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DOLPHIN LOG

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



Once 'Round the Cove

Dolphin Log

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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.

Orphaned Kayaks

It turns out that all the kayaks at the club are owned by someone. Everyone who has a kayak at the club that has not already done so should identify themselves and their kayak in person or online to Terry Horn at terryhorn@sbcglobal.net or to JD at jd.durst@yahoo.com. We don't have room for all the kayaks currently stored, and need to get rid of some of the less desirable ones. Those that are unclaimed will be the first to go, followed by those that are claimed but we have no room for. You will be asked to take

them home or they will be donated to local education programs. Any that we decide to keep and are not claimed by June 1st will be *auctioned off to members in good standing who will agree to keep them at the club for at least a year.*

All kayaks kept at the club will be identified with a number. The number, owner's name and email address will be listed in a logbook beside the boat room. Every time a member takes out a kayak, time and place should be noted in the book, just as they are for rowboats. *Kayaks should be replaced after use in the same spot in which they were found.*

MARE



Marine Applied Research and Exploration (MARE) extends our warmest thanks to the members of the Dolphin Club for hosting our 2nd Sustainable Seafood fundraiser. MARE helped pioneer the creation of California's network of marine protected areas by conducting the original deep water surveys of the biodiversity along our coast. In 2014, MARE explored more seafloor than ever before, from the Santa Barbara Channel Island to the North Coast of California. The swimmers and rowers of the Dolphin Club are living proof that healthy oceans are important for our well being, our sense of wonder, and for keeping fresh fish on the barbecue! Thank you all for sharing our passion for exploring new places in California's waters...whether inside the bay or beyond.

Tom Davies

Mystery Lockers Revealed at 10. Stay Tuned

Do you have stuff in one of those mysterious lockers in the storage room between the handball court and the boat shop? We're taking them out and replacing them with a much more efficient storage system. So, please take your stuff home as soon as possible! (The Building Committee is considering holding a ceremony with recorders from the Archive Committee if we have to cut any locks off.)

Jackie McEvoy

Congratulations on the new Board

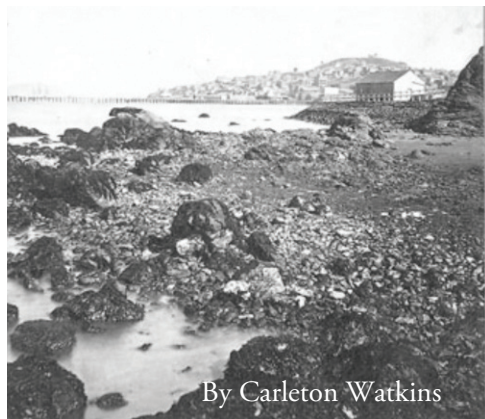
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Black Point Cove before there was a Dolphin Club

In the newly published edition of my Club Rowing on San Francisco Bay*, there's an account of a newspaper report from 1869 that told of the drowning of a swimmer in Black Point Cove, which later became Aquatic Park. The book also includes two photos by the renowned photographer Carleton Watkins, from 1867, of four young people preparing to enter the waters of the cove some 10 years before the Dolphin Club was founded.

James Delgado, in his article "A Dream of Seven Decades: San Francisco's Aquatic Park," quotes from a court deposition by a George Stanton from 1863 that there was "a small shanty on the beach at the foot of Larkin Street ... at the corner of Larkin and Beach streets there were steps leading down to the beach." But nine years before Watkins' photos, an early San Francisco newspaper, in an 1858 issue about the Cove, commented, "a number of lads enjoyed the sport (of swimming) and basked in the sun, as playful as a school of dolphins, many of them of a tender age.... A casement bathing house for change of gear is provided, and stations for rests or diving off places for the swimmer, three in number, are (well) located.... We noticed a lady in full Bloomer, hat and all."



By Carleton Watkins

Farnsworth Gap before there was a Muni Pier



Black Point Cove about 1867. Today it is a bocce ball court.

A year earlier, a longer article on Black Point and Tonquin Point appeared in a San Francisco newspaper. It describes a swimming house in the cove, "on the cliff, about midway up, [where] some enterprising persons maintain a bathing establishment, where those desirous may obtain for a small fee a dressing room, garments and toilet comforts, the use of which enhances the enjoyment of the bath Mounting the steps of the Neptune establishment, we gain the sandy altitude of Larkin Street...." (Neptune is probably used in a generic sense, and not necessarily the name of a swim house.)

The National Park Service did a study called "Cultural Landscapes Inventory, 2001: Aquatic Park, San Francisco Maritime National Historical Park." They speculated that when Ghirardelli's chocolate factory started pumping warm water into the cove, swimming there became more popular. But anyone who actually enjoys swimming in Aquatic Park knows that warm water is not a requirement. The "lads" who swam in the cove, like a

"school of dolphins" generations ago, knew the water was just fine without jets of hot water shooting into the cove.

*The new edition of *Club Rowing* is available for \$20 from Dave Kennedy at 415 788-7887 or Bill Pickelhaupt at billpick11@gmail.com.

Bill Pickelhaupt

Internet Archive

In January the Board agreed to make a modest donation of \$500 to Internet Archive. They host our historic digital Dolphin Log collection for free and we'd like them to be around for a long time. Thanks to Rich Cooper for compiling the Log Archive.



Author Liz Kantor (right) with a group of new Maldivian friends

Rowing around the Maldives

Liz Kantor

I couldn't resist the opportunity to indulge my passions for rowing and exotic travel when I found an announcement in my inbox last September about a rowing adventure in the Maldivian Islands. A pilot project to bring rowing tourism to the Maldives was being organized under the supervision of Guin Batten, a winner of the 2000 Olympic silver in the women's quad.

Although rowing is part of the islands' cultural history, the activity is now rare among Maldivians, and the tour organizers are also working to bring rowing more national attention, and to introduce rowing programs at the islands' schools.

The diverse group of enthusiastic rowers in the group for the first tour, from February 7-16 of this year, included only two from the US; others came from Argentina, Austria, Canada, the Netherlands, Norway, Peru, Serbia, Switzerland and the UK. Our ages ranged from 30s to 70s. After a marathon air trip of 22 hours, our group met in the southernmost atoll of Addu

City where we settled into our floating home base "safari boat", where we slept and ate for the next nine days.

The first day we got familiar with our three coastal double shells and one single, and practiced entering and exiting from the water, which would be our pattern during the planned longer rows going north. On Monday, from Addu City, we rowed relay style about 60 kilometers to the island of Fuvahmulah. Our mothership motored at a distance to meet us at our destination, while the interchanging rowers spent the day between the coastal shells and a 'dhoni,' a smaller boat which carried water and lunches, the Maldivian guides and crew, and Guin Batten who scheduled and assigned the rowers our shifts. Rows were from 1/2 hour to 2 hours, depending upon the currents, winds, waves and rowers. Jumping from the dhoni, exiting and entering the shells, and returning to the dhoni, often through a choppy sea, were scrupulously choreographed and supervised by Guin.

On Wednesday we took on the challenge of rowing the "zero degree crossing," aiming north 72km across the equator to the atoll of Huvadhu. This row had only been accomplished once in the past, by Guin who did it in a single shell. Our row started close to four am, as neither the crossing's success, nor its duration could be

predicted given the variables of weather and water. It was windy and rough on the Laccadive Sea that morning. Many of the rowing cycles were shortened to relieve the bouncing hard-working rowers. After twelve hours, we approached the southern end of the Huvadhu island chain and threaded our way to the spectacular shore, cautiously avoiding a maze of thick coral reef. After our zero degree crossing, we remained in the Huvadhu atoll, crossing within the circular island chain, rowing daily, but also enjoying snorkeling the fabulous reefs, swimming and beach walking.

