

SPRING 2017

# DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



# Once 'Round the Cove

## Dolphin Log

Keith Howell, *Editor*

Joe Illick, *Editor*

Sunny McKee, *Graphic Designer*

Andrew Cassidy, *Swim Stats*

Story Rafter, *Proofreader*

## Contributing Historian

Walter Schneebeli

## Published By

The Dolphin Swimming  
& Boating Club

502 Jefferson Street

San Francisco, CA 94109

[www.dolphinclub.org](http://www.dolphinclub.org)

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## Printing

MC Printers

Prepress

Royce Color, SF

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## Notes from recent Board Meetings

- With 33 new members in February, membership remains around 1650 members.
- The club received with much appreciation, a major donation of \$50K by Sophie Taggart in memoriam of her husband Pax Beale who passed away on May 4, 2016. The donation will fund the improvements of the weight room including a new foundation and acquisition of new equipment.
- Street level toilets have been refurbished.
- A series of 'Pot Lucks' on the last Sunday of each month have begun. They are open to all members.
- After 50 years of quiet, diligent service, Jim Storm has been appointed Lake Merced Commissioner to oversee and manage the operations of the building and rowing program.



Lake Merced boathouse

## The Shepinski family: Slow Jews over 60

You may have overheard some silliness over the years about the "Shepinski medal" which is given to the first member of the Shepinski family to reach shore in the club races. The Shepinski family consists of slow Jews over 60. Here's how we were born:

The Crazy Cove swims are designed to stretch our imagination, if not our patience. One such swim about 7 years ago required us to form "families" of three and swim around the cove passing our "baby" (a raw egg) back and forth with no hands, or something like that. I was partnered with Pete Neubauer and Robin Rome. We were told to adopt names. Pete called us the Shepinski family and so the legend began.

Immediately afterward, we pulled in Ken Coren and decided we slowpokes would have a friendly competition. (Kate Coleman wanted to join, but she is way too fast.) Robin designed and built a beautiful mezuzah--a ritual Jewish item usually placed on doorposts or worn around the neck-- as the medal. It says Mazel Tov (good luck.)

Over the years, the medal has been won by each of us, except for a brief period when Ken was uncatchable. Our membership is wide open and our ranks have grown as others have aged up or slowed down, such as Andy Stone. (We have no inspections to verify who is Jewish!) We even have younger Shepinskis-in-training, such as Jane Mermelstein, who has some years to go.

In this year's historic Pier 39 swim, all six Shepinskis were pulled, but Robin was the first to reach shore, so she got the medal. Since we have no by-laws, Robin suggested we consult our in-laws.

A few years ago, the Contemporary Jewish Museum featured the Shepinski family as part of an exhibit about the different ways in which Jews have come together in the Bay Area. We are delighted that the Dolphin Club is a place where we can celebrate the many identities that help define us, including our love of bay swimming, our "maturity," our curious pace, our Jewish heritage, and, of course, our homage to silliness.

*Naphtali Offen*

## Do you remember when....

There are swimmers and rowers not yet born who will one day listen in the sauna as old-timers tell of the strange Winter of Seventeen. That was the year thirty people were pulled in a single race. Swimmers clung to pilings and stanchions getting ripped by barnacles as they alternated between terror and the nonchalance of hyperthermia, wondering if they would ever be rescued. A police

boat was summoned. The bay waters turned brown and there was so much debris on the surface some days that there was nowhere left to swim. For the first time in years the water temperature dropped below 50 degrees, something these young listeners would never experience in the Cove. And most mysterious of all, the tides changed direction. Ebbs became floods and floods were ebbs.



Photo John Grunstad

*Charlie and Gabrielle Cross circumvent the debris.*



Photo John Grunstad

*This winter saw a new set of obstacles in the Cove*



Photo Rich Cooper

*The new weather vane, donated by Rich Cooper, was installed by John Grunstad*



Photo Keith Howell

*All found floating in the Cove*

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# Charles M. Farrell double turns 100

Richard Cooper



Charles M. Farrell



Thomas R. Keenan

Let's wish a "Happy Birthday" to the *Farrell*, our splendid Whitehall double, turning 100

years old in 2017. The *Farrell* is the second oldest boat still in service built specifically for the Dolphin Club fleet. The *Wieland* dates back to 1887.

*Farrell* is the double with a dolphin artfully carved into the bow seat. The 18-foot-long *Farrell* has been a favorite of countless Dolphin rowers for piloting duty and long pulls up river to Sacramento. One early assignment for *Farrell* was to help pilot the very first Dolphin Club Golden Gate Swim on September 9, 1917. As in recent years, *Farrell* will mark the finish line for the anniversary Gate Swim this year, 2017.

Of course, keeping any wooden boat operational for a century is not easy. To survive, the *Farrell* has required the full commitment of Boat Captains, regular maintenance by boat shop volunteers, a major restoration by Jon Bielinski, plus tender loving care by all rowers.

The boat is named for Charles M. Farrell who was born in 1869, joined the Dolphin Club in 1891, became a skilled oarsman, and served as club president in 1903 and 1904. Respected by the rowing community, he was chosen to head the newly founded Pacific Association of Amateur Oarsmen in 1904. As a civic leader, Farrell fought long



Charles M. Farrell double turns 100

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and hard for the transformation of Black Point Cove into the public recreational Aquatic Park of today.

The *Farrell* was crafted by another Dolphin, Thomas R. Keenan, in his shop at 249 Jefferson Street. Keenan was born in 1870 and joined the club in 1892 as a competitive rower. In

1895 he entered the boat building business, supplying and repairing boats for many West Coast clubs.

The oars he made were considered the best and used exclusively by Pacific battle fleet crews. His brother, Joseph B. Keenan, also became a famous Dolphin, and the club's weight room

is named for Joseph.

These legendary Dolphins, Charles M. Farrell and Thomas R. Keenan, would both pass away in 1933. Could they have imagined that rowers would still be enjoying their beautiful boat well into the 21st Century?

## Kevin Starr, 1944-2017

Chris Kelly

Kevin Starr was many things: husband, father, devoted Catholic, eminent historian of California, student and lover of institutions, among many other worldly delights. Shortly after he joined the Dolphin Club in 1992 [?], he influenced our uniquely San Francisco institution and all who came into contact with him.

I first met Kevin in the summer of 1993, having joined the Club about two years earlier. A new Log editor was needed, and I was very interested. Stan Hlynsky, Club president at the time, arranged an introduction. Kevin and I shared our good fortune at discovering this place, then we talked a bit a bit about our backgrounds. He was very curious about what brought me to the Club, my experiences and what I loved writing about. Stan asked Kevin if I might be the right person to do the “leg work” of running the Log; Kevin immediately replied “I will only edit the Log if Chris is my co-editor.” (Kevin edited from 1993 to 1994; I stayed on until 2005.) This would be only the first of countless times I experienced the generous spirit of this man both in and out of service to the Club.

The first issue of the *Log* that we worked on together featured full color front and back covers, almost certainly the first in the history of the *Log*. Kevin contributed a feature on the extensive renovations made to the club during that time, noting the love that the late architect and Dolphin Dan Osborne had for “this much amended Victorian building.” Kevin also contributed profiles of our Beachmaster Lou Marcelli and then-president Jon Nakamura in later issues.

I found myself not only apprentice editor to Kevin but also one of his guides and coaches in the ways of open-water swimming and Club life. Shortly after we began work on the *Log*, he invited me to his high-rise apartment on Franklin Street for a working lunch. Against a background of sparkling views of Nob Hill, we enjoyed a fine meal provided by his generous wife Sheila, followed by ports and cigars as well as illuminating and humorous conversation.

Kevin steadily learned the ways of swimming in the bay and became a regular participant in our swim program with his debut at the 1991 Thanksgiving Day cove. He took to the waters in seven other races, including Yacht Harbor. His wife Sheila recently recalled Kevin's enthusiasm for the Club during these years: “...it opened up a new San Francisco world to him. He told me that the big water was wonderful – that he had never experienced anything like it. He felt so alive and so a part of creation.”

One afternoon, fresh from his swim as I was dressing, he approached his locker, which could have housed perhaps a fraction of his collected volumes on California, he noted other lockers large enough to house both a miniature bar and a shrine to athletic glories past. He mentioned that a larger locker might enhance his experience at the Club. I answered that I would make inquiries for him, to which he replied “I certainly hope so...you have juice around here!”

Life Member Matthew Sheridan, a Log editor from 1993 to 2002, fondly recalls working as a younger writer with Kevin, being encouraged and feeling a genuine comraderie. This extended to dinners in the Club galley. (“Kevin so enjoyed the Friday dinners,” Sheila concurred.) Kevin invited Sheridan to be his guest at the Bohemian Club one evening, which ended very early the following morning at Moose's. Sheridan's happy memories extended to 2016, when he was present for Kevin's tribute to the late local journalist Warren Hinckle.

