Dear Dolphins,

What a year! Thanks for all... and as we look ahead to next year, so much more to do! Let’s row and swim and play handball, let’s eat drink and be Dolphins, let’s read together and hear more from one another at Forum, let’s understand sea level rise, let’s be part of rebuilding Muni Pier, let’s tie more knots, let’s honor all Dolphins and build the next generation, let’s heed the need for a foundation under the weight room and galley and other building improvements. Let’s share the joy.

Oh, and the Tri... Dolphin Club hosted, Simon and I toasted, nobody coasted, couple folks boasted. Results were posted, DC roasted. SERC turned out more people, got more points 607-232. Big gratitude to Anna Olsen who led the Dolphin runners, our Commissioners who did Rowing and Swimming, and Robin and her team who fed us all, happily.

-Diane Walton
After two long flights and a 4-hour bus ride across Peru to get to the Lima Village site of the Pan American Games, competitors from North and South America gathered for three weeks to compete in sports from cycling to taekwondo. As a member of the USA Sports Medicine Network (and a lifetime member of the Dolphin Club), I was asked to travel with the national USA Synchro synchronized swimming team as physical therapist/trainer. As of 2018, the sport has been renamed to Artistic Swimming. That is the name that everyone will hear in next year’s Olympics in Tokyo.

Five thirty wake up calls for breakfast, followed by a 45-minute ride from the village to the pool and two hours of pool time practice with music, and another two hours or more practice without music. I am at the pool with the athletes throughout the day for necessary massages, localized injuries and in case of any emergency. For four days prior to the competition, I treated everything from musculoskeletal injuries, using manual therapy and taping, and led therapeutic exercises. I also addressed the non-musculoskeletal injuries: asthma attacks, foot fungus, blisters, and upset stomachs. The day usually ended at about seven for dinner, followed by team meetings, which often included video analysis of the day’s practice. Day over at about 9pm.

The Opening Ceremony took place on July 26, when I walked with all the athletes into the National Stadium in Lima. Truly an honor! Throughout two days of competition, the National Team competed in Team Technical, and Free events and the Duet also in Technical, and Free events. The 8-member team would be one of twelve hoping to obtain podium places. The Gold Medal team would automatically earn a spot at the 2020 Tokyo Olympics.

Show time! For four minutes, athletes were judged on coordination with the music, costume, make-up, and athleticism. As in gymnastics and ice-skating, the team technical event consists of required movements done to the coach’s choice of music. The Free event is done to music chosen and choreographed by the coach.

The USA Team performed beautifully, and elegantly. Both the duet and team scored enough points to win the bronze medal, behind Canada and Mexico in each time.

After a long restful summer, practice sessions in Moraga are already in full swing. The trials for Tokyo will be in March 2020. All for the American Dream.
Barcelona-Ibiza Rowing Race to end HPV

John Marsh

The NOMAN is an Island race started Monday, July 22th at about 10:00 am, from Port Vell, Barcelona. In broiling heat, our hearty crew of four “mature gents” patiently made it the 200 nautical miles to the finish line in Santa Eulàlia, on the east coast of Ibiza on Thursday, July 25th, at about 3:00pm. Our team’s corporate sponsor was Courchevel Prestige Chalets. Together, including with your generous support, the six boats and their crews in this year’s race raised about a half a million dollars toward ending HPV, which causes 5% of all cancers. NOMAN aims to raise awareness about the HPV-related cancer epidemic in men and women, campaign for universal HPV vaccination, while challenging participants to extreme endurance races across the world.

Our boat, aptly named Patience, came in last, but it also was the only one with four rowers (all the others had five). Our boat’s rowers’ average age, at 51, was also the highest by 15 years or more. I was the oldest rower. Nonetheless, all boats broke elapsed time records compared to the past three bi-annual races. That’s the summary. But for the full picture, find a comfortable chair and read on.

Pre-Race Training

This challenge started two and a half years ago. While wintering in San Francisco, I joined the Dolphin Club where I learned how to properly row heavier boats on the choppy waters of the Bay. Back home in NYC, I joined the Village Community Boathouse at Pier 40 for rowing on the Hudson River and also the East River Crew on E 96th Street (for rowing on the East and Harlem Rivers). I also finally learned to swim.

The NOMAN race has been operated since 2013 by Chris Martin, a world-class British rower who rowed the Atlantic alone. He gave us a six-month physical training program, which included many hours indoors on the Concept 2 Erg rowing machine and specialized training.
gym exercises. We also had to be certified in navigation and seamanship, offshore safety at sea, and marine VHF radio use. I can now competently read nautical charts, manually plot courses, and chart pilotage plans. We were also taught how to use digital navigation tools, such as GPS and navigational waypoints, which is what we ended up using for most of the race.

The weekend in Barcelona before the race consumed two full days of preparation and practice. This included loading our boats with 200 liters of water, and practice rowing sessions, while being filmed for the charity’s promotional materials.

Day One – Adrenalin
On Monday, race day, we reported at 7am and it was already feeling hot. The next days were all forecast to be nearly 90°F. The first leg would take us safely out of the high traffic shipping lanes. The second, and the longest leg, to a point between the Isla Tagomago and Isla Ibiza, about ten miles northwest of the finish line. The third leg was to an isolated cardinal buoy by a big scary rock near Santa Eulàlia. Two support boats would follow us throughout the race. Already somewhat fatigued by jet lag and the hot weekend of preparations, we all set off at about 10am.

Through sunset and most of the night, the water was unexpectedly flat and calm. In hindsight, we made our first of two errors. We chose to row easily at about three to four knots in this fabulously calm water thinking to conserve our energy. In retrospect, we should have taken advantage of these perfect conditions and rowed much harder and faster as most of our competitors did. Instead, we got to enjoy the sunset, which was spectacular, reflecting on the glassy sea. We even shared it with some dolphins.

Day Two – Acceptance
The morning of day two was pretty uneventful, but as the day wore on, the seas and wind picked up. Still, we were making decent progress, though still taking our time. Early on we had devised the overall—–we thought winning—–strategy of keeping the boat moving at all times during shift changes of each pair of rowers. One pair stayed aft, the other in the bow, each, “sleeping” at the respective ends of the boat. We had harnesses on our life jackets and were required to be always tethered to our jack lines while on deck. This way, we didn’t have to cross over each other and tangle our tethers.