The Maldivian press followed our progress, and local representatives from the islands' political centers mounted events and receptions on three occasions. The final Sunday row took us to the town of Thinadhoo, where a huge welcoming reception and dinner awaited.

After the success of this magnificent exploratory tour, everyone involved felt that rowing has a bright future in the Maldivian Islands, and that more trips will follow. Information about next year's adventure in the Maldives, as well as rows in other parts of the world, is available at <http://www.rowingtheworld.com>. Ruth Marr, the program director, has been invited to speak at the Dolphin Club this spring. Stay posted!

Seeing We're Neighbors....

Larry Scroggins



At 5:30 am on New Year's Day in San Francisco, the traffic is sparse and the walk through Aquatic Park is dark and quiet. Shattered bottles strewn in profusion testify to the revelry the night before, but no revelers are awake to provide any details. As if it were suffering a massive hangover, the City seems almost comatose. Opening the door to the Dolphin Club, the contrast is stark and startling. Lights are blazing from every fixture and the hubbub and press of over a hundred milling bodies gives the feeling of having popped through Alice's looking glass. The crowd has assembled for the yearly swim on January 1st from Alcatraz Island to Aquatic Park and the atmosphere crackles with excitement, fear and anticipation.

The South End Rowing Club manages the NYD Alcatraz swim. This year, the South End planners have segregated the registration. Dolphins register at the Dolphin Club and bare their right arms for the black magic marker that brands each swimmer with a consecutive number starting with "1". Check-in at the finish line

will also be segregated.

A freelance photographer, various large cameras slung about his neck, has tracked down Diane Walton on her last day as president of the Dolphin Club. Reuters news service dispatched him to get pictures of the swim, and Diane asks me to provide guide service. The separate check-ins naturally cause us to congregate apart until it's time to go next door for the swim briefing at 6:30am. As Dolphins begin trooping to the other club for the briefing, word filters back that their door is locked and untended. This gives me a chance to show our guest a walkway between the two clubs that winds up narrow stairs to a passageway overlooking the three handball courts. On the South End side, we descend an even narrower and steeper staircase evoking comparison to the Winchester Mystery House.

The South End swim director begins the briefing instructing forty-nine Dolphins to board the *Lovely Martha* and forty-nine South Ends to board the *Silver Fox*, both docked along Jefferson Street in Fisherman's Wharf. The dozen or so remaining

swimmers will catch a ride in one of the motorized inflatable craft. Then he turns the briefing over to Gary Emich for course information. Gary has personally logged over 1,000 swims to and from Alcatraz and operates a commercial piloting service for private swims. He speaks with great authority and says that although high winds had forced a cancellation of the test swim the previous day, his experience in similar conditions indicates the ebb tide will kick in about halfway across the channel. He recommends that the fastest swimmers aim for the sailing ship *Balclutha* and that "mere mortals" aim farther east for the Jeremiah O'Brien and the "creakers." The basic principle is to avoid being caught west of the opening and having to fight a building ebb to get to shore. Because this day coincides with a massive king tide, the currents at their maximum will stymie even the most powerful swimmers.

Before *Lovely Martha* leaves the dock, Dolphin swim commissioner John Nogue begins a roll call. Although rare, it happens - glass, familial entreaties, or just a general

change of heart can bring someone to their senses and a u-turn. If the individual, through embarrassment or laxity, fails to notify one of the event authorities, pandemonium will eventually erupt when it appears that a swimmer has gone missing in the Bay. By the time all Dolphins have answered to their name, the South Enders in the neighboring boat are in full snort. In parody, their swim leader shouts out, "Roll Call! Is everybody here?" Upon receiving the cackling responses of "present", "here", and "sober" he hollers, "Is anybody not here?" No response. He then merrily announces, "Then let's swim!"

As we pass by the end of the breakwater protecting the boats docked at Fisherman's Wharf, I explain why this location is named "creakers." In the years before the concrete breakwater was installed, a string of floating tires provided partial protection from the storm surge capable of wrecking the fishing fleet. These tires were anchored on the east end by three long creosote-soaked posts sunk deep into the bay ooze. Once the permanent structure was completed, these posts remained for several years, loosening in the incessant waves and making an eerie creaking noise. The name survives long after their removal.

As we motor into the San Francisco Bay, the ripping flood tide collides with the opposing wind, spawning a confused and lumpy sea.

Beautiful but daunting. Swimmers are going to be swallowing some saltwater today.

The two boats coast to a stop on the southeast end of the island within a stone's throw of the sign warning of dire consequences for aiding escaped prisoners. While the Dolphin Club will alter the start from east to west ends of the island depending on tidal conditions, this sign designates the invariable launching point for South End Alcatraz swims. Within a few minutes we hear the call "10 minutes" float across from the *Silver Fox*. I strip down to my swimsuit and goggles, and stuff my clothes into a plastic bag. I know from experience that the start often goes unannounced and want to be ready to slip over the side as soon as I see the first South Enders splash down.

The day before, the South End lead pilot published a Fleet Utilization Plan directing the Dolphin pilot craft to take up the west flank of the swim and remain on the southwest end of the island until the start. Since the Dolphins supply 38 pilot craft compared to 17 from the South End, the usual flotilla doesn't surround the two swim boats before the start. This is a bit of a blessing in that I can jump from the wooden rub rail without fear of colliding with some watercraft. As a swimmer whose speed ranks as "mere mortal", my strategy for these crosscurrent swims is to sight on the Golden Gate Bridge. Breathing on the right side and keeping my

course parallel to the bridge ensures that I am swimming perpendicular to the current regardless whether it's flooding or ebbing.

The crosscurrent swim of greatest renown is the English Channel. Distinguished Channel Swimming and Pilot Federation pilot, Mike Oram, has published several analyses of Channel tides and piloting strategies and they mostly boil down to the notion of "T-ing the tide." The quicker a swimmer can get across the adverse current and get some assistance from the ebb, the faster the crossing time. Trying to swim against the current just wastes energy and time.

As intellectually and mathematically satisfying as this strategy might be, a swimmer needs great discipline to maintain execution when the island starts sliding rapidly away on the right, the Golden Gate Bridge keeps shrinking, and even the *Jeremiah O'Brien* fades into the distance. Immediately, the flood begins scattering swimmers across the bay with the slower ones being swept toward Treasure Island. Pilot coverage is exceptionally sparse during this period for a couple of reasons. Firstly, two-thirds of the pilots had started from the west side of the island as instructed, and were fighting the northeast wind to reach the rapidly dispersing pod being forced east. Secondly, the swim plan made no provision for retrieving the numerous plastic bags full of clothes when the

Photo Colin Gift



Silver Fox, reserved for South Enders

water taxis return to dock. This means that all the motorized inflatable pilot craft from both clubs are crammed to the gunwales with garments and incapable of rescuing swimmers until they have made the 30-minute round trip to drop their bundles and return to the scene of the swim.