I attended Kevin's memorial service at Saint Ignatius in late January. As I sat in a bittersweet reverie of how this man had touched my life, the words spoken by another of his friends, the poet laureate of California, Dana Gioia, made me realize my feelings were shared by everyone who knew him: “To describe Kevin, we must summon an international lexicon of human happiness, with words imported like fine Champagnes from France: joie de vivre, bonhomie, elan, éclat, esprit de corps and savoir faire.” The Dolphin Club as a physical institution provides shelter, hot water and a view; Kevin Starr, in his relatively brief time with us, brought me everything else.



# SWIMMER IN JEOPARDY

Kevin Shanahan

I joined the Dolphin Club in 2012 while in my early sixties and have swum between half a mile and a mile almost every day since then, though seldom outside the cove. I am a slow swimmer but have taken lessons from trainer Laura Zovickian.

On Tuesday, February 21 I plunged in at low tide, about 2:25 pm, thinking I faced the very end of an ebb (the moored boats gave little indication of water movement, and I was aware of the uncertain conditions lately). My simple course was to swim west along the beach and back to the club along the buoy line in flat water, about 53 degrees. Only later did I realize how fast I was moving west, which should have been a signal.

I swam close to the beach and decided, as I have often done, to return swimming wide, out toward and around the white tugboat, and then back to the Club beach. This proved to be a nearly fatal mistake.

As I made the wide turn and headed toward the tugboat, I began to realize I was being pulled by a strong current toward the "Goal Post" to the north. Despite trying to really dig in, and head back diagonally as hard as I could toward the club, parallel to the buoy line, it was soberingly clear that a huge amount of water was moving against me, pushing me toward the northwest corner of the cove and the municipal pier. I was also trying to determine if at any point I could head to the beach, but that was never an option.

I had no control, and went toward, and then past, the Sea Scouts at a high rate of speed. It was clear by now that I was going to go hard into the pier, and maybe into the sea wall underneath it. As I approached the pilings, I realized I had to try and grab one to stop my movement, otherwise

I was going to go deep under the pier and into the sea wall.

At this point the water was still huge and moving very fast under, over and through the jagged concrete of the sea wall barrier. The water pushing me from behind was now beginning to come in the form of rollers, raising and lowering me in the water.

I hit a piling, grabbed around it, and aligned myself so the water would best press me directly against the piling. And that is where I came to a stop. The piling was crusted over with a variety of jagged material that began to take a toll on my feet, shins, knees, thighs, stomach, shoulders and arms, and most severely, my hands. However, at this point, that was the least of my worries.

I was now hanging onto, actually hugging, the piling, using all my strength to not lose my grip. The water pressure was actually a blessing, although I had to stay centered, to avoid being swept to one side or the other of the piling, and on to the jagged concrete sea wall, now only about 15 feet away. It was clear there was no way I could let go and try to get through the sea wall and out the other side. I believe, had I tried, I would have been slammed into the concrete and trapped either in the slabs, or held hard against them. I was aware enough to know this was not a good option.

Basically, I had no options. Additionally, I was under the pier out of sight of pedestrians above. No one could see me, and the noise of the water rushing in and under the pier was loud, despite my earplugs. I had to yell for help, but I had no idea if anyone was around or could hear me.

As I looked to my right down the arc of the pier rail, I saw two fishermen about 40 feet away, and I

started yelling in their direction

"HELP, CALL THE FIRE DEPARTMENT" , "HELP ME, CALL THE FIRE DEPARTMENT".

Thank God, after my third or fourth call, they turned and saw me, and realized I was in trouble. I kept yelling and, after what seemed an eternity, I began to hear people above me shouting that the fire department was on its way, and for me to hang on.

I heard sirens, but I was now realizing that the rollers had gotten bigger, and I was being raised and lowered on the piling, which couldn't be good, and I was also getting very, very cold and beginning to shiver. By my estimate, I had now been in the water approximately 35 minutes, 20 swimming and another 15 minutes stationary on the piling. I was thinking my body temperature must be plunging, given I was not moving.

However, I was still coherent, and keenly aware of what was going on. I did not seem to have lost any strength, which I suppose was because of the adrenaline pumping through my system.

After what seemed like an eternity, but was most likely not more than 10-15 more minutes, I was beginning to relax, and didn't seem to be afraid of what was going on -- and from what I've heard from other swimmers, this is not good. I was aware, but not overly concerned anymore, and was thinking "how in the heck is the fire department going to reach out and down to get me up onto the pier?" I just could not figure out how that would work, and because I was becoming hypothermic, I guess, that didn't bother me. I was also aware that this

Anne Sasaki



thinking was quite odd, given the circumstances.

My shivering increased, and the rollers got bigger, but my grip seemed OK, and I could hear the sirens getting closer, and the people above yelling for me to hang on. But I was getting very cold.

I was also now beginning to think about my wife, Connie, and what this would mean for her.

She trusted that I could take care of myself swimming in the ocean. She believed in me. She loves me. And my heart is actually aching because I love her so much, and it is becoming highly likely I may never see her again. What was the last thing I said to her? When did I last see her earlier today? And I am getting colder and colder. I am also getting very sad, my spirit is slowly

draining out of me. I'm aware I'm in pain, but more than that, I am getting very sad about what all this will mean, because it is now clear to me that it is going to be a long shot for me to survive. I am beginning to accept that I am going to die today. Today is the day. Today is the day I am going to die. I realize that sounds dramatic now in the telling, but at the time it was just a sad fact that I



*Kevin gives 9 year old Aaron Olvera an appreciative hug.*

was beginning to accept.

All at once, off to my right, entering the cove, was a black boat with a flashing light on top! A high speed Police Boat! And, I realized, that was how they were going to rescue me! The SFFD must have called the SFPD. The boat roared up off to my right, but then slowed and even in my deteriorating state of mind, I knew they were afraid of the speed and volume of the water. The boat made one approach and backed off. It swung around and backed in toward me. But it clearly couldn't get too close, and the rollers were still in play. The water was still huge and rushing under the pier. The boat slowly and steadily crept toward me. One officer was on the stern with a throw rope and the other was backing up the boat, looking over his shoulder, and doing all this with incredible skill and focus.

They got close, and the officer on the stern with the rope yelled to me **“CAN YOU CATCH THIS ROPE?”**

I gave him a positive sign, and I

could tell that he felt that if he got it near me, I could grab it. I saw it had loop in the end with a padded boat fender type material section in it.

He yelled to me that if I let go of

*I'm out! I made it! They've rescued me! I am not going to die today!*

the piling, I gotta get the rope. He was yelling to me, stressing that I was only going to have one shot at this once I let go of the piling, because if I let go and didn't have the rope, I would be gone. He again was yelling to stress that I gotta try to let the rope get to me, that I cannot afford to lunge at it and miss. And, he kept telling me to hang in there.

It's also about then that I realized “I'm back in the game!” I thought, “It must be the adrenaline, I'm coherent and understand what the situation is, and what he's telling me to do. I get it. It makes sense....I gotta let the rope come to me”.

At this point I was really cold and shivering like crazy, and I was beginning to realize the raw pain up and down the front of my body from the barnacles. I gotta do this. I gotta do this.

The rope landed close and started to move fast toward me. I took my right hand off the piling and stabbed it through the loop and grabbed the rope, and then grabbed with my left hand -- and all of a sudden I was off the piling and free in the water, but I had the rope! I had a solid grip,

but was worried now that the skin was going to pull off my hands. It didn't.

The boat pulled slowly away from the pier and out to the center of the cove where the water seemed smoother and calmer though still rolling. With the engines set at neutral and away from the pier, the other officer came back and the two of them grabbed me and lifted me out of the water and onto the black steel deck.

I'm out! I made it! They've rescued me! I am not going to die today!

The pilot ran back and hit the throttle, while the other officer held me down, telling me to hold on and stay put. We roared out of the cove, heading west around Fort Mason to Gas House Cove, where the boat backed into the dock. I could see there were Paramedics there and an EMT ambulance truck waiting.

Amazingly, I could still walk. I was helped up the stairs and into the back of the truck and onto a gurney. I was shivering like I never knew was possible – but I was alive.



*Dolphin Kevin Shanahan with his rescuers, fisherolk Fermin Duran Olvera, Jennifer Dagio Cervantes and Aaron Duran Olvera*

The EMT's got me stabilized and started getting me warmed up, but they couldn't get me to stop shivering despite blankets and more blankets. Meanwhile they were trying to get my body temperature, pulse and blood pressure. Finally, when the shivering slowed a bit, they were able to get my temperature, which they said was just under 95 degrees. I could tell from their expressions that was not good.

They kept the heat on full tilt and began sticking hot packets under my arms, and between my legs. I

could tell we weren't going anywhere until they got my body temp up to some safe level - they weren't talking now as much as they had been.