A hot sun was a relentless challenge. Our cabins, narrower than
Photo Matt Donoghue

a kid’s bunk bed, were little refuge as they absorbed the sun’s energy and were often hotter than the open deck. We could hardly hydrate enough, quickly consuming 1.5 liter bottles of water hot enough to make tea. We tried rowing for an hour and resting an hour during the day, and two hours on/off at night. We were all wearing scopolamine (anti-seasick) patches, but my bunkmate lost his patch, and then with all the pitching, his lunch.

Finally, a second sunset with no land in any direction, more moderate seas, and harder night rowing.

Nighttime presented more danger, as we couldn’t see other vessels. Yes, we had AIS and a radar beacon emitting electronically to other vessels. But we were a six meter speck in comparison to some of the 120-170 meter vessels making way out there. This is where the support boats played an essential role, often providing us early warning of an approaching ship, or sometimes instructing us to alter course drastically. But the support boat couldn’t be everywhere. This second night we encountered a large towering commercial fishing vessel that looked like a moving oil platform. It was trawling with huge nets and bright spotlights, and would change course suddenly, first moving away from us, then suddenly coming right back. It was impossible to calculate its Closest Point of Approach, and we could never be sure they saw us. At one point it seemed to point its spotlights on us and move closer to take a look. Quite unnerving!! There were three more times we had to work with the support boat to avoid large container ships and their strong wakes.

**Day Three – Delirium**

This was the worst day of the race (and maybe our lives). Sea conditions deteriorated, with much larger and more frequent waves. I began to hallucinate: the squeaky oars sounded like voices talking, and I saw a skyline of buildings in the haze. I was in charge of navigation, and had trouble plotting the final waypoint. Trying to read charts in the spinning cabin was tough, and the scale of the chart wasn’t large enough to make out the small island referenced in our instructions. It turns out that the race officials gave an incorrect set of coordinates.

Then, when the other bow oarsman became seasick, we realized our second mistake; we weren’t eating enough solid food. We were relying far too much on our sports bars instead of eating a proper meal. We all started to feel much better once we ate some of the rehydrated food. Rowing was getting harder, the boat pitching from left to right with each wave. Imagine, for the next eight hours, feet strapped in, sitting in the drum of a front-loading washing machine, being turned one way, then snapped back really fast. All the time trying to get your oars in the water. Still, it was better than being bounced around inside the cabin banging your head on the walls. We were down to making just one or two knots. And we were miserable.

The agreed upon row-plan went overboard. My partner and I who were the stronger rowers fell into rowing 2 to 2-1/2 hours at a time, while the other two settled for rowing one hour on and one hour off.

At last, we saw land. But it was on our port side! It was the larger island of Mallorca. Still, this was progress. Our spirits raised, a bit. But then the wind returned. For much of the night, we had to row three strokes to port for every stroke to starboard.

**Day Four – Redemption**

Finally, during the wee hours of morning, we got a helpful swell that pushed us south for a few hours. The pitching decreased to every fifth stroke, and by morning light, we saw Ibiza.

The final ten miles was also pretty tough, rowing between Isla Tagomago and Isla Ibiza, through choppy waters and wakes of large fast-moving pleasure boats, oblivious of our trials.

As we disembarked the boat, we each had that 1,000-yard stare and wobbly legs that lasted a week. Waiting for us were my family, the support staff, the other enthusiastic crews, and a very hot bottle of bad champagne.

---

*[Race to End HPV and 5% of All Cancers](PO Box 232 New York, NY 10272-0232)*

In Memo please write: Marsh/Row

Your donation is fully tax-deductible.
D C Forum
Six Years of Unanticipated Insights

I had no forum in mind when I called my friend Kevin Starr, former state librarian and USC history professor, having just re-read his Golden Dreams: California in an Age of Abundance, 1950–1963 (2009), part of a five volume series. I wanted to share my enthusiasm for the book with my fellow Dolphins; he had once swum with us and now agreed to address us.

The promise of this session attracted an audience of fifty. Everyone was there but Kevin, a busy man, distracted by family affairs he later confessed. Nevertheless, we were able to have a lively discussion of his book without him, and several people suggested we might get together yet again. I agreed.

At this point I thought that a conversation about shared reading was preferable to listening to a lecture, but my idea proved to be wrong. I tried that way several nights, each time the audience diminishing until one evening it was only Polly Rose and me. I guessed that I was prisoner of my professorial past, believing assignments had to be carried out but forgetting I had no grade book. I abandoned that approach and stuck to speakers thereafter.

I was sure there were numerous Dolphins pursuing audience-worthy projects, some of them writing about their work. I had recently talked with Kate Coleman, a journalist, about some articles she had penned on prominent Black Panthers and the response she received. She agreed to share her observations with us.

That worked well, and Dolphins have had the opportunity to hear the spoken word from their fellow swimmers and boaters (most speakers have been club members) for close to six years. I had no method in mind about speakers: I contacted some, others volunteered, others were offered or called for by their friends or admirers. Maybe it was a stroke of good fortune that I got little advice about the forum, and perhaps that was only a sign of indifference. Probably the often-small audiences were indicative of the latter, or perhaps a Thursday evening is not a convenient time.

Those are issues I can’t resolve. What I offer here is a quick and painless way of learning the content of what we considered by categorizing the talks but not exploring them in any detail. Needless to say, I haven’t attempted grading them (for all the obvious reasons), but it’s fair to say that there was never a session without interested listeners.

Despite the strong partisan tone everywhere I’ve been, very little of it was evident in our sessions. Kate’s observations were political, given the nature of her subject (and Kate). And I invited to speak Seth Rosenfeld, a local freelance journalist whose book, Subversives: The FBI’s War on Student Radicals, and Reagan’s Rise to Power, is based on thirty years worth of documents released from the Department of Justice (he encouraged me to get my own report, which I did). Danny Altman spoke twice about his funding of progressive community efforts around the nation and, after elections, about the results of his approach. The closest we came to conventional politics was a talk by Jeremy Larner, who wrote speeches for Eugene McCarthy in the 1968 Democratic primary and received an Oscar for writing the screenplay for “The Candidate,” now pondering whether there was a place for comedy in the Age of Trump.