Three-quarters of the way across my discipline deserts me. Despairing of seeing the *Jeremiah O'Brien* continually recede, I begin crabbing against the tide. Like a dehydrated man chasing a mirage, I claw my way toward a diminishing objective. Eventually reason reasserts itself and I realize I just have to take my medicine and swim directly to shore until I eventually find the ebb current. A hundred and fifty yards from Pier 39, I look up to see Forbes Island far to my right and gliding yet farther away. Choking down a moment of panic, I determine to keep going due south until I find the ebb or find a ladder along the shoreline. If all else fails I can swim around the breakwater west of Pier 39, pull myself onto the dock, and walk back to the club in my skivvies. In a "darkest hour

And the slowest swimmers have been carried as far as Pier 35

before the dawn" moment though, I shortly find myself crashing through the flotsam that delineates the crease between two converging currents. I have finally found the ebb. And it is strong. 6.8 feet of water has to get through the narrow opening at the Golden Gate Bridge by 3 pm and I am now swimming in water in a hurry to get a head start.

I am not alone in catching the ebb far, far east of the Aquatic Park opening. Even the fastest swimmers of both clubs have been swept east of the creakers before finding the favorable current. And the slowest swimmers have been carried as far as Pier 35.

The inflatables are now busily at



Photo Sunny McKee

The notorious Creakers on the long way home from Alcatraz

work, fishing tired swimmers out of the water and ferrying them back to the clubhouses. In all, 15 swimmers (7 Dolphins and 8 South Enders) choose to retire early--an exceptionally high number even for a tough swim like NYD Alcatraz. A South End inflatable picks up a Dolphin husband and wife pair near the east end of the Pier 39 seawall. As usual, the communication frequency chosen for a South End swim is channel 69 and the pilot radios his status. Asked what numbers the swimmers wear, he says he doesn't see any markings on the left shoulders. Instruction come crackling back over the radio to check the right shoulders. Upon finding that the boat is carrying Dolphins, the lead pilot issues guidance to South End pilots to no longer rescue Dolphins. "They can take care of themselves." Upon reaching the creakers, the husband and wife ask to be dropped off so that they can finish swimming to the beach. The pilot sniffs, "I'm not dropping you fools off here. I'd just have to pick you up again." He carts them the rest of the way to the dock.

Upon catching the ebb, a back eddy ushers me slightly inshore so that I cruise first by the *Pampanito* and then the *Jeremiah O'Brien* at Pier 45. Cutting inside the breakwater at Fisherman's Wharf, the building ebb quickly propels me west where

I thread between the Hercules and the *Eureka*; under Hyde Street pier; behind the *Epplenton Hall* and stroke for home feeling equal parts relieved and elated. My crossing has taken 1 hour and 11 minutes compared to my previous high mark of 55 minutes. Without question, this was one tough swim.

The swim trinket is a towel emblazoned with the South End logo along with the date and name of the event. Unlike previous NYD swims, no mention of the Dolphin Club appears. Not enough towels are available for all swimmers so the South Enders enjoy first dibs with a promise that Dolphins will receive theirs when the reorder arrives.

Every NYD Alcatraz swim spawns its share of stories. It is a cold, difficult, unpredictable swim and swimmers and planners must deal with whatever Mother Nature decides to dispense on the given day. However, more than one Dolphin was heard to ponder in the days to come, "Hmmm. Separate registration, separate water taxis, separate fleet plan, separate start, separate rescue craft, separate check-in, separate trinkets, no mention of Dolphin Club. What is it that makes this a joint swim?"

Follow Larry at <http://dolphinsclubchronicles.blogspot.com>

Life Members 2014

photos by Colin Gift

Life Members with 50 or more years of membership



Top Row: Brian Gilbert, Tom Gould, Pete Bianucci, Gerry Cullen
Bottom Row: Bob Demo, Walt Schneebeli, Dino Landucci, Jr. , James Vanya, Rudy deMay, Gus Gelordi



On the way in 40 plus doubles to the Head Of The Charles

By Joe Abrams



photo Chris Grunder

JA and TL glide through the cold morning fog.

Tom Loughlin (bow) and I (stroke) were one of two Masters doubles representing the Dolphin Club at the 50th Annual Head of the Charles (HOCR) this past October. We competed in the Men's Masters Double category (ages 40-49) which turned out to be a highly competitive field of 15 boats which made accomplishing our goal all the more satisfying. Having only started training seriously together in a double for four months, after years of rowing competitively mainly in singles, our main objective was to row within five percent of the winning time to automatically qualify for the following year's race, since with a whole year to train we stand a good chance of winning it all in 2015. But first things first.

This past year's race in Boston was more challenging than many previous ones. The field was filled with serious competitors, many with US National team on their resumes, and many of whom had been auto-qualifying for this annual event for years because of their speed and determination. We knew from looking at past regatta results that our simulated three-mile race times (the approximate length of the Head of the Charles race) during

training sessions over the past month put us within reach of a medal – assuming we could accomplish on race day what we'd trained long and hard to do six days a week every week for months at Lake Merced.

In addition to the stiff competition, strong winds had been predicted, and this time the weather forecasters got it right. There were 20 mph gusting, cross-headwinds at the start of the race that would get stronger by the quarter-race checkpoint before subsiding a bit for the second half.

Cross-headwinds make steering a windy course challenging in a blind boat such as the double, where the bowman has to turn his head to avoid a bridge abutment or another slower boat up ahead.

On this day, the winds would ultimately prevent us from reaching our target stroke rate of 32 strokes per minute (spm) with a sprint at the end to over 38 spm. So, prior to the race, Tom suggested we shorten our oars a little (just 5 mm.) to lighten the load a bit and enable us to row more comfortably at 30 spm. This would allow us to get as much pull out of every stroke as possible given the higher resistance without tiring us out prematurely. It turned out to be a

smart move.

We started twelfth out of 15 boats – an allegedly arbitrary starting position based on a lottery system. Every year, West Coast crews wonder if there's some East Coast conspiracy on the part of the race organizers based on whom they let into the race and where they start you. The choice spots are at the front where there will be fewer other slower boats to navigate around and potentially slow you down. In keeping with the conspiracy theory, there were two other California crews directly after us at the back of the pack. In thirteenth position was the solid Los Gatos RC crew that we'd beaten in our only previous Bay Area competition the preceding month, and in fourteenth position was a crew consisting of 2 former US National team lightweight brothers who traditionally row the course well. At the starting line, we all joked that we would be having our own private "California Cup" within the race.

Despite the difficult logistics of managing a huge number of back-to-back races - each with 15 or more competitors per race, the starting officials were on the ball and our race began without a hitch.

Tom and I got off to a blazing

start, and within 20 strokes we were already coming up on a much slower crew from Montreal, Canada. Then, that thing you dread happening at the Head of the Charles happened. We clashed oars right under the first bridge (the Boston University Boat-house bridge) where there was little room for either boat to steer out of harm's way. Since Montreal had been unwilling or unable to give us the inside line (the right of way for the faster boat) despite Tom shouting multiple times to "Give way!" we were forced to momentarily stop rowing to disengage our oars. By the time we

side Boathouse, meant that our time to that point was only the eighth fastest. When the gusts hit, according to our Strokecoaches (wireless electronic devices monitoring boat speed and stroke rate), our stroke rate had dipped down as low as a 26 spm. This directly correlated to our boat speed temporarily dipping. This was a cause for concern, because the energy required to "pick the boat back up" and accelerate it back to race pace is much more arduous than simply maintaining race pace constantly. Tom and I knew that the key to going fast would be to find a strong, consis-

checkpoint gusts.

Past the worst, Tom and I had regrouped and settled into a great groove. We raced the balance of the race at a very fast pace – a pace second only to the winning crew. Once we got to the last checkpoint, the Eliot Bridge by the Cambridge Boat Club (who sponsor the race), we sprinted to the finish line at a respectable 36/37 spm - with a speed/pace that was comparable to the winning team.

