

FALL 2014

DOLPHIN LOG

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



Once 'Round the Cove

Dolphin Log

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Dolphin Club heroes Kim
Chambers and Joe Locke

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Editorial Policy

Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.

Kayaks at the club

The Dolphin Club maintains a fleet of water craft usually referred to as the motorized and the non-motorized craft. The non-motorized craft include kayaks, paddleboards and standup paddleboards (SUP) as well as the wooden rowboats and the sculls.

There are a few people who take particular interest in kayaking and in the kayaks including Brian Kiernan, Barry Christian, JD Durst, Dave Zovickian and yours truly. The club offers kayak pilot training and a place to store the kayaks. The general rules of kayaking were published in the Fall 2012 issue of the Dolphin Log (available online) and includes: the training and certification of kayakers, rules of kayak use, rules for accompanying DC events, and rules of storage.

Safety

Safety is our first and highest priority. Please do not put yourself in harm's way. Do not paddle in conditions that are above your ability. Paddling conditions in the Cove are very different from the paddling conditions near the South Tower of the Golden Gate Bridge. You will have a different paddling experience near the South Tower on a calm day compared to paddling there on a gnarly day.

This summer someone went overboard from a kayak returning from the Bay Keeper's festivities near AT&T Park. Another person, well intentioned, attempted a rescue and was also dumped. The kayakers

were in high afternoon winds and big chop. What should they have done? First, if you think you will encounter big water, attach a paddle leash before you leave. If you are in the water, get upwind of your boat and hang onto your paddle. A boat full of water can cause serious harm if you are downwind of it. Next, relax; take your time to gather your thoughts. Try to climb back into your boat. Everyone who has taken the kayak safety class during the past few years has been required to dump and climb back in. If you can't climb back, make yourself visible. Hold the paddle high.

If you, as a paddler, come upon someone who needs help, stay beside or downwind from him/her. Offer reassurance. If he/she cannot get back into the boat, very likely in the big water we experience in the afternoons or outside the Gate, stay with him/her. Try to tow him/her back to land while he/she hangs onto the back of your kayak. Try to flag down another watercraft. Be conservative. We don't want to have to rescue two people.

Storage

The club has kayaks stored in the outside shed, the Zahler Room, under the outside stairs, and between the Dolphin and South End Clubs. Some belong to the club. Others are owned by club members and we are trying to accurately determine who owns them. We are also determining which kayaks

Listserve

Members wishing to receive notices posted on the Club's Listserve should go to: Members.dolphinclub.org and click on "Join" You can choose to receive every upload individually or a single posting of the previous day's posts at midnight.

are not functional and which we don't need. Let Brian Kiernan (coastprop@aol.com) or me (terryhorn@sbcglobal.net) know if you own one of the kayaks stored at the club.

All kayaks and SUP's stored at the club may be used by qualified club members. We have had some kayaks and SUPs go missing as well as a paddle or two, and others damaged. Rinse off all equipment after use. If a kayak has foot braces, move the braces as you rinse them. Accidents happen. If you damage a kayak or find one damaged, please let Brian, Boat Captain John Blackman or me know, or leave a large note on the boat. Finally, when you are returning kayaks and paddles to the Zahler Room, dry them off to protect the newly finished floor. *

*Thank you,
Terry Horn*

**House captain Jay Adams writes: The installed finish is a polyurethane sealer called Bona Traffic HD (Heavy Duty). It is an expensive commercial grade floor finish made to resist water. The staining is a result of standing salt water. The other floor finishing option is a penetrating sealer called Waterlox. This is a four-coat sealer that soaks into the wood. Each coat requires a minimum of 24 hours to dry, and the fumes are noxious. Installing it would require shutting down the club for a week.*

Corrections

The swimmers in this year's Bay Bridge Swim were listed incorrectly in the last issue. You will find the correct list on page 14.

The photograph in the Summer 2014 issue purporting to be of new Life Member Richard Perkins was actually a photograph of long time Life Member Richard Antonchuk.

DOLPHIN ★ CLUB ★				SWIMMING ★ RECORDS ★					
MEN			EVENT			WOMEN			
NAME	TIME	YEAR	EVENT	DISTANCE	NAME	YEAR	PILOT		
GARIBALDI	18:25	83	GOLDEN GATE	1.0	HEIM	18:44	87		
KENYON	23:35	82	ALCATRAZ	1.3	HEIM	25:39	85		
GARIBALDI	15:30	74	PIER 41	1.0	HEIM	15:53	05		
PERKINS	21:06	99	PIER 39	1.0	FENSON	20:03	97		
GARIBALDI	14:55	74	GAS HOUSE COVE	1.0	FENSON	15:00	97		
GARIBALDI	23:19	81	YACHT HARBOR	1.5	HEIM	26:09	94		
KELLY	27:54	88	CRISSEY FIELD	2.5	MERKL	31:55	86		
SELMER	37:52	90	BAY BRIDGE TO D.O.	3.8	HEIM	39:02	02		
SALOMAA	49:32	14	FORT POINT	3.3	HEIM	48:30	14		
SELMER	15:53	98	DOC HOWARD G.H.C.	1.0	HEIM	17:24	03		
HENNESSY	19:09	90	SANTA CRUZ	1.0	HEIM	17:55	96		
DUNCAN	49:32	65	PILOT		HEIM	46:46	83		
HENNESSY	2:18.16	89	HUGHES	2 GATE CROSSINGS	2.0	HEIM	1:54.39	83	
KENYON	1:06.29	82	HARRISON	4 GATE CROSSINGS	4.0	HEIM	2:42.18	87	
GARIBALDI	1:12.0	80	ZAHLER WALDEN	6 GATE CROSSINGS	6.0	HEIM	1:14.16	93	
GARIBALDI	2:42.09	80	HINTON	ANGEL IS. RT.	3.2	HEIM	1:14.20	87	
KENYON	54.25	80	HINTON	ANGEL IS. RT.	3.7	HEIM	2:40.36	87	
GARIBALDI	42.17	81	HARTNETT	BRIDGE TO BRIDGE	3.0	HEIM	55.55	96	
DAVIES	8:21	90	GIFT DANIELSON	OAKLAND TO SF	5.0	HEIM	1:16.32	84	
SELMER	1:46.15	94	GIFT	SF TO OAKLAND	5.0	HEIM	1:25.40	84	
SELMER	4:06.26	94	HARRISON	BAY TO BREAKERS	9.1	HEIM	3:08.0	85	
FRELINGER	2:10.04	93	HYNSKY	BAY TO DC	6.6	FENSON	1:09.10	80	
EVANS	13:45	14	DRUM	SAUSALITO FM DC	9.5	FENSON	5:28.18	83	
LOCKE	13:58	14	DRUM	SAUSALITO RT.	11.0	FENSON	2:13.47	81	
AINSLIE	3:27	87	DRUM	CANDLESTICK TO DC	7.5	FENSON	2:05.47	82	
BINGO JIMENEZ LIBERTY	14:55.0	68	DRUM	FARALLONE TO LAND	200	HEIM	1:37.10	95	
COOK SHARLAN EVANS	3:34.0	79	DRUM	FARALLONE TO GATE	300	HEIM	1:11.0	95	
DRIFT GRAY GARIBALDI	3:28.0	79	DRUM	ESCAPE FROM ALCATRAZ	300	HEIM	3:39	95	
WATZ TINA VAN BORN	3:28.0	79	DRUM	RELAYS		HEIM	1:42.0	83	
URREA	426 MI	99	DRUM	★ FARALLONES TO DC	33.0	ALLEN ANTONCHUK	PIEROTTA KULLA	3:33.55	78
KEBBE 04 & WENZEL 07 & PEREZ 13			DRUM	LAKE TAHOE	14.4	SPENCER HORNOR	BEHRENBACHER	3:48.37	82
BRUNO 61 GATE CROSSINGS			DRUM	MAUI CHANNEL	9.0	HEIM HOWARD KULLA	HOLTON HILL BAUNBERG		
			DRUM	100 MILE SWIM		ROYER	306 MI	98	
			DRUM	POLAR BEAR	★ 356 MILES ★				

Photo Rich Cooper

Annus Magnus

Some extraordinary records—including two new ones in 2014.

This has been an extraordinary year for the Dolphin Club. The Swim Commissioners' Report on page 13 lists the many accomplishments of club members, many of them unprecedented. Suzanne Heim-Bowen swims around Manhattan in under eight hours, Rachael Perry and Kelly Amdur won the Head of the Charles double, the nation's most prestigious sculling meet Vic Pizarro tows a rowboat from Alcatraz, his arms and ankles shackled (page 20), Sunny McKee qualified to race in the Hawaii World Ironman Championships where she finished in 6th place in her age group, and a couple of relay teams swam the English Channel.

But most remarkable among all the successes are the achievements of Kim Chambers and Joe Locke. Kim completed the last two swims of the Oceans 7. She talks about her extraordinary adventure and ordeals in "Swimming as Therapy" (page 4). Joe Locke, in contrast only completed one swim, but such a swim! It took him seven tries, but in September, challenged by currents, temperature, and the threat of sharks, he became only the second person ever to swim from the Farallones to the Golden Gate (see page 8). They have been nominated for the titles Open Water Swimmer of the Year in the women's and men's categories.

The year culminated in the Club's victory, our first in ten years, in the annual competition with our notorious rival to the east. We didn't just beat them, it was a drubbing, winning handsomely in all three sports—swimming, rowing, and running. Our victory is owed in large part to the influx of new talent and enthusiasm. We initiated over 200 people in 2014 and now have over 1400 members on the roster, a record and a challenge.

The Editors

Missing Minutes

The Dolphin archives work group is looking for missing Dolphin Club Board Meeting minutes. It's a long shot, but you never know what you'll find if you ever do get to cleaning out the garage or attic! So we'd like to check if any members have information or know who might have some of the minutes for these dates:

January 1912 to December 1945 (one can but try)
November 1960 to December 1972

The earlier years are probably handwritten in bound books. The later years might be typed. Please contact Morgan Kulla (northbeach3@yahoo.com) Want to volunteer to help with the archives project? Watch the listserve for announcements of future work days. This is a long-term project, so if you're too busy, there's next year or the year after.

Morgan Kulla

Dolphin Club Building Fund Year End tax-deductible donation

The Dolphin Club building fund was established in 1998 as a method to develop and maintain an additional source of capital for major building related projects. The Club established a "Dolphin Club Account" with the San Francisco Bay Keepers, a 501 (c) (3) non-profit, that maintains the account under a written agreement with the club. Over the 14 years of its existence the members of the DC have donated monies to the Fund which has enabled the Club to renovate the Ladies locker room ('99), replace the Pier ('08) and replace the lockers in the Ladies locker room ('10). Please consider the Dolphin Club Building Fund in your year end tax planning. Your tax deductible donation should be made by check payable to (or securities endorsed to) "Baykeeper", with a notation on the memo line "Dolphin Club Building Fund". All donations should be sent to Sunny McKee, 502 Jefferson Street, S.F. CA 94109.

Swimming as Therapy After the Ocean's 7, What's Next?

Kim Chambers



Photo Jocelyn Chambers (Mum)

Crossing the Tsugaru Channel Between Honshu and Hokkaido.



Photo Jocelyn Chambers (Mum)

The Japanese pilot boat flies the New Zealand flag.

Seven years ago on my way to work I slipped down the stairs. I have a high tolerance for pain and I thought it would just be a bad bruise. But my leg kept swelling and six hours later it gave out from under me. My next memory is waking up post-surgery. Diagnosed with acute “compartment syndrome” and 30 minutes from having my leg amputated, I remember the doctor’s words because they stung, “We saved your leg but we don’t know what, if any, functionality you will have.” I had significant damage to the peroneal nerve, and severe nerve pain for a number of years. They had cut through the fasciae but it took over nine months for swelling to go down.

