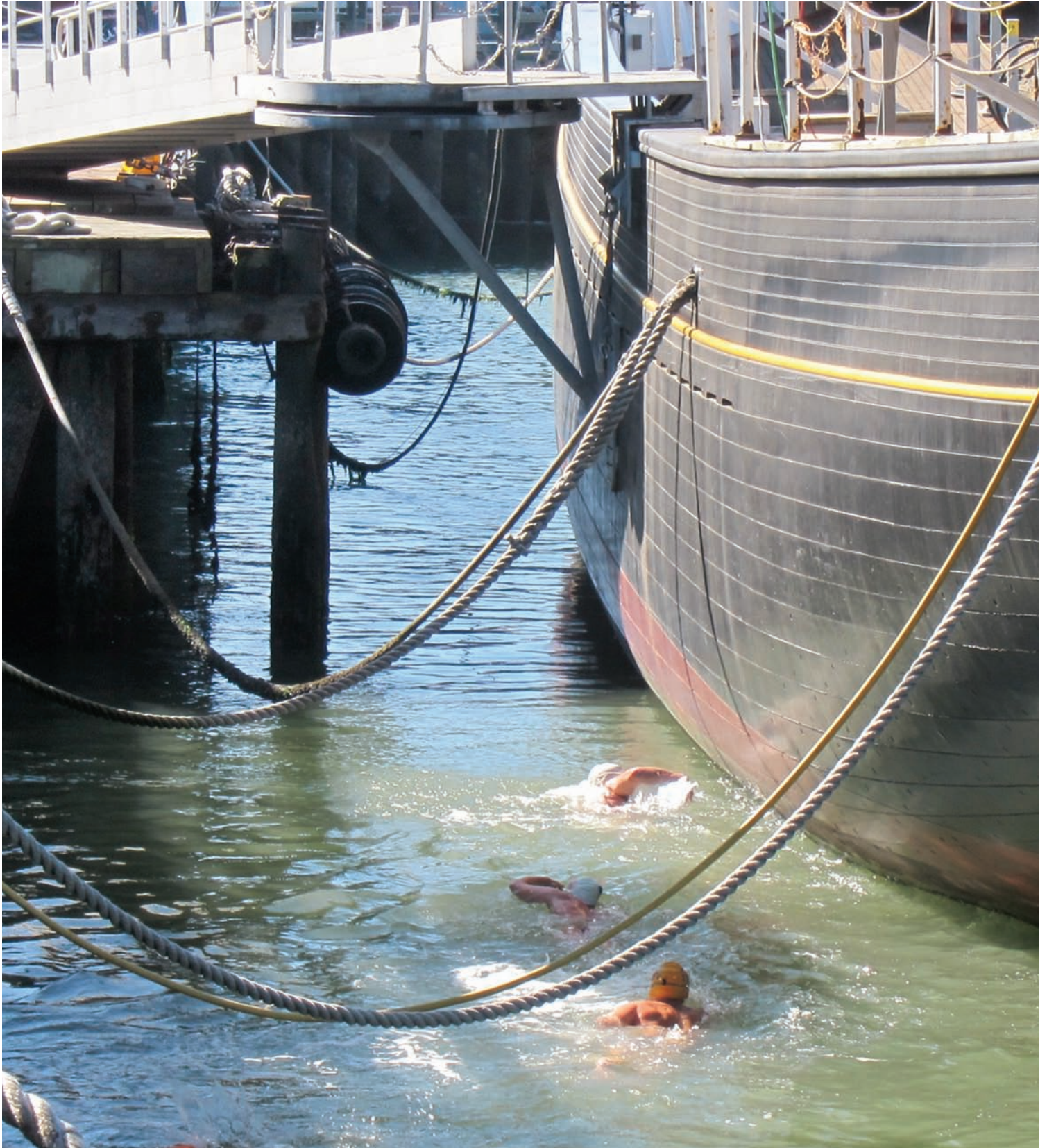


SUMMER 2014

DOLPHIN LOG

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



Once 'Round the Cove

Dolphin Log

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The Dolphin Swimming
& Boating Club
502 Jefferson Street
San Francisco, CA 94109
www.dolphinclub.org

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Printing

MC Printing
Prepress
Royce Color, SF

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Two Cautionary Tales

#1 Swimming in Maine

Last year I was staying in a nice seaside cottage in Maine on June 1, the start of the 100-mile swim. The water was 53 ° F, or so said the local paper. Late that afternoon, I put on my suit, grabbed my cap and goggles, and headed to the beach.

The swim was uneventful, but as I got out it started to sprinkle a bit. I hiked back to the cottage, took a shower, changed and sat down to read a book of sea stories. The rain really started coming down and the wind was churning. The clouds darkened until I could barely make out the distant lighthouse.

Suddenly there was a frantic pounding on the door. A group of firemen stood there, getting soaked.

There had been a report of a missing swimmer! Had I seen or heard anything? It took me a minute or so to process. Then, sheepishly, I told them that they were probably looking for me. The Fire Chief pulled me aside. Wasn't it a bit early for swimming? Didn't I know the water was still cold? I explained that I was from San Francisco and did some cold-water swimming out there. He asked if I had ever swum from

Alcatraz. Sure, I told him, lots of times. That seemed to clear things up. He got on the walkie-talkie. The storm started to let up, and I walked with the fire guys down to the beach.