Overall, we had finished within 1.87% of the winning time – a very respectable performance despite our 10-second boat stoppage and other



photo Chris Grunder

Joe (stroke) and Tom (bow) practicing at Lake Merced

could get revved up again, we figured we'd lost about ten seconds. We were angry. But you go into the HOCR knowing that this scenario can happen and you train hard to get to a tough mental state that allows you to quickly put such frustrations behind you and attack the remainder of the race without compromise.

The stoppage coupled with strong gusts and wind-blown waves, which came up as we were passing through the quarter-way checkpoint at River-

side Boathouse, meant that our time to that point was only the eighth fastest. When the gusts hit, according to our Strokecoaches (wireless electronic devices monitoring boat speed and stroke rate), our stroke rate had dipped down as low as a 26 spm. This directly correlated to our boat speed temporarily dipping. This was a cause for concern, because the energy required to "pick the boat back up" and accelerate it back to race pace is much more arduous than simply maintaining race pace constantly. Tom and I knew that the key to going fast would be to find a strong, consistent cadence and speed that we could hold for the body of the race until the final sprint, and these gusts weren't helping. Since we figured everyone was equally affected, we had no time to ruminate and instead pushed ahead - eventually regaining our desired pace and moving well. Interestingly, after the race we reviewed the race times for all boats, and it appeared that the first six or seven boats to start the race ahead of us had gotten lucky and not encountered the same Riverside

weather-related delays. The good news is that had we not been obstructed, we would have probably medaled. The other good news is that next year we will start in the fifth position off the starting line (as opposed to twelfth) and have an easier time getting down the course without interference. Tom already has a workout in mind for 2015, so we're excited to see how much faster we can go together.

1st Annual McCovey Cove Regatta



Regattas on the bay are an important part of the Dolphin Club's history. In recent years, however, the club has been a participant, never a host. This year, on March 14, thanks to Racheal Perry, all that changed.

For the first edition, participation was limited to Dolphin and South End Clubs rowing a full range of craft, from wooden "Whitehall" singles, to sleek racing shells and, of course, the historic six-oared racing barges. Fresh off her victory at the Head-of-the-Charles regatta, Racheal volunteered to organize the event. She selected a course simple yet challenging; a 14 km (8.6 mile) row along the city-front from Aquatic Park to McCovey Cove alongside the baseball park and back. To make things "interesting" the race would start into a strong and growing ebb current. That's a long race, almost three times longer than the DC/SE Triathlon course, and a real test. A second, "short-course" looped out to the Bravo-tower of the Bay Bridge and back home.

Mid-March is a risky time to schedule a rowing regatta... the weather conditions can turn ugly. But the weather gods were smiling as rowers and volunteers arrived before dawn to find the flags hanging limp and stars in the sky. The boats, lined up like jets at a busy airport, launched out into the pre-dawn dark. The plan was to start the event with the two

barges at 7am, but the sunrise and the South End boat were a few minutes late. Eventually, both arrived and a horn-blast signaled the start of our new regatta. Five minutes later the shells got their start, and after them, a good-sized gaggle of wooden singles and doubles.

The rowing was everything you expect from a row in S.F. Bay--and less. One expects fog, wind and cold, but we had a warm, sunny day without a breath of wind. The only breeze the racers felt was a blast of air as the double shell manned by Will Miller and Andrew Liverman flew by, returning to the cove while the rest of us were still headed out. Will and Andrew had left the start like a missile, passed the two barges, and returned to the dock while the volunteers were still enjoying coffee. They rowed without direct competition in their class, but clearly didn't take it easy.

A mix-up in the placement of the turn buoy meant that the long course was about 1.5 miles shorter than planned, just a "longish course." As I rowed the final stretch to the finish I was not thinking, "gosh, I wish I could go another ten minutes," so perhaps it was all for the best. We had enough course to sort out the winners.

Among the highlights: In the barge race, the women of the Wieland kept to their winning ways against a South End crew that observers suspect may

have contained a few men (the beards were a clue). In the single shells, Racheal Perry, having organized the event, went on to win it (!) followed by Dolphin Tom Roseberry and the South End's Diane Davis in third. Despite a lack of direct competitors Quincy Darbyshire rowed a fine race in the single Viking, as did Mary Magocsy and Liz Kantor in the double Viking.

On the shorter course, Chris Tschinkel and Wyatt Nordstrom took first place in wooden doubles in front of Rachael Jackson and Eva Palacios of South End. And in the singles, Mike Kayton edged Todd Bloch.

While the rowers were racing, John Horner and a crew of Dolphin cooks were at work on a bountiful breakfast, including a great mound of bacon, which did much to replace the calories burned on the water. First and second place finishers received a "commemorative" baseball, symbolic of the cove that we (almost) reached.

The Dolphin Club is back to hosting rowing events, and we did it "Dolphin Style" with an event that was challenging, but fun and fabulously supported by volunteers at the club and on the water. We hope to expand the event to include rowers from other clubs and establish the McCovey Cove race as a high point in our rowing program.

Jay Adams



Newest Swim Commissioner and reporter, Joe Marena

rarely has more than 100 swimmers. The course is from one tip of Waikiki to the other tip, and then back. The actual course and time varies from year to year due to the shifting sand bars and reefs. Schools of tropical fish are assured, and in some years the dolphins (the kind with fins) cruise by for a closer look at the awkward bipeds. Second place went to an Australian in his 50s, and first was a woman who has her eyes on open water swimming in the next Olympics. The rest of us just enjoyed the 70 degree water. Mainlanders are most welcome, so keep this swim in your sights for December 2015.

On the administrative front, the swim schedule is now on the website. The website is now your definitive source for details on upcoming events, including any last minute time changes.

After an exhaustive review of insurance options for our swims, the Board chose to continue requiring US Masters Swimming membership for anyone swimming in any Club swim. This applies to in-cove events too, a major change from prior years. USMS was the most cost effective solution and offered better insurance than other options. USMS offers accident coverage that includes all participants and helpers, even if helpers are not USMS members. USMS also provides a broad range of liability coverages for the Club.

*Joe Marena
John Nogue
Brendan Crow*

Since the last Dolphin Log, we have had the Thanksgiving Day Cove and Alcatraz swims, the New Year's Day Qualifier, New Year's Day Alcatraz, New Year's Day Cove, Pier 41, the 24-Hour relay, and the Crazy Cove. And this is the quiet time of year! (Take a look at the swim schedule starting with Gas House Cove on March 21. Seven swims take place between March 21 and June 21.)

The Thanksgiving Day Cove was followed by the traditional BYOB (bring-your-own-birds) Thanksgiving Day lunch. Ken Coren and John Nestor continued their tradition of bringing the birds.

The New Year's Day Qualifier was also the start of the Polar Bear. Both had the warmest water in recent memory. The Qualifier was a pleasant swim, except for all of the debris in the water from the big storm. Twice swimmers could have crawled over the

debris fields, but most chose to swim through them—heads held high.

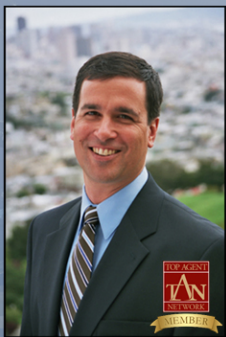
New Year's Day Alcatraz was the big swim of the last few months. Or, was it three swims in one? Alcatraz + Pier 39 + Pier 41. For those logging Polar Bear miles, they got their money's worth. A jump on the southwest side of Alcatraz in a powerful flood took swimmers deep into the Bay (hello Bay Bridge). The ebb was later than expected and weaker. For many swimmers, only after they got to the southern shore, or into the cove, did they find any ebb relief. Too little, too late for many.