Then things changed, and I could tell they were more relaxed and talking to me, and even joking, and then they told me we could head to the hospital. I told them that I was fine now, and asked that they just drop me off at the Dolphin Club so I can get my belongings, valuables, keys and car and head home. Yeah, right!

They ran up the hill to CPMC on

Buchanan, unloaded me, and got me into the ER. The doctors and nurses at CPMC were all over me, working to get my body temperature up. I was still shivering a lot. They kept warming me up, joking with me about swimming in the Bay, how cold it is, and asking if I've ever heard of a "wetsuit"? The doctor was laughing at me, and it was then I knew I was really going to be OK, especially when he said, "Get him warmed up, call his wife, again, and have her come over and get him", and then he said to the other doc and the RN's "Forget about the wetsuit idea, if he wore a wetsuit, they'd kick him out of that Dolphin Club".

Then Connie showed up, and that was very special. Oh, my God... I am soooooo lucky to be alive. I asked her to take me to the Club to get my clothes, and the doctor said, "Do not let him drive or do anything for a day or two." This was the first mention of the fact that I would have some post trauma effects. He looked me directly in the eye, and added, "I'm not kidding. This is serious stuff." I listened. I believed him.

But I also remembered to mark up one square on my polar bear chart.



*Kevin and Connie Shanahan with police boat crew Matt Mattei and Matt Reiter.*



photo Colin Gift

## Life Membr

**Front row (seated):** Will Powning (1985), Lee Hammack (1985), Elizabeth Tippin (1985), Era Osibe (1977), Diana Anderson (1983), Padraic Doyle (1985), Susan Sward (1985)

**Second row:** Meg Reilly (1983), Aldo Cuneo (1954), Anton Gelardi (1940), Tom Gould (1956), Tony Kline (1985), James Vanya Peter Marchant (1984), Helene Marchant (1984), Lindsay Casablanca (1990)

**Third row:** Jerry Jacob (1982), Carol Murphy (1990), Kate Coleman (1985), Carol Black (1982), Albert De La Pena (1985), Den deRuyter (1992), Joni Beemsterboer (1977), Susan Allen (1977), Karen Boyer (1988), Megan Sullivan (1990)

**Fourth row:** Peter Brand (1979), Ed de Cassio Jr, (1957), Mathew Sheridan (1992), Mark O'Hara (1991), Laura Kuo Carmony (1987), Spellman (1987), Monica Towers (1990), Ann Sasaki (1990), Susan Lauritzen (1983), Mickey Lavelle (1989), Thad Carhart (1988)

**Fifth Row:** Rafel Torres-Gil (1986), Joseph Schatz (1977), Steve Spickard (1979), Christopher Cadelago (1979). Reuben Hechan George Rubin (1990), Philip Rieff (1992), Barry Christian (1990), Davis Ja (1984), Sam Lawson(1982)

**Sixth row:** Eduardo Barranco (1980), Brian Gilbert (1968), Vince Huang (1978), Peter Bianucci (1962), Bob Danielson (1984),



## Members 2017

(1982), Neal Powers (1991), Katie Mahoney (1978), Ken Frank (1977) Phil Rollins (1981), Peter Neubauer (1979), Elmer Tosta  
(1957), John Davis (1965), Walt Schneebeli (1948), Dino Landucci Jr, (1948), Liz Ann Schiff (1988), Mimi Osborne (1979),  
Thomas Watson (1982), Carol Watson (1981), Suzanne Heim Bowen (1978), Larry Scroggins (1989), Pavla Podolska (1977), Lorna  
(1992), Don Harrison (1980), Chuck Scawthorn (1986), Neal Fishman (1984), Gina Rus (1988), Michael Lord (1991), Maxine  
(1981), Lisa Smith (1984), Karen Drucker (1984), Stu Etzler (1991)  
Lova (1984), Ken Coren (1982), Steve Lathram (1986), Scott Anderson (1981), Steve Schatz (1990), Bill Arietta (1973),  
James Weil (1980), Bob Bonnet (1981), Jude Stalker (1991), Charles Korelec (1954), Noel Turner (1984), Sid Hollister (1987)

## *2.18.17 THAT DAM SWIM, aka the Oroville Push, aka the 2017 Pier 39 Swim*

There are a couple of phrases no one, least of all Swim Commissioners, wants to hear... and “five swimmers unaccounted for” is near the top! Yet, as we came to the dock Saturday from the Pier 39 swim, those words were uttered. Turned out fine... some swimmers’ numbers had yet to be transferred onto the magic sheet. ‘Phew.

To start at the beginning, or at least close to it, on Friday morning, February 17, we had a test swim for the Pier 39 swim. At 7:15, five swimmers of varying speeds undertook disparate piloted paths on the way from the Pier 39 dock to our beach; the northern-most course produced the fastest time (35 minutes) and the clinging to the breakwater approach the longest. The middle swimmers hit a patch off Pier 41 with no current at all but persevered (in in under 40 minutes). That’s our standard test procedure as we look at strategy on the current, and want to assure best jump time. Consensus was eight would work; swimmers should come out of the slot on the east side, head for Alcatraz or North Tower to get to the current, ride the current to Creakers (or beyond ) and arc into the Cove.

Saturday morning, after the traditional rounds of pilot and swimmer briefings and the walk over to Pier 39, the fifty-one swimmers and their seventeen pilots started off. The first and only swimmer to come in through the opening, Adam Eilath, came in at 1 hour 5 minutes... toughest swim of his Dolphin career. The other twenty who came in under their own steam came through Creakers, with the last coming in at 1 hour, 47 minutes. Thirty swimmers, spread across the course, of different experience levels and strengths, came in in our ABs, South End’s RIBs (again, gratitude! they were pulling their own Pier 39 swimmers as well) and our rowboats, with most being pulled between 60 and 75 minutes.

The following weekend, February 25-26, we had our test swim for Gas House... not a lot of current outside the Cove and still those crazy currents in the Cove. Thankfully, the test proved out on the day of the swim, a beautiful blue

day with no traffic on the Bay, with our fastest swimmers in in around 20 minutes.

### *What did we (re-) learn in February?*

1. The Bay is a magnificent living creature to be respected, always.
  2. The tides and currents don’t read the tides and currents charts.
  3. Our pilots know how to bring swimmers into the woodens as well as into the ABs.
  4. The Oroville Push is real. Lots of water (and detritus) barreling through, contributing to previously unbeknownst –or at least unheralded- back eddies and other adventurous conditions.
  5. Getting in to the Cove is NOT the end of your swim.
  6. There’s a fine line between knowing your limitations and pushing your personal boundaries.
  7. We ordered two dozen blankets.
  8. We are training more AB and Arias2 pilots, and doing training on radio use protocol (knowing what to say and who you are saying it to matters).
- Grateful to be part of this magnificent community...

*Your Swim Commissioners*

### *The View From the Water*

This year’s Pier 39 swim will be sauna fodder for a long time to come. Many seasoned Dolphins said they had never seen anything like it. What should have been a comfortable ebb in a winter of almost nothing but ebbs, turned into a powerful flood that had thirty of us swimming in place--and pulled.

The day before I had swum the Pier 39 test swim in 42 minutes, which is blazing fast for me. Thanks to my knowledgeable pilot, Adam Eilath, I caught a swift ebb fairly far out, and got to the Creakers, the eastern end of the breakwater and the half-way point, in 21 minutes, but



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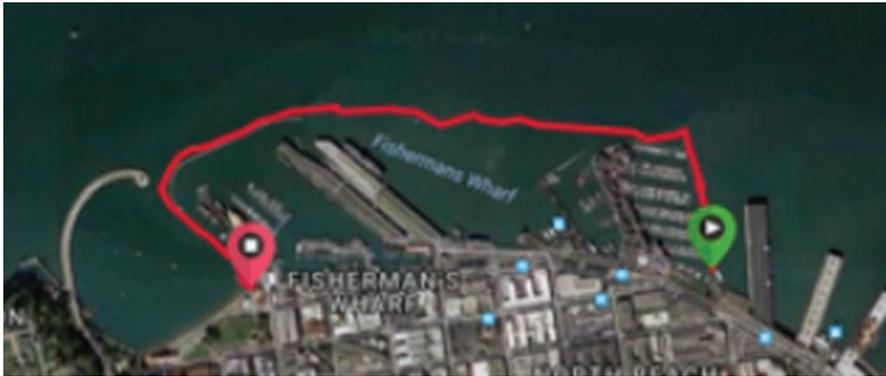
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**COMPASS**



*Andrew Cassidy tracks his test swim the day before Pier 39.  
Tough but manageable*

when I couldn't see any of the much faster swimmers along the breakwater, I presumed they had already turned in to the cove, and that I was crawling. But as I reached the opening, Andrew Cassidy and Charlie Cross, much faster, overtook me. They had swum closer to shore and got caught in dead water near the Jeremiah O'Brien.