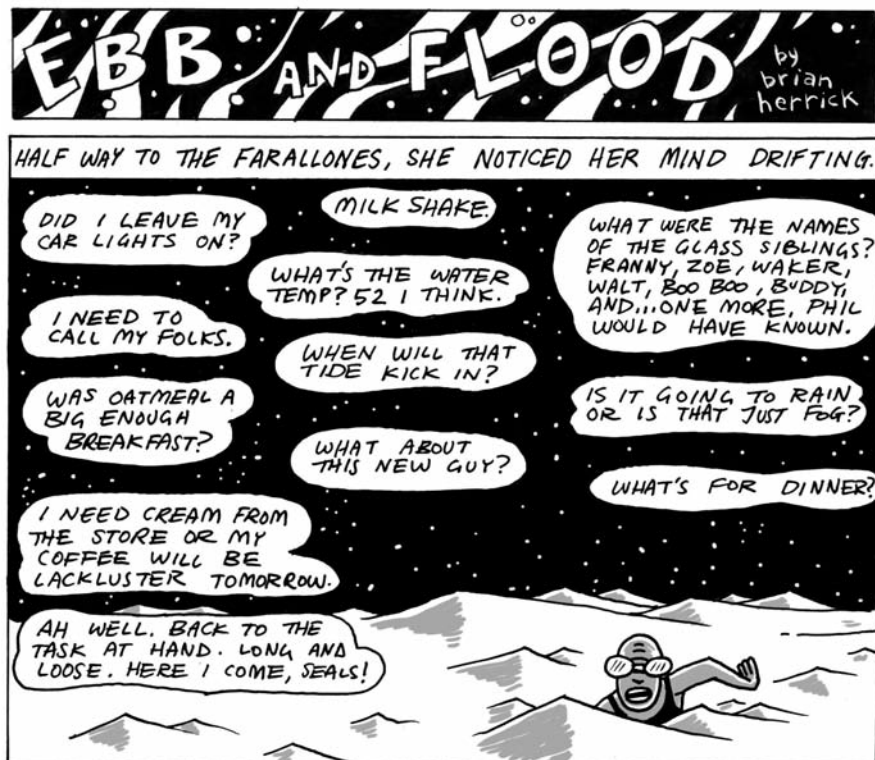
An extensive search party was in progress. Half the town was there! Lights flashing, two fire rigs, the county's special Dive Rescue truck, a Sheriff Deputy's squad car, an ambulance and other assorted trucks and cars, some with their magnetic siren thing still flashing.

Later that evening, the Fire Chief and the Deputy stopped by for a chat. No, they weren't going to charge me. A concerned citizen had seen me swimming from her porch. Next time she looked up, I was gone. And then the storm worsened...

I offered to file flight plans in the future, but they told me no. It was ok. They knew me now. For the remainder of my stay, I managed to swim every day. I also judiciously waved to the locals on their porches – and they all waved back. I marked up my miles.

My thanks to Alan and Mary Lou Morison of Wilton, ME, who graciously extend their cottage to me year after year, and to the other kind folks of coastal Maine who take West-coast tourists in stride.

Thomas Nuckton



#2 Post Party Paddle

A fool learns only by making mistakes, but perhaps you can learn from mine.

Early evening, June 14th, Dolphin Club pilots paddled back from the Bay Keeper McCovey Cove swim and party. Conditions were choppy, but manageable, until we passed Pier 39, turned west and faced twenty-knot winds head on. Beside us, ferries, fishing boats and even a cruise ship packed the shipping lanes.

And I was feeling fantastic.

As I paddled past the *Jeremiah O'Brien*, a passing ferry whipped up a set of five-foot waves coming from the north-west. I knew to turn into them to avoid tipping the kayak. But I was also anxious to get out of the wind and behind the breakwater. After I crested a last high wave, I turned sharply left, set my sights of the Balclutha and hoped for the best. But hope holds little currency with the sea. A roller immediately dumped me backwards. The kayak flew some four feet up, got caught by the wind and carried east. Meanwhile, the

ebb tide sucked my paddle west. The weight of soaked clothing and shoes made swimming to the kayak impossible. High swells blocked landmarks from my visual field; I didn't even know which direction to swim. I was in deep trouble.

Very luckily, another DC kayaker pilot, the fearless Miguel Melendez saw the capsize and came to my rescue. But the waves kept coming and his several desperate attempts to salvage the kayak, paddle and me, were unsuccessful. Eventually a fishing boat pulled us both out, retrieved our paddles and kayaks.

I survived to offer these few life saving tips:

Basic Kayak Tips:

- There are two types of kayaks at the club: sit-on and sit-in. Sit-on kayaks are easy and fun to use, but not the best choice for high winds and waves, as they have a higher center of gravity and flip much more easily than sit-in kayaks.
- Practice self-saving techniques. Always kayak with the assumption that you will fall in, because

eventually, you will.

- Wear a life vest and dress for swimming. Nylon, light wool or even a wetsuit are good. Excess clothing when soaked is heavy and hazardous.
- Consider using a paddle leash.
- Take oncoming surf head on.
- In high surf, if you need to turn in a direction other than straight into an approaching wave, slightly turn the tip of the kayak in the direction you need to go, but simultaneously lean ("edge") the side on the kayak and plant your paddle into the oncoming wave. Your weight and the force of your paddle will anchor you, and counterbalance the wave's force: a force that would otherwise throw you over, as it did me. This is an advanced technique and needs to be practiced to master it.
- If you still have the paddle and need to swim to your kayak, lie on your back and use your body to create a flat vessel. Hold the paddle with two hands and paddle backwards as if you were doing backstroke toward your goal.

Eileen Buckley

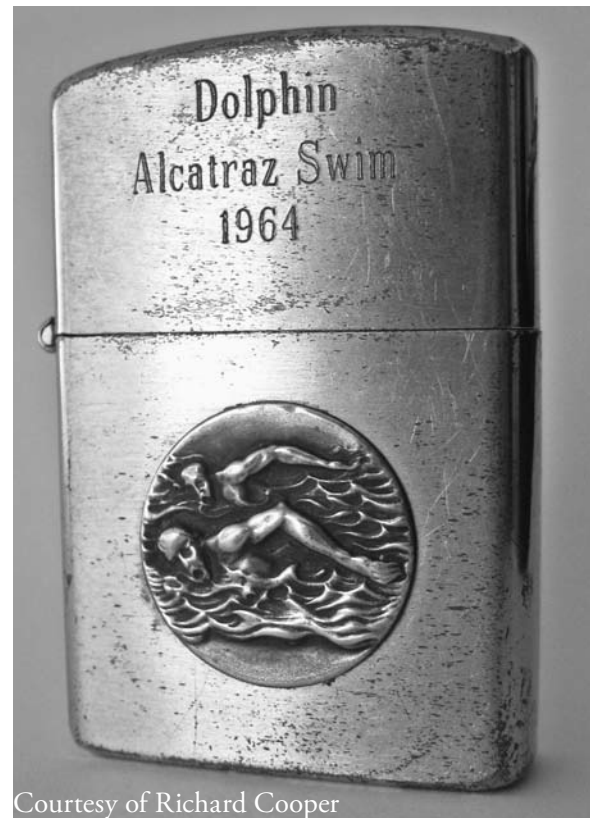
Notes from DSBC's Kayak man, Terry Horn

Always check tides, currents and expected weather including the forecast winds. The wind usually picks up in the afternoons and can be very unforgiving. . .