I was treated in a hyperbaric chamber in the burn unit and had to lie in there for hours and hours. Most people with this problem are amputees. The few that are saved are disabled. That was a defining moment because I was set up for a life of being disabled. Out of hospital I was on crutches, then physical therapy for two years. I quit my job and hid myself away. I didn’t want anyone to see me.

Now, in contrast, I welcome the help of others and have been so touched by the outpouring of support not only for my Ocean Seven swims but also all the kind

words through my post-swim recovery.

I had been taught water safety at my little country school in New Zealand but I had never really swum competitively. Two years after the accident I could still hardly walk. I felt stuck. Someone told me about the outdoor pool at Golden Gateway. I'd go down in the evenings. My scars were still very obvious. I didn't swim well, but standing in the pool nobody asked about my leg. It was a great equalizer. I was told 80 laps was a mile and that became an obsession. Then I met two instructors—Jordan Wood, a member of the South End, and Dolphin Mike Chase. They suggested I swim in the Bay. It was November 2009. I was very skinny then, down to 120 pounds, my ballerina weight. The water was 54° and I was so nervous.

Once I got in, I was hooked. Jordan says he's never seen anyone on their first swim smiling ear to ear. It just ignited something in me I didn't know existed. I joined the next month, December 16. I wanted to remember that moment, and I asked the others who joined that day to swim with me along the buoy line in the dark. But no one would. I felt this was the beginning of something new.

From the moment I joined the club, there's always someone to help. First, I swam from Alcatraz in Spring 2010. Then I met Vito Bialla, he took me under his wing and I was invited on the boat with the Night Train Swimmers. They were training for the Farallon Islands relay. It was inspiring to be out there and part of that adventure. I wasn't fast but I could handle the cold, and when one of the team had to drop out (coincidentally it was Joe Locke), Vito called. That was a life changing moment. We swam in May 2011, and we were successful.

In anticipation of unsuccessful attempts, we had taken out one or two extra permits. And there was one left. I put together an all women's team in two weeks. Many of the women I didn't know at the time, but I learned they are the toughest women I have ever encountered: Melissa King (DC), Patti Bauernfeind (DC), Laura Vartain Horn (DC), Cathy Delneo (SERC), and Lynn Kubasek (SoCal). We had terrible conditions but Vito stuck with us and we finished.

The same month I was part of a Manhattan

relay team. Then I started to think about solo swims: San Quentin to Alcatraz, then the English Channel. First I swam the Channel as part of a relay with "502 Tideriders." But I'd told everyone I was going to do a solo attempt. They thought I was mad. Two days later I tried a crossing on my own—which I'd arranged just two weeks earlier. I was so unprepared but I wanted to pull a rabbit out of a hat. My pilot was horrified. He told me I would take 20 hours. I lasted seven miles. I was annoyed at myself. But had I not done that I wouldn't be where I am today. I told myself, next time I would be fully prepared. It set me off on my course. I booked my next Channel Swim right then.

I decided after my failed Channel swim to finally start training. I did some pool sessions. And I thought how meaningful it would be to do my first swim at home in New Zealand. My grandfather was not well, and he is the proudest Kiwi I know. I wanted to do it before he passed. My boyfriend at the time, Joe Locke, was an inspiration. He trained with me and believed in me. After my long training swims, I cried, but I followed the plan to the letter. I'm very disciplined. I think that's my ballet background. I won't do a minute less—or a minute more.

I had lots of support from both Dolphins and Southenders. What's so wonderful about being part of the community is that everyone's willing to help. These swims are never solo. Not just the team beside you in the boat, but someone saying, "Good luck, I'll be following you." It means so much.

The Cook Strait is cold, especially at the end where



Photo Melissa King

After the North Channel, the last and toughest of her seven swims, Kim required a little R&R.



Photo Matt Donoghue

The stroke of someone who never gives up.

there's an upwelling. I emerged hypothermic. I was delirious and don't remember getting on the boat. My boat pilot Philip Rush was scared—and horrified that I hadn't trained properly. I ended up in hospital with trouble breathing. I had been breathing on the wave breaking side, filling my lungs with saltwater.

I started doing 40-kilometer training weeks, training for a swim the length of Lake Tahoe. It took 15 ½ hours and started with me vomiting early because the nutrition didn't agree with me. The altitude didn't help either and the next day I was bedridden.

Then I was on the Night Train relay swim from the Bay to Santa Barbara for charity. First, we had boat trouble and put into Santa Cruz. I had four one-hour shifts a day. Five hours off to eat and sleep. During my seven pm shift I would see the jellyfish rise. It was like being tasered for an hour. They weren't the gelatinous sort. They were another species of cnidarian, like snakes. They would get into my suit. We gave up around Morro Bay after six days.

I didn't want the year to end that way, so I called my friend in Hawaii and went off to swim the Molokai Channel in November 2012. It started well but then the wind came up. It took me nearly 20 hours. I was escorted by dolphins. One of

them looked at me, glowing with bioluminescence and it gave a sense of calm. I was stung by Portuguese man'o war, but my big fear is being held under by a wave at the shore. Sandy Beach on Oahu where the swim usually finishes is known for its big waves and I was scared about finishing. But the conditions had deteriorated so much that we couldn't land there anyway. I was told I'd have to climb a wall, China Wall. I pulled myself out.

That's when I started thinking about the Oceans Seven.

Steve Munatones came up with the idea after open water swimming became an Olympic sport. Stephen Redmond was the first to finish it in 2011. I thought two down, five to go. 2013 was a great year of swimming. Joe and I swam the Strait of Gibraltar together. I learned to put my fitness from one swim into the next. Catalina in July was the first swim where I felt confident, and I had a wonderful team of fellows Dolphins: Melissa King, Nancy Lange and Brett Hillyard. Six weeks later, in September was the English Channel with another great

crew, Melissa King and Emma Perez. It was a happy, magical swim.

Three days later I was on the phone to Ireland about the North Channel. But I wanted to leave that until the next September when the water would be a bit warmer. I wanted to do the Tsugaru Channel earlier, as early as possible. I booked the first slot of the year. On that swim were three colleagues from Adobe Japan and my Mum. I was terrified because swimmers much better than me had taken 15 or 19 hours, though the distance is shorter than 20 km. I anticipated it would take 16 hours or more. The Japanese call that stretch of water the Flying Dragon. As the howling winds from the day before subsided, the pilot said, "I think the Dragon will be sleeping tomorrow."

He was right. Not a ripple. I was told to go fast out of the gate. I was

Kim did a fantastic job. She lost what she loved doing – dancing – but found another love; open water swimming, and by doing so she opened a new world for herself, found a new community of friends, and healed. To swim the seven oceans you have to be able to sustain your commitment, focus, and endurance not for only one, but for seven challenging channel swims. Kim's achievement was Huge. And those in the club who helped Kim inspired her, and she in turn inspired them.

Lynne Cox, Ultra marathon swimmer

worried about sharks but the biggest fish I saw was an inch long. When I got out of the water my Mum asked, “How long do you think you’ve been swimming?”

“12 hours 42,” I said. It was 9.38. One of the things I love about this sport is that you can’t compare yourself to another swimmer because of all the different conditions.

I went to New Zealand to see my mentor Philip Rush who put together my training schedule for the North Channel. I ramped up to 60 km a week. That was a whole new level. My day would start at 4:30 am, training at a Marin pool by 5 am with my Masters’ Group. Then I would come and swim at the Club and be in my office by 9:15. Up until the last swim, when I had to take medical leave, I never took a day off work.

My muscles built up and I also needed to build up fat. I put on 70 pounds, eating five avocados in one sitting, my handbag filled with healthy but calorie-rich snacks. My body is my vessel and I want it to be seaworthy. As Vito said, “It’s a battle,

not a beauty contest.” It’s different from being a ballerina.

I didn’t welcome the unseasonably warm temperatures in the bay last summer because I wanted to be ready for the cold. I had only cold showers for months. I got a kiddie pool, filled it with ice-cold water and sat in it. For a few days before the North Channel swim I went in twice a day for an hour to get acclimated. On my first swim I saw jellyfish, the size of a tire.

After several days in Ireland, trying to get used to the water and resting, the boat captain called. “See you at 4:30 am.” Nervousness, excitement, terror filled me as I was on the cusp of finishing Oceans Seven. Immediately into the swim we were surrounded by landmines of jellyfish, which the pilot tried to guide me through, but sometimes there were just too many. They would blow a whistle. “Move left. Stop. Move right.” I still have nightmares today. I was in a lot of pain and hypothermic. My good friend Matt Donoghue and Oceans Seven swimmer Darren Miller herded

me to shore. Afterwards, probably from aspirating my own vomit, I couldn’t breathe.

These swims have allowed me to get in touch with my emotions. Everything is heightened—fear, delight, excitement—it’s intoxicating and addictive. They have given me a new sense of myself, and I feel very fulfilled. Part of the joy is sharing it, which is why I write my blog.* I cry at the end of every swim. So many emotions and such disbelief are overwhelming. I’m very competitive, but I’m competitive with myself. I love the all-consuming devotion, but I missed out on a lot. And it has all been a tremendous expense. The money from my only sponsor, Blueseventy, goes to a young man in Marin named Theo St. Francis who is recovering from a paralyzing spinal cord injury.

I don’t know what comes next but I do know I’m goal oriented. We shall see...

*kimswims.com



Photo Rachel Ross

Kim climbs the China Wall on Oahu after swimming the Molokai Channel

From the Farallons

Joe Locke completes the Crossing to the Golden Gate

David McGuire



Photo David McGuire

Forty three years ago Dolphin Club member Lt. Col. Stewart Evans completed the first crossing from South East Farallon Island (SEFI) to the mainland, finishing at the beach near Bolinas in 13 hours, 44 minutes. In early September that same year, Ted Erikson swimming from SEFI swam all the way to the Golden Gate Bridge in 14 hours, 38 minutes--the first time ever. Since then, a few relay teams have made the trip across in one direction or the other, but until June 2014 no one has made a complete solo crossing. That month, an accomplished distance swimmer, Coloradan Craig Lenning made the attempt to cross the Gulf of Farallons to the Gate. Currents off Point Bonita caused him to miss the bridge but he successfully landed at Muir Beach in 15 hours, 47 minutes.

My friend Joe Locke has long had his eyes on this goal. A soft spoken, hulk of a man, Locke has swum the English Channel and many other distance challenges. When asked to advise him on sharks and the islands last year, I gladly joined his team. There are a few unusual challenges to this swim. Storms from the Aleutians and localized northwest winds generate large swells, wind waves and strong currents. Coastal upwelling brings up deep nutrient rich cold water creating an abundance of life (and the conditions for the summer fog we know so well), and atop that abundance are the sharks.

Everyone talks about the sharks but few see them. In fact, most of the large white sharks at this time of year are still offshore, heading

back home on their migration from the "White Shark Café" half way to Hawaii. There are sub-adult white sharks that stay in the region all year, and they feed near the island, but the odds of a shark encounter get higher as the water warms and the season progresses into "Sharktober." In fact, more swimmers are bitten by sea lions locally than sharks. Still, the sharks are here and its part of the risk we take surfing, diving and swimming here. Swimmers considering the Farallons' passage have to weigh waiting for warmer water temperature and milder weather against an increase risk of encountering a white shark.

This was Joe's 7th attempt and my third supporting him, and this time, the conditions looked ideal. On previous attempts the water had



Photo David McGuire

Seventh time's a charm. Joe finishes his swim dwarfed by the South Tower of the Golden Gate Bridge.

been too rough, or the temperature, under 50°F, making it impossible to stay in the water. On one swim Joe nearly made it to Point Bonita before being denied by the mighty ebb tide that had pushed Evans and Lenning north. Today, September 12, 2014 the tides and waypoints had again been carefully calculated. The weather pattern looked like it would hold for a day. Onboard the 34-foot Hyperfish support boat were a team of experienced ocean swimmers including marathon ocean swimmer Evan Morrison who acted as official observer.