However on the day of the actual swim, all bets were off. The swim began conventionally enough, with a decent ebb for the first 20 minutes. But there was far more detritus in our faces than the day before, and a lot more chop. By 26 minutes, I was almost in line with

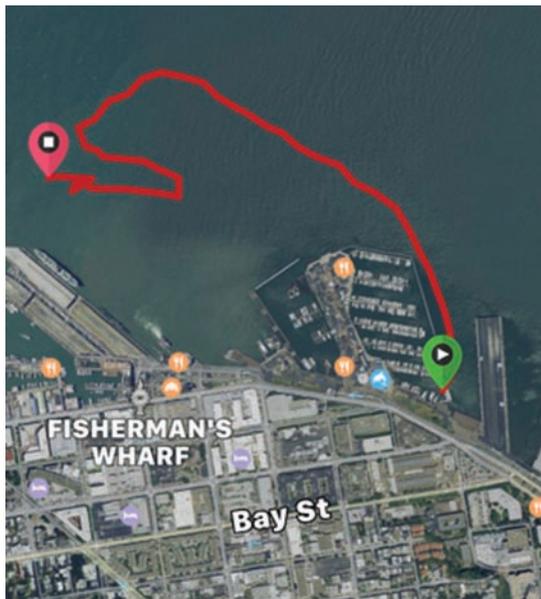
the Creakers, though far north of it. And then everything changed. No matter how hard we pushed, we seemed to be carried further. After an hour, and not even half way, we opted to be pulled.

A kindly South End pilot plunked four of us out of the soup. Closer to end of the breakwater, we spotted two more swimmers clinging to the breakwater, who wanted to be pulled. To my surprise, they were not doing the Pier 39 swim. They had swum out to the opening and been pulled eastward by the unexpected flood, a cautionary tale.

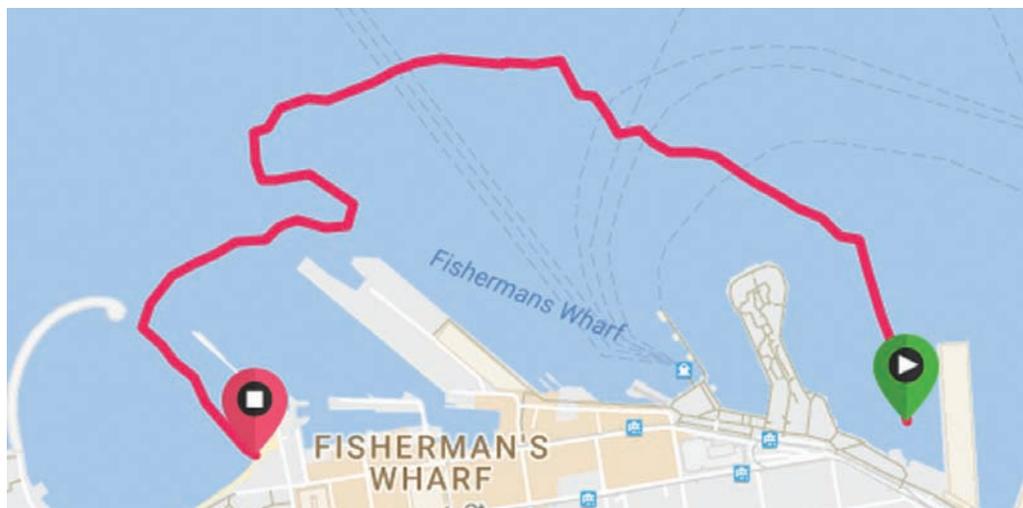
Barry Christian, one of our most experienced pilots and readers of the currents, had a plausible explanation for why the flood appeared. We certainly understand how all the runoff coming down the Sacramento River can create a powerful ebb to overcome a predicted flood. It's difficult to understand the reverse. He suggested that not all of the enormous volume of water racing toward the ocean can make it through the narrow Gate. Much of it bounces back, creating a back eddy and fresh-water flood so powerfully fed, that it stretched back four miles east to interfere with our swim. Even this flood from nowhere can be attributed to the dramatic force of the ebb of 2017.

The best thing about this swim was the outstanding performance of our pilots (and the distraction from national politics!) Everyone was brought safely home. There was no significant hypothermia, in spite of the long times in the water. As Swim Commissioner Diane Walton noted: it wasn't a swim, it was a pilot training session. Here's to the pilots and swim commissioners who kept us safe!

*Hal Offen*



*Barry Christian's route - until he was pulled.*



*Tom Neil finished the swim after a detour and inside the breakwater.  
A flood intrudes in the midst of an ebb.*