I have paddled into 20 knot winds and it's no fun. You have to be vigilant on each stroke. Plus you can't rest or you will get blown backwards. Try hugging the shoreline to get out of the wind.

It might work and it might not. . . .

In tough conditions always use a paddle leash, paddle with a companion, and carry a radio. The club has them. The channels to use are found in the club's training manual on line. And eat beforehand. Both the exercise and the anxiety draw heavily your energy reserves. Don't not put yourself in harm's way when rescuing a person. Rescuing the kayak can wait. Give the person in the water the nose of your kayak.



Courtesy of Richard Cooper

Why don't we get useful trinkets anymore?

Three Coves¹ do the Cinco de Mayo



Photo Sunny McKee

This year three Dolphins survived South End's Five Coves of Death.

The 1st Cove of Inquiry

Hyped up on post-Polar Bear sauna talk, when anything seemed possible and awash in mythology concerning the South End's notorious Cinco de Mayo Five Coves of Death swim, it seemed only right to give it a go. But first we had to establish the course and extract arcane lore from some of the club's inspirational and storied swimmers so we'd know what we were getting into. Duke Dahlin and others were only too helpful.

Going beyond two hours in the water in any season comes down to focus, fuel and myriad mind tricks where a 'one size fits all' approach cannot work for all body shapes and swimming abilities. Between science and "shut up and swim," there had to be a middle ground for your average

Joe and Jill, and it was in this spirit that we sought guidance and wisdom. Here's what we found; for a mid-level swimmer, a minimum training schedule of approximately six weeks is required.

First week - three swims to get comfortable with 60-minute sessions or approximately two miles. In weeks two and three you need to keep up the one-hour sessions twice a week and on weekends do a longer swim, pushing it out to 90 minutes or three coves and a flag. You need short pit stops with fuel and drink every 25-30 minutes that allow you to swim continuously and stave off the creeping numbness that invariably snakes up your limbs. This keeps the core solid and with practice, will allow you to swim through the inevitable 'claw' that comes after an hour and a half. For every planned session, go a little further, even if it's

only an extra buoy, it will stretch your confidence in every way. For week five's long swim, have a go at two hours (I only managed one hour and 50, Bob inspired with two, and Bill seemed robust as a seal). Then taper for the final week: one 60-minute swim, a one-mile swim, and three days before the big day; a graceful 'flag and back.' You are set.

—Peter Bartu 2:07

The 2nd Cove of Endurance

Even before the swim began, as I walked out to the dock and saw the churning, white cap-filled cove I thought, "This is going to suck!"

Doing the "Five Coves" is far beyond what is required for the Fort Point swim, the longest official Dolphin Club event and the longest I

¹A fellow, a jolly good chap (Brit. slang)

had previously done. Two hours (plus change) in the water simply didn't exist. So when Peter first posed the challenge, I figured I'd maybe do three coves but certainly not five! I rarely swam more than 45 minutes. During one of our early training swims, and without much build-up, I managed stay in for an hour and 20 minutes but it was a struggle

I had no experience training for longer swims and had never had a need to worry about nourishment. In fact we were all pretty new to this so there was a lot of improvisation about what kind of drink and gels to use. We were flying blind. The first time that Peter pulled out Duke's little floating snack cart so that we could keep our drinks by the dock, the indefatigable channel swimmer Laura Zovickian was out there and asked him if he was doing a long swim. "Yeah, three." Then she asked, "three hours." "Um, no. Three coves." She laughed.

But, by trial and error—and over the course of a few weeks of longer swims—we learned what we liked and what we didn't. Personally, I can only stomach the energy gels or "Gu" from the chocolate/espresso/peanut butter family and find the artificial fruit-flavors repulsive. And I've converted Peter to the Zico brand of chocolate coconut water (now a common ingredient of fancy cocktails.)

More than anything, however, I think we were all committed mentally to finishing the five coves by the time May 5 rolled around. Peter and Duke said things that really stuck with me about how you can—and have to—push past that initial "cold" or "tired" feeling, and then you really can keep going. I was going to swim five coves. So after that first cove I accepted

the fact that it was going be rough and by the time laps two and three were over, there was never a doubt.

—Bob Cable 2:22

The 3rd Cove of Redemption

Finishing lap four, I pull up to the SERC dock and call out my number, 29. The SERC crew has been amazing! Totally organized, they bring the water bottle that I've spiked with energy gel, in a matter of seconds. I take two swigs. Evan from SERC urges me on. That guy has made me feel like I'm Lewis Pugh every time I stop to fuel up and take off again! At this moment, I love everybody at SERC! What a supportive group! I've been in the water for about two hours and ten minutes. One more cove. With the flood and the 25 mph winds, getting to the flag has been the hardest part of every circuit but this is the last one!

My friends Duke and Julian Sapirstein are out in a double kayak to support me. When I first saw them just after passing the goal posts on my third lap, it definitely buoyed my spirits. They're just in wet suits. Little do I realize, what with the wind and spray from the water and the fact that they don't have to paddle very hard

to follow me, they're freezing! Cy Lo, a friend from SERC, is piloting and offering encouragement as well.

