motivates me. Most people think I am crazy to swim Lake Tahoe three times, but that's what motivates me.

### What would you say is one of the toughest aspects of open-water swimming?

Open-water swimming is extremely challenging mentally. Unlike other sports, when you are swimming, you are sensory-limited; and this can get tough. But this is where I believe my strength lies. I have never been the best or the fastest, but I do think that successfully overcoming mental challenges is a strength of mine, allowing me to be stronger and go farther than some athletes.

### How do you balance your passion for swimming with your personal and professional life?

This is the trickiest part. Being married to the most wonderful woman on the planet and having the greatest little girl make taking on these events very difficult. I make a conscious effort to include them and make them a part of both training and the event. They may not understand all the time, but by being involved, the training and the event becomes a family accomplishment, not a personal accomplishment.

### What makes you a competitor?

What makes me a competitor is the fact that I will attempt anything and go up against anyone even if I know the outcome. I love training and racing with those that are better than I am. There is no better way to learn and excel as an athlete than to put yourself in these situations. To me a true competitor is never satisfied and is always looking to achieve more and to find things that have never been done before. No human has yet to complete the "Oceans Seven" and I plan to be the first. **CM**

*Are you a competitor, or do you know a competitor who would like to share their story? Send your ideas to [imacompetitor@competitorgroup.com](mailto:imacompetitor@competitorgroup.com).*