Wolf Richter’s analysis of Trump’s effect on the Wall St. economy was not political in any conventional sense of the word; in his earlier session, explaining why he created his financial website in troubled times, he made evident his belief that economic analysis can stand clear of partisanship.

International politics were covered in their Middle Eastern setting, twice, by Berkeley professor Peter Bartu. His intimate acquaintance with the Arab Spring and the friction between Saudi Arabia and Qatar held large gatherings spellbound for two evenings. Other parts of the world went neglected from a civic perspective, but Thad Carhart provided a charming self-portrait in his Finding Fontainebleau: An American Boy in France. Thad Vogler included France along with Scotland, Mexico and Cuba where (in By the Smoke and the Smell) he searched for hand-made spirits to sell in San Francisco and give to forum attendees.

In his travelogue, Cesar Manzano showed slides and talked about his two-and-a-half years (living out of his backpack!) visiting places in the world westerners rarely see.

Exotic adventures abroad were also the subject of “We, The Voyagers,” provided a charming self-portrait in his Finding Fontainebleau: An American Boy in France. Thad Vogler included France along with Scotland, Mexico and Cuba where (in By the Smoke and the Smell) he searched for hand-made spirits to sell in San Francisco and give to forum attendees. In his travelogue, Cesar Manzano showed slides and talked about his two-and-a-half years (living out of his backpack!) visiting places in the world westerners rarely see.

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to earth, so to speak, are efforts at island conservation around the world, as explained through an example in Sri Lanka by Seacology’s Aaron Rashba. In a similar vein, restoration ecologist Gretchen Coffman talked about her work in conservation and restoration in Laos, an undertaking that drew us into the world of science, as Gretchen’s wide-ranging work in California and Southeast Asia makes clear.

Michael Webster, director of the Coral Reef Alliance, put forward his optimistic view of how coral reefs can survive in the next century, given the adverse effects of climate change. These consequences were evident in Sky Stanfield’s and Jeff Russell’s comprehensive survey of the background to climate change, as well as David Ufferfilge’s take on low-carbon living as a response to that change. While honoring the work of our conservationists, I expected more Dolphins would want to talk, and talk passionately, about this most dire of all issues facing us today. The literature is rich, though also discouraging. There are reasons why we have so much trouble discussing it, but we should, and I hope future forums will address it.

We can, however, celebrate nature as we now have, or have had, it. Ariel Rubissowo-Okamoto, author of Natural History of San Francisco Bay, is clear on how human history has affected natural history. Marine biologist David McGuire, founder of Shark Stewards, discussed sanctuaries. Bill Keener and Izzy Szczepaniak, crustacean research biologists, focused on porpoises, dolphins and whales in the Bay. Mischa Hedges, director of the documentary “Of the Sea” on California fishermen, was accompanied by Maria Finn, who served food from Real Good Fish.

The Sacred Mountain: The Conquest of Everest author Stan Huncilman, from the group Desert Survivors, pointed to its efforts at land and desert conservation, not to mention camping adventures, while the ever-popular Sid Hollister appeared several times to discuss local birds. Soaring higher in the universe, amateur astronomer Ken Frank twice used telescopes to demonstrate the total solar eclipse.

Moving from the universal to the local, Piper Murakami brought us two speakers: Dennis McNally expounded on the Summer of Love in San Francisco and, on a related topic, Jonathan Kaufman opened our appetites to Hippie food. Photographer Anne Hamersky discussed “behind-the-scenes” stories of her recently installed billboard food photos at the Ferry Building. Wired editor Mark Robinson and writer Josh Davis talked about making journalism work, i.e., creating a compelling narrative for a national glossy magazine. Marie Sales rendered a tightly organized and illuminating presentation on community fundraising.

Even more attuned to our local awareness, of course, are the subjects of swimming and boating. Larry Scroggins wondered whether it was time for the DC to change the boundaries of cove swimming. Robin Rome drew on her studies in anthropology and her longtime club experience to explain the inner dynamics of our organization. Wendy Schuss talked about the inspiration for and making of her film “Whitehall.” Sara Newens, shooting from our dock, alluded to polar bear prowess in her short film, “The Comforts of Cold.” Suzanne Heim, who has dominated our record board for years, commented on her exploits on the Diablo Valley swim team, depicted in the film “Freshman at Fifty.”
And in an emotion-laden movie we watched Kim Chambers prepare for and carry out her incredible journey from the Farallons in "Kim Swims," directed by our own Kate Webber. We also heard from the first all-women's English Channel team: Joni Beemsterboer, Carol McGrath, Karen Tucker, Susan Allen, Susan Cobb and Susan Smith.

Another Channel swimmer, Lynne Cox, emerged from the Bering Sea and the coast of Antarctica to discuss her latest book, *Swimming in the Sink*, describing her loss of parents and her dog plus the discovery of a life-threatening heart condition that left her unable to swim but, fortunately, capable of falling in love. Marriage and family therapist Van Metaxas elaborated on *Conspiring to Heal: A Love Story*, his moving account of emotional growth and the death by cancer of his wife Maria, also a Dolphin. Jeff Gunderson, exploring the turbulent relationship between married artists Gordon Cook (DC) and Joan Brown (SERC), made it clear that oil paint and water don't mix.

Michelle Cobble, who is working with refugees on Lesbos, Greece, explained that teaching girls to swim has empowered them. Meredith May, whose *I, Who Did Not Die* portrays an Iraqi fighter and the Iranian child soldier who rescued him, wounded on the battlefield, and their unexpected, emotional reunion, spoke of compassion and emergent friendship. Meredith, a local beekeeper, gave us a second personal story, her own, in *Honey Bus: A Memoir of Loss, Courage and a Girl Saved by Bees*, in which her grandfather played a heroic role.

Taking care of yourself can seldom be accomplished alone, though biographer Jonathan Eig wrote on a figure who took a good swing at it, and not only in the ring; see *Ali: A Life*. Health economist Jamie Robinson, in *Purchasing Medical Innovation*, traces the nature and the cost of innovation in U. S. health care. For less complex approaches to well being, Mikkel Aaland would recommend his *Sweat...*, describing the sauna, while Natazha Raine O’Connor favors a bronchial entry in *Rescued by My Breath*.