With the sea lions and common murrers serenading us, Joe plunged into the darkness a shade after midnight. His stroke rate began high, in the mid eighties, but the water temperature at 53 and calm seas boded well once he settled in. He soon left the noise and odor behind but then swam through patches of stinging jellies, and then bioluminescence.

For the first few hours Joe swam steadily between two and three miles an hour. Every 40 minutes we fed him his home brewed super food tossed out in water bottles on a line. No sharks came to visit, but a sea lion followed him for an hour, swimming beneath and bumping him sometimes from behind.

The swim sanctioned by a Farallon Island Swim Foundation

observes the Channel Rules. The rules allow no assistance and no touching the boat, a swim cap, suit and lanolin for chafe and not much else. Joe swims like the water polo player he once was, with a strong open stroke and a regular heads-up every fourth stroke. Sunrise found us just where we wanted to be, but we ran into the waning ebb 12 miles out from Point Lobos. Joe powered through this sticky water but his rate dropped below two miles/hour and we worried about making the flood tide closer to shore. It took three hours to push past a back eddy north of Four Fathom Bank, but then his speed picked up and it looked hopeful. Tankers exiting the bay and cargo ships coming up from behind all converged as we breasted the Bonita Channel.

On a building breeze kite sailors and yachties cheered as the swimmer chugged steadily up the channel, but looking ahead I could see the green water of the ebb tide meeting the flood. We were running out of time. Ship traffic pushed us close to the foot of the South Tower where the current surged into a standing wave. Joe's rate increased as he sensed the imminent river of water prepared to deny him again.

Joe had hoped to swim to Aquatic Park but as he neared the bridge the going got really tough

right when he least needed it. The last half hour against the building ebb made the bridge an acceptable goal. Powering through the final chop, he cleared the shadow of the Golden Gate Bridge and reached out and touched the pier footing to the cheers of the crew 13 hours and 58 minutes after he had started, becoming only the second person in history to make the swim. His time beat both of the two other six-person relays put together by the venerated Night Train Swimmers.

It felt great to support and document this accomplishment in an epic feat of endurance.

Training, commitment, concentration and a little luck put Joe into the history books. Many have their eye on this crossing, but the swim from the "Devil's Teeth" is not for the faint of heart, even among marathon swimmers. I think I'll stick to diving with sharks.

Join Shark Stewards Director David McGuire on wildlife expeditions to the Farallon Islands in the fall. To learn more or help support our work fighting shark finning or the shark fin trade please visit www.sharkstewards.org.

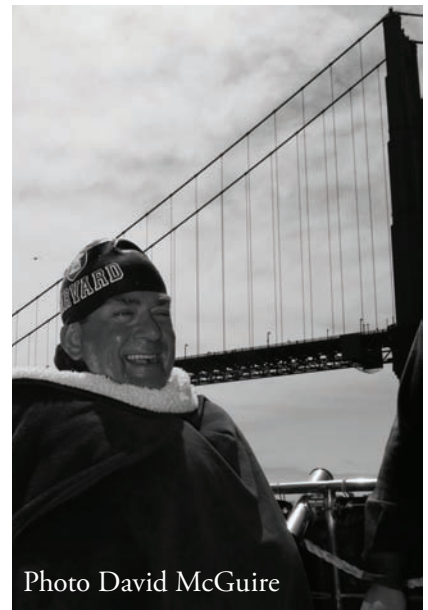


Photo David McGuire

After 14 hours, blankets supplemented the warmth of success.

Adventures on the Charles River

Racheal Perry



Photo Sport Graphix

Kelley and Racheal powering up to pass as they approach Weeks Bridge

This past October Kelley Amdur and I, with fellow Dolphins Joe Abrams and Tom Laughlin*, competed in the Head of the Charles Regatta (HOCR) in Cambridge, MA. HOCR is one of the world's preeminent rowing competitions with an estimated 11,000 US and International participants. 2014 marked the 50th Anniversary of this historic regatta on the Charles River, a 3-mile winding course. In these competitions, boats race single file with approximately 10 seconds between each at the start. The curvy course is one challenge, but rowers must also navigate under several bridges with narrow arches. Not only is there not much room for passing other boats, but also each year several boats end up running into a bridge, something we hoped to avoid!

Qualifying for the HOCR in a scull involves a lottery system that provides a guaranteed entry the following year for those who finish within 5% of the winning time in their event. Initially I submitted an entry for the Senior Master (40+) Singles event but did not get in. My good friend and training partner, Diane Davis from South End Rowing Club, got in for her Grand Master (50+) Single** event. I sent an email to the race director pleading to please

let me compete. She suggested I enter the Senior Master Doubles event (2x). I contacted Kelley Amdur, a fellow Dolphin who had a successful spring rowing season racing in the Bay Area but moved with her family to Colorado in July. She was game to row so we put in our entry. On September 2nd we got the good news.

After the excitement wore off, we got our training plan together. I would train here in San Francisco on Lake Merced and the Bay, and she would train in Colorado on the erg and on the water once a week in Frisco, CO. Kelley was forced to brave 30 degree mornings on the water and an hour commute each way to Frisco. Despite not rowing together but a handful of times before submitting our entry, we were committed to our training plan and were determined to row our best.

Knowing that Kelley, Diane and I were going to be together in Boston, we wanted to find a 4th person, preferably a local, to compete with us in a second race, the Directors Challenge Quadruple Skulls (4x). This fundraising event is part of the HOCR and groups women of all ages into a single 4x race. Results are handicapped based on age. Enter Carol Feeney. One of Kelley's former Olympic team mates, Carol

arranged for us to borrow a boat from Buckingham Browne & Nichols School where her husband Adam is a coach. Carol agreed that she would sit in the bow, which entails not only rowing but also steering the boat with a rudder connected by a wire to the toe of her shoe. Carol had never rowed a 4x before, yet knew the river and was up for the challenge. This race pitted us; team Quadrow Feeneya, against 29 other boats with a start position of 17. We were able to practice together once before racing on Sunday morning, Oct. 19. We passed several boats in the course of the race (Carol was essentially yelling "yield" the entire time), and we finished 3rd!

When Kelley and I looked at the HOCR race schedule back in July, we saw that we would have 4 hours between the 4x race and our 2x race. Some competitors row two races, one on Saturday and one on Sunday, but very few attempt two in one day. We would have just enough time to get the 4x back to the dock, re-rack the boat, shuttle our oars to where the 2x was located (2 miles up-river) and recover from the 4x race. As race day approached the start time for the 2x was bumped up giving us less than 3 hours between races. "BRING IT ON," we said.

Aside from the level of competition, the challenge of the course and the variable weather conditions, handling is critical. Rowers must navigate the long sweeping turns and narrow bridges while holding their course and passing slower boats all while not crossing the buoy line. Buoy line violations add 5 seconds to your finish time.

We finished respectably in the 4x then hurried back to start the double. In the 2x the bow seat steers the boat and the stern seat strokes the boat. Kelley sat bow and I sat stern. Steering involves pressing down harder with one leg while pulling harder with one hand. This allows rowers to guide the boat along its course while applying pressure and consistent stroke rate. Long turns prove challenging when your right leg and arm pull for 10-30 strokes while rowing 30 strokes per minute. Cutting the turn short and coming up to an even stroke (applying equal pressure with both legs and arms) is tempting but you risk losing your course and adding time to your finish. Not ideal in a sport where every second counts.

On race day the weather was acceptable but windy, getting worse as the day progressed. But Kelley and I knew that our open water rowing experience would pay off; we were not worried about the wind and waves. Our race plan was to begin with a high stroke rate through the first bridge, and then settle to our race pace. Our start position was last, number 15 of 15 boats. As we rowed to the start we could feel the 30-knot gusts coming toward us, but we knew everyone else could feel them too. We got off the start line fast and passed our first boat right after the BU Bridge. Kelley kept us on course through the Magazine Beach curve and into

the only straightaway in the race, a stretch of about 1000 meters through two bridges. We passed another boat between the bridges but came up on a third boat right before the Weeks Bridge.

As you pass through Weeks Bridge you have to make a very sharp turn, using hard strokes with the starboard oar in order to preserve your course. We came up on the ladies from North Shore Rowing Club, and I could hear 'Oh expletive, expletive, expletive!' They were in trouble. Kelley called them off, telling them to make way.



Photo Sport Graphix

On the medal stand.

Suddenly they were caught between the buoy line and us. Next thing I heard was oars hitting the deck of our boat. Collision!

Both boats stopped rowing, with oars tangled. NSRC paddled off of us, and we adjusted our course, finally clear. This incident took 5-10 seconds but felt like an eternity. We started back up at 30+ strokes per minute and headed toward Anderson Bridge. Kelley was calling other sculls off again: 'Make way ladies. We're starting our turn'. They made way, and we passed them.

The big turn toward Elliot Bridge is the most challenging part of the course. The last third of the course involves a very long sweeping veer past Cambridge Boat Club (the regatta host) and through the Elliot Bridge. The head winds died down as we started our turn. We came up on yet another boat, which fortunately

gave way, moving to the outside of the curve. Kelley shouted 'Power 10 Rach'. See ya! Starboard oar, more starboard, more... we knew that our friends were at CBC cheering for us. I needed to hear the cheers to keep me going. More starboard...ugh. That's when the sculler starts to question why she is doing this, why create such pain and suffering. Until we hear it...'Go Dolphin Club. Go Kelleyyyyyy. Go Raaaach.'

We pushed through Elliot Bridge to the final turn and the finish line on our second (or third or fourth) wind. We

were hunting to catch another boat, rowing harder and faster as we rounded the riverbank, staying close to the shoreline. We could taste the finish. Ten hard ones. One, Two... suddenly it was over.

We received congratulations (and apologies) from other

competitors at the finish line and made our way back to Riverside Boat Club, where we had rented our boat. Kelley and I had no idea how we placed but were happy with our race. We had stuck to our plan, rowed well together, and had some fun. We hoped we re-qualified for 2015.

We returned to the boathouse, put the scull away, and headed to the locker room, not yet knowing how we did. Kelley suddenly got a call from her husband Jon: 'You won!'! What? A text: 'You won-you freaking won.' The results had been posted, and we had come in first by 6 seconds. We won the Head of the Charles. We were stunned. I will never forget that moment. Nor that race.

WE WON!

*Joe and Tom finished 5th out of a field of 15 and re-qualified for 2015.

**Diane Davis finished 8th out of a field of 36 and re-qualified for 2015.

What a bang-up year in the rowing arena our club experienced these past 12 months setting all kinds of records! We are bursting at the seams with wooden boats, kayaks, paddle boards, shells, motorized craft, trailers, ergs, etc. with nary an inch to spare. Jon and the boat shop have been going almost non-stop on a daily basis. It's a reflection of the huge increase in the on-the-water activity we have experienced in the last couple of years in conjunction with the increased membership. We've had over two dozen rowers qualified to row his year, and we have about another dozen right on the cusp of qualification. This is good news for our swimming program because our goal is to always provide ample coverage for all our swims and never have to pull swimmers at the last minute because of lack of pilots. We should be in good shape for swims next year!

Rachael Perry, Kelly Amdur, Joe Abrams and Tom Loughlin took part in the prestigious Head of the Charles races in Cambridge, MA and acquitted themselves admirably, especially, as you see elsewhere in this issue, Rachael and Kelly who, despite training half a continent apart and being held up mid race by confused competitors still managed to come out on top.

The *Weiland* was a big star this year, the most active year it has seen in a long time. It went out many times for fun rows, several times for over-nights, one astronomical expedition, and then, above all, the many training rows in preparation for the DC/SERC Triathlon. In addition, the Tom Tro-neum scullers took it out several times with coach Tom O'Connell and Jon Bielinski. The summer program with

Photo Sport Graphix



the high school rowers was a huge success again for all the kids who participated, for their coach, and for the several club members who helped out. The kids had a great time, and many were on open water for the first time.