During the winter, we had only one out of cove swim. Joe Marena swam the Waikiki Double Roughwater in December. For those seeking warm water and turtles, the Double Roughwater is a fun 10k swim, held for over 30 years. The swim isn't marketed, and it's mostly locals, so it

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DOLPHIN LOG SWIM STATISTICS

New Year's Day Alcatraz Swim JANUARY 1, 2015

Place	Name	Time
1	Adam Eilath	36:28
2	Suzanne Heim	37:20
3	Blake Lewkowicz	37:40
4	Brendan Crow	40:33
5	Noah Zovickian	43:26
6	Nicholas Egan	43:47
7	Laura Zovickian	46:45
8	Patrick Dinan	48:17
9	Michael T-Hahn	50:55
10	Peter Bartu	51:07
11	Ross Browne	51:14
12	Lisa Newman-Wise	52:11
13	Stephen Schatz	52:28
14	Joe Marena	52:52
15	Ashley Horne	56:18
16	Tom Neill	58:05
17	Laura Vartain Horn	58:08
18	Charlie Cross	1:00:25
19	Patrick Horn	1:00:56
20	Jon Nakamura	1:01:17
21	John Nogue	1:02:45
22	Paul Vanhoven	1:03:25
23	Robert Cable	1:03:25
24	Duke Dahlin	1:04:26
25	Mickey Lavelle	1:04:45
26	Peter Hollingsworth	1:05:06
27	Gina Rus	1:05:27
28	John Trout	1:06:45
29	Larry Scroggins	1:08:03
30	Rick Avery	1:08:55
31	Sean Lavelle	1:10:26
32	Victor Critchfield	1:10:43
33	Nancy Lange	1:12:02
34	Mike Mitchell	1:16:12
35	Renee Kaufman	1:16:17
36	Ken Coren	1:16:22
37	Byron Harbour	1:16:25
38	Anita Holmquist	1:16:40

39	Sam Vilain	1:17:48
40	Jacqueline McEvoy	1:20:10
41	Kathleen Duffy	1:20:27
42	Andy Stone	1:21:04
43	Peter Cullinan	1:22:04
44	Joseph Omran	1:22:23
45	Holly Reed	1:23:21
46	Aaron Rosenthal	1:24:10
47	William Burke	1:25:24
48	Ron Russ	1:26:59
49	Pete Neubauer	1:31:16
50	Eileen Buckley	1:35:20
51	Michael Connolly	1:36:36
52	John Ingle	1:39:02
53	Brett Walker	1:40:17
	Mark McKee	dnf
	Sunny McKee	dnf
	John Ottersberg	dnf
	Phillip Rollins	dnf
	Julian Sapirstein	dnf
	Beth Stein	dnf

Pilots: Jean Allan, Susan J Allen, Marcus Auerbuch, Eduardo Barranco, Natazha Bernie, Jon Bielinski, John Blackman, Barbara Byrnes, Barry Christian, Jay Dean, Marianne Dean. James Dilworth, Gary Ehram, William Frey, Stuart Gannes, Colin Gift, Deirdre Golani, Jon Grunstad, Donald Harrison, Terry Horn, Davis Ja, Douglas James, Brian Kiernan, Robert Mackey, Mary Magocsy, Meredith May, Tom McCall, David Nettell, Will Powning, Lance Starin, Nobu Takahashi, Omer Thompson, Monica Towers, Diane Walton, Jan Weidner, Connie Wellen, Ben Zovickian, David Zovickian **Helpers:** Lisa Adrian, Mary Barnes, Andrew Cassidy, Michelle Cherrick, Adam Eilath, Susan Garfield, Ruben Hechanova, Tom Hunt, Wendy

Katzman, Joe Marena, Pete Neubauer, John Nogue, Daragh Powers, Polly Rose, Aaron Rosenthal, Anne Sasaki, Elizabeth Tippin **Special Helper:** Kennedy Williams

New Year's Day Cove Swim JANUARY 1, 2015

New Year's Day Cove swim was divided into 3 swims: **A:** To the Flag buoy and back, .5 mile **B:** Once around the Cove, 1.0 miles **C:** Once around the Cove, to the opening and back, 1.5 miles

Place	Name	Group	Time
1	Joe Ferrero	A	18:06
2	Cynthia Barnard	A	18:29
3	Era Osibe	A	18:53
4	Pavla Podolska	A	32:00
1	Morgan Kulla	B	30:24
2	Joni Beemsterboer	B	30:59
3	Kate Coleman	B	34:06
4	Kathryn Werhane	B	41:20
5	Wendy Katzman	B	41:27
6	Michael Barber	B	43:37
7	Robin Rome	B	43:49
8	Arnie Thompson	B	50:01
1	James Fahlbusch	C	42:55
2	Katie Harrington	C	43:27
3	Danny De Leon	C	44:50
4	David Bennett	C	47:54
5	Byron Harbour	C	1:04:35

Pilots: Tom McCall, David Nettell
Helpers: Michael Barber, David Bennett, Brendan Crow, Wendy Katzman, Lisa Newman-Wise, Kirsten Steck **Non-member Helper:** Cheryl Newman

Pier 41 Swim JANUARY 11, 2015

Place	Name	Time
1	Nicholas Egan	18:29
2	Noah Zovickian	18:59
3	Lisa Newman-Wise	19:27
4	Jeff Pargin	19:33
5	John Ottersberg	19:47
6	Stephen Schatz	20:06