## DOLPHIN LOG SWIM STATISTICS

New Year's Day Swims JANUARY 1, 2017	Place Name Time																																																																																																																																																																																																																												
<p>Dolphins swam in two swims: the usual NYD cove swim, and the SERC NYD Alcatraz swim:  <b>NYDay Cove</b> swim was a fun swim, and the list of swimmers follows: Joni Beemsterboer, Charles Cross, Nancy Friedman, Sue Garfield, Morgan Kulla, Aniko Kurczinak, Susan Lauritzen, Keith Lipp, Jane Mermelstein, Marcy Michael, Daragh Powers, Neal Powers, Mark Robinson, Robin Rome, Aaron Rosenthal, Daniel Wheeler, Janice Wood  <b>Helpers:</b> Sue Garfield, Joe Marena Dolphin NYD Alcatraz helpers: Lindzy Bivings, Duke Dahlin, Nancy Friedman, Sue Garfield, Mark Harrold, Tom Hunt, Polly Rose, Ryan Utsumi, Janice Wood  <b>The Dolphin NYD Alcatraz</b> swimmers:</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Place</th> <th style="text-align: left;">Name</th> <th style="text-align: left;">Time</th> </tr> </thead> <tbody> <tr><td>1</td><td>Adam Eilath</td><td>29:40</td></tr> <tr><td>2</td><td>Suzanne Heim</td><td>30:21</td></tr> <tr><td>3</td><td>Noah Zovickian</td><td>32:44</td></tr> <tr><td>4</td><td>Darren Leva</td><td>35:01</td></tr> <tr><td>5</td><td>Yossi Ettinger</td><td>35:43</td></tr> <tr><td>6</td><td>Stephen Schatz</td><td>35:49</td></tr> <tr><td>7</td><td>Ross Browne</td><td>35:52</td></tr> <tr><td>8</td><td>Laura Zovickian</td><td>35:55</td></tr> <tr><td>9</td><td>Sean McFadden</td><td>36:41</td></tr> <tr><td>10</td><td>Michael T.-Hahn</td><td>36:42</td></tr> <tr><td>11</td><td>Joe Marena</td><td>38:25</td></tr> <tr><td>12</td><td>Marton Siklos</td><td>38:26</td></tr> <tr><td>13</td><td>Kala Sherman-Presser</td><td>39:22</td></tr> <tr><td>14</td><td>Tom Neill</td><td>39:32</td></tr> <tr><td>15</td><td>Jon Nakamura</td><td>40:23</td></tr> <tr><td>16</td><td>Tom Brown</td><td>40:45</td></tr> <tr><td>17</td><td>Sean Lavelle</td><td>41:13</td></tr> <tr><td>18</td><td>Gina Rus</td><td>42:12</td></tr> <tr><td>19</td><td>Mickey Lavelle</td><td>42:30</td></tr> <tr><td>20</td><td>Terry Huwe</td><td>42:52</td></tr> <tr><td>21</td><td>Rich Haymes</td><td>45:53</td></tr> <tr><td>22</td><td>Tyler Meade</td><td>45:54</td></tr> <tr><td>23</td><td>Joe Ferrero</td><td>46:23</td></tr> <tr><td>24</td><td>Mike Mitchell</td><td>49:14</td></tr> <tr><td>25</td><td>Kevin Whalen</td><td>49:26</td></tr> <tr><td>26</td><td>Kathleen Duffy</td><td>50:09</td></tr> <tr><td>27</td><td>Bill Burke</td><td>52:00</td></tr> <tr><td>28</td><td>Scott Cauchois</td><td>53:52</td></tr> <tr><td>29</td><td>Andy Stone</td><td>55:41</td></tr> <tr><td>30</td><td>Joey Cannata</td><td>55:58</td></tr> <tr><td>31</td><td>Robert Callan Jr.</td><td>56:16</td></tr> </tbody> </table>	Place	Name	Time	1	Adam Eilath	29:40	2	Suzanne Heim	30:21	3	Noah Zovickian	32:44	4	Darren Leva	35:01	5	Yossi Ettinger	35:43	6	Stephen Schatz	35:49	7	Ross Browne	35:52	8	Laura Zovickian	35:55	9	Sean McFadden	36:41	10	Michael T.-Hahn	36:42	11	Joe Marena	38:25	12	Marton Siklos	38:26	13	Kala Sherman-Presser	39:22	14	Tom Neill	39:32	15	Jon Nakamura	40:23	16	Tom Brown	40:45	17	Sean Lavelle	41:13	18	Gina Rus	42:12	19	Mickey Lavelle	42:30	20	Terry Huwe	42:52	21	Rich Haymes	45:53	22	Tyler Meade	45:54	23	Joe Ferrero	46:23	24	Mike Mitchell	49:14	25	Kevin Whalen	49:26	26	Kathleen Duffy	50:09	27	Bill Burke	52:00	28	Scott Cauchois	53:52	29	Andy Stone	55:41	30	Joey Cannata	55:58	31	Robert Callan Jr.	56:16	<table style="width: 100%; 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		<p>The winner and only swimmer to complete the out of cove course said this was the hardest swim he's ever done. Conditions were not the same as they were during the test swim: the ebb created a strong back eddy that acted like a flood, making it very difficult to swim beyond the start of the breakwater on the outside, so all swimmers after the first were directed to swim inside the breakwater. Many made strong efforts but eventually were pulled. As such, all but the swimmer who was pulled in the first 15 minutes were given credit for a qualifying swim. Our neighbors at SERC were in the water at the same time and helped with our swimmers, as we helped them with theirs. Thank you SERC. When the risk becomes high, rivalries are put aside. Good job to all!</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Place</th> <th style="text-align: left;">Name</th> <th style="text-align: left;">Time</th> </tr> </thead> <tbody> <tr><td>*1</td><td>Adam Eilath</td><td>1:02:02</td></tr> <tr><td>2</td><td>Ben Zovickian</td><td>0:57:29</td></tr> <tr><td>3</td><td>Patrick Dinan</td><td>1:05:31</td></tr> <tr><td>4</td><td>Tom Neill</td><td>1:07:16</td></tr> <tr><td>5</td><td>Stephen Schatz</td><td>1:09:55</td></tr> <tr><td>6</td><td>Ian Simon</td><td>1:10:56</td></tr> <tr><td>7</td><td>Randy Edwards</td><td>1:12:08</td></tr> <tr><td>8</td><td>Lauren Au</td><td>1:12:19</td></tr> <tr><td>9</td><td>Yossi Ettinger</td><td>1:13:19</td></tr> <tr><td>10</td><td>Peter Bartu</td><td>1:17:04</td></tr> <tr><td>11</td><td>Amanda Ernzer</td><td>1:20:59</td></tr> <tr><td>12</td><td>Keira Koss-Baker</td><td>1:23:02</td></tr> <tr><td>13</td><td>Megan Wachs</td><td>1:23:19</td></tr> <tr><td>14</td><td>Bri McCarthy</td><td>1:23:49</td></tr> <tr><td>15</td><td>Scott Cauchois</td><td>1:24:46</td></tr> <tr><td>16</td><td>Tyler Meade</td><td>1:24:53</td></tr> <tr><td>17</td><td>Lindzy Bivings</td><td>1:25:01</td></tr> <tr><td>18</td><td>Mickey Lavelle</td><td>1:25:24</td></tr> <tr><td>19</td><td>Lewis Haidt</td><td>1:29:38</td></tr> <tr><td>20</td><td>Bill Burke</td><td>1:30:40</td></tr> <tr><td>21</td><td>John Ingle</td><td>1:37:17</td></tr> </tbody> </table> <p><b>DNF:</b> Stan Baker, Michael Barber, Barry Baskin, Bob Cable, Robert Callan Jr., Ken Coren, Charles Cross, Tim Dumm, Stuart Gannes, Sheila Gleeson, Rich Haymes, Terry Huwe, Wiktor Jakubiuk, Mark Lubiszewski, Tor Lundgren</p>	Place	Name	Time	*1	Adam Eilath	1:02:02	2	Ben Zovickian	0:57:29	3	Patrick Dinan	1:05:31	4	Tom Neill	1:07:16	5	Stephen Schatz	1:09:55	6	Ian Simon	1:10:56	7	Randy Edwards	1:12:08	8	Lauren Au	1:12:19	9	Yossi Ettinger	1:13:19	10	Peter Bartu	1:17:04	11	Amanda Ernzer	1:20:59	12	Keira Koss-Baker	1:23:02	13	Megan Wachs	1:23:19	14	Bri McCarthy	1:23:49	15	Scott Cauchois	1:24:46	16	Tyler Meade	1:24:53	17	Lindzy Bivings	1:25:01	18	Mickey Lavelle	1:25:24	19	Lewis Haidt	1:29:38	20	Bill Burke	1:30:40	21	John Ingle	1:37:17																																																																																																																																																									
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<p>This was the first group swim of the year: swim from Pier 41 to the Cove and in to the Dolphin Club beach. The distance is approximately 1 mile (4 squares for Polar Bears). Conditions were rough: tides disrupted by the storm water, choppy, cold and lots of debris in the water. To those who finished – congratulations! To those who did not finish – no shame, it was a tough one.</p>																																																																																																																																																																																																																													

## DOLPHIN LOG SWIM STATISTICS

Marcy Michael, Peter Neubauer, David Nosrati, Hal Offen, Will Powning, Robin Rome, Aaron Rosenthal, Kathleen Sheridan, Andy Stone, Deb Sullivan, Arnie Thompson, Nihan Tiryaki, William Tucker, Kevin Whalen, Daniel Wheeler  
**\*only swimmer to finish original course outside of the breakwater**  
**Pilots:** Marcus Auerbuch, Holly Baskin, Jon Bielinski, John Blackman, Laura Burtch-Zovickian, Barry Christian, Jay Dean, Marianne Dean, Paul DuBois, Reuben Hechanova, Terry Horn, Davis Ja, Douglas James, Gavin Jefferies, Brian Kiernan, Aniko Kurczinak, Maggie Lonergan, Tom McCall, Mikhail Melnikov, Rick O'Hara, John Robiola, Diane Walton, David Zovickian  
**Helpers:** Andrea Allen, Lauren Au, Michael Barber, Lindsay Boswell, Bill Burke, Robert Callan Jr., Andrew Cassidy, Scott Cauchois, Ken Coren, Amanda Ernzer, Yossi Ettinger, Sue Garfield, Christopher Germain, Brian Gilbert, Byron Harbour, Rich Haymes, Tom Hunt, Timothy Kreutzen, Susan Lauritzen, Michaela Lynn Meyers, Marcy Michael, Andrea Morgan, Peter Neubauer, David Nosrati, Will Powning, Jamie Robinson, Polly Rose, Aaron Rosenthal, Gina Rus, Stephen Schatz, Sibylle Scholz, Kathleen Sheridan, Eric Shupert, Deb Sullivan, Tommaso Trinonfi, Janice Wood  
**Test Swim:** Andrew Cassidy, Charlie Cross, Joe Illick, Hal Offen, Joseph Omran, John Blackman, Adam Eilath, Terry Horn, Brian Kiernan, Aniko Kurczinak, Tom McCall, Tom Neill, Diane Walton

### Gas House Cove Swim FEBRUARY 26, 2017

Place	Name	Time
1	Patrick Dinan	19:30
2	Ben Zovickian	20:18
3	Ian Simon	20:34
4	Stephen Schatz	21:37
5	Randy Edwards	22:07
6	Laura Zovickian	22:21
7	Joe Dinan	22:22
8	Tom Neill	23:53
8	Bri McCarthy	23:53
10	Peter Bartu	25:10
11	Tim Dumm	25:49
12	Mickey Lavelle	25:51
13	Erik Cufino	25:54
14	Terry Huwe	25:58
15	Andy Braithwaite	26:02
16	Keira Koss-Baker	26:24
17	Kathleen Sheridan	26:27
18	Charlie Cross	26:33
19	Bob Cable	27:26
20	Rich Haymes	27:55

21	Maggie Lonergan	29:04
22	Nihan Tiryaki	29:35
23	Tyler Burton	29:36
24	David Nosrati	30:33
25	Bill Burke	30:47
26	Mark Harrold	30:56
27	Andrea Allen	31:20
28	Wiktor Jakubiuk	31:28
29	Joni Beemsterboer	32:14
30	Hal Offen	32:51
31	Tom Trinonfi	33:02
32	Marcy Michael	33:21
33	Jim Frew	33:34
34	Scott Cauchois	34:10
35	Michael Barber	34:33
36	Ken Coren	35:10
37	Deb Sullivan	35:14
38	Robert Callan Jr.	35:50
39	Mark Lubiszewski	35:52
40	Andy Stone	36:35
41	Andrea Morgan	37:44
42	Robin Rome	38:04
43	Peter Neubauer	38:05
44	Keith Howell	38:06
45	Lindsay Boswell	40:01
46	Joe Gannon	40:20
47	Marton Siklos	41:14
48	Stuart Gannes	46:45
49	Suma Snehalatha	1:06:25
50	John Ingle	1:06:29