Back in early 2014, I recommended we read and discuss James Salter’s *A Sport and a Pastime*, my idea of a fast, racetrack top rate novel. No takers. So I left literary efforts to fellow Dolphins and friends. Daniel Handler’s *We Are Pirates*, ostensibly a children’s book, had plenty of adult admirers, no doubt an index of its author’s humorous delivery and his provision of non-childish refreshments. Local historian Peter Neil Carroll’s *Fracking Dakota: Poems for a Wounded Land* evoked the nineteenth-century massacre of the Lakota Sioux. Writer Camille Cusumano’s *Wilderness Begins at Home* is a collection of stories about travels with her “big Sicilian family.”

Radio host Michael Krasney’s *Let There Be Laughter*, a gathering of Jewish humor, was a constant laugh-provoking assault with dialect. And John Perino did his club mates the favor of bringing in three North Beach writers – Ernie Beyl, Herb Gold and Terry Tarnoff -- to reminisce about their work.

Finally, and gratefully, we listened to music. Ben Goldberg, Adam’s brother, played his storied clarinet to lead a jazz trio. And Ken Miller, bassist with the SF Symphony but also a jazz musician, entertained us. We need more music.
DOLPHIN LOG SWIM STATISTICS

Fort Point Swim
AUGUST 31, 2019

The weather was perfect for the longest swim of the year. The current was slower at the start than expected but picked up and was racing along the Muni Pier. Two groups started 20 minutes apart: first, a slower group; next, a faster group.

Place Name Time
1 John Renko 48:58
2 Jari Salomaa 54:33
3 Ben Clark 55:00
4 Anna Schatz 56:45
5 Cesar Manzano 57:08
6 Chris Wagner 58:24
7 Wendy Schuss 58:59
8 Hubert Chaperon 59:15
9 Wendy Kordesch 59:36
10 Steve Carlson 59:50
11 Marie Sayles 1:02:59
12 Richard Haymes 1:03:18
13 John Drinkam 1:03:20
14 Donald Thornburg 1:03:22
15 Mauroo Prieto 1:03:42
16 Matthias Fore 1:04:07
17 Nancy Booth 1:04:07
18 Kathleen Duffy 1:06:02
19 Quinn Duffy 1:06:03
20 Tom Neill 1:06:12
21 John Gibbon 1:07:12
22 Marlin Gilbert 1:07:48
23 Crissa Williams 1:09:00
24 George Chamales 1:14:13
25 Danny De Leon 1:14:58
26 Donna Schumacher 1:42:08

Pilots: Nataza Bernie, John Blackman, Barry Christian, Jim Frew, Larry Heine, Evan Hirsch, Brian Kiernan, Tim Kline, Timothy Kreutz, Eric Lam, Charmaine Leonard, Tom Lundgren, Grant Mays, Thomas McCaff, Mikhail Melnikov, Donald Osborne, Jesse Pence, John Robbi, Gina Rus, Sibylle Scholz, Scott Stark, Monica Towers, Ryan Williams, Diane Wallace

Helpers: Joni Beemsterboer, Josh Bernstein, Peter Bianucci, Andrew Cassidy, George Chamales, Ben Clark, Carol Clark, Signe Curtis, Eileen David, Susan Garfeld, John Gibbon, Brian Gilbert, Laura Grubb, Carolyn Hu, Tom Hunt, Bastiaan Koch, Tracy Lorenz, Bri McCarthy, Ken Miller, Peter Neubauer, Emily Nogue, Timothy O’Shea, Joseph Omran, Era Osibe, Nanda Palmieri, Paco Rosas, Marie Sayles, Susan Saylor, Anna Schatz, Suzanne Scott, Eric Shupert, Sonja Sondhi, John Thorpe, Nao Van Dungen, Chris Wagner, Cheryl Wallace, Rebecca Wolski, Janice Wood, Madhuri Yechuri


2019 DC/SE TRI TOTALS:
DOLPHINS 232
SOUTH END 607

Row: Dolphin Club 27 South End 233
Swim: Dolphin Club 89 South End 231
Run: Dolphin Club 113 South End 158

2019 DC/SE TRI RUN RESULTS
(only Dolphins)

Place First Name Last Name Age Bracket Total Points
1 John Renko Bernstein M 35 and under 12
2 Aileen Arnold M 50-54 12
3 Susan Fitzgibbon M 35-49 12
4 John Renko M 35-49 12
5 Suzanne Heim F 35-49 12
6 David Rich M 50-54 12
7 Patrick Grady M 50-54 12
8 Anna Schatz F 35-49 12
9 Steve Schatz M 50-54 12
10 Michael Tachard M 50-54 12
11 Hubert Chaperon M 35 and under 12
12 Tim Smith M 35 and under 12
13 Duke Dahlion M 35 and under 12
14 Wendy Kordesch F 35 and under 12
15 Steve Carlson M 35-49 12
16 Jon Ness M 35 and under 12
17 Ben Clark M 35-49 12
18 Anna Schatz F 35-49 12
19 Peter Holmgren M 35-49 12
20 Tim Haynes M 35 and under 12
21 Duff Hanson M 35 and under 12
22 Amanda Emzer F 35 and Under 12
23 John Gibson M 35 and under 12
24 Richard Haymes M 35 and under 12
25 Kitty Fisher F 35 and under 12
26 David McGuire M 35-49 12
27 Cyril Rozoff M 35 and under 12
28 Tim Niel M 35-49 12
29 Tim Reynolds M 35 and under 12
30 Kula Mapstone F 35 and under 12
31 Thomas Martell M 35 and under 12
32 James Dilworth M 35 and under 12
33 Ben Faw M 35 and under 12
34 Jean Allan M 35-49 12
35 Sergio Lavelle M 35 and under 12
36 Jean Allan M 35-49 12
37 Susan Mapstone F 35 and under 12
38 Daniel Wheeler M 35 and under 12
39 Evelyn Fisher F 35 and under 12
40 David McGuire M 35-49 12
41 Cyril Rozoff M 35 and under 12
42 Tim Niel M 35-49 12
43 Tim Reynolds M 35 and under 12
44 Kula Mapstone F 35 and under 12
45 Thomas Martell M 35 and under 12
46 James Dilworth M 35 and under 12
47 Ben Faw M 35 and under 12
48 Jean Allan M 35-49 12
49 Sergio Lavelle M 35 and under 12
50 Jean Allan M 35-49 12
51 Susan Mapstone F 35 and under 12
DOLPHIN LOG SWIM STATISTICS