The course involves swimming through the Roundhouse, something I've never done before. On lap one I see someone else do it and just follow. It's easy! By lap five I'm an old pro at this, that is until I hit my right hand on a concrete column half-way through. It hurts! And I'm bleeding. But I decide it's not broken. Gotta keep going. At the opening it's an amusement park ride, up, down, and sideways. My arms are getting tired, but I time my stroke to the rise and fall of the waves and sort of body surf in towards the Jacuzzi. There's the Balclutha! One last swim down 'rat alley' between Hyde Street Pier and the boats, trying to avoid the barnacle encrusted chains and ropes. I make it with a few final scratches. Swimming behind the Balclutha and Thayer is not something I plan on doing regularly.

I'm at Oprah – where the flood tide hits me and I have to fight my way back to the SERC dock. They congratulate me. I feel pretty good right now! I start shivering as I walk up the stairs. I don't shiver much once February ends, so shivering makes it feel like an accomplishment! Inside I see Peter and Bob, who look warm and happy.

I am so glad I did the swim and grateful to SERC for letting me participate. It's as challenging a swim as I've undertaken and all without leaving Aquatic Park! Maybe we Dolphins should ask if we can co-sponsor this thing!

—Bill Burke
(2hr 45 min)



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Photo Bill Burke

Lisa Newman-Wise rises from the waves along Ocean Beach

*Bay to Breakers (*the aquatic version) - May 18, 2014*

Swimmers: Brendan Crow, Joe Marenda, Lisa Newman-Wise, Peter Bartu

Pilots: Melissa King, Terry Horn, Bob Cable, Duke Dahlin, Marcus Auerbuch, Doug James, Brian Kiernan, JD Durst

Part I (Brendan)

Despite a Small Craft Advisory in effect, conditions seemed too good to be true as the sun rose the morning of Bay to Breakers, especially with low cloud cover and an unbelievably small wave report from Ocean Beach. The team approached

the base of the Bay Bridge just a few minutes after our planned 6 am jump. A nervous excitement stirred in each of the three motorized craft, which held the four swimmers and four kayak pilots. Just before the lead pilot, JD Durst, made contact with Vessel Traffic a container ship captain declared his intention to depart from south of the BB and drive right over our path. As JD quickly negotiated the next steps, we noticed several large ships crisscrossing our swim route in front of us. Of course, swims in the bay never go exactly as planned.

The first leg was a little choppy on the way towards Alcatraz, but nothing you wouldn't face on a windy day in the cove. But, after rounding the corner near Pier 39, the conditions worsened dramatically with wind gusts up to 40 knots and waves cresting over us. Throughout the first half of the swim, Melissa

and Terry strained to keep their kayaks perpendicular to the breaking waves, but as soon as they stopped for a water/food break the wind and waves pushed their kayaks sideways. As Lisa and Joe stopped for their feed, the two kayaks turned. Terry managed to stay upright, but Melissa was knocked over, sending her and Lisa's food into the water. The big waves hid the sight of a kayaker capsized in the middle of the bay from the other pilots. In the relentless wind and waves Lisa and Joe held the kayak so Melissa could climb back aboard. After a couple of failed attempts, Lisa and Joe were starting to worry as they felt the cold creeping in. Luckily the third try succeeded. At this point, we were only about 40 minutes into a more than two-hour swim and I too was starting to feel cold creep in, shivering during my feed. We hoped conditions would improve because at this rate, we were going to need to come up with a plan B fast.

Part II (Joe)

The approach to the Golden Gate was like a drunken rugby match; we were being hit from all sides and we couldn't figure out the rules. Every hundred yards, the water became increasingly violent. Lisa and



Photo Terry Horn

Joe Marenda rounds Seal Rocks

Joe chatted briefly during a snack break and were convinced the swim would be called at the Golden Gate ("Plan B"). If it was this bad inside the Bay, imagine how bad it would be outside? But, the five-knot current soon carried us quickly to the Bridge and beyond in spite of the best effort of the breaking waves to beat us back.

To our shock and relief, the water smoothed out once we crossed the threshold, and we had a gently rolling swell. The wind was minimal, the fog lifted. We were elated (ok, maybe "elated" after a beating like that is a bit of an exaggeration). Lisa, Joe and Peter stayed in the main current near the shipping channel while Brendan took a more direct "short-cut" to Mile Rock. The "short-cut," however, turned out to be a resurfacing of Charybdis! With a radio call from Katie and James who were watching from the bridge, Brendan was directed north out of the back eddy, though not before falling behind.

The swim past Mile Rock was uneventful for the others and it was a good chance to stretch out and enjoy the scenery. The only problem was a distant cargo ship that seemed to loom forever on the horizon. JD charged up to confront it in Arias, returning to report that the ship was actually heading out. With that news, the swim was bliss.

Part III (Lisa)

As I came around Mile Rock at about 1h 45min, I was feeling great. I was about three-quarters



Photo Bill Burke

Peter Bartu surfaces at Bondi, no, Ocean Beach



Photo Marcus Auerbach

Brendan Crow passes under the Bridge. For him, the hardest part wasn't over.

of the way through the swim, and thrilled with the relatively calm water after the washing machine between Alcatraz and the Golden Gate Bridge. However, I was a bit disconcerted not to see any other swimmers or motorized craft. I asked Melissa, my trusty kayak pilot, where the others were and she waved nonchalantly on and encouraged me to keep swimming. The sun had gone behind the fog, and I didn't want to get cold, so I put my head down and committed to making my goal: under 2h 30min.

The next several hundred meters passed quickly. I was at Cliff House and at Seal Rocks before I realized it. Getting past those darn rocks, however, felt like it took forever - just like the Palace of Fine Arts. They just wouldn't fade into the distance. I'd jumped in the water at Ocean Beach the day before and been pushed around quite a bit, so silently thanked Karl the Fog (see @karlthefog) for the milder surf as I prepared to head to the beach. Hopefully I wouldn't take too many more gulps of salt water before the finish.

I swam past a group of surfers near Seal Rocks, still heading south, and waved good-bye to Melissa as she shouted "We made it!" and sighted on the windmill at the edge of Golden Gate Park.

