

Mike Miller Swims Around Manhattan

Michael W. Miller, 50, of Honolulu took 8 hours and 3 minutes to swim 28.5 miles around New York City during the 22nd annual Manhattan Island Swim. Miller, finished tenth as he swam against 37 competitors from Australia, the U.K., the Dominican Republic, Guatemala, Mexico, California, Colorado, Hawaii, Indiana, Minnesota, Maryland, Nebraska, New Jersey, New Mexico, New York, and Texas on July 3.

The 8 a.m. start was near the Wall Street Financial District in lower Manhattan at South Cove where the water was a chilly 67 degrees and very choppy.

Miller swam with the tide going up the East River, with the United Nations Building on his left, through Hell's Gate, past Yankee Stadium to the top of Manhattan Island. He held a consistently steady pace of 58-61 arm strokes per minute while stopping briefly every 15-20 minutes for nourishment.

Throughout the East River and across the Harlem River, Miller was rocked by the wake of large boats and ferries throughout the morning. As he approached Spuyten Duyvil, where the Harlem River empties into the Hudson, he learned rapidly how Spuyten Duyvil earned its name and reputation.

As he swam over to the west side of Manhattan and under the George Washington Bridge, he passed Central Park and Empire State Building, while the water temperature of the Hudson River increased to 71 degrees under a cloudless sky.

Down the Hudson River, Miller zig-zagged to catch the best currents as he fought against the threat of oncoming tides and considerable wake from the ever-present shipping and cruise line traffic.

Along the way, Miller swam under 23 bridges and across flotsam in the rivers. At one point, he passed so close to the Intrepid, that the U.S. Coast Guard came out to warn him to stay deeper in the channel.

As the finish at South Cove neared, swimmers bunched up, and nearly 15 swimmers finished within a 20 minute period of time. Counting the relay teams, this was the largest assembled group of competitors, with 94 people being involved in the swim, individually, or with a relay. The swim was won in 7 hours and 16 minutes by Chris Derks, 34, an FBI agent.



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