Barry Christian was busy all year long keeping the motorized craft up and running. It seems like a never-ending job, but the three ABs and the Arias were ready for all our swims and will be again this year. We'd be hard pressed in our swims if we couldn't rely on these crafts to be constantly

ready to go. We qualified five new AB pilots, and expect about the same number to be qualified next year. By the end of 2015, we hope to have a pool of about a dozen qualified AB and Arias pilots.

We expect to lay the keel for Don Reid's new boat early in the new year. This will be the major job in the boat shop in 2015. It will be great to have a sister boat to the Kapuna. In October we had a fabulous row to Sacramento led by Jon Bielinski with five other members. Shell activity has picked up markedly, both at Lake Merced and Jefferson Street. New shells arrived at both boathouses, with more to come. As usual, space is an issue!

Needless to say, the crowning event was the triumphant role the rowing effort played in our recent victory in the DC/SERC TRI. Hats off to Charlie McIntyre and the women's barge: a close, tough race all the way! No easy win. JD Durst and Quincy Darbyshire led the charge for the other boats. JD did an outstanding job in planning, training and guiding the rowers. We won many 1sts, 2nds and 3rds. A triumph in itself!

This has been a rowing year none of us will soon forget! And behind it all has been the constant encouragement, enthusiasm, and leadership of Diane Walton. She was the spark-plug! Does that trophy look good, or what?

John Blackman



Photo Sport Graphix

Joe (stroke) and Tom (bow) heading into the big Week's Bridge turn at the Head of the Charles

The Club has had a busy late summer and fall both in the bay and surroundings and in waters far and near. Pardon the use of a list, but we are too prolific for words!

1. **June 14:** Suzanne Heim-Bowen swims around Manhattan, 7 hour, 47 min. Tour boats take longer.
2. **June 30:** Lou's Legend Relay crosses the English Channel. Peter Badertscher, Joel Bleskacek, Cesar Manzano, John Nogue, Arnie Oji, and John Stassen, 16 hours, 6 min. While I'm a bit biased, the boys did a great job crossing a 20.5-foot tide, with rain and lightning but no visible burn marks.
3. **July 3:** Kim Chambers swims Tsugaru Strait, 9 hours, 38 min. What can you say about this woman that hasn't been said already? Tremendous!
4. **July 4:** Ten swimmers swim from the Golden Gate to the Bay Bridge. Bob Cable, Victor Critchfield, Randy Edwards, Cory Emerson, Clint Hendler, Melissa King, Sean Lavelle, Joe Marenda, Megan Wachs and Chris Wagner. Hats off to the swimmers, pilots and especially the organizers, Lisa Newman-Wise, Brendan Crow and Joe Marenda for extending the Dolphin Club's reach.
5. **July 12:** Joe Locke swims from the Farallones, 13 hours, 58 min. Only the second person, and first in 47 years, to swim from the Farallones to the Golden Gate Bridge and setting a record to boot. Wow.
6. **July 13:** Dick Beeler Crazy Cove,

- Gabriella Cross, Madeline Eustis, Megan Wachs are the winners. Emphasis was on crazy!
7. **July 20:** Four-Man English Channel Relay: Vito Biella (DC), Matt Davie (DC), Dave Holscher, Scott Stiteler (DC). 11:38. One of the fastest four-person relays of the year. You should view the video and see a different side of Vito. <https://vimeo.com/102933527>
 8. **July 27:** Under 30 Cove. Short course, Sakura Myers (Kent Myers' daughter) age 4, long course, Marie Maxwell age 18. We all should feel



Photo Angela Jabbour

Swim Commissioner and SC in training!

- very encouraged about the next generation of Dolphin swimmers.
9. **August 17:** Walt Schneebeli Over 60 Cove. Walt wins the Commodore's course again! Duke Dahlin is 1st to the flag and back and Julian Sapirstein takes the cove swim. A whopping 43 participants!
 10. **August 23:** Fort Point, Suzanne Heim-Bowen. It was great to see the duel between one of our all-time greats and the new gunslinger.
 11. **September 2:** Kim Chambers swims the North Channel of the Irish Sea, 13 hours, 6 min. Kim becomes the only sixth person, third woman and first New Zealander to complete the Ocean's seven. Epic.

12. **September 6:** Golden Gate: Jari Salomaa, aforementioned gunslinger. New faces continue to add to the richness of our club.
13. **September 13:** Duke Dahlin's 12-hr Cove Relay. It looks like a new tradition has been born. Hats off to Duke for suggesting the idea and putting in the time and effort to pull it off. Look for it on next year's schedule of swims.
14. **September 15:** Vic Pizarro III recreated the famous Jack LaLanne swim from Alcatraz, commemorating Vic's 60th birthday and the anniversary of Jack's 100th birthday. Swam from Alcatraz in handcuffs and shackles towing a row boat with a passenger behind him.
15. **September 20:** Alcatraz, Brendan Crow. Brendan fends off tough competition to win it in 27:44.
16. **September 27:** Escape from Alcatraz, swim portion - John Ottersberg (1st male cruiser) and Andrew Wynn (2nd overall) tied for the fastest swim at 31:20.
17. **October 1:** Anacapa to the Mainland, Over 60 Relay (all women). Nancy Lange and Deidre Golani were Dolphin participants. Harrowing tale of what can go wrong in open water. Hopefully more details later, as it is an example of some of the dangers in our sport. Nancy and Deirdre were unharmed.

18. **October 4:** Point Bonita to Aquatic Park. Lisa Newman-Wise, Brendan Crow, Joe Marenda and Chris Wagner. Another example of expanding our swimming horizons.
 19. **October 25:** DC/SE Triathlon. We crushed SE by 60 points in the swim portion of the TRI due, in large part, to a strong showing by swimmers placing 1,3,4,5,6,7,11,12,13,15,18,19,20, led by the overall winner and new comer, Adam Eilath.
- Other than that, nothing much has been going on around the ol' club!

Buoyantly,

*John Nogue for
Virginia Jabbour
Joe Marenda*

DC Swim Commissioners



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DOLPHIN LOG SWIM STATISTICS

Bay Bridge Swim MAY 4, 2014

Place	Name	Time
1	Brendan Crow	44:54
2	John Renko	46:30
3	James Fahlbusch	47:00
4	David Holscher	48:10
5	Joseph Marena	49:01
6	Laura Zovickian	49:28
7	Sean Lavelle	52:08
8	Kala Presser	52:16
9	Katie Harrington	52:40
10	Mickey Lavelle	52:58
11	Arnie Oji	53:38
12	Madeline Eustis	54:25
13	Nancy Lange	54:39
14	Charlie Cross	55:03
15	George Morris	55:48
16	Norman Hantzsche	56:47
17	Joanne Desmond	56:59
18	Kate Coleman	57:28
19	Keith Nelson	57:32
20	Peter Badertscher	57:50
21	Michael Caniglia	58:46
22	Byron Harbour	59:04
23	Roxy Phifer	59:20
24	Anita Holmquist	59:40
25	Aaron Rosenthal	59:44
26	Renee Kaufman	59:46
27	Jay Adams	1:00:08
28	Kathleen Duffy	1:00:18
29	Jackie McEvoy	1:00:47
30	Holly Reed	1:01:07
31	John Hornor	1:01:15
32	Pete Neubauer	1:01:20
33	Robin Rome	1:04:42
34	Cynthia Barnard	1:05:13
35	John Ingle	1:09:00
36	Cory Emerson	1:14:04

Pilots: Marcus Auerbuch, Jon Bielinski, Barbara Byrnes, Lowen Cattolico, Tom Davis, Paul DuBois, J.D. Durst, Sam Ferguson,

Sara Goetzelman, Deirdre Golani, Don Harrison, Nancy Hornor, Davis Ja, Liz Kantor, Brian Kiernan, Robert Mackey, Tom McCall, Mary Magocsy, Miguel Melendez, Alexander Mulder, John Nogue, Charles Pratt, Anne Sasaki, Bill Schroeder, John Stauffer, Jennifer Votava, Peter Votava, Diane Walton, David Zovickian
Helpers: Susan_J Allen, Laura Atkins, Bill Burke, Michael Caniglia, Michelle Cherrick, Cynthia Colebrook, Joanne Desmond, J.D. Durst, Ken Frank, Nancy Friedman, Brian Gilbert, Scott Halsted, Pia Hinckle, Nancy Hornor, Carolyn Hui, Tom Hunt, John Ingle, Morgan Kulla, Susan Lauritzen, Mickey Lavelle, Joseph Marena, Janice McCall, Jackie McEvoy, Jane Mermelstein, Pete Neubauer, Lorna Newlin, Catherine Nottage, Arnie Oji, Jeffry Peargin, Robin Rome, Ron Russ, Eric Shupert, Kris Steck, Andy Stone
Special Helper: Era Osibe
Non-member Helper: Natalie Wisniewski
Test Swimmers and Pilots: Peter Cullinan, Randy Edwards, Adrewanne Emerson, Cesar Manzano, John Nogue, Hal Offen, Joe Omran, Laura Croome, Jay Dean, Marianne Dean, J.D. Durst, James Fahlbusch, Jim Frew, Joe Gannon, Sara Goetzelman, Doug James, Nancy Lange, Alexander Mulder, Lance Starin

Under 30 Swim JULY 27, 2014

Short Course

Place	Name	Time
1	Sakura Myers	02:55

Long Course

Place	Name	Time
1	Marie Maxwell	15:47
2	Noah Zovickian	16:47
3	Alika Lew-Koga	16:49
4	Stephanie Saisi	17:20
5	Ashley Horne	17:42
6	Benjamin Rosenfeld	19:17
7	Andrew O'Mahony	20:20
8	Ben Zovickian	20:38
9	Sophie Nogue	27:40
10	Michael Connolly	29:22

Pilots: Ken Frank, Terry Horn, Sergei Khorochev, Brian Kiernan, Miguel Melendez, David Zovickian
Helpers: Cynthia Barnard, Eileen Buckley, Alex Buehlmann, Judith Calson, Andrew Cassidy, Cynthia Colebrook, Nancy Friedman, Susanne Friedrich, Brian Gilbert, Byron Harbour, Tom Hunt, Joe Illick, Lorna Newlin, Tom Nuckton, Daragh Powers, Neal Powers, Polly Rose, Gina Russ, Eric Shupert
Special Helper: Era Osibe

Walt Schneebeli Over 60 Cove Swim AUGUST 17, 2014

Three courses were swum:

A – Commodore's Course
 B – Flag Buoy and back
 C – 1 mile within cove

Place	Name	Time
A1	Walt Schneebeli	13:34
A2	Diane Walton	13:39
A3	John Davis	15:07
A4	Bob McKenzie	19:47
A5	Charlie Korelec	19:47
A6	John Nestor	20:22
B1	Duke Dahlin	11:29
B2	Ken Coren	14:35
B3	Keith Howell	15:22
B4	Bob Danielson	17:44
B5	Cynthia Colebrook	17:54
B6	Sid Hollister	19:00
B7	Jim O'Connor	20:25
B8	Leslie Daniels	18:17
B9	Polly Rose	21:58
B10	Kathy Brody	24:41
B11	James Vanya	25:38
B12	Pavla Podolska	31:11
C1	Julian Sapirstein	19:53
C2	Todd Oppenheimer	21:01
C3	Mickey Lavelle	21:40
C4	Michael Garibaldi	21:48
C5	Morgan Kulla	22:37
C6	Terry Horn	22:43
C7	Kate Coleman	24:12
C8	Keith Nelson	24:21
C9	Bill Burke	24:29
C10	Andy Stone	25:15
C11	Libbie Horn	26:06
C12	Kathleen Duffy	26:22
C12	Ward Bushee	26:22
C14	Peter van der Sterre	26:27
C15	Holly Reed	26:30
C16	Pete Neubauer	27:04
C17	Krist Jake	28:02
C18	Susan Lauritzen	30:47
C18	Will Powning	31:47
C20	Joe Illick	32:09
C21	Janice Wood	32:29
C22	Eileen David	32:44
C23	Wendy Katzman	34:09
C24	Mary Cantini	35:31
C25	John Owen	37:31