Reaching the beach was

not easy. While I didn't get turned upside down or mercilessly beaten up, it was a slog. Fortunately, I could see folks on the beach, and Chris Wagner's bright blue and red swim jacket was my destination. I could not have been more thrilled when I finally stood up in the sand on Ocean Beach, feeling really strong, and not too cold. Our welcoming committee was so fabulous - nearly a dozen Dolphins with outstretched, welcoming arms; towels; hot water and snacks; and great cheers! I was astounded to find I was the first out of the water, and thanked the scouting crew, the weather, and my pilot for enabling me to have such a smooth swim.

All in all, swimming Bay to Breakers was a highlight of my time at the Dolphin Club so far. We set a goal, trained consistently, recruited a large, experienced, enthusiastic support crew, and overcame unexpected challenges. I'm already excited for the next one!

Many thanks to all who supported our swim day, especially our pilots and:

Bob Cable
Diane Walton
Chris Wagner
Charlie Cross
Gabriela Cross
James Dilworth
James Fahlbusch
Katie Harrington
Bill Burke
Aaron Rosenthal

MILES

2014
25
YEAR
LIFE
MEMBERS



Gerald O'Dwyer
January 1989



Nikola Pavicic
March 1989



Marla McGowen
April 1989



Tom Whelan
June 1989



Mickey Lavelle
July 1989



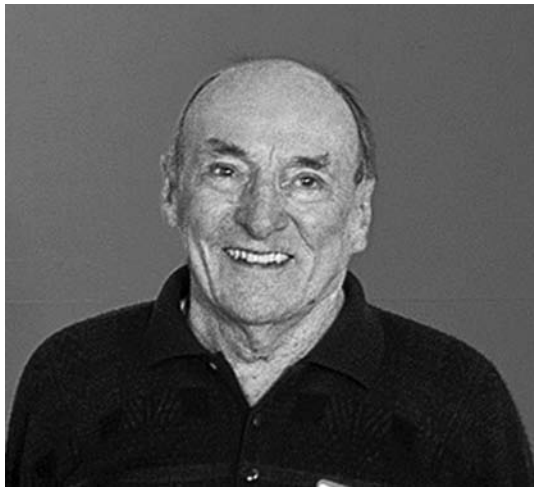
Richard Perkins
August 1989

photos unavailable
Robert Bogiages
Lance Feil
Gary Gach
Steve Roach



Nancy Hornor
September 1989

TONES



Jerry Cullen (Member; 1964-2014)

Half a century ago Jerry Cullen would take his morning dip at the Dolphin Club, follow it with a 24-hour shift at SFFD, then return at mid-morning the next day for another swim – fire and water. At that time he knew by name all the regulars among the 250-300 members that made up the club. The regular swims of maybe a dozen members – doctors and lawyers but mostly blue collar workers--were usually organized by IBM's Lawton Hughes who, fortified by a nip from his locker, would "throw a stick in the water to determine the tide," according to Jerry, and the event would proceed. A shower was available for warm-up afterward, at least if you finished among the leaders and had access to hot water. Soon,

however, Hank Willinger, the club's custodian and former ship's carpenter, built the first sauna, drawing on a few thousand dollars raised at a dinner dance.

It has been a decade or so since Jerry participated in a club swim, though a couple of years ago – at 78, piloted by his contemporary Dan Osborne – he swam Alcatraz (has anyone over 78 done that?). And he's in the cove every Monday, Wednesday, and Friday morning at 6:30 with Lee Hammock, Charlie Martin and John Flavin for his customary dip, followed by a breakfast often prepared by some of the newer members from the distaff side. This year he will be the only recipient of the 50-Year Member award.



Larry Scroggins
September 1989



Margaret Curtis
October 1989



Steve Worthington
October 1989



Photo Russell Miller

Young Tom Troneum Scullers learn Whitehall etiquette from the masters.

Another busy quarter for rowing and a still busier one coming up over the next three months. We are launching into our season of major swims and we will be looking for as many pilots as we can gather! We have the Golden Gate Bridge swim, Alcatraz, Ft. Point, and on September 21, the Swim Across America event. We are anxious to train any and all of you who may be interested in piloting.

In early July, Jay Dean led a group of rowers to an Angel Island

overnight in conjunction with a summer youth program sponsored by the National Park Service. Later in a July, JD Durst and Jay Dean led another group for an overnight to China Camp, again in conjunction with an effort by John Muir and the National Park Service. This trip included the Wieland and two heavy doubles, all loaded with overnight gear and supplies. Four hours of rowing. Each way!

The youth program with the Tom Troneum Scullers is going gangbusters!

Coach Tom O'Connell and the rowers are here each Monday and Friday morning and will be carrying on until the middle of August. We are going to conclude their summer training with a breakfast row to the Java House in the Wieland and several doubles on Monday August 18. If any rowers would like to join us on Monday or Friday mornings, come to the boathouse at 7 am. Several members are already joining in.

Tuesday night boat nights are busy, as always! We are

averaging between 20 and 30 people each evening, and we've topped 40 on several occasions. Dinner is served at 9 pm and all members of the club are invited to come. Jon can put all hands to work. Repairs have been completed on the Kapuna, and the Bruno has been returned to the fleet. We have two more heavy singles to be cycled through this year, along with the usual ongoing upkeep and maintenance of other boats. In addition, the Don Reid boat is getting under way.

We are also addressing several other "minor" matters including modifications of our life jacket procedures, further kayak issues, and some matters of erg maintenance. In addition, we are in the process of acquiring one more single shell for the Lake Merced Boathouse.

As always, we extend a big "thank you" to all the members who come by on boat night and lend a hand. They make a big contribution to the club, directly supporting and enabling our swim program.

John Blackman

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SWIM COMMISSIONER'S REPORT

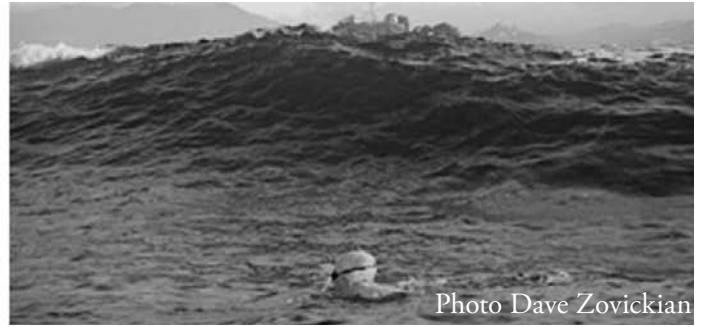


Photo Dave Zovickian

Photographs of a ship's wake taken less than a few seconds apart by piloting kayaker Dave Zovickian who then changes his focus to something more urgent.