**Pilots:** Eduardo Barranco, Jon Bielinski, John Blackman, Ross Browne, Barbara Byrnes, Gretchen Coffman, Jay Dean, Pauline Farmer-Koppenol, Rebecca Groves, Jon Grunstad, Reuben Hechanova, Terry Horn, Liz Kantor, Brian Kiernan, Tim Kline, Aniko Kurczinak, Eric Lam, Tom McCall, Mikhail Melnikov, Violetta Muselli, David Nettell, Rick O'Hara, Joseph Omran, Donald Osborne, Will Powning, John Robiola, Phillip Rollins, Anna Schatz, Diane Walton, David Zovickian  
**Helpers:** Deborah Baker, Robert Callan Jr., Andrew Cassidy, Scott Cauchois, Duke Dahlin, Kathleen Duffy, Joe Gannon, Sue Garfield, Brian Gilbert, Laura Grubb, Byron Harbour, Gregory Hicks, Lindsey Hoshaw, Tom Hunt, John Ingle, Susan Lauritzen, Mickey Lavelle, Gary Leong, Mark Lubiszewski, John Marsh, Bri McCarthy, Andrea Morgan, Peter Morgan, Peter Neubauer, David Nosrati, Daragh Powers, Neal Powers, Denise Sauerteig, Stephen Schatz, Sibylle Scholz, Suzanne Scott, Eric Shupert, Marton Siklos, Deb Sullivan, Sue Taylor  
**Test Swim:** Lauren Au, Andrew Cassidy, Charlie Cross, Peter Cullinan, Joe Illick, Aniko Kurczinak, Hal Offen, Joseph Omran, Ryan Utsumi, John Blackman, Jay Dean, Jim Frew, Jon Grunstad, Reuben

Hechanova, Terry Horn, Liz Kantor, Brian Kiernan, Tom McCall, Tom Neill, David Nettell, Diane Walton

### Yacht Harbor Swim MARCH 11, 2017

Place	Name	Time
1	Adam Eilath	26:03
2	Noah Zovickian	27:27
3	Ian Simon	28:06
4	Lauren Au	28:18
5	Stephen Schatz	28:56
6	Randy Edwards	29:09
7	Brenna Fleener	29:11
8	Trent Kloppenburg	29:58
9	Tor Lundgren	30:10
10	Yossi Ettinger	30:47
11	Alex Strand	31:34
12	Tom Neill	32:54
13	Andrew Braithwaite	33:09
14	Peter Bartu	33:14
15	Laura Burtch-Zovickian	34:09
16	Terry Huwe	34:11
17	Duke Dahlin	34:21
18	Kathleen Sheridan	34:58
19	Charlie Cross	35:30
20	Rich Haymes	35:42
21	Keith Nelson	36:35
22	Mickey Lavelle	36:50
23	Maggie Lonergan	37:32
24	David Nosrati	38:38
25	John Hornor	40:28
26	Dean Badessa	40:39
26	Isabel Friedman	40:39
28	Joni Beemsterboer	40:40
29	Andrea Allen	40:51
30	Deb Sullivan	42:23
31	Kathleen Duffy	42:25
32	Hal Offen	42:37
33	Susan Saylor	42:48
34	Timothy Kreutzen	43:05
35	Scott Cauchois	43:34
36	Holly Reed	43:43
37	Bill Burke	43:50
38	Aaron Rosenthal	44:20
39	Peter Neubauer	47:37
40	Michael Barber	48:12
41	Joe Gannon	48:25
42	Will Powning	48:49
43	Janice Wood	50:12
44	Terry Keenan	53:08
45	Donna Schumacher	53:21
46	Lindsay Boswell	53:42

**Pilots:** Jon Bielinski, John Blackman, Bob Cable, Barry Christian, Jay Dean, Marianne Dean, Tim Dumm, Jon Grunstad, Anita Holmquist, Nancy Hornor, Davis Ja, Douglas James, Liz Kantor, Brian Kiernan, Eric Lam, Gary Leong, Monica Lyons, Tom McCall, Miguel Melendez, Mikhail Melnikov, Jane Mermelstein, Kent Myers,

## DOLPHIN LOG SWIM STATISTICS

David Nettell, Rick O'Hara, Joseph Omran, Gizem Orbey, John Robiola, Sibylle Scholz, Arnie Thompson, Diane Walton Helpers: Adam Ballachey, Michael Barber, Peter Bartu, Andrew Braithwaite, Robert Callan, Andrew Cassidy, Scott Cauchois, Peter Cullinan, Nancy Friedman, Sue Garfield, Brian Gilbert, Byron Harbour, Rich Haymes, Lindsey Hoshaw, Keith Howell, Tom Hunt, Terry Huwe, Terry Keenan, Timothy Kreutzen, Morgan Kulla, Daphne Lagios, Susan Lauritzen, Keith Nelson, Peter Neubauer, Hal Offen, Julian Sapirstein, Anne Sasaki, Tommaso Trionfi, Chris Wagner Test Swim: Andrew Cassidy, Peter Cullinan, John Ingle, Aniko Kurczinak, Jane Mermelstein, Hal Offen, Joseph Omran, John Blackman, Charlie Cross, Adam Eilath, Jon Grunstad, Liz Kantor, Brian Kiernan, Tom McCall, Tom Neill, Sibylle Scholz, Diane Walton Thanks also to: Eileen Davis, non-member; Tsogtor, former member

### Polar Bear Results Winter 2016-2017

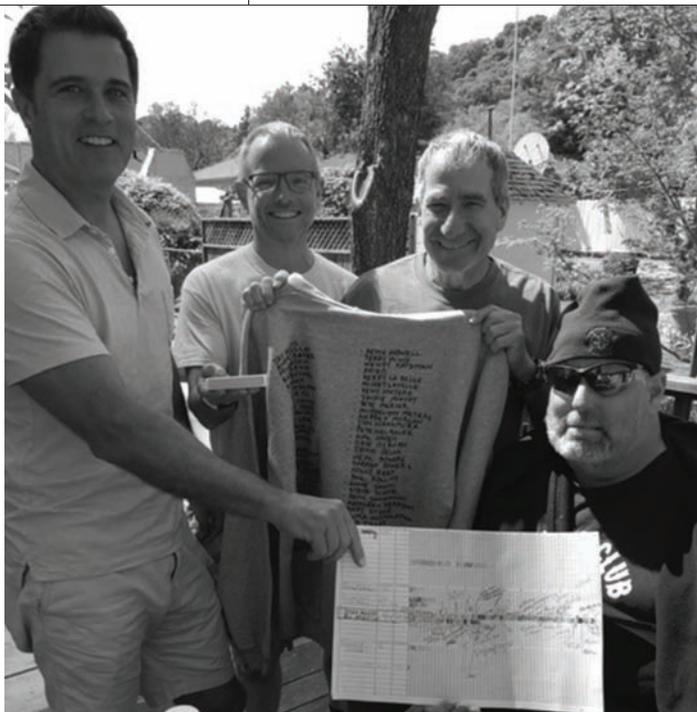
Byron Harbour	303	12/28
	4:00 PM- 40 miles	
Tom Neill	138	OG
Luca Pozzi	120	40 @ 1/27
Andrew Wynn	116.5	
Joe Illick	97	OG
Charles Cross	86	OG
Catherine Breed	84	V
Wolf Riter	82	OG
David Holscher	80	

Laura Merkl	80	
33 Consecutive - over 3000 PB miles		
Hal Offen	75	OG
John Selmer	71	
John Nogue	69.5	OG
In Absentia		
Ross Browne	68	
Peter Cullinan	67	
Hubert Chaperon 65V		
Marton Siklos	65	
Bill Burke	61	OG
Lindsay Boswell	58.5	V
Andrew Cassidy	54	OG
Gabriella Cross	54	
Mark Robinson	53	
Adam Eilath	52	
Yossi Ettinger	52	V
Terry Huwe	52	
John Ottersberg	52	
Bob Tandler	52	OG
Kamran Atabai	50	
Natazha Bernie	50	
Randy Edwards	50	
Danny De Leon	49.5	
Daniel Handler	48	V
Alice Ma	48	SERC
Neal Powers	46	OG
Scott Cauchois	45.5	V
Jay Adams	45	OG
Suzanne Whelan	45	
Bob Cable	44.5	
Larry Scroggins	44.5	OG
Daragh Powers	44.25	OG
Mickey Lavelle	44	OG
Michaelyn Meyers	44	OG
Carter Seddon	44	
Deb Sullivan	44	