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DOLPHIN LOG SWIM STATISTICS

7	Joe Marena	20:55	50	Gregory Hicks	34:23
8	Laura Zovickian	21:34	51	Will Powning	34:57
9	Randy Edwards	22:06	52	Joe Gannon	35:43
10	Tom Neill	22:46	53	Joe Illick	36:23
11	Paul Vanhoven	22:53	54	Arnie Thompson	37:21
12	Peter Bartu	23:01	55	John Ingle	40:12
13	Robert Cable	23:14	Pilots: Jay Adams, Susan J Allen,		
14	Julian Sapirstein	23:20	Marcus Auerbuch, Eduardo Barranco,		
15	Jason Prodoehl	23:30	Jon Bielinski, John Blackman, Todd		
16	Ashley Horne	23:31	Bloch, Brendan Crow, Paul DuBois,		
17	Patrick Horn	23:33	J.D. Durst, Cory Emerson, Pauline		
18	Clinton Hendler	23:48	Farmer-Koppenol, Susanne Friedrich,		
19	Beth Stein	23:49	Brad Gambrell, Donald Harrison,		
20	Duke Dahlin	24:26	Reuben Hechanova, Terry Horn, Nancy		
21	John Stassen	24:34	Hornor, Lindsey Hoshaw, Keith Howell,		
22	Morgan Kulla	24:46	Davis Ja, Liz Kantor, Melissa King,		
22	Nancy Lange	24:46	Tom McCall, Flicka McGurrin, Miguel		
24	Charlie Cross	25:33	Melendez, Andrea Morgan, Kent Myers,		
25	Larry Scroggins	26:35	David Nettell, Chris Tschinkel, Megan		
26	Joni Beemsterboer	26:57	Wachs, David Zovickian Helpers:		
27	Joseph Spallone	26:58	Michael Barber, William Burke, Andrew		
28	Rick Avery	26:59	Cassidy, Kimberley Chambers, Cynthia		
29	Mark Gustin	27:02	Colebrook, Isabel Friedman, Susan		
30	Peter Cullinan	27:30	Garfield, Brian Gilbert, Byron Harbour,		
31	Kate Coleman	27:42	Richard Haymes, Clinton Hendler,		
32	Ron Russ	28:18	Gregory Hicks, Nancy Hornor, Tom		
33	Douglas James	28:28	Hunt, organ Kulla, Mickey Lavelle,		
34	Neal Powers	28:51	Jacqueline McEvoy, Hal Offen,		
35	Dean Badessa	28:58	Neal Powers, Daragh Powers, Jason		
36	Sam Vilain	29:28	Prodoehl, Robin Rome, Polly Rose,		
37	Tyler Burton	29:50	Aaron Rosenthal, Stephen Schatz,		
38	William Burke	30:22	Sibylle Scholz, Eric Shupert, Andy		
39	John Hornor	30:40	Stone, Chet Thornton, Rory Tuttle,		
40	Kathleen Duffy	30:44	Karen Vandergrift, Laura Vartain Horn,		
41	HalOffen	31:08	Kate Webber, Janice Wood Special		
42	Renee Kaufman	31:56	Helper: Ben Zovickian Test Swimmers		
43	Byron Harbour	32:21	and Pilots: Peter Cullinan, Danny De		
44	James Robinson	32:49	Leon, Cory Emerson, Lolly Lewis, John		
45	Mickey Lavelle	33:13	Nogue, Hal Offen, Joseph Spallone, John		
46	Andy Stone	33:14	Blackman, Laura Croome, Jay Dean,		
47	Kathryn Werhane	33:33	Douglas James, Liz Kantor, Joe Marena,		
48	Robin Rome	33:50	Tom McCall, David Nettell, Diane		
49	Jane Mermelstein	34:14	Walton, Janine Watson		

Dick Beeler Crazy Swim FEBRUARY 22, 2015

Place	Name	Time
1	Jim Ebert	19:35
2	Kala S.-Presser	19:43
3	Ashley Horne	21:24
4	David Bennett	21:27
5	Peter Prato	21:40
6	Robert Cable	21:57
7	Suzanne Heim	22:39
8	Phillip Rollins	24:46
9	Terry Horn	25:42
10	Joseph Spallone	27:05
11	Peter Cullinan	27:13
12	Suzie Dods	28:04
13	Erica Pitsch	28:52
14	Cory Sturtevant	29:19
15	Nancy Hornor	29:38
16	Douglas James	30:12
17	John Hornor	30:29
18	HalOffen	32:59
19	John Henderson	34:20
20	Kathryn Werhane	35:36
21	Michael Barber	35:41
22	Byron Harbour	36:03
23	Kent Myers	37:07

Pilots: Anne Barbaret, Jon Bielinski, Susanne Friedrich, John Ingle, Jenny Kalaypongvanich, Brian Kiernan, Nancy Lange, Robert Mackey, Anne Sasaki, Vicki Smith, Paul Vanhoven, Sam Vilain, Terry Whalen **Helpers:** David Bennett, Andrew Braithwaite, Peter Cullinan, Kathleen Duffy, Nancy Friedman, Susan Garfield, Jon Grunstad, Suzanne Heim-Bowen, Libbie Horn, Ashley Horne, John Hornor, Nancy Hornor, Renee Kaufman, Morgan Kulla, Mickey Lavelle, Lorna Newlin, John Nogue, Hal Offen, Jeff Peargin, Roxy Phifer, Daragh Powers, Neal Powers, Peter Prato, Phillip Rollins, Polly Rose, Sibylle Scholz **Additional helper:** Dao Howell

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Squaring the Circle *Finding Comfort in the Squares*

Aaron Rosenthal

Polar bears call them squares
And it's true they have right angles.
But no matter the tides,
If you measure the sides
They really are rectangles

-Joe Illick

Back in 2004, I became friends with Jeff Garfield, the husband of venerable Dolphin Sue Garfield. Jeff told me about her exploits as a cold-water swimmer, particularly her outings with some esoteric sounding Polar Bear Club. I thought the "club" was a bunch of nutty folks who met on winter mornings to jump in the bay.

Here I am some 11 years later, and I am immersed in the Polar Bear Challenge, something that happens each winter at the Dolphin Club. The official measure of the Polar Bear is marking those tiny squares--160 gets you to 40 miles, the arbitrary institutionalized and hallowed. Sue has completed 32 Polar Bears and must have filled in more than 6,000 of them. Asked what filling in her squares means, Sue replies, "When I fill in those squares I feel like I am doing something that most people would never do."

Sue's word choice is interesting. It's not simply that most people will never swim in the bay, as if opportunity is all they need, it's that most people would never consider it. Just as many people will never vacation in Paris, but most people would never eat a cockroach. So why is winter swimming so central to Dolphin culture? And what do we get out of it? I set out to understand a bit more by looking at my own motivations and asking about 20 other Dolphins about theirs.

One common theme is competition of various kinds. There are the annual competitions of First to 40 and Most Overall Miles. Rick Avery claimed both of those titles in 2005-06, when he reached 40 miles in just over 10 days, then went on to log 152 for the season. However, Rick says, "I don't feel any competition if I'm not aiming for those specific goals." That sets Rick apart among my small

sample. Friendly competition is an annual rite for many Polar Bears. Joe Marenda revealed that each season he chooses a secret competitor, someone he believes will push him, and makes a goal of finishing with more miles than that person. True to his word, Joe did not reveal the bunny he is chasing this year. After the Polar Bear, Joe lets his "opponent" in on the secret and takes them out to dinner to thank him or her for the motivation.

Then there's the less clandestine approach. Jacqueline McEvoy, currently pursuing her fifth Polar Bear, enjoys "checking my progress against my friends and others." Tracking mileage compared to friends, and using that as motivation to swim more or finish sooner, is a very common theme. Hal Offen's preferred form of competition is with himself, "Some years it's to finish quicker than ever, some years it's to top my personal high (102 miles)." Sue Garfield echoes that approach, saying she only feels competitive, "against what I have done in past years."

In poking at my own thoughts, I found another kind of competition, which is a mostly silent one with the wide world of non-Dolphins. I enjoy knowing that I am doing something that most people would never do. And while I don't go around wedging it into conversations, at least I don't think I do, my ego wants other people to know. At work or with other parents from my son's school, am I hoping someone will ask. Do I want them to ask because talking to people about my swimming is a significant way to enhance that relationship? Or do I just want people to be impressed? Can I ever really even tell the difference? I mentioned this to my friend and fellow Dolphin, Alexander Germanacos, who is pursuing an MFT in clinical psychology. He immediately quoted

the great Sufi teacher Idries Shah – "For people, attention is like oxygen. So when one says that someone just wants attention, it's like saying someone just wants oxygen." Could it be that publicly tracking those squares helps to satisfy a craving for attention or recognition?

The recent story of Pavla Podolska is revealing here. Pavla, one of the first women to become a Dolphin nearly 40 years ago, cut her foot during the swim that would give her 40 miles for the year. Determined to make the goal, Pavla finished the swim, while losing a good deal of blood. So much blood that an emergency call was placed and Pavla was treated on-site by firefighters.