Swims have come fast and furious over the course of this spring and early summer. Since the last log entry, the club has ticked off the Gas House Cove, Pier 39, Yacht Harbor, Bay Bridge, Crissy Field, Doc Howard Over 45 Gas House Cove and SE/DC LGBT Pride swims. With one exception conditions were outstanding, with warm weather and flat waters. That one exception was the Doc Howard, admirably coordinated by Joe Marena, which had to be switched to a cove swim because of an extremely lumpy and uncooperative Bay. The Bay Bridge swim brought the "big-ass" wake captured for posterity by Dave Zovickian in pictures. And as it was the opening of the salmon season our intrepid pilots were quite busy fending off fishing boats coming in and out of the gas docks. The eddy off of Crissy Field grabbed a few swimmers for a bit, but all found a way out. There was a battle for who could stay in the water the longest with Sibylle Scholz emerging victorious after fending off some stiff competition from John Ingle and Cory Emerson.

Joe Illick topped the Polar Bear list with 140 miles. Joe has consistently

been a contender in this event over the years and this year he has again won the top prize. Way to go Joe! Charlie Cross (112), Byron Harbour (101, top Virgin), Chris Wagner (100.5) and Cory Emerson (90, Virgin) rounded out the first five. Vince Huang logged his consecutive 36th Polar Bear, swimming 54.5 miles. Melissa King was the first to 40. We had 156 Polar Bears this winter including 17 Old Goats. Congratulations to all.

We had some special swims this spring as well. Three intrepid Dolphins, Peter Bartu, Robert Cable and Bill Burke, completed the SERC "Five Coves of Death" swim on a rugged May 5 evening. Peter B, Lisa Newman-Wise, Brendan Crowe and Joe Marena finished an even more grueling Bay to Breakers, yes swimming from the Bay Bridge to Ocean Beach, in two + hours. Wow! Splendid work 'phins!

On a more serious note, swimmers will need to make changes in the way we sign-up for swims. Throughout this year's swim season we have had a very high dropout rate, as high as 25%. By dropout rate, I mean, a high percentage of members sign up for

a swim, but don't show up. This is unprecedented, so we have thought that it was an aberration, but it seems to be continuing. The purpose of the signup sheet is to allow the swim commissioners time to recruit enough pilots and to reserve any necessary transportation (buses or water craft). Your swim commissioners do not want to limit access to a swim so I tend to err on the side of accommodation, but a large drop-out rate for the Crissy Field swim led to us hiring a second launch, which, as it turned out, we didn't need, at an extra cost of \$800 plus.

So please do sign up in advance. This does indeed help us with logistics, but think of signing up as a commitment to show up. Also, if you are not going to make it, please either scratch your name off the list or email one of the swim commissioners (best bet is dolphinswimcommissioner@gmail.com) 72 hours before the swim. This will go a long way to help solve this problem. Thanks.

*Buoyantly,
John Nogue for
Virginie Jabbour, Joe Marena
DC Swim Commissioners*

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DOLPHIN LOG SWIM STATISTICS

Polar Bear Results DEC 21, 2013-MAR 21, 2014

Joe Illick	140	Carter Seddon	44
Charlie Cross	112	John Hornor	43.25
Byron Harbour	101	Eileen David	43
Chris Wagner	100.5	Sam Ferguson	43
Cory Emerson	90	Lee Hammack	43
Laura Merkl	83.75	Tom Nuckton	43
Gabriella Cross	80	Phil Scarborough	43
Melissa King	77.5	Suma Snehalatha	43
Joseph Marena	75.5	John Stassen	43
Wolfgang Richter	75.25	Monica Towers	43
Bill Burke	71	Krist Jake	42.75
Peter Cullinan	67	Mark McKee	42.5
Peter Bartu	66	John Nestor	42.5
Mickey Lavelle	65.5	Aaron Rosenthal	42.5
Joe Omran	64.5	Brian Fitzgibbons	42.25
Alex Migoushov	63	Jay Adams	42
Pete Neubauer	63	Erik Cufino	42
Ross Browne	62	Kathleen Duffy	42
John Nogue	60	Nancy Friedman	42
Basil Stamos	60	Joe Gannon	42
Cesar Manzano	58	John Ingle	42
Sergei Khorochev	57	Doug James	42
Hal Offen	57	C. Marchesani	42
Morgan Kulla	56	Robin Rome	42
Neal Powers	55.5	Anita Holmquist	41.75
Vincent Huang	54.5	Peter Badertscher	41.5
Beth Stein	53.5	Natazha Bernie	41.5
Alex Buehlmann	52.5	Arnie Oji	41.25
Ken Frank	52	Rick Avery	41
Lolly Lewis	52	Julie Haas	41
Lisa N.Wise	52	Sean Lavelle	41
Joel Bleskacek	51	Joe Mannion	41
Michael Caniglia	51	Michael Matthay	41
Andy Stone	51	John Mattox	41
Ted Tilles	50.25	Roxy Phifer	41
Robert Cable	50	Jason Prodoehl	41
Jim Frew	50	Deborah Sullivan	41
David Holscher	50	John Theede	41
Kerry Labelle	50	Rudeen Monte	41
Daragh Powers	50	Nancy Hornor	40.75
Firat Yener	50	John Ottersberg	40.75
Tom Hoffman	49.75	Jim Barron	40.5
Larry Scroggins	47.5	Jon Nakamura	40.5
Nancy Lange	47	Kevin O'Connor	40.5
Mark Gustin	47	Miguel Melendez	40.25
Darcy Wettersten	47	Kamran Atabai	40
Laura Zovickian	47	Eileen Buckley	40
Randy Edwards	45.75	Matthew Canepa	40
Sean McFadden	45.75	Joanne Carr	40
Brian Matthay	45.5	Kim Chambers	40
Suzanne Whelan	45.25	Victor Critchfield	40
Ward Bushee	45	Kathryn Cronin	40
John Mervin	45	Brendan Crow	40
Pavla Podolska	45	Jesse Czelusta	40
Holly Reed	45	Luke Donavan	40
David Rich	45	John Dugan	40
Mark Robinson	45	Lynn Goehner	40
L.Casablanca	44.75	Rey Hassan	40
Keith Gray	44.75	Clint Hendler	40
Tom Brown	44.5	P. Hollingsworth	40
M. Meyers	44.5	Patrick Horn	40
Terry Horn	44	Heidi Howell	40
Jane Mermelstein	44	Recep Iscan	40
Stephen Schatz	44	Pieter Kruit	40