Dolphin Club Escape From Alcatraz Triathlon
SEPTEMBER 21, 2019

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<td>THE THREE BS</td>
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<td>1:00:17</td>
<td>5:10:00</td>
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Women and men's winners of EFAT, Evelyn Fisher and Andrew Wynn

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<td>Cable, Bob, M, 48, No Dolphin</td>
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<td>Dobbs, Melissa, V, Female, 47, No Dolphin</td>
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<td>Baskin, Barry, M, Male, 66, Yes Dolphin</td>
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Dolphins Fall 2019.v3.indd 11
Dolphins Fall 2019.v3.indd 11
12/2/19 10:39 AM
The weather cooperated and gave us a beautiful day for a swim. The jump was done in two waves, the first group was the slower swimmers and the second group the faster swimmers. The ebb did kick in a little sooner than expected; even so, the last swimmers to finish were under an hour. Thanks to everyone who made the day special.

**Place Name** | **Time**
--- | ---
1 | Joby Bernstein 18:54
2 | Allison Arnold 19:10
3 | Patrick Grady 24:04
4 | Michael T-Hahn 24:13
5 | Steve Schatz 24:24
6 | Anna Schatz 24:30
7 | Tor Lundgren 24:45
8 | Cesar Manzano 25:55
9 | Timothy McElligott 26:48
10 | Steve Carlson 26:29
11 | John Haymaker 27:50
12 | Stuart Moulder 28:09
13 | Bob Cable 28:09
14 | Chris Germain 28:27
15 | Tim Haines 28:30
16 | Margo Snyder 28:45
17 | Tom Neill 28:57
18 | John Gibson 29:13
19 | Wendy Schuss 29:26
20 | Mick Lavelle 2 30:30
21 | John Haymaker 30:26
22 | Charlie Cross 30:39
23 | Sean Lavelle 30:49
24 | Jean Allan 30:54
25 | Bri McCarthy 30:57
26 | Paul Wolf 31:20
27 | Peter Cullinan 32:40
28 | Aniko Kurczinak 33:41
29 | Morgan Kulla 33:47
30 | Wendy Kordesch 34:02
31 | Kristina Kordesch 34:08
32 | Marie Sayles 34:25
33 | Terry Huwe 34:28
34 | Trevor Haynes 34:42
35 | Mark Harrold 35:05
36 | Denise Sauerteig 35:20
37 | Holly Reed 35:36
38 | Marcy Michael 35:51
39 | Nancy Booth 36:02
40 | Marlin Gilbert 36:10
41 | Derrick Rebello 36:15
42 | Nancy Hornor 36:25
43 | Dean Badessa 36:37
44 | Mara Iaconi 36:39
45 | Hal Offen 36:43
46 | Maggie Lonergan 37:20
47 | Mark Lenz 37:51
48 | Gretchen Coffman 38:19
49 | Erin Figel 38:30
50 | Janine Corcoran 38:38
51 | John Hornor 39:22
52 | Lewis Haidt 39:35
53 | Bill Burke 40:26
54 | Bianca Liederer 41:15
55 | Ken Coren 42:47
56 | Paco Rosas 42:49
57 | Bobby Lu 43:00
58 | Rose Levien 43:07
59 | Wafaa Sabil 44:04
60 | Tim Kline 44:19
61 | Jamie Robinson 44:31
62 | Robin Rome 50:20
63 | Kent Myers 50:25
64 | Barry Baskin 50:27
65 | Cheryl Wallace 51:07
66 | Stuart Gann 52:16
67 | Cynthia Barnard 54:21
68 | Ben Clark, Zachary Walton
dnf | Kathleen Duffy, Susan
Lauritz Carolyn Hui, Peter Neubauer
Pilots: Eliana Águdelo, Christopher Bessette, Jon Bielinski, Lindsey Bivings, John Blackman, George Chamales, Barry Christian, Thomas Davis, Anthony DuCombe, Tim Dumm, Justin Fisch, John Grunstad, Roger Hanson, Larry Heine, Lindsey Hoshaw, Gavin Jefferies, Brian Kiernan, Timothy Kreutzen, Grant Mays, Thomas McCull, Mikhail Melnikov, George Morris, Jon Nakamura, David Nettell, Joseph Omran, Nanda Palmieri, John Robiola, Gina Rus, Anne Sasaki, Kathleen Sheridan, Maile Smith, Scott Stark, Matt Stromberg, John Thorpe, Ryan Utsumi, Diane Walton

**DOLPHIN LOG SWIM STATISTICS**

**Place Name** | **Time**
--- | ---
1 | Joby Bernstein 31:37
2 | Chris Wagner 38:07
3 | Steve Schatz 38:40
4 | Anna Schatz 38:48
5 | Michael T-Hahn 39:16
6 | Laura Burtch 39:52
7 | Jaron Ness 42:02
8 | Hubert Chaperon 42:40
9 | Tom Neill 43:18
10 | Chris Germain 43:24
11 | Wendy Kordesch 43:28
12 | Jason Prodeeh 43:48
13 | Donald Thornburg 43:58
14 | Wendy Schuss 44:05
15 | Margaret Keenan 46:52
16 | John Haymaker 47:15
17 | Matthias Forz 47:22
18 | Mick Lavelle 47:52
19 | Charlie Cross 48:06
20 | Sean Lavelle 48:36
21 | Aniko Kurczinak 49:38
22 | Nancy Booth 51:48
23 | Marie Sayles 52:12
24 | Keith Nelson 52:32
25 | Zachary Walton 52:42
26 | Mara Iaconi 54:23
27 | Mark Harrold 54:52
28 | Marlin Gilbert 56:06
29 | Ken Miller 57:14
30 | Derrick Rebello 57:50
31 | Lewis Haidt 58:30
32 | Hal Offen 58:44
33 | Bill Burke 1:00:36
34 | Crissa William 1:02:34
35 | Kent Myers 1:03:22
36 | Bianca Liederer 1:03:58
37 | Kathleen Duffy 1:04:22
38 | Joe Gannon 1:08:13
39 | Cynthia Barnard 1:15:22
dnf | Matthew Leffers
DOLPHIN LOG SWIM STATISTICS