Pilots: Peter Bartu, John Blackman, Bob Blum, Victor Critchfield, Jim Frew, Brian Kiernan
Helpers: Bob Blum, Ward Bushee, Andrew Cassidy, Ken Coren, Bevin Daniels, Dotti David, Becca Fanning, Byron Harbour, Kelley Heye, Keith Howell, Tom Hunt, Joe Illick, Mickey Lavelle, Jackie McEvoy, Bob McKenzie, Tom Neill, Pete Neubauer, Tom Nuckton, Ron Russ, Julian Sapirstein, Peter van der Sterre, Janice Wood, and as usual, the Dolphin Club Swim Commissioners: Virginie Jabbour, Joe Marena and John Nogue
Special Helpers: Era Osibe, Nguyen Howell, Nico the Dutchman



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DOLPHIN LOG SWIM STATISTICS

Fort Point Swim AUGUST 23, 2014

Place	Name	Time
1	Suzanne Heim	46:30
2	Jari Salomaa	46:33
3	Brendan Crow	48:13
4	James Fahlbusch	48:31
5	Andrew Wynn	48:45
6	Christopher Wagner	49:17
7	Lisa Newman-Wise	51:04
8	Ryan Dalton	52:00
9	Randy Edwards	52:18
10	Stephen Schatz	52:23
11	Katie Harrington	52:56
12	Joseph Marena	53:06
13	Peter Bartu	53:33
14	Tom Neill	53:36
15	Peter Prato	56:09
16	Robert Cable	56:14
17	Nancy Lange	56:36
17	Steve Carlson	56:36
19	Patrick Dinan	57:30
20	Tom Brown	57:45
21	Megan Wachs	57:58
22	Sean Lavelle	58:40
23	Cesar Manzano	59:55
24	George Morris	1:00:27
25	Charlie Cross	1:02:04
26	Victor Critchfield	1:03:57
27	Sergei Khorochev	1:04:44
28	Joanne Desmond	1:05:18
29	Peter Cullinan	1:06:36
30	Thomas Partridge	1:08:14
31	Ron Russ	1:08:37
32	Andy Stone	1:08:47
33	Byron Harbour	1:09:58
34	Kathleen Duffy	1:10:55
35	Aaron Rosenthal	1:11:10
36	Renee Kaufman	1:11:16
37	John Ingle	1:22:04
38	Mickey Lavelle	1:22:44
39	Cory Emerson	Repositioned

Pilots: Jay Adams, Marcus Auerbuch, Jon Bielinski, John Blackman, Barry Christian, Gary Ehrsam, Ken Frank, Joe Gannon, Terry Horn, Davis Ja, Doug James, Brian Kiernan, Robert Mackey, Mary Magocsy, Miguel Melendez, Peter Meredith, Alexander Mulder, John Nogue, Hal Offen, Will Powning, Bill Schroeder, John Selmer, Lance Starin, Diane Walton
Helpers: Rick Avery, Andrew Cassidy, Charlie Cross, Ryan Dalton, Dotti David, Joanne Desmond, Patrick Dinan, Cory Emerson, Nancy Friedman, Brad Gambrell, Alexander Germanacos, Brian Gilbert, John Hornor, Nancy Hornor, Tom Hunt, Sean Lavelle, Jackie McEvoy, Hal Offen, Era Osibe, Peter Prato, Aaron Rosenthal, Gina Rus, Jeff Russell, Jari Salomaa, Eric Shupert, Andy Stone, Cory Sturtevant, Christopher Wagner, Janice Wood
Non-member Helpers: Tom Schatz, Natalie Wisniewski

Test Swimmers and Pilots: Andrew Cassidy, John Nogue, Hal Offen, Joe Omran, James Fahlbusch, Katie Harrington, Doug James, Daniel Osborne, Megan Wachs

Joe Bruno Golden Gate Swim SEPTEMBER 6, 2014

Place	Name	Time
1	Jari Salomaa	21:37
2	Christopher Wagner	22:14
3	Ryan Dalton	23:44
4	Patrick Dinan	23:54
5	Stephen Schatz	24:27
6	Joseph Marena	25:00
7	Christopher Kelly	25:40
8	Clint Hendler	26:20
9	Peter Bartu	26:22
10	Tom Neill	27:00
11	Cesar Manzano	27:11
12	Steve Carlson	27:15
13	Julian Sapirstein	27:44
14	Robert Cable	29:04
15	Erik Cufino	30:18
16	Mickey Lavelle	30:24
17	Becca Fanning	30:33
18	Arnie Oji	30:43
19	Morgan Kulla	31:10
20	Charlie Cross	31:38
21	Terry Horn	33:19
22	John Selmer	33:53
23	Margaret Keenan	35:02
24	Bob Blum	35:36
25	Byron Harbour	36:00
26	Charles Pratt	36:33
27	Michael Caniglia	36:41
28	Aaron Rosenthal	36:45
29	Joanne Desmond	36:53
30	Bill Burke	37:09
31	Renee Kaufman	37:23
32	Rick Avery	38:11
33	Sergei Khorochev	38:19
34	Keith Nelson	38:31
35	Kate Coleman	38:48
36	Doug James	39:12
37	Ken Coren	39:22
38	Joni Beemsterboer	39:42
39	Pia Hinckle	39:50
40	Firat Yener	40:35
41	Nancy Hornor	40:59
42	Holly Reed	41:32
43	Laura Jones	41:37
44	Brian Matthay	41:41
45	Roxy Phifer	41:46
46	Mike Mitchell	41:55
47	Kerry Labelle	42:11
48	Jim Frew	42:25
49	Ted Coyle	43:24
50	Kathleen Duffy	43:42
51	John Hornor	44:36
52	Jeff Russell	44:47
53	Bevin Daniels	45:18
54	Cory Sturtevant	45:22
55	Richard Haymes	45:24
56	Gabriella Cross	45:26
57	Alex Buehlmann	45:47
58	Pauline Koppenol	46:33
59	Pete Neubauer	47:42
60	Kent Myers	47:50

61	Joe Illick	50:57
62	Jane Mermelstein	51:57
63	Jackie McEvoy	52:07
64	Keith Howell	52:50
65	Will Powning	53:16
66	Cynthia Barnard	54:54
67	Lorna Newlin	55:24
68	Scott Halsted	55:54
69	Susan Lauritzen	57:43
70	John Ingle	58:49

Pilots: Gregory Anderson, Marcus Auerbuch, Jon Bielinski, Todd Bloch, Ross Browne, Trevor Carney, Barry Christian, Mike Coren, Duke Dahlin, Jay Dean, Marianne Dean, James Dilworth, Paul DuBois, Gary Ehrsam, Sam Ferguson, Jill Fleming, Ken Frank, Stuart Gannes, Alexander George, Sheila Gleeson, Deirdre Golani, Adam Goldberg, Katie Harrington, Don Harrison, Reuben Hechanova, Libbie Horn, Paul Irving, Davis Ja, Virginie Jabbour, Brian Kiernan, Melissa King, Xavier Lanier, Mary Magocsy, Grant Mays, David McGuire, Miguel Melendez, Peter Meredith, Hal Offen, John Ottersberg, Story Rafter, Robin Rome, Bill Schroeder, Spencer Sias, Lance Starin, Elizabeth Tippin, Chris Tschinkel, Megan Wachs, Jan Weidner, Dav Zimak, David Zovickian. **Thanks also to the two South Enders who piloted a double, Meyer and Peyton.** **Helpers:** Susan J Allen, Laura Atkins, Michael Barber, Natazha Bernie, Pete Bianucci, Carol Block, Nicholas Blum, Bill Burke, Andrew Cassidy, Ryan Dalton, Dotti David, John Davis, Adam Eilath, Ken Frank, Nancy Friedman, Brad Gambrell, Sue Garfield, John Hornor, Nancy Hornor, Tom Hunt, Elizabeth Jay, Seth Katzman, Wendy Katzman, Christopher Kelly, Megan Launer, Mickey Lavelle, Cesar Manzano, Jane Mermelstein, Pete Neubauer, Hal Offen, Todd Oppenheimer, Era Osibe, Neal Powers, Robin Rome, Polly Rose, Aaron Rosenthal, Jari Salomaa, Susan Saylor, Kala Sherman-Presser, Alex Sigal, Cory Sturtevant, Arnie Thompson, Monica Towers, Christopher Wagner, Diane Walton, Janice Wood
Test Swimmers and Pilots: Cory Emerson, Jill Fleming, Katie Harrington, Miguel Melendez, Alexander Mulder, John Nogue, Hal Offen, Paul Brady, Victor Critchfield, Ken Frank, Joe Gannon, Kelley Heye, Terry Horn, Doug James, Anna Mackinnon, Tom McCall, Andrea Morgan, Daniel Osborne, Will Powning, Holly Reed



Photo Pauline Farmer-Koppenol

Golden Gate Bridge Swim

DOLPHIN LOG SWIM STATISTICS

Alcatraz Swim SEPTEMBER 20, 2014



Photo Sunny McKee

John Ottersberg, Ted Tilles and Sean McFadden prepare to jump from the Alma for the start of the EFAT Triathlon

Place	Name	Time
1	Brendan Crow	27:44
2	Christopher Wagner	28:26
3	Jari Salomaa	29:11
4	Lisa Newman-Wise	30:00
5	Patrick Grady	30:10
6	James Fahlbusch	30:27
7	Ryan Dalton	30:55
7	Stephen Schatz	30:55
9	Patrick Dinan	31:56
10	Ross Browne	32:18
11	Joseph Marena	33:08
12	Katie Harrington	33:44
13	Christopher Kelly	33:54
14	Randy Edwards	34:07
15	Jesse Czelusta	34:08
16	Kala Sherman	34:13
17	Peter Bartu	34:36
18	Cesar Manzano	35:07
19	Steve Carlson	35:22
20	Tom Neill	35:52
21	Julian Sapirstein	36:02
22	Victor Critchfield	37:26
23	Jill Fleming	38:12
24	Paul Vanhoven	38:29
25	Robert Cable	38:44
25	Sean Lavelle	38:44
27	Morgan Kulla	39:12
28	Erik Cufino	39:18
29	Mickey Lavelle	39:46
30	Arnie Oji	41:46
31	Charlie Cross	41:55
32	Terry Horn	42:56
33	Alex Mulder	43:35
34	Brian Matthay	43:46
35	Bob Blum	44:01
36	Peter Cullinan	44:04
37	David Nosrati	44:29
38	Doug James	44:53
39	Margaret Keenan	45:23
40	Byron Harbour	45:53
41	Keith Nelson	45:58
42	Michael Caniglia	46:23
43	Eileen Buckley	46:49
44	Ken Coren	46:56
45	Rick Avery	47:19
46	Ron Russ	47:31
47	Aaron Rosenthal	47:33

48	Joanne Desmond	47:43
49	Sergei Khorochev	47:45
50	Pia Hinckle	48:12
51	Nancy Hornor	48:32
52	John Selmer	48:50
53	Gabriella Cross	49:13
54	Monica Towers	49:50
55	Bill Burke	50:19
56	Mike Mitchell	51:08
57	Richard Haymes	51:57
58	Kerry Labelle	51:58
59	Roxy Phifer	52:53
60	John Hornor	52:56
61	Laura Jones	53:05
62	Jackie McEvoy	53:45
63	Bevin Daniels	53:56
64	Hal Offen	54:45
65	Kent Myers	55:05
66	Pete Neubauer	56:03
67	Cynthia Barnard	58:16
68	Kathlee Duffy	59:14
69	Will Powning	59:34
70	Janice McCall	59:53
71	Keith Howell	1:01:54
72	John Ingle	1:08:16
73	Sibylle Scholz	1:23:45