Daniel Madero	40
Jackie McEvoy	40
Sunny McKee	40
Victor Pizarro	40
John Renko	40
S. Schlumberger	40
Kevin Shanahan	40
Daniel Taaffe	40
Nobu Takahashi	40
Rebecca Tilley	40
Paul Vanhoven	40
Ralph Wenzel	40
Rusa Chiu	34.5
Omer Thompson	33.75
Sue Garfield	32.5
King Sip	32.5
Duke Dahlin	29.25
Gail Grynbaum	25
Julian Sapirstein	25
Janice Wood	25
Roy Bergmann	23
Joseph Schatz	23
Rory Enke	20.5
Mimi Osborne	20.5
Mary Cantini	20.1
Jerry Cullen	20
Tom McGraw	20

Yacht Harbor Swim APRIL 27, 2014

Place	Name	Time
1	Andrew Wynn	27:59
2	Lisa Newman-Wise	28:07
3	Patrick Dinan	29:09
4	Joseph Marena	29:16
5	Stephen Schatz	29:21
6	Randy Edwards	29:25
7	Peter Bartu	30:39
8	Kala Sherman-Presser	30:44
9	Laura Zovickian	30:52
10	Katie Harrington	31:29
11	Clint Hendler	31:37
12	Steve Carlson	32:00
13	Mickey Lavelle	32:36
14	Robert Cable	33:21
15	Morgan Kulla	33:24
16	Nancy Lange	34:08
17	Renee Kaufman	35:03
18	Kate Coleman	35:13
19	Charlie Cross	35:20
20	Brian Matthay	35:30
21	Gina Rus	35:37
22	Joanne Desmond	35:51
23	Michael Caniglia	36:15
24	Keith Nelson	36:20
25	Margaret Keenan	36:23
26	Jay Adams	36:24
27	Monica Towers	36:50
28	Rick Avery	36:53
29	Aaron Rosenthal	37:03
30	Joni Beemsterboer	37:04
31	Byron Harbour	38:08
32	Kerry Labelle	38:18

33	Gabriella Cross	38:30
34	Jackie McEvoy	38:38
35	Pete Neubauer	38:47
36	Holly Reed	38:59
37	Laura Jones	39:16
38	Doug James	39:28
39	Kathleen Duffy	39:41
40	Richard Haymes	40:12
41	Firat Yener	40:15
42	Ken Frank	40:57
43	Jeff Russell	41:07
44	Scott Halsted	41:49
44	Janice Wood	41:49
46	Bevan Daniels	41:55
47	Hal Offen	43:15
48	Wendy Katzman	44:22
49	Bill Burke	44:29
50	Arnie Thompson	44:30
51	Cynthia Barnard	44:47
52	Carolyn Hui	45:09
53	Kent Myers	47:11
54	Sibylle Scholz	47:45
55	Adrewanne Emerson	48:10
56	Suma Snehalatha	52:27
57	John Ingle	52:36

Pilots: Jean Allan, Marcus Auerbuch, Dean Badessa, Jon Bielinski, Marjorie Boor, Judith Calson, Lowen Cattolico, Barry Christian, Brendan Crow, Duke Dahlin, Jay Dean, Marianne Dean, Paul DuBois, J.D. Durst, Sam Ferguson, Sara Goetzelman, Don Harrison, Terry Horn, Jeff Joslin, Brian Kiernan, Melissa King, Robert Mackey, Tom McCall, George Morris, John Nogue, Joe Omran, John Stauffer, Jennifer Votava, Peter Votava, Diane Walton, Ben Zovickian, David Zovickian, Noah Zovickian Helpers: Laura Atkins, Steve Carlson, Kate Coleman, Peter Cullinan, Eileen David, Joanne Desmond, Randy Edwards, Pauline Farmer-Koppenol, Maria Finn, Nancy Friedman, Sue Garfield, Katie Harrington, Clint Hendler, John Ingle, Morgan Kulla, Kerry Labelle, Mickey Lavelle, Jackie McEvoy, Hal Offen, Era Osibe, Aaron Rosenthal, Eric Shupert, Andrew Wynn Test Swimmers and Pilots: Laura Croome, Peter Cullinan, James Fahlbusch, John Nogue, Hal Offen, Joe Omran, Jamie Robinson, Jean Allan, J.D. Durst, Cory Emerson, Sara Goetzelman, Deirdre Golani, Katie Harrington, George Howell, Doug James, Liz Kantor, Suma Snehalatha, Diane Walton

Bay Bridge Swim MAY 4, 2014

Place	Name	Time
1	Andrew Wynn	27:59
2	Lisa Newman-Wise	28:07
3	Patrick Dinan	29:09
4	Joseph Marena	29:16
5	Stephen Schatz	29:21
6	Randy Edwards	29:25