100 Mile Swim
JUN 1-OCT 31, 2019

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<th>Place</th>
<th>Name</th>
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</tr>
<tr>
<td>2</td>
<td>Randall Edwards</td>
<td>216</td>
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<tr>
<td>3</td>
<td>Mauricio Prieto</td>
<td>185</td>
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<td>4</td>
<td>Catherine Breed</td>
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<td>5</td>
<td>Luca Pozzi</td>
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<td>6</td>
<td>Duke Dahlin</td>
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<td>7</td>
<td>Peter Cullinan</td>
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<td>Chris Wagner</td>
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<td>David Holscher</td>
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<td>10</td>
<td>Julia Murphy</td>
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<td>Jaron Ness</td>
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<td>Suzanne Heim</td>
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<td>Hubert Chaperon</td>
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<td>Madhuri Yechuri</td>
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<td>19</td>
<td>Holly Reed</td>
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<td>Jill Utsumi</td>
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<td>Nancy Lange</td>
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<td>Jack Baker</td>
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<td>24</td>
<td>Sarah Schatz</td>
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<td>25</td>
<td>Jerad Slagle</td>
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Test swim: Jean Allan, Lauren Au, Andrew Cassidy, Janine Corcoran, Matthias Fore, Carolyn Hui, Kristina Kordesch, Hal Offen, Kathleen Sheridan, Chris Wagner, John Blackman, Duke Dahlin, Jim Frew, Chris Germain, Terry Horn, Brian Kiernan, Wendy Kordesch, Timothy Kreutzer, Thomas McCall, Tom Neill, Nanda Palmieri, John Thorpe, Jill Utsumi, Ryan Utsumi

Special Thanks: Denise Leffers, a non-member who helped in the galley.

Some of the Dolphin Women Triathletes on the Alma at sunrise from left to right: Sunny McKee, Anna Olsen, Gretchen Coffman, Evelyn Fisher, Wafaa Sabil, Amanda Ernzer

OUR HISTORIC BUILDING NEEDS YOUR SUPPORT!

Please consider donating to the

DOLPHIN SWIMMING AND BOATING FOUNDATION

dolphinfoundationsf.org

FALL 2019 13
We celebrate the completion of another successful Dolphin Club swim season! A huge thank you goes out to all our volunteer coordinators, our regular volunteers doing the dirty work, and the pilots who are all so essential in making the swim program work. It takes a village, so thank you!!

We want to extend a big thank you to Ryan Utsumi for two dedicated years as Swim Commissioner and mentor to many. Ryan was the Chief Pilot for most of the club swims this year and, among “just a few” other items, was charged with coordinating vessel traffic and ferry schedules, making the call on the final safety decisions, and executing the swim plan. Now back to the water with you! The annual Pride Swim was hosted by SERC this year and a great time was had by all. The swim was from Coghlan Beach back to the club where swimmers were treated to a warm Irish Coffee beachside. This year’s Pride Month celebrated the 50th anniversary of the Stonewall riots in New York City. Dolphin Hal Offen provided the crowd with a firsthand perspective of his experiences being gay in NYC during this time. Afterwards, Hal led the crowd in a rousing rendition of “Amazing Gays.”

Taking advantage of the longer days of summer, the Over-45 Gas House Cove swim was held in the evening and followed by a BBQ and libations. Although the jump was into a pretty strong flood tide, we thankfully did not have a repeat of the February swim in which a couple of pier pilings “got in the way.” Times were fast across the board for the forty-five Over-45 swimmers.

Crissy Field, one of our two longest regularly scheduled swims, at about 2.75 miles, featured fog and wind, but had sufficient visibility to allow us to ride a moderate flood back to Aquatic Park. The water was 61 degrees in spots, making it more inviting versus standing on the blustery dock.

The Walt Schneebeli Over-60 Cove swim allows our more senior members a chance to shine. This year our oldest swimmer was 89, while the youngest had just turned 60. Swimmers had three different courses to choose from: five swim to the Eppleton Hall and back, 13 swim to the flag and back, while 36 swim the full cove.

The Fort Point Swim is the Club’s longest regularly scheduled swim at 3.2 miles and can be an honest one if the flood is weak. At the jump, we all witnessed debris in the water floating in place as if it were slack tide. The flood finally kicked in late in the swim and we found ourselves, all of a sudden, screaming by muni pier as we approached the opening.

Conditions were almost perfect for the Joe Bruno Golden Gate swim this year. There was little wind, the water was calm, and the sun shining. Swimmers boarded the AdventureCat for a ride out under the Golden Gate Bridge where, west of the bridge and abeam of Fort Point, they jumped and then lined-up for the water start. The course took most swimmers from the west side of the bridge, under the midspan, to finish up east of the bridge near Lime Rock. The ebb kicked in towards the end pushing a handful of swimmers back to the west side of the bridge including a couple of swimmers who made an unplanned visit to Kirby Cove.

The Alcatraz swim was one of the smoothest swims of the year from both a swimmer’s and pilot’s standpoint. Our swimmers jumped from the east side of the island approximately 45 minutes prior to slack tide turning to a flood. The nature of the currents led to our faster swimmers taking a direct line to the opening while our core group aimed more westward with the flood tide kicking in. Forty swimmers participated including several first-timers who arrived at the beach with huge smiles on their faces. Notably, Anna Schatz still let her dad win by a body length.

Our most difficult challenge is the annual 100-Mile Swim between June 1st and October 31st. Forty swimmers successfully completed at least 100 miles. Top honors went to Tom Neill with 322 miles, which equates to an average of 2.1 miles per day. We have sent Tom’s watch to Garmin to fully certify his results.