Pilots: Pete Bianucci, Jon Bielinski, John Blackman, Paul Brady, Gretchen Coffman, Rich Cooper, Kathryn Cronin, Duke Dahlin, Quincy Darbyshire, Tom Davis, Jay Dean, Marianne Dean, Paul DuBois, Cory Emerson, Madeline Eustis, Pauline Farmer-Koppenol, Sam

Ferguson, William Frey, Nancy Friedman, Brad Gambrell, Don Harrison, Reuben Hechanova, Peter Hollingsworth, Libbie Horn, Paul Irving, Davis Ja, Virginie Jabbour, Liz Kantor, Brian Kiernan, Robert Mackey, Mary Magocsy, Tom McCall, Miguel Melendez, Peter Meredith, Jaron Ness, John Nogue, Joe Omran, Gina Rus and daughter Annie Rus, Lance Starin, David Strasburg, Elizabeth Tippin, Diane Walton, Dav Zimak **Helpers:** Andrea Allen, Laura Atkins, Dean Badessa, Michael Barber, Joni Beemsterboer, Ross Browne, Eileen Buckley, Steve Carlson, Andrew Cassidy, Hazen Clough, Fran Collier, Peter Cullinan, Ryan Dalton, Dotti David, Cory Emerson, Sue Garfield, Brian Gilbert, Patrick Grady, John Hornor, Nancy Hornor, Tom Hunt, Elizabeth Jay, Megan Launer, Susan Lauritzen, Mickey Lavelle, Joseph Marena, Jackie McEvoy, Jane Mermelstein, Kent Myers, Pete Neubauer, Tom Nuckton, Hal Offen, Era Osibe, Erica Pitsch, Robin Rome, Polly Rose, Kala Sherman-Presser, Eric Shupert, Matt Towers, Natalie Wisniewski **Additional Helpers:** Cheryl Hope, Jeff Garfield, Dave Pufferflige, Nick Russ, Gerald Sams Test Swimmers and **Pilots:** Andrew Cassidy, Cory Emerson, Libbie Horn, John Nogue, Tom Nuckton, Hal Offen, Joe Omran, Chris Tschinkel, Firat Yener, John Blackman, Dotti David, Joe Gannon, Terry Horn, Davis Ja, Doug James, Brian Kiernan, Daniel Madero, Tom McCall, Miguel Melendez, Will Powning, Lance Starin, Megan Wachs

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Escape From Alcatraz Triathlon
SEPTEMBER 27, 2014

Volunteers / Pilots / Helpers

Place	Name	Swim Time	Bike Time	Run Time	Total Time	Dinner Notes
1	Joel Lanz	0:37:25	0:47:35	2:10:58	3:35:58	9th EFAT (8 first place)/fastest run
2	Andrew Wynn	0:31:20	0:51:40	2:28:20	3:51:20	virgin/tie fast swim
3	Nobu Takahashi	0:47:52	0:53:08	2:19:18	4:00:18	7th EFAT
4	Brian Matthay	0:41:30	0:53:30	2:35:40	4:10:40	2nd EFAT
5	Brent Pohlmann	0:40:14	0:49:46	2:42:30	4:12:30	11th EFAT
6	John McCulloch	0:32:40	0:51:20	2:52:00	4:16:00	2nd EFAT
7	Jesse Czeglusta	0:36:01	0:45:59	2:59:12	4:21:12	4th EFAT
8	Tom Brown	0:36:04	0:51:56	2:56:08	4:24:08	4th EFAT
9	Ted Tilles	0:45:07	0:52:53	2:46:25	4:24:25	4th EFAT
10	John Ottersberg	0:31:20	0:50:40	3:05:30	4:27:30	1st cruiser/6th EFAT/tie fast swim
11	Alex Sigal	0:45:36	0:50:24	2:52:34	4:28:34	3rd EFAT
12	Alex Warring	0:42:59	0:58:01	2:55:50	4:36:50	virgin
13	Charlie Pratt	0:45:30	0:53:30	3:03:50	4:42:50	virgin
14	Katie Murphy	0:44:52	0:57:08	3:00:55	4:42:55	virgin/1st woman
15	Tony Lillios	0:37:38	0:59:22	3:13:45	4:50:45	3rd EFAT
16	Rebecca Fanning	0:40:27	0:56:33	3:14:10	4:51:10	virgin/ YOUNGEST
17	Peter Bartu	0:34:10	0:57:50	3:20:50	4:52:50	3rd EFAT
18	Andrew Mattingly	0:39:30	0:59:30	3:16:20	4:55:20	2nd EFAT
19	Scott Halsted	1:03:58	0:58:02	2:59:58	5:01:58	3rd EFAT
20	Christopher Himmel	0:41:09	0:52:51	3:31:03	5:05:03	virgin
21	Megan Wachs	0:41:24	0:59:36	3:24:53	5:05:53	2nd EFAT
22	Tara Sweet	0:52:42	1:09:18	3:10:29	5:12:29	virgin
23	Dave Strasburg	0:49:09	1:13:51	3:12:08	5:15:08	2nd EFAT
24	Anthony DuComb	0:56:25	1:01:35	3:25:06	5:23:06	19th EFAT
25	James Hulihan	0:37:33	1:03:27	3:47:00	5:28:00	6th EFAT/OLDEST
26	Hal Offen	0:52:25	1:02:35	3:38:10	5:33:10	14th EFAT
27	Sean McFadden	0:37:30	0:49:30	4:08:26	5:35:26	12th EFAT
28	John Mattox	0:45:58	0:59:02	3:56:35	5:41:35	11th EFAT
29	Matt Towers	0:59:33	1:03:27	3:51:44	5:54:44	
30	John Horner	0:52:57	1:04:03	3:57:57	5:54:57	11th EFAT
31	Jon Nakamura	0:38:40	1:06:20	4:13:28	5:58:28	25th consecutive EFAT
32	Chris Tschinkel	1:08:58	1:12:02	3:37:30	5:58:30	2nd EFAT
33	Flash Gordon	0:34:03	1:05:57	4:24:30	6:04:30	virgin
34	Jim Ruppert	1:12:55	1:17:05	3:37:12	6:07:12	3rd EFAT
35	Alan Levinson	0:47:07	1:20:53	4:04:00	6:12:00	2nd EFAT
36	Gina Rus	0:44:13	1:08:47	4:22:10	6:15:10	18th EFAT/1st cruiser
37	Willy Waks	1:04:47	1:05:13	4:06:20	6:16:20	virgin
38	James Walter	0:41:05	0:45:55	4:55:40	6:22:40	3rd EFAT
39	Dawn Holley	0:52:55	1:44:05	3:48:03	6:25:03	virgin
40	Mike Webb	0:43:27	1:12:33	4:33:00	6:29:00	22nd EFAT
41	Eileen Buckley	0:47:57	1:09:03	4:32:01	6:29:01	2nd EFAT
42	Brenda Austin	0:53:05	1:24:55	4:17:31	6:35:31	5th EFAT
43	Tom Linthicum	0:47:37	1:08:23	4:58:35	6:54:35	17th EFAT
44	Keith Nowell	0:53:15	1:24:45	4:43:19	7:01:19	24th EFAT
45	Alex Buehlmann	0:49:49	1:15:11	5:05:32	7:10:32	4th EFAT
46	Phil Taylor	1:03:56	1:21:04	5:02:19	7:27:19	8th EFAT
47	Robin Rome	1:03:14	1:33:46	5:21:00	7:58:00	10th EFAT
48	Peter Neubauer	0:53:30	1:28:30	5:48:10	8:10:10	7th EFAT
49	Jen Volosek	0:40:48	1:24:12	6:12:40	8:17:40	virgin
	Peter Badertscher	0:35:30	0:47:30	2:42:27	4:05:27	virgin/WETSUIT
	Michael Caniglia	0:46:25	0:55:35	DNF	DNF	DNF
	Lisa Serebin	0:45:36	DNF	DNF	DNF	DNF
RELAYS						
4R	Joe Marena, Jaron Ness, Dominic Abbott	0:33:38	0:39:22	2:22:40	3:35:40	Jaron Ness/fastest bike
2R	Macho Team - Ryan Dalton, Tom Roseberry	0:30:58	0:47:02	2:23:38	3:41:38	
3R	Taking it Easy - Doug James, Will Powning, Andy Schwaab, Kevin O'Connor	0:44:05	1:04:55	2:58:56	4:47:56	
1R	NAK Attack - Niland Mortimer, Andrew Burrell, Kim Pross	0:41:44	0:46:16	3:58:13	5:26:13	

Krist Jake
Margaret Curtis
Rebecca Tilley
Sunny McKee
Jason Prodehl
Bob Blum
Pete Bianucci
Nancy Hornor
Jane Mermelstein
Mark McKee
Rick Avery
John Nogue
Diane Walton
JD Durst
Kim Chambers
Laura Merkl
Patrick Dinan
Lisa Newman-Wise
Brendan Crow
Doug James
Tom Gould
Meg Reilly
Dennis Watson
Janice Wood
Tom Hofman
Mike Weiner
Laura Atkins
Pavla Podolska
Kate Coleman
Craig Baynes
Rachele
Kathy Bailey
Megan Sullivan
Nick Blum
Monica Towers
Suzie Dods
Eileen David
Robin Rome
Story Rafter
Bob Weile

Brian Gilbert
Sibylle Scholz
Cynthia Barnard
Todd
Natasha Bernie
Judith Calson
Ken Coren
Michael Coren
Lisa Adrian
John Mattiassi
Anthony Ducomb
Laura Jones
Sheila Gleeson
Pauline Farmer-Koppenol
Jamie Fanning
Mary Magocsy
Marcus Auerbach
Paul Irving
Barry Christian
Eduardo Barranco
John Blackman
Liz Keaton
John Bielinski
Don Harrison
Gary Ehrsam
Nancy Lange
Davis Ja
Tom Neill
Linda Nowell
Joseph Omran
Brian Kiernan
John Selmer
Ross Browne
Randy Edwards
Sam Ferguson
Keith Weaver
Tom Hunt
Michael Connolly
Ken Frank



*Mike and Patty Webb after
Mike's 22nd EFAT*

Dolphin / South End Triathlon
OCTOBER 25, 2014

Type	Place	Club	Crew	Points
BARGE	1	DC	Megan Wachs, Lowen Cattolico, Anna MacKinnon, Andrea Morgan, Laura Zovickian, Caroline Sugnaux, Kelley Heye	45
SHELL DOUBLE	1	DC	Thomas Lemmin/Chris Heim	25
	2	DC	Day Zimak/Dorian Faust	15
SHELL SINGLE	1	DC	Tom Roseberry	25
	2	DC	Thomas Owston	15
	4	DC	Jay Dean	
	5	DC	Doug James	
	7	DC	Bjorn Lustic	
VIKING DOUBLE	1	DC	Perrin Hamilton/Ivan Smiljanic	25
	4	DC	Mary Magocsy/Lowen Cattolico	
VIKING SINGLE	1	DC	Quincy Darbyshire	25
HEAVY DOUBLE	1	DC	Chris Tschinkel/Wyatt Nordstrom	25
	4	DC	Ted Babcock/Chris Brouwer	
	5	DC	Mark Robinson/Joshua Davis	
HEAVY SINGLE	1	DC	Paul Dubois	25
	2	DC	Lance Starin	15
	3	DC	Jon Belinski	5
	4	DC	JD Durst	
	5	DC	Marcus Auerbach	
	7	DC	Peter Meredith	
	8	DC	Francisco Hernandez	
TOTALS				DC 245 SE 50