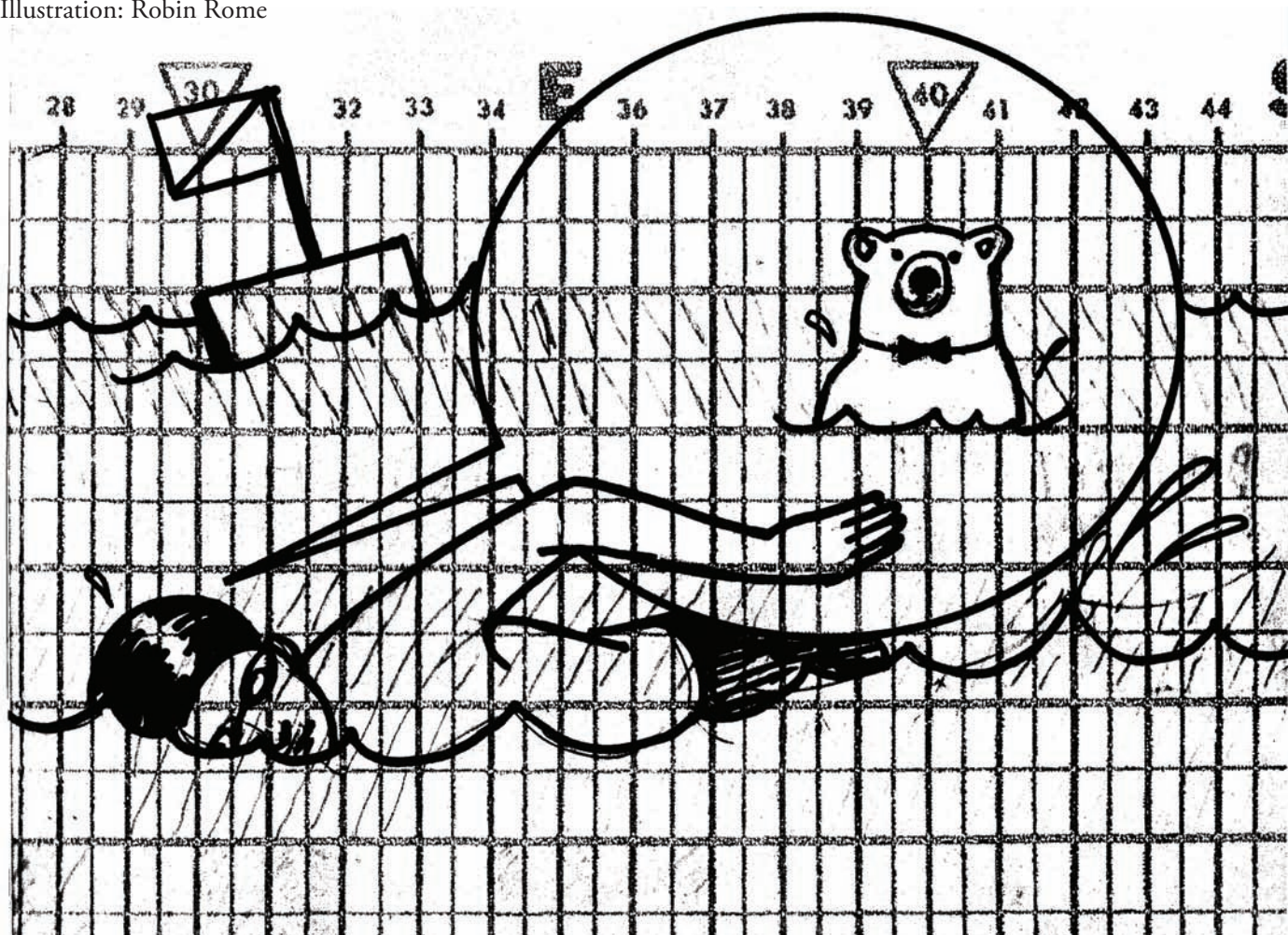
Jacqueline McEvoy, who was with Pavla, went to fetch her friend a glass of water. On her return she was amazed to find Pavla hobbling over to fill in the final squares for 40 miles. Even the firefighters were duly impressed.

The thing is, Pavla had already swum her 40th mile. The real act of tenacity was swimming in salt water with a bleeding foot. Putting the marks on the wall only made it public, known to the community. And yet everyone understood why Pavla hobbled over and marked those squares. I know I do.

So would we really swim as much in the winter without the charts there greeting us and wishing us farewell as we exit the door? Nearly everyone I spoke to said, "Yes, I would." Without the squares to nudge him, Hal Offen speculates that he would "not be as driven," and Rick Avery thinks he would "not be as consistent."

Joe Illick, with 18 Polar Bears to his credit, swims more miles in winter than other seasons simply for the challenge. He admits that filling

Illustration: Robin Rome



in the squares satisfies his competitive instinct, but is sure he'd swim all winter regardless. Jacqueline McEvoy agrees – "where else am I going to get my facelift cum antidepressant?" While she would swim all winter, Sue Garfield feels that without the communal aspects of Polar Bear she wouldn't swim as far or enjoy it as much.

Then there is Pete Neubauer. Like Sue, he has also completed 32 Polar Bears. It's entirely possible that Pete has checked more than 10,000 lifetime squares. He appreciates filling in each one and still finds the act rewarding. Then, with a couple of additional thoughts, Pete seemed to sum up much of what I've been wrestling with about Polar Bear season. For him, filling in squares, "allows me to track my swim mileage and see where others are on the chart. However, even without the charting, I'd still swim all winter for the camaraderie, enjoyment, and

sense of well being it gives me." And with that I understood. We swim all winter to feed our spirit. We fill the squares to mark progress. And we do both to be part of something larger than ourselves.
###

The "Watered Down" Polar Bear

John Nogue thinks we're in the midst of the Barry Bonds Polar Bear. There's no denying the water is historically warm this winter. Opinions vary on whether the 2014-15 Polar Bear is "cheap," but most experienced Polar Bears admit that it's easier to swim longer, and therefore easier to get to 40, than in living memory. Rick Avery insists there is nothing cheap about it. We don't control the weather, after all. Pete Bianucci, after considering multiple opinions one morning in the sauna, pronounced, "Take it. Because next year could be

miserable." And mega-veteran Sue Garfield exclaims, "There are no cheap Polar Bears!"

However, a majority of Dolphins I heard from feel the accomplishment is less significant this year. Pete Neubauer calls this winter "watered down." Several folks, myself included, seem to almost miss temperatures in the 48-51 degree range. We enjoy the challenge and believe that the colder water sharpens our focus.

For me, stillness of mind is a goal for every swim, and the cold undoubtedly helps me concentrate on basic functions like breathing and digital sensation. For 45 minutes I know nothing other than what I am feeling. So I have this romantic notion that I miss the extremes of a typical winter. Yet if it's back down to 50 this time next year, I'll probably long for the return of the Barry Bonds era.

24-Hour Relay

Proving the flag was still there

San Francisco Aquatic Park 24 hr Swim Relay Proved through the night our flag is still there

It's 3 o'clock in the morning in early February, you're shivering with cold, tired, and all you want to do is climb into a warm and cosy bed. So what motivates you to once more climb into a clinging, wet swim suit and plunge back into the dark waters of Aquatic Park?

You are one of 50 odd souls, from all over America and as far afield as Asia and Europe, participating in the 2nd Annual 24-Hour San Francisco Aquatic Park Relay Swim, this year hosted by the Dolphin Club after last year's inaugural event was hosted by the South End neighbors.