DOLPHIN LOG SWIM STATISTICS

Photo Chris Tschinkel



China Camp revelers

7	Peter Bartu	30:39
8	Kala Presser	30:44
9	Laura Zovickian	30:52
10	Katie Harrington	31:29
11	Clint Hendler	31:37
12	Steve Carlson	32:00
13	Mickey Lavelle	32:36
14	Robert Cable	33:21
15	Morgan Kulla	33:24
16	Nancy Lange	34:08
17	Renee Kaufman	35:03
18	Kate Coleman	35:13
19	Charlie Cross	35:20
20	Brian Matthay	35:30
21	Gina Rus	35:37
22	Joanne Desmond	35:51
23	Michael Caniglia	36:15
24	Keith Nelson	36:20
25	Margaret Keenan	36:23
26	Jay Adams	36:24
27	Monica Towers	36:50
28	Rick Avery	36:53
29	Aaron Rosenthal	37:03
30	Joni Beemsterboer	37:04
31	Byron Harbour	38:08
32	Kerry Labelle	38:18
33	Gabriella Cross	38:30
34	Jackie McEvoy	38:38
35	Pete Neubauer	38:47
36	Holly Reed	38:59
37	Laura Jones	39:16
38	Doug James	39:28

39	Kathleen Duffy	39:41
40	Richard Haymes	40:12
41	Firat Yener	40:15
42	Ken Frank	40:57
43	Jeff Russell	41:07
44	Scott Halsted	41:49
44	Janice Wood	41:49
46	Bevan Daniels	41:55
47	Hal Offen	43:15
48	Wendy Katzman	44:22
49	Bill Burke	44:29
50	Arnie Thompson	44:30
51	Cynthia Barnard	44:47
52	Carolyn Hui	45:09
53	Kent Myers	47:11
54	Sibylle Scholz	47:45
55	Adrewanne Emerson	48:10
56	Suma Snehalatha	52:27
57	John Ingle	52:36
Pilot: Jean Allan, Marcus Auerbuch, Dean Badessa, Jon Bielinski, Marjorie Boor, Judith Calson, Lowen Cattolico, Barry Christian, Brendan Crow, Duke Dahlin, Jay Dean, Marianne Dean, Paul DuBois, J.D. Durst, Sam Ferguson, Sara Goetzelman, Don Harrison, Terry Horn, Jeff Joslin, Brian Kiernan, Melissa King, Robert Mackey, Tom McCall, George Morris, John Nogue, Joe Omran, John Stauffer, Jennifer Votava, Peter Votava, Diane Walton, Ben Zovickian, David Zovickian, Noah		

Zovickian Helpers: Laura Atkins, Steve Carlson, Kate Coleman, Peter Cullinan, Eileen David, Joanne Desmond, Randy Edwards, Pauline Farmer-Koppenol, Maria Finn, Nancy Friedman, Sue Garfield, Katie Harrington, Clint Hendler, John Ingle, Morgan Kulla, Kerry Labelle, Mickey Lavelle, Jackie McEvoy, Hal Offen, Era Osibe, Aaron Rosenthal, Eric Shupert, Andrew Wynn Test Swimmers and Pilots: Laura Croome, Peter Cullinan, James Fahlbusch, John Nogue, Hal Offen, Joe Omran, Jamie Robinson, Jean Allan, J.D. Durst, Cory Emerson, Sara Goetzelman, Deirdre Golani, Katie Harrington, George Howell, Doug James, Liz Kantor, Suma Snehalatha, Diane Walton

Crissy Field Swim MAY 26, 2014

Place	Name	Time
1	Patrick Grady	50:36
2	Chris Wagner	51:05
3	James Fahlbusch	53:01
4	Laura Zovickian	53:32
5	Joseph Marenda	53:40
6	Randy Edwards	54:39
7	Stephen Schatz	54:44

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DOLPHIN LOG SWIM STATISTICS

8	Peter Bartu	55:53
9	Tom Neill	57:06
10	Clint Hendler	57:15
11	Katie Harrington	58:34
12	John Selmer	1:00:59
13	Michelle Cherrick	1:01:13
13	Catherine Nottage	1:01:13
15	Robert Cable	1:03:36
16	Paul Vanhoven	1:05:08
17	Mickey Lavelle	1:05:56
18	Nancy Lange	1:06:50
19	Norman Hantzsche	1:06:53
20	Morgan Kulla	1:07:31
21	Tor Lundgren	1:08:29
22	Brian Matthay	1:09:30
23	Beth Stein	1:09:55
24	Kate Coleman	1:09:58
25	Joanne Desmond	1:12:00
26	Dan Brinkley	1:14:42
27	Bob Blum	1:18:31
28	Charles Pratt	1:18:53
29	Nancy Hornor	1:19:23
30	Aaron Rosenthal	1:20:06
31	Andrew Stone	1:20:32
32	Byron Harbour	1:20:57
33	Renee Kaufman	1:21:07
34	Lucy Hoff	1:21:49
35	Thomas Partridge	1:21:53
36	Pauline Koppenol	1:23:19
37	Ken Coren	1:23:27
38	Kathleen Duffy	1:25:41
39	Mike Mitchell	1:26:37
40	John Hornor	1:27:18
41	David Strasburg	1:28:04
42	Alex Buehlmann	1:29:23
43	Scott Halsted	1:30:48
44	Pete Neubauer	1:31:26
45	Robin Rome	1:31:51
46	Michael Kayton	1:39:16
47	John Ingle	1:53:17
48	Cory Emerson	2:02:36
49	Sibylle Scholz	2:05:16

Pilots: Jay Adams, Marcus Auerbuch, Dean Badessa, Eduardo Barranco, Natazha Bernie, John Blackman, Barbara Byrnes, Laura Croome, Jay Dean, Marianne Dean, Paul DuBois, J.D. Durst, Nancy Friedman, Susanne Friedrich, Joan Haab, Don Harrison, Dawn Holley, Terry Horn, Keith Howell, Davis Ja, Liz Kantor, Brian Kiernan, Mary Magocsy, Tom McCall, Allan McLennan, Miguel Melendez, Jane Mermelstein, John Nogue, Will Powning, Holly Reed, John Robiolu, Bill Schroeder, Lance Starin, John Stauffer, Arnie Thompson, Monica Towers, Diane Walton, David Zovickian
Helpers: Todd Arnold, Cynthia Barnard, Bob Blum, Dan Brinkley, Judith Calson, Kate Coleman, Peter Cullinan, Duke Dahlin, Joanne Desmond, J.D. Durst, Randy Edwards, Sue Garfield, Brian Gilbert, