# Nurse Amy Appelhans Gubser Makes History with Farallon Islands Marathon Swim



**Swimmer Amy Appelhans Gubser Completes Historic Marathon Swim**

On May 11, 2024, Amy Appelhans Gubser, a 55-year-old nurse from Pacifica, California, became the first person to swim the 29.7 miles from the Golden Gate Bridge to the Farallon Islands. This marks a significant marathon swim achievement, navigating through cold, shark-infested waters.

Gubser, who rekindled her passion for swimming about a decade ago, undertook this challenge despite a daunting history of the route. Though others have swum solo across the Gulf of the Farallones, Gubser is the first to do so west to east, encountering colder waters near the islands as she became exhausted.

Her journey began early on May 11 with favorable weather conditions. Starting just before 3:30 AM, she endured fluctuating water temperatures, at one point dropping to 43 degrees. A support team monitored her progress, ensuring her safety. The swim was completed just after sunset, culminating in emotional celebrations.

Gubser’s swim awaits official ratification from the Marathon Swimmers Federation. Through her feat, she hopes to inspire others, proving remarkable achievements are possible at any age.

**End**