28 Michael Connolly	53:46
32 Perrin Hamilton	55:25
33 Kevin Meisel	55:46
34 David Bennett	55:51
35 Brendan Crow	56:02
37 John Ottersberg	56:52
38 Kevin O'Connor	57:10
39 Ellie Colson	57:35
40 Natazha Bernie	57:54
41 Chris Tschinkel	58:11
42 Lisa Newman-Wise	58:49
43 Tom Owston	59:01
48 Bob Cable	1:00:5
49 Anthony DuComb	1:00:5
50 Aaron Rosenthal	1:01:1
52 Morgan Kulla	1:02:0
53 Tom Davis	1:02:0
57 Megan Wachs	1:03:0
58 Roger Hansen	1:03:5
59 Laura Croome	1:04:1
61 Hal Offen	1:04:5
65 Rob Rallkas	1:05:5
66 Deborah Sherwood	1:06:3
73 Paul Vanhoven	1:08:2
76 Dawn Holley	1:01:1
77 Gerard Navarro	1:10:4
80 Chris Crowe	1:11:1
81 Mee Lee	1:11:3
87 John Selmer	1:15:2
90 John Herbert	1:16:0
91 Doug James	1:17:0
94 JD Durst	1:17:4

Run (Dolphins)

Place	Name	Time
1	Evan Borders	41:18
4	Tom Roseberry	42:59
6	Peter Badertscher	45:32
7	Dominic Abbott	45:38
8	Jason Ness	45:58
9	Quincy Darbyshire	46:40
11	Zachary Matthay	46:58
12	Jari Salomaa	46:59

13 Elizabeth Wistrom	48:02
14 Tom Brown	49:20
15 Hugh Foley	50:49
16 Thomas Lemmon	50:50
17 Ryan Dalton	51:05
18 Marlin Gilbert	51:14
19 Vladimir Mezhibovsky	51:24
20 Brian Matthay	51:29
24 Alex Sigal	52:46
25 Winston Gilcrease	53:25
26 G. Navarro	53:25



Walt Schneebeli Over 60 Swim

Swim (Dolphins)

Place	Name
1	Adam Eilath
3	John Renko
4	Christopher Wagner
5	Jari Salomaa
6	Brendan Crow
7	Patrick Grady
11	Kevin Meisel
12	Patrick Dinan
13	Emily Kreger
15	Lisa Newman-Wise
18	Jeffrey Peargin
19	John Ottersberg
20	James Fahlbusch

22 Joseph Marenda
28 David Holscher
30 Chris Crowe
33 Evan Borders
34 Jason Prodoehl
35 Virginie Jabbour
36 Steve Carlson
37 Katie Harrington
38 Randy Edwards
41 Tom Brown
44 Charlie Cross
48 Laura Zovickian
50 John Selmer
51 David Rich
52 Tom Neill

53 Keith Gray
54 Keith Bergh
57 Bevin Daniels
58 Brian Fitzgibbons
62 Ryan Dalton
64 Joe Spallone
72 Victor Critchfield
78 Matt Clark
81 Susan Saylor
82 Beth Stein
87 Rick Avery
90 Terry Horn
92 Jill Fleming
95 Vito Bialla
96 Peter Cullinan
Bob Blum

Bill Burke
Robert Cable
Gabriella Cross
Jesse Czelusta
Duke Dahlin
Will Dalton
Danny De Leon
Joanne Desmond
Suzie Dods
Jim Frew
Sheila Gleeson
Richard Goozh
Norman Hantzsche
Byron Harbour
Clint Hender

Peter Hollingsworth
Ashley Horne
John Hornor
Nancy Hornor
Doug James
Renee Kaufman
Aniko Kurczinak
Nancy Lange
Vladimir Mezhibovsky
Kent Myers
Gerard Navarro
Jaron Ness
John Nogue

Tom Nuckton
Hal Offen
Joe Omran
Erica Pitsch
Neal Powers
Peter Prato
Tom Roseberry
Ron Russ
Julian Sapirstein
Chris Tschinkel
Paul Vanhoven
Laura Vartain Horn
Megan Wachs
Kate Webber
Kathryn Werhane

*40 miles.
12 weeks.
12 inspiring desserts.*

Photo Lindsay Casablanca



Life in the Women's locker room. Lindsay Casablanca celebrates the end of Polar Bear

Sure there have been records set for the fastest Polar Bear and the longest Polar Bear. But the sweetest Polar Bear? Well that's a new Dolphin Club record set by Lindsay Casablanca. As an added incentive to her Polar Bear buddies, Lindsay initiated the Polar Bear Baking Project. Every Tuesday without fail, Lindsay wowed the Dolphin women with mouth-watering, heart-warming, sugar-laden cakes and cupcakes, pies and puddings. The finishing touch: A White Confetti Polar Bear Cake with Vanilla Buttercream Frosting. Rest assured, the sauna was cleared of all crumbs and Lindsay and her pals completed the "full" 40 miles!

Coconut Pecan Cake with Cream Cheese Frosting - Paula Deen, revised by LC

You will need 3 - 8" round cake pans for this recipe

For the Cake

12 tbs unsalted butter, softened, plus more to grease pans
2 c flour, plus more to flour pans
1 tsp baking soda
½ tsp kosher salt
1 c buttermilk
1 tsp vanilla extract
2 c sugar
5 eggs, separated
1 ¼ c shredded unsweetened coconut
1 c finely chopped pecans (good to do this in a food processor if possible)
Cooking spray with flour in it (if not, hand-greasing pans)

For the Frosting

12 oz cream cheese, softened
6 tbs unsalted butter, softened

5 ¼ c confectioners sugar
1 ½ tsp vanilla extract
¼ - ½ c roughly chopped pecans

Heat the oven to 350. Put the roughly chopped pecans for the frosting on a cookie sheet, and toast in the oven for about 15 minutes, until they have browned a bit and smell "nutty". Remove from oven and set aside.

To make the cake:

Butter and flour (or use cooking spray with flour in it) 3 cake pans. Set aside. Whip the egg whites until stiff peaks form. Set aside.

Whisk flour, baking soda, and salt together in a bowl. Whisk buttermilk and vanilla in another bowl.

Cream butter and sugar in the bowl of a stand mixer fitted with a paddle attachment until fluffy, 2-3 minutes. Add egg yolks one at a time, beating well after each addition. On low speed, alternately add flour mixture in 3 batches and buttermilk mixture in 3 batches. After all is added, increase speed to high and beat until batter is smooth, 5-10 seconds. Fold the egg whites, coconut, and finely chopped pecans into the batter (you will probably have to do this by hand). Divide the batter into the 3 prepared pans and smooth top with rubber spatula. Drop pans lightly on counter to expel large air bubbles. Bake cakes until a toothpick inserted in the middle comes out clean, about 20-22 minutes. Let cakes cool in pans for 20 minutes; then invert

onto wire racks and let cool completely before frosting.

To make the frosting:

Using a stand mixer, beat cream cheese and butter together until smooth. With the motor running on low, slowly add confectioners sugar and vanilla. Increase speed and beat until smooth.

To assemble

Place one cake layer on a cake stand or plate, and spread top with frosting. Top with another layer and repeat. Top with remaining layer and cover top and sides with remaining frosting. Sprinkle toasted pecans on top, to taste. Press pecans very lightly to set them into the frosting. Chill cake at least 1 hour until frosting is firm.

Julie Marcus

2014-15 Polar Bear Baking Project Recipes

1. Irish Whiskey Bundt Cake with Vanilla Glaze and Fish Sprinkles
2. Lemon Almond Tart
3. Maple Syrup Cake
4. Sea Shell Madeleines
5. French Apple Tart
6. Jellyfish Frosted Cakelets
7. Coconut Pecan Cake with Cream Cheese Frosting
8. Red Velvet Whoopie Pies
9. Bread Pudding
10. Black Bottom Cupcakes with Salted Caramel Frosting
11. Double Pineapple Upside Down Cake with Pineapple Buttercream Frosting
12. White Confetti Polar Bear Cake with Vanilla Buttercream Frosting

From Alcatraz the Hard Way

Vic Pizarro III

Any aficionado of the circus will tell you if a death-defying stunt is successful, the women-folk will swoon, the men-folk will gasp, and the children...well, the children will squeal with delight. I can't vouch for the first two, but I know for a fact that my three-year-old grandson squealed at the sight of his sopping-wet Grandpa emerging from the San Francisco Bay.

Without question, Jack LaLanne was a consummate showman. He knew how to reconnect with his inner twelve-year-old boy. You know, the one that challenges you with, "Betcha you can't..." and answers with, "Oh yeah? Betcha I can!"

He knew how to create a stunt that would fire the public's imagination. On his 60th birthday, for goodness sake, he would swim from Alcatraz to San Francisco, handcuffed, shackled, and pulling a thousand pound boat!

Alcatraz, the "escape-proof" prison had only closed eleven years before. Add to his recipe, handcuffs and shackles (So very "Houdini-esque". Remember, he would have been a child when Houdini's career was at its peak.) And finally, the frosting on his cake, he would pull a boat - his own signature "He-Man" move! And this was in 1974, coincidentally the same year as the first triathlon.

To celebrate my own 60th birthday, I decided to recreate the so-called "Super Swim". This would prove considerably more challenging than my previous handcuff stunts. My training schedule was pretty straightforward. I would practice "the stroke" exclusively for four months

and then start donning the handcuffs and shackles.

The handcuffs were not problematic. I just slipped on a pair of

of leather? After experimenting with innumerable shoulder harnesses, from which I still sport some attractive scars, I settled on a belt with a metal ring.

In my mind, I had already assembled my support team. Joe Gannon was my "detail" man. He was intimately involved in every decision from choosing a boat (according to Rich Cooper, the "Crab" was no longer in the fleet), right down to testing the best knots. He would also be in the boat. Why? Well I suspect Jack never had to propose his hare-brained idea before a Swim Commissioner, not in the 1970s. I decided early on, and wisely, I

believe, to have a pilot in the boat. Not for my own safety so much, but rather to protect the boat. Besides, the photos my wife took of Joe reading the newspaper during the swim are priceless!

If Joe was the detail man, Doug James was the navigator. From tides to timing, from communication to navigation, Doug took charge and in so doing, took the most stressful aspects of the swim off my plate. The *Vic* day before the event, he literally said: "You just show up and concentrate on swimming. I'll take care of the rest." And he did.

And finally, there was Hal on the kayak. On every one of my previous stunts, Hal had been my anchor, and I trusted his judgment completely. Calm and cool-headed, I'm not sure I would have attempted this insanity without knowing he was at my side.

Photo Maureen Fitzgibbons



Escaping from Alcatraz still in shackles

heavy wrist guards and the cuffs and I was ready to go. Shackles, however... Well I tried heavy socks, diving boots, even duct tape, and still the shackles left me torn and bleeding. I finally discovered Velcro weight-training ankle straps. Problem solved. Now I would have to devise a harness.

Since this was "An Historical Reenactment", I decided to return to the source. How did Jack do it? The "old-timers" who remembered his swim shared some great stories, but were a little short on technical details. I even contacted Elaine LaLanne. Finally, I read an article in the LA Times that said that Jack used neither shackles nor cuffs, but rather had his legs and hands tied with cord! I gather then, instead of a harness, he simply tied the rope around his waist. Good for you, Jack! Was your skin made



Photo Maureen Fitzgibbons

Breakfast on the Bay. A handcuffed Vic Pizarro tows Joe Gannon from Alcatraz

And I would be remiss if I did not mention my lovely wife, Fitz, who stayed up all night baking pies for the celebration, then sat alongside Doug, juggling cameras and lenses, so there would be a visual record of the event. Kudos to all the Dolphin Club spouses and loved ones, without whose encouragement, well, you know...

And the swim went without a hitch? Of course not! It's REALLY dark at 6:00 AM. The water was a little rougher than I expected and I swallowed more than my fair share. I had no idea where I was most of the time. Thank God for pilots. I even went "water-blind" for a few minute. On the bright side, I completed

the swim in one hour and twenty minutes. That's ten minutes faster than my best estimate, and I left the water on my own two feet! Thanks to everyone!