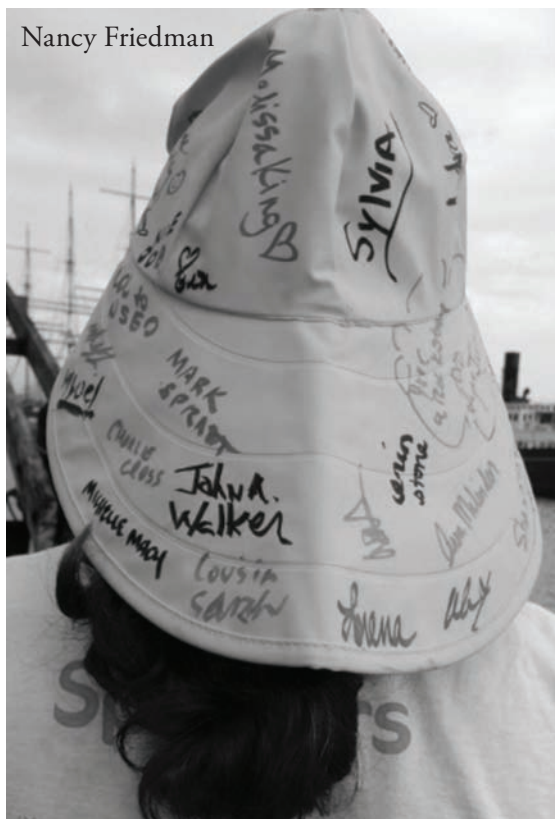
The relay is the idea of Dolphin Club member and tireless event organizer Suzie Dods, who upon reading about fun relay events of old, wanted a return, nothing too serious or formal with a simple application process open to all and inexpensive.

"The idea of the event was to create a fun inclusive event, no prizes, no fund raising, just somewhere where swimmers of all backgrounds could come and participate. And have fun!"

The rules are simple, team size can vary but six is average, the order of swimmer along with distance or time spent swimming is flexible as long as each team has one member in the water at all times. There are no placings or awards, each team participating for the full 24 hours is the only goal. Swimmers can enter as teams or as individuals who are picked so that each team represents a range of abilities.

So on Saturday 7 February at 9.00 am with the water temperature a mild 57 degrees F, the swimmers of the first leg all lined up on the beach ready to set off to start the relay. The

first several hours progressed steadily, each member getting a chance to swim into what was turning into a beautiful day for swimming. The kitchen began churning out a never-ending supply of pasta and pizzas throughout the event. After the early start and with the sun fading behind the Bridge,



Nancy Friedman

Organizer Suzie Dods is easily identifiable in her fetching headgear.

a few swimmers grabbed a chance to nap in chairs and sofas upstairs. As it turned midnight the tiredness and descending cold was taking its toll on the swimmers. Sleeping bags were filled and randomly scattered about the clubhouse, the stage became a makeshift sleeping platform affectionately christened 'the Nest,' the handball court was lined up with cots and more bags, swimmers trying to get an hour or two of sleep. Groups huddled together and shared life

stories over the ridiculously strong black coffee now being served.

I saw one team member walk back into the clubhouse, obviously in discomfort, and what after must have seemed to him the shortest hour of his life, and with only a quick refuel of coffee and a donut, volunteer again and shoulder more responsibility for carrying the team through the early hours.

This is what makes the drive of the swimmers at night even more remarkable, there are no prizes at stake, no rewards, no glory, just the satisfaction of taking part in an event, and challenging yourself physically and mentally.

As the sun rose, the numbers of swimmer and helpers gathered together rose too. Kayakers, lit up at night, continue to escort swimmers as they had done throughout the event, to help safely guide the way. At the end, one team all swam the last lap together and finished the event as one. As they exited the water together, their tired bodies suddenly had a spring in their step at the joy of completing the challenge, high fives and hugs were in abundance. Looking around at the scene as swimmers smiled and hugged each other, the sense of satisfaction was obvious. Swimmers of all ages and abilities had accepted the

challenge, and together as a team they had risen to it. Teams who had been made up of strangers had by the end of the event formed new friendships.

If the idea of the event was to create a fun inclusive event, where swimmers of all backgrounds could come and meet have fun, then everyone involved would agree it was a complete success

-Damian Westray

Capacity

Capacity: The maximum amount that something can contain. That seems like a pretty clear definition, but how do we apply this to the capacity of the Dolphin Club? It appears that it means different things to each of us. My goal as President of the Club is to help figure out what this means, and what we need to do about it.

To give you a perspective on our fast paced growth, here are some statistics. In 2013 we had 191 new members join and in 2014 we had 276 join. That is a 45% increase and a monthly average of 16 and 23 in 2013 and 2014 respectively. In 2015, for January and February, we have had 51 new members join, which is more than we had for the same time period in 2013 & 2014 combined. In 2011 we had approximately 1,000 members. As of March 1, 2015 we have 1470, which represents an astounding 47% growth in just 4 years!

The big question is, how will we know when we've reached capacity? Some say we reached it when we passed 1000 members. Others say that we have not reached it yet. Is it unusual for a health club member to have to wait for a shower, or that there is standing room only in the sauna during peak times? Well, I guess our saunas are unique as most gyms don't have cold water to contend with. Do most clubs try to have permanent lockers for all members? Are you bumping into more people in the Cove when you swim (OK, let's not go there...). Are there times when a boat is not available to row? Are all the ergs used at any given time? Is the gym too crowded? Is our small club culture gone forever? Yikes, so much change and no

clear answers!

The good news is that we are on this! We have a Capacity Committee formed (Rick Avery, Ken Coren, Charlie Cross, Lolly Lewis, Jane Mermelstein, Lorna Newlin, Lisa Newman-Wise, Diane Walton and Darcy Wettersten) and already have several meetings under our belt. Here are some of the variables we are currently looking to tackle: What is



our total capacity number? Are we overdue to increase our dues? The last time dues were raised was about 15+ years ago and the average cost of living increase in the Bay Area has approximately 2.4% per year over the past decade. Do we need to expand (more square footage)? Should we increase our initiation fee and/or have separate locker fees? Do we need to stop allowing new members and have a wait list (our landlord Rec & Park may have final say on that)? What is our retention rate (how many of our new members are staying on after several years)? How many of our current

members use the club on a daily/weekly/monthly basis? (We are installing new door key fob software to track this.) Do we need to stop our outreach programs and close the door on public relations and discourage the media? Ouch, my head is spinning...

Dolphins, change can be challenging, but let's look at the positive. We have attracted world class athletes, younger members, a more diverse membership, and we have the DC/SERC Plaque back on our wall and it is not going to leave the club anytime soon. We will see more folks rowing, erging (with motivating music in the Boat house), full showers, standing room only sauna, longer locker wait lists, sold out events (dinners, special events, club swims). This Club is on fire (metaphorically)!

As we work through the challenges of this change, we should embrace this influx and be willing to share the incredible beauty of what we already experience at this unique San Francisco club. The fact that we are different from the vast variety of clubs (think small town personality) is what is attracting these new folks. But in order to maintain the spirit of a small town vs. a Big City mentality, we need to be more accepting of the growth. One needs to know people by their name and feel responsible for one another, and the Club, otherwise our life blood will diminish with each new member joining. An example of keeping our long tested culture, is how we carefully guard use of the Club, so that members are not restricted from access (i.e. our policy on parties). Moreover, we don't raise money by having non-members and outside groups use the facilities for a fee. Instead we show new members "How we do it here," welcome them and get to know them. Long live our small village!

-President, Rick Avery



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

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SAN FRANCISCO, CA
PERMIT NO. 1020

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".*