

Retired Marine Accomplishes Goal of Swimming from Alcatraz with His Hands and Feet Tied

SAN FRANCISCO, CA (SEND2PRESS NEWSWIRE) – Jay “Patch” Platt (www.JayPlatt.com), a retired U.S. Marine Corps Gunnery Sergeant, from Jacksonville, NC, completed what many have said is an impossible feat today. On the morning of Nov. 7, he swam the 1 1/2 mile distance from Alcatraz Island to San Francisco with his hands and feet tied, becoming one of only three people in history to have completed the crossing.



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Platt was inspired to undertake the demanding physical and mental challenge after reading an article about Italian swimmer, Alberto Christini and fitness guru Jack Lalanne, who were the only two individuals to have done such a swim. **(Photo Caption: Jay “Patch” Platt swims from Alcatraz.)*

MEDIA NOTE – VIDEO AVAILABLE: “B Roll” footage available on request; (910) 545-6480.

“I was looking for something challenging to do as a way of raising awareness to help the Marines who are coming back wounded from the fighting in Iraq and Afghanistan,” said Platt, who was medically retired from the Marines due to complications from cancer. “Having lost an eye myself, I somewhat know how they feel, and I wanted to do something to help. That’s when I found out about the Injured Marine Semper Fi Fund (www.semperfifund.org), an

organization that helps Marines and Sailors injured in the war against terrorism.”

“I was so motivated by what Lalanne and Christini had accomplished that I decided this was the challenge I was looking for,” said Platt. “This seemed like the perfect way to support the Semper Fi Fund, and also to show others that they too can overcome great challenges in their lives, even though the obstacles they face may seem overwhelming.”

Jay Platt enlisted in the Marine Corps at age 17. During his career, he trained recruits as a Drill Instructor, led Marines as a Platoon Sergeant, taught survival skills as a Marine Combat Instructor of Water Survival, and developed Marine leaders as a Marine Corps University Instructor and Advisor. In 1998, after a 15 year career, Jay retired due to complications from cancer.

Since his retirement, through his speaking, writing, coaching, and adventure workshops, he has made it his life’s mission to work with others to help them break through their self-imposed barriers and to fully maximize their potential. Jay is the author of: “A Time to Walk: Life Lessons Learned on the Appalachian Trail,” and the co-author of “Success is a Journey, and Transformational Leadership”).

For more information please visit: www.escapefromalcatraz.com

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