Of course, the one question on everyone's lips was, "Why did you do it?"

The easy answer would be to say, my wife asked me "So what are your plans for your sixtieth birthday?", and I knew she didn't mean, "Where call we make dinner reservations?" Then I saw Jack's photo on the boathouse wall...but that's not the whole story.

Sometime back, I was sitting with my seven-year-old granddaughter Alice, poking through the family photo album. She would ask, "Who is

that, Grandpa?" And I would answer, "That's your Great -Great Aunt May, she survived the 1906 Earthquake; and that's your Great-Great Uncle Leo, he was a war hero and he built fish ladders throughout California; and that's your Great-Great Uncle Henry, we smoked cheap cigars and his truck always smelled like fish!" And I realized that someday, if we're remembered at all, our lives will be reduced to one or two sentences. And if it's my legacy to be remembered as, "That's your Great-Great Grandpa Vic! He swam from Alcatraz to San Francisco, handcuffed, shackled, and pulling a boat. I have no idea why..." Well, I can live with that.

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Memorial Gathering for Daniel Osborne

Dan Osborne joined the Dolphin Club in 1961. He was one of our outstanding swimmers and pulled his weight as a pilot as well. He played a major role in redesigning, rebuilding and running the Club. He died on September 30, at age 80.

On October 26 at 2 pm Dan's ashes were scattered between the goal posts and the repair, about where he began to get cold in later years as he circled the cove. Family and friends then came inside for a memorial gathering and some statements of remembrance.

Dan's son James spoke the poetry of his father's friend Gary Snyder, who wrote "The Real Work" after rowing with Dan by Alcatraz and around Angel Island:

*sea lions and birds
sun through fog
flaps up and lolling,
looks you dead in the eye.
sun haze; a long tanker riding light and high
...
the real work
washing and sighing,
sliding by.*

James' boyhood friend, John Heller, played the guitar.

Dan's son Don, whom we know well as the man who rebuilt the men's sauna with John Horner, reflected on his conversations with Dan during the final days in the hospital, focusing on Dan as a loving father and wonderful teacher, the latter a theme that was repeated by others, such as Betsy Flack, who had been Dan's secretary before becoming a landscape architect and later a director of the Garden Conservancy, and spoke enthusiastically and fondly of Dan's tutelage . . .

Christopher Swan described Dan's critical input and support as a member of the board of directors of Sun Train, an organization created to implement a plan to replace the existing road system at Yosemite with light rail and, to



Photo Susanne Friedrich

Daniel Osborne, club member for 63 years was an avid swimmer, rower and critical member of the club's building committee for many years.

remove most of the Valley lodging in favor of peripheral lodging . . .

Joe Illick and Ken Frank, both of whom – despite perennially swimming behind Dan in numerous contests – were most conscious of the grace and good humor that characterized his victories . . .

Lorna Newlin spoke to a matter we all recognized

and felt, that it was never Dan alone but always Dan and Mimi, the lovely couple that never missed her ceramic shows, always finding items that they "had to have," as well as entertaining in their home and supplying answers to questions in informed and lengthy detail demanding patience to absorb, the same patience that it required to hear out their answering machine, which Lorna imitated with amusing accuracy.

Finally, Mickey Lavelle's mellow rendering of "The Final Glass" caught the deep mood of the occasion.

2014 has been a year of many Dolphin Club triumphs. Dan's death is a major loss.

New Year's Day Alcatraz, A brief history

Did you really think the water temperature would stay 65 forever? Are you ready for Polar Bear and New Year's Alcatraz?

The original Alcatraz Swim was intended to be swum dressed in only a Speedo during summer months. To attempt it on New Year's Day (NYD) was considered extreme, a bit insane. Obviously, the day can't be selected in advance for favorable conditions. Often there are extreme tides and winter storms. Water temperature is a frigid 51 F or below, and it's too late to back out now.

The story goes that George Farnsworth, Tom Rice, and a few other hearty South Enders began an unofficial NYD swim in the mid-1950s. The event grew and became an

annual SERC swim. During the 1970s some Dolphin Club members were invited to swim along. By 1980 Dolphins had become equal participants.

About one hundred swimmers now attempt to swim from Alcatraz each New Year's. However, they must first qualify by completing a difficult cove swim in late December. These precautions are the result of the January 1, 1982 swim when the water was especially cold, and flooded rivers amplified an extreme ebb tide. Fifty-seven swimmers had to be rescued, many picked-up by recreational sailors. Eighteen others managed to finish, but the next year the race was limited to thirteen top swimmers, eight of them Dolphins. *(continued on page 23)*

October 25, 2014: The Plaque is Back

What a day. What a win.

Diane Walton

There was some rain and some wind at 5 am as we started gathering at the Club; it was all light and might the rest of the day! “How did they do that!?” is a question that is still ringing in the air. We know the answer! Not to give away all of our secrets, but we did make a big group commitment to win this year...

First, we wanted to win the row. Our day starts with the Wieland. Charlie began early, the team practiced often, with great style and immeasurable verve, and it showed in the early Saturday morning hours. A fair start and good competition helped; Charlie's reading of the water and the prowess of our women brought us to victory. Next came the flights, in which EVERY race was won by one of the 33 Dolphins who rowed! JD Durst was our player-coach, leading practice rows for any and all; Jay Dean's shell and training expertise was invaluable; we've got some serious



Retiring president Diane Walton carries off her crowning achievement—The Plaque!

rowers; and John Blackman, our Boat Captain, reigned supreme as we moved ahead to a 245 point advantage (yep. Out of 295 possible).

Then the swim! More than a hundred Dolphins signed up to swim.

1st and 2nd from 1988 to 1994. Becky Fenson also contributed four victories. Other Dolphin champions have been Dave Kenyon, Sean Kelly, Steve Pratt, Michael Chase, and Adam Engelskirchen. In 2009 Joe Illick, at age 74, became the oldest to complete a NYD swim.

Public interest in the event has varied. In the 1980s there would be three or more TV networks covering the NYD Alcatraz spectacle. The Chronicle and Examiner newspapers carried the story with photos on Page

Adam flew through the water, 14 of the first 20 were Dolphins, as well as a good proportion of the remaining 80, further adding xx to our margin. (Awaiting official word from SERC). Our Swim Commissioners – John, Joe and Virginia- were relentless in their pursuit of participation, and it paid off.

And, finally, the run. I don't know when we've headed out for the run knowing we were going to win it, but win it we did... Evan Borders flew in first, and the waves of blue (thank you Jim Frew) coming down off Fort Mason were fantastic... Again, dramatically ours from top to bottom, fifteen of the first 20 and a good proportion of the remaining 80 (again, awaiting SERC confirmation) were wearing blue! Big kudos to Natazha, Chris, Hal and all who led practice runs and contributed to our strong presence.

We dedicate this day to Sunny and Mark McKee, two people whose grace and competitiveness and commitment to our Bay is unmatched. Happily, we earned the right to have our names attached to theirs in this effort!

(continued from page 22)

Just completing a NYD Alcatraz is a personal challenge for most participants, however there are always the elite athletes who consider it a race. Moreover, there's the underlying rivalry between the two clubs, hoping that one of their members will be the overall winner. The Dolphin Club can be proud. Since 1983 a Dolphin has won 26 out of the last 29 swims. In 1984 Suzanne Heim-Bowen was the first woman to win it. Suzanne and Liam Hennessey took turns finishing

1 the next day. It often made national news. Sadly, coverage evaporated by the mid 1990s. Why? No doubt that Alcatraz swims have been cheapened, in terms of public perception, by the endless commercial events open to wetsuiters. I try to be tactful to guests training for one of these swims, but I'm often tempted to say, “Come back on New Year's Day without a survival suit”. Then you can truly brag about swimming Alcatraz.

Rich Cooper



The Dolphin Swimming
& Boating Club
502 Jefferson Street
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2015 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Thu TBD	New Year's Day Alcatraz
Jan 1	Thu TBD	New Year's Day Cove Swim
Jan 11	Sun 8:00 am	*Pier 41
Feb 7,8	Sat/Sun 9:00	24 hour cove relay
Feb 15	Sun TBD	Old Timer's Lunch
Feb 22	Sun 9:00 am	Dick Beeler Crazy Cove
Mar 14	Sat 7:00 am	McCovey Cove Regatta
Mar 21	Sat 10:30 am	*Gas House Cove
Mar 21	Sat 11:00 pm	End of Polar Bear
Apr 11	Sat 8:30 am	*Pier 39
Apr 18	Sat 9:30 am	*Yacht Harbor
May 10	Sun 7:45 am	*Bay Bridge
May 16	Sat TBD	Rowers Dinner
May 31	Sun 8:45 am	*Crissy Field
Jun 1	Sun	100-Mile Swim Begins
Jun 14	Sun 8:15 am	*Fort Point
Jun 21	Sun 8:00 am	*SE/DC LGBT Pride Swim
Jul 11	Sat 6:00 pm	*Doc Howard Over 45 Gas House Cove
Jul 18	Sat TBD	*Trans Tahoe Relay
Jul 25	Sat 4:00 pm	Under 30 Cove Swim
Aug 1,2	Sat/Sun TBD	*Santa Cruz Pier Swim
Aug 15	Sat 10:30 am	*Coghlan Beach (fun swim)
Aug 23	Sun 7:25 am	Joe Bruno Golden Gate
Sep 12	Sat TBD	Lou Marcelli 12 hour cove relay
Sep 19	Sat 9:20 am	Alcatraz
Sep 26	Sat TBD	Dolphin/South End Triathlon
Oct 4	Sun 11:00am	Walt Schneebeli Over 60 Cove
Oct 17	Sat 8:10 am	Escape from Alcatraz Triathlon
Oct 31	Sat 11:00 pm	100-Mile Swim Ends
Nov 14	Sat TBD	Pilot Appreciation Dinner
Nov 26	Thur 9:00 am	Thanksgiving Day Cove
Nov 27	Fri	Grizzly Bear Challenge
Dec 20	Sun 9:00 am	New Year's Day Qualifier
Dec 21	Mon	Start of Polar Bear
Dec 21	Sun TBD	Polar Bear Swim Begins
Dec 31	Wed 11:59pm	Grizzly Bear Challenge Ends

ROWING TRAINING

These Saturdays as 9:00 am
January 24, Saturday
February 21, Saturday
March 21, Saturday
April 18, Saturday
May 23, Saturday
June 20, Saturday
July 18, Saturday
August 22, Saturday
September 19, Sunday
October 24, Saturday
November 21, Saturday
December 19, Saturday

Intro to bay swimming *usually* offered Saturdays *or* Sunday after Board Meetings, check website www.dolphinclub.org

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. "Swimmers cannot use "swim aids" for any timed swims. Swim aids include, but are not restricted to, fins, wet suits, snorkels, etc."
4. For out-of-cove swims, swimmers must be members in good standing with club dues current, \$40 swim fees paid, and a current PMS card on file. In-cove swims are free and open to all members.
5. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start. However, if one successfully completes the 100-mile swim or 40-mile Polar Bear swim before their six months are up, they can participate in out-of-cove swims.
6. Swimmers must be in attendance at briefing prior to each swim in order to participate.
7. Time limits are imposed and enforced for all swims.
8. All club boats are reserved for scheduled swims.
9. In-town members must successfully complete three swims and pilot or help on at least two others.
10. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 9 above.
11. * Indicates swim is a qualifier for Alcatraz and Golden Gate Swims

Alcatraz Island
1.4 miles



Fort Point
3.5 miles

Crissy Field
2.5 miles

Yacht Harbor
1.5 miles

Gas House Cove
1 mile

Aquatic Park Cove

Pier 41 1/2
1.2 miles

Pier 43
1 mile

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