Barry Baskin	43.5	OG
Gavin Jefferies	43.5	
Andrea Allen	43	
Erik Cufino	43	
Brian Fitzgibbons	43	OG
Morgan Kulla	43	
Nancy Lange	43	OG
Tor Lundgren	43	
Michael Matthey	43	OG
Jane Mermelstein	43	
Alex Buehlmann	42.75	
Michael Barber	42	
Ward Bushee	42	OG
Joanne Carr	42	OG
Jim Frew	42	
Stuart Gannes	42	OG
John Ingle	42	
John Mervin	42	
Marcy Michael	42	
Holly Reed	42	OG
Joe Butler	41.75	SERC
Terry Keenan	41.75	
Donald Osborne	41.75	
Tom Brown	41.5	
Jim Ebert	41.5	
Mark McKee	41.5	
Mauricio Prieto	41.5	
Gina Rus	41.5	
Arnold Oji	41.25	
Robert Callan Jr.	41	
Michael Caniglia	41	
Phoebe Holscher	41	
Dmitry Kosorukov	41	
Peter Neubauer	41	OG
Milan Odehnal	41	OG
Ian Simon	41	
Suma Snehaltha	41	
Madhuri Yechuri	41	All Fly
Peter Bartu	40.5	
Keith Howell	40.5	OG
Joseph Mannion	40.5	
Sunny McKee	40.5	OG
Jon Nakamura	40.5	OG
Stephen Schatz	40.5	
Kala Sherman-Presser	40.5	
Anna Olsen	40.25	
Rebecca Tilley	40.25	
Darcy Wettersten	40.25	
Joni Beemsterboer	40	OG
Joel Bleskacek	40	
Andrew Braithwaite	40	
Laura Zovickian	40	
Joey Cannata	40	V
Duke Dahlin	40	OG
Kathleen Duffy	40	OG
Brenna Fleener	40	V
Joe Gannon	40	OG
Sue Garfield	40	OG
Chris Germain	40	
Pejmun Haghghi	40	
Mark Harrold	40	V

*continued on opposite page*

*John Nogue (right) receives his Polar Bear from John Ebert, Peter Cullinan and Hal Offen. Though John was not present he was credited with 69.5 miles donated by 70 other Polar Bear swimmers.*



# Just Another Swim

Keith Howell

It was a routine swim, barely a mile, and one I had done many times before. The tide had always been complicit, encouraging us along, so that we could feel happy emerging easily out of the briny after 25 minutes of a watery stroll.

We were warned that this year things might be a mite tougher. The participants in a test swim the previous morning had taken a few minutes longer than in previous years. The tide, they said, had not cooperated and the waters were choppy. But we lined up at Pier 41 on Fisherman’s Wharf at the appointed hour, jumped in to the 50 degree Bay—a little colder than usual—and set out. The first few minutes or so were uneventful. The temperature of the water that might seem chilly on a regular daily swim, warrants little notice when you are alongside a few dozen fellow floaters. We were all cold. No matter.

Ten minutes later we approached the first landmark—the end of a breakwater, nostalgically referred to as “the creakers” after a long lost, noisy makeshift marker. That was the first time we were in what might be classed as open water. It was where one generally picks up the obliging current and watches with increasing satisfaction as each breakwater buttress slides by almost without effort. Today, that wasn’t happening. Even the Creakers seemed suddenly out of reach. It passed slowly and grudgingly. The various sentinels, beacons along the breakwater, which had all been happy to see us in previous years, seemed reluctant to be overtaken, each stood tauntingly, watching passively as the struggling swimmers inched forward. But the waves were not passive. They bounded and broke, forming little hillocks in the water which each swimmer had to mount. The wind blew from the west, right in our faces. When the white caps came too fast there was no time to reach out above them. The stroke was engulfed, the effort wasted.

Eventually, after far too long, the everlasting breakwater gave way to the swim’s final stretch, a short quarter mile crawl to the beach, which we had all done many times before. But today was different. The water

temperature had long since receded from consciousness, the arms still swung, the legs kicked, and yet, and yet, progress was miniscule. “Swim close to the wall,” a pilot shouted, but it seemed to make no difference. Now we faced a southerly wind.

A sudden rush of water overcame the gusts. A brief respite: the end was in sight, a mere hundred yards. I stopped to look around. As most of the other swimmers were home, some long since, the accompanying, sheltering rowboats, bereft of other charges, had crowded close to the remaining stragglers. By now, I had been in the water nearly an hour, twice my normal time in winter’s inclement seas, but in thirty years of swimming in open water, I had never been “pulled,” never given up on a swim, however long. It was a point of no small pride. The rowers waited. I tried again. But nothing seemed to work. Those arms were spent. This is what it must feel like before you drown, I thought, before you surrender. There was no pain, no discomfort, just an unfamiliar feeling of helplessness. Is this how hypothermia feels? Would I be so calm if I was not surrounded by so much ready assistance? Not likely. But nothing I could do would make a difference. I was in an alien land, on an alien sea. The elements had, of course, won.

*I would like to profusely thank those boatmen and women who waited out my intransigence, assisted me to shore, and frog-marched me to the ever-forgiving sauna.*



*The unassuming Creakers*

*continued from page 16*

Trevor Haynes	40	V	John Stassen	40	Rey Hassan	23	OG
Peter Hollingsworth	40		Andy Stone	40	Kevin Shanahan	22.2	OG
John Hornor	40		Nobuya Takahashi	40	Lolly Lewis	22	OG
Sergei Khorochev	40		Ted Tilles	40	Janice Wood	22	OG
Keira Koss-Baker	40		Marc Cruciger	35	Kate Matthay	21.25	OG
Peter Kruit	40		Rusa Chiu	31.5	Lee Hammack	21	OG
Aniko Kurczinak	40		Julie Haas	30	Wendy Katzman	21	OG
Kerry LaBelle	40		Nancy Hornor	30	Thomas McGraw	21	OG
Sean McFadden	40		Vincent Huang	29	John Theede	21	OG
Nash Mittelman	40	V	Rudeen Monte	27.5	Phillip Rollins	20.75	OG
Jason Prodoehl	40		Robin Rome	26.5	Anne Sasaki	20.5	OG
Susan Saylor	40		Terry Horn	25	Norm Degelman	20	OG
Donna Schumacher	40		Krist Jake	24.75	Heidi Howell	20	OG
Ben Springwater	40	V	Lindsay Casablanca	23	William Tucker	20	OG

After so much talk recently about new boats for the Dolphin Club, it's time to look at the rowing we do. At its essence, rowing is a very simple thing; a natural physical motion, repeated again and again. But on that very simple foundation Dolphin rowers build a remarkably varied rowing experience. For Dolphins, rowing can be an intense athletic effort, a relaxing vacation from stress, a multi-day adventure, an intense competition, a thrilling test of skill and nerve, or a fun social occasion with friends. Even

*“erging”*: an ugly word for a beautiful exercise

better, that variety of experience is expected to grow as we add newer craft and new elements to our program in 2017.

One type of rowing that is gaining popularity at our club doesn't even require a boat. While not as exciting as dashing across the bay, rowing a machine is quick, you stay dry, and is a great way to get into shape. Rowing machines are also called “ergometers, as they can be configured to measure power output (measured in “ergs”) so rowing them is sometimes referred to as “erging”:

an ugly word for a beautiful exercise. If you are not an experienced “land-rower” watch for notice of Wyatt Nordstrom's popular Erging for Beginners classes. Once you've learned, you can start training for next winter's Grizzly Bear challenge, the club's annual competition for rowing machine glory.

The most recent Grizzly, running from Thanksgiving to New Year's Eve, was the largest ever with 58 Dolphins competing. Gary Ehram has established a tradition of runaway victories, this year rowing 1,072,361 meters during the challenge, a new record, and



*Gary Ehram erged over a million meters last December. First in the club, fourth in the world.*

Gary's sixth victory. Dave Nettell took second with 531,204 meters rowed, a fabulous total except when compared to Gary's. Four rowers exceeded the “Grizzly Adams” goal of 500,000 meters and 35 made “Grizzly Bear” status with over 100k meters rowed.

To put Gary's achievement in context, the manufacturer of our rowing machines, Concept 2, held a similar competition on a similar

schedule using their on-line rowing log system. Of over 6,800 competitors worldwide who each rowed the minimum 100k, Gary finished fourth! Go Gary!

On the bay our ever-expanding fleet of traditional wooden boats allows our rowers to enjoy easy excursions around the bay, pilot our swims, or challenge themselves on rough, fast-moving water. This winter we have held new advanced training clinics, tackling rough waters in a “big-ebb” (and a downpour!) and the South Tower of the Golden Gate Bridge at peak flood. More advanced clinics are being planned to allow Dolphin rowers to gain skills and experience in all conditions.