Relax; there are only 50 days in which one is not obliged to fill in squares, unless of course you are doing the Grizzly Bear Challenge. The Winter Solstice has different meaning to different people. Some view it as several cold, difficult and dark months ahead, while others relish the excitement of the longer days to come. Dolphin swimmers, however, celebrate with the beginning of the Polar Bear Challenge. Past participants will attest that their experiences swimming in the unpredictable currents and cold water of winter, and then coming back to life amongst friends in the sauna, are some of their fondest memories of the year. The camaraderie experienced by our participants during the stark winter months forms everlasting memories and lifelong bonds.

The 2020 swim season will be here before you know it. We hope to see all the old faces and many new ones out in the Bay. Let the season begin!!

Swim Commissioners
In Memoriam

Tom Kernan, an active and most friendly Dolphin Club Member from 1997 to 2014 (when he could no longer swim due to advancing bone cancer), passed away February 14, 2019 at St Anne’s Home on Lake Street. Born in New York City on January 10, 1933, he moved shortly thereafter with father, Brigadier General Redmond Francis USA (US Military Academy West Point), and mother Marguerite Ghelfi (French born and educated), to Carmel by the Sea, where he attended Notre Dame Academy. He then moved to Menlo Park where he attended St. Joseph’s, Bellarmine Prep and Santa Clara University, before finishing college at Notre Dame University, receiving a commission in the US Army.

Tom returned to San Francisco and earned a living in the insurance business. A long time resident on Potrero Hill, he started swimming back and forth between The Bay View Boat Club and The Mariposa Hunter’s Point Yacht Club in the 1980s before joining The Dolphin Club where he befriended many and served as Assistant Weight Room Commissioner. Pictured here (circa 2005, left to right) are fellow Dolphin Club members David Broadbear (deceased), Tom, Don Reid and Chuck Vogt after lunch at The Tadich Grill, having fun, enjoying life - what Tom was all about. Serving as Tom’s legacy is the most iconic stool in the Men’s locker room.

Vincent LaRocca died peacefully at home in his sleep on August 19, 2019 at the age of 87. Vince was born and raised in San Francisco and was the owner of the legendary LaRocca’s Corner in North Beach. Three generations of the LaRocca family participated in running the bar, from grandfather Vincenzo, father Leo, and brother Jack. Entertaining customers for years, Vince played the piano, his father played banjo and guitar and his brother played the accordion.

In the early 1900’s LaRocca’s Corner was the favorite for Sicilian fishermen, where they loved playing a Sicilian card game called Briscola. The bar became a favorite of the children of the fishermen and their families with the music and dancing on the weekends. The Corner was the place to see and be seen by many San Franciscans. LaRocca’s was fondly remembered by many visitors to our city, who would make it a regular stop. During the week, the daily card games were just as popular with anyone - from the cast of Guys and Dolls, bookies and politicians, to high society. There was no place quite like it and no one quite like Vince. His life was a life well lived, and he will be greatly missed by all who loved him.

James Francis Grant died peacefully on July 18, 2019, at his home. He was born in San Francisco on August 7, 1927, and grew up in Vallejo with his three sisters. At 18, he enlisted in the Army and served in Korea. Upon returning home, he enrolled at San Jose State College and ran on the Spartan track team under the legendary track and field coach Bud Winter.

Jim married Jan Angela Price on September 8, 1956, lived in San Rafael and had the first of six children in July 1957. He worked for New York Life Insurance Company for twenty-four years as a life insurance agent. And at the age of 59, Jim became a correctional officer and worked for the remainder of his career at San Quentin State Prison. He retired from the California Department of Corrections after 20 years, just short of his 80th birthday.

Jim loved to go swimming, often times doing laps in the Bay and racing in the Dolphin Club Alcatraz and Golden Gate swims. Jim also loved long distance running, frequently competing in the Dipsea Race, including one time with all five sons (his youngest, Bruce came in first in the family). Even into his late 70s, Jim was an active athlete, participating in the Escape from Alcatraz Triathlon and the New Year’s Day Alcatraz swims.

Vincent LaRocca

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James Francis Grant died peacefully on July 18, 2019, at his home. He was born in San Francisco on August 7, 1927, and grew up in Vallejo with his three sisters. At 18, he enlisted in the Army and served in Korea. Upon returning home, he enrolled at San Jose State College and ran on the Spartan track team under the legendary track and field coach Bud Winter.

Jim married Jan Angela Price on September 8, 1956, lived in San Rafael and had the first of six children in July 1957. He worked for New York Life Insurance Company for twenty-four years as a life insurance agent. And at the age of 59, Jim became a correctional officer and worked for the remainder of his career at San Quentin State Prison. He retired from the California Department of Corrections after 20 years, just short of his 80th birthday.