Dolphin rowers have made multi-day trips to Sacramento in our wooden boats for many years, and last fall a long one-day row to Petaluma was reinstated. In March, a group made a two-day row around Alameda. Other

“adventure-rows” are in the planning and “dreaming” stage. If multi-day events are more than you want to take on, group rows to various restaurants, state parks and other attractions have always been popular at the DC, either as a fleet of boats or in the *Wieland*. Expect that to continue. Rowing with friends is a special treat.



*Latest addition to the Dolphin fleet, the Liteboat*

**G**reetings and Welcome to another Year of Living Dangerously at the Dolphin Club. As we continue to forge the Culture that is uniquely ours, Traditions molded from over a century of activities in and beyond San Francisco Bay, and Heritage that is branded into our boats, building and members; remember always that you are a 'Dolphin', day in and day out.

We ventured into the New Year and 'cardinal century' with the ritual of the celebrated and legendary 'it can't be done' swim from Alcatraz. This renowned swim will be repeated twice this year in October, giving the bay water a chance to warm up. Take time to check out the 2017 Swim and Event Schedule for the many club events of swims, rowing or related events that should prepare one to pilot or swim from 'The Rock.'

*The Culture of the Dolphin Club is defined by our members who by their nature are eccentric, eclectic and independent individuals with the zest for living;*

much like a moth attracted to a flame, we are attracted to the bay waters. The symbolic namesake of the 'Dolphin' club exemplifies an inherent love for water and having fun swimming, rowing, running or whatever the club offers, even a nap before or after a swim.

The attraction to the bay, felt even before one enters the club, ultimately results from a democratic choice, as 'you choose to define who you are by what you do'. One major trait in our culture, high on the list of 'must do at the club' is sharing the bounty of experiences that is offered: whether it is to swim or row in the bay, run, lift weights, read, nap or be rewarded with some tasty treat created by talented culinarians in the

Kitchen and usually complimented by a beverage of choice. Another major trait on any given swim marks the nature of our culture; strict attention to Safety. Literally 'watching each other's back' on a swim or row in the bay in the heat of competition or on a solitary outing in Aquatic Park. Inherent to many, if not in all, of our members is a competitive nature, serving to drive our engine, but in all reality, you always find someone faster



or slower than yourself. True progress measured on your personal bar shows up or down like the tidal waters of the bay or 'how many squares' have you done so far, or where and how far did someone go on a row. It takes time to understand the Culture of the Dolphin Club but one also needs to create time to seek, find and jump in to its timeless nature.

The Traditions of the Dolphin Club have been collectively created over a series of events or activities inherent to our existence that has endured repeated testing, probing and challenges. The multitude of traditions, from swimming through a 'Polar Bear' Winter, 'erging' the Grizzly challenge, indulging in the Dolphin Club version of Thanksgiving or rowing 'Salmon Style-upstream'

to Sacramento are only a few of the many to be experienced. These traditions are not taken for granted nor were they created overnight. The significance, meaning and longevity of these traditions are defined by our annual Golden Gate swim. This challenging swim began a century ago. It was conquered long before the bridge existed. But the sheer ambition, energy and determination of the many individuals in our club have continuously kept this annual tradition alive to this year proclaim, on September 16th, the 100th Anniversary of the Golden Gate swim. Truly a once in a lifetime Dolphin Club 'Bucket List' item for members.

The Heritage of the Dolphin Club is now on our shoulders to take into the next century. The content of our legacy comes from those who significantly made their mark with their accomplishments and contributed to exemplify the nature of our culture. Their names are in the building - Staib, Keenan, Zahler, Sancimino, etc., or boats - Wieland, Baggianni, Foster, Cecco, etc., or swims - Joe Bruno Golden Gate, Doc Howard Over-45, Walt Schneebeli Over-60, and in members who are honored by the 'Old Timer' title. Heritage is our legacy and synonymous to vintage, like fine wine - memorable in a timeless way in whatever you do at the club to keep it alive.

The Dolphin Club is universally diverse and an exorbitantly rich mix in blood, sweat and tears--salty in flavor and language. In many ways, keeping the richness of Culture, Tradition and Heritage is an everyday challenge that becomes even more extraordinary whenever you enjoy a Swim, Row, Eat, Drink, Discuss or Debate this coming year of Living Dangerously in a place like no other, the Dolphin Club.



The Dolphin Swimming  
& Boating Club  
502 Jefferson Street  
San Francisco, CA 94109

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## 2017 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Sun TBD	*New Year's Day Alcatraz
Jan 1	Sun 10:00 am	New Year's Day Cove Swim
Jan 21	Sat 8:00 am	*Pier 41
Feb 4-5	Sat/Sun 00:58	24 hour cove relay
Feb 12	Sun TBD	Old Timer's Lunch
Feb 18	Sat 8:00 am	*Pier 39
Feb 26	Sun 9:00am	*Gas House Cove
Mar 11	Sat 8:00 am	*Yacht Harbor
Mar 21	Tue 11:00 pm	End of Polar Bear
Mar 26	Sun 9:00 am	*Dick Beeler Crazy Cove
Apr 1	Sat TBD	McCovey Cove Regatta
Apr 30	Sun 6:45 am	*Bay Bridge
May 6	Sat 7:45 am	*Coghlan Beach (fun swim)
May 13	Sat TBD	Rowers Dinner
May 28	Sun 7:30 am	*Pier 23
Jun 1	Thur 5:00 am	100-Mile Swim Begins
Jun 10	Sat 10:00 am	*SE/DC LGBT Pride Swim
Jun 18	Sun 9:15 am	*Pier 15
Jun 24	Sat TBD	*Coghlan Fun Swim
Jul 2	Sun 6:30 pm	*Doc Howard Over 45
Jul 8	Sat 4:00 pm	Under 30*/Under 45* Cove Swim
Jul 9	Sun TBD	Baykeeper Relay
Jul 15	Sat TBD	*Trans Tahoe Relay
Jul 29/30	Sat/Sun 11/8:30	*Santa Cruz Pier Swim
Aug 20	Sun 9:00 am	*Crissy Field
Sep 2	Sat 8:15 am	*Fort Point
Sep 9	Sat TBD	Angel Island Regatta
Sep 16	Sat 9:45 am	100th Joe Bruno Golden Gate
Oct 1	Sun 9:30 am	Alcatraz
Oct 14	Sat 9:30 am	Walt Schneebeli Over 60 Cove
Oct 15	Sun TBD	Dolphin/South End Triathlon
Oct 28	Sat 7:40 am	Escape from Alcatraz Triathlon
Oct 31	Tue 11:00 pm	100-Mile Swim Ends
Nov 1	Sat TBD	Pilot Appreciation Dinner
Nov 23	Thur 10:30 am	Thanksgiving Day Cove
Nov 24	Fri 5:00 am	Grizzly Bear Challenge
Dec 9	Sat TBD	Shiny Shoes
Dec 16	Sat 9:30 am	New Year's Day Qualifier & Holiday Brunch
Dec 21	Thur 5:00 am	Polar Bear Swim Begins
Dec 31	Sat 11:00 pm	Grizzly Bear Challenge Ends

**ROWING TRAINING**  
These Saturdays as 9:00 am  
January 21  
February 18  
March 18  
April 15  
May 20  
June 17  
July 15  
August 19  
September 16  
October 21  
November 18  
December 16

Intro to bay swimming *usually*  
offered Saturdays *or* Sunday  
after Board Meetings, check  
website [www.dolphinclub.org](http://www.dolphinclub.org)

### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members, who are current on their dues and fees and in good standing.
2. Swimmers must have current USMS membership, or USA Swimming membership, as appropriate and abide by each organization's rules and requirements.
3. Swimmers are required to wear orange caps on all scheduled swims.
4. Swimmers cannot use swim aids including fins and wet suits, on any timed scheduled swims.
5. New members are not eligible to swim in scheduled out-of-cove swims for either 6-months from the start of their membership, or before successfully completing the 100-mile swim, the Polar Bear swim, or the Accelerated Out-of-Cove process.
6. All out-of-cove swims require a pilot:swimmer ratio of 1:3.
7. Time limits may be imposed at the discretion of the Swim Commissioner(s).
8. All Club boats are reserved for scheduled swims. Co-pilots are encouraged. Riders are prohibited.
9. Swimmers must register during check-in and attend the swim briefing in order to swim.
10. To swim Golden Gate or Alcatraz, members must successfully complete at least three qualifying swims and help on at least two swims.
11. Out-of-town members must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 10 above.  
(Nothing in the above rules shall contravene any applicable Federal laws and statutes.)

Alcatraz Island  
1.4 miles



*All times are approximate & subject to change.  
TBD means "to be determined".*

Fort Point  
3.5 miles

Crissy Field  
2.5 miles

Yacht Harbor  
1.5 miles

Gas House Cove  
1 mile

Aquatic Park Cove

Pier 41½  
1.2 miles

Pier 43  
1 mile