Jim loved to go swimming, often times doing laps in the Bay and racing in the Dolphin Club Alcatraz and Golden Gate swims. Jim also loved long distance running, frequently competing in the Dipsea Race, including one time with all five sons (his youngest, Bruce came in first in the family). Even into his late 70s, Jim was an active athlete, participating in the Escape from Alcatraz Triathlon and the New Year’s Day Alcatraz swims.
2020 DOLPHIN CLUB SWIM & EVENT SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 1</td>
<td>Wed</td>
<td>TBD</td>
<td>*New Year’s Day Alcatraz</td>
</tr>
<tr>
<td>Jan 1</td>
<td>Wed</td>
<td>TBD</td>
<td>New Year’s Day Cove Swim</td>
</tr>
<tr>
<td>Jan 18</td>
<td>Sat</td>
<td>8:30 am</td>
<td>*Pier 41</td>
</tr>
<tr>
<td>Jan 18</td>
<td>Sat/Sun</td>
<td>24 hour cove relay</td>
<td></td>
</tr>
<tr>
<td>Feb 9</td>
<td>Sun</td>
<td>8:30 am</td>
<td>*Gas House Cove</td>
</tr>
<tr>
<td>Feb 16</td>
<td>Sun</td>
<td>TBD</td>
<td>Old Timer’s Lunch</td>
</tr>
<tr>
<td>Mar 1</td>
<td>Sun</td>
<td>8:00 am</td>
<td>*Pier 39</td>
</tr>
<tr>
<td>Mar 14</td>
<td>Sun</td>
<td>7:15 am</td>
<td>*John Nogue Swim for Science Pier 15</td>
</tr>
<tr>
<td>Mar 15</td>
<td>Sun</td>
<td>TBD</td>
<td>McGovey Cove Regatta</td>
</tr>
<tr>
<td>Mar 21</td>
<td>Sat/Sun</td>
<td>8:00 am</td>
<td>*Yacht Harbor</td>
</tr>
<tr>
<td>Mar 21</td>
<td>Sun</td>
<td>11:00 pm</td>
<td>End of Polar Bear</td>
</tr>
<tr>
<td>Apr 4</td>
<td>Sat</td>
<td>TBD</td>
<td>Rovers Festival</td>
</tr>
<tr>
<td>Apr 11</td>
<td>Sat</td>
<td>11:00 am</td>
<td>Dick Beeler Crazy Cove</td>
</tr>
<tr>
<td>Apr 25</td>
<td>Sat</td>
<td>11:00 am</td>
<td>*Coghlan Beach (fun swim)</td>
</tr>
<tr>
<td>May 30</td>
<td>Sun</td>
<td>TBD</td>
<td>Bay Bridge</td>
</tr>
<tr>
<td>Jun 1</td>
<td>Mon</td>
<td>5:00 am</td>
<td>100-Mile Swim Begins</td>
</tr>
<tr>
<td>Jun 1</td>
<td>Sat/Sun</td>
<td>9:30 am</td>
<td>*Pride Swim</td>
</tr>
<tr>
<td>Jun 21</td>
<td>Sun</td>
<td>9:15 pm</td>
<td>Baykeeper Relay</td>
</tr>
<tr>
<td>Jun 27</td>
<td>Sat</td>
<td>5:00 pm</td>
<td>*Under 30 &amp; 30-45</td>
</tr>
<tr>
<td>Jun 27</td>
<td>Sat</td>
<td>5:00 pm</td>
<td>*Doc Howard Over 45</td>
</tr>
<tr>
<td>Jul 18</td>
<td>Sat</td>
<td>TBD</td>
<td>Trans Tahoe</td>
</tr>
<tr>
<td>Jul 19</td>
<td>Sat</td>
<td>9:00 am</td>
<td>*Crissy Field</td>
</tr>
<tr>
<td>Aug 1/2</td>
<td>Sat/Sun</td>
<td>9:30 am</td>
<td>*Santa Cruz Pier Swim</td>
</tr>
<tr>
<td>Aug 15</td>
<td>Sat/Sun</td>
<td>11:00 am</td>
<td>Walt Schneebeli Over 60 Cove</td>
</tr>
<tr>
<td>Aug 30</td>
<td>Sun</td>
<td>8:00 am</td>
<td>*Fort Point</td>
</tr>
<tr>
<td>Sep 12</td>
<td>Sat</td>
<td>9:30 am</td>
<td>*Alcatraz</td>
</tr>
<tr>
<td>Sep 27</td>
<td>Sun</td>
<td>TBD</td>
<td>Swim Across America</td>
</tr>
<tr>
<td>Oct 3</td>
<td>Sat</td>
<td>10:00 am</td>
<td>Dolphin/South End Triathlon</td>
</tr>
<tr>
<td>TBD</td>
<td>Sat</td>
<td>TBD</td>
<td>Joe Bruno Golden Gate</td>
</tr>
<tr>
<td>Oct 17</td>
<td>Sat</td>
<td>TBD</td>
<td>Angel Island Regatta</td>
</tr>
<tr>
<td>Oct 24</td>
<td>Sat</td>
<td>7:45 am</td>
<td>Escape from Alcatraz Triathlon</td>
</tr>
<tr>
<td>Oct 31</td>
<td>Sat</td>
<td>11:00 pm</td>
<td>100-Mile Swim Ends</td>
</tr>
<tr>
<td>Nov 14</td>
<td>Sat</td>
<td>TBD</td>
<td>Pilot Appreciation Dinner</td>
</tr>
<tr>
<td>Nov 22</td>
<td>Sun</td>
<td>5:00 am</td>
<td>Grizzly Bear Challenge</td>
</tr>
<tr>
<td>Nov 26</td>
<td>Thu</td>
<td>9:00 am</td>
<td>Thanksgiving Day Cove</td>
</tr>
<tr>
<td>Dec 20</td>
<td>Sun</td>
<td>8:00 am</td>
<td>New Year’s Day Qualifier &amp; Holiday Brunch</td>
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<tr>
<td>Dec 21</td>
<td>Mon</td>
<td>5:00 am</td>
<td>Polar Bear Swim Begins</td>
</tr>
<tr>
<td>Dec 31</td>
<td>Tue</td>
<td>11:00 pm</td>
<td>Grizzly Bear Challenge Ends</td>
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</tbody>
</table>

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

Intro to bay swimming usually offered on the Saturday or Sunday following the monthly Board Meetings, check website www.dolphinclub.org.

All times are approximate & subject to change. TBD means “to be determined”.

* Qualifying Swim

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members, who are current on their dues and fees and in good standing.
2. Swimmers must have current USMS membership, or USA Swimming membership, as appropriate and abide by each organization’s rules and requirements.
3. Swimmers are required to wear orange caps on all scheduled swims.
4. Swimmers cannot use swim aids including fins and wet suits, on any timed scheduled swims.
5. New members are not eligible to swim in scheduled out-of-cove swims for either 6-months from the start of their membership, or before successfully completing the 100-mile swim, the Polar Bear swim, or the Accelerated Out-of-Cove process.
6. All out-of-cove swims require a pilot:swimmer ratio of 1:3.
7. Time limits may be imposed at the discretion of the Swim Commissioner(s).
8. All Club boats are reserved for scheduled swims. Co-pilots are encouraged. Riders are prohibited.
9. Swimmers must register during check-in and attend the swim briefing in order to swim.
10. To swim Golden Gate or Alcatraz, members must successfully complete at least three qualifying swims and help on at least three swims.
11. Out-of-town members must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 10 above.

(Nothing in the above rules shall contravene any applicable Federal laws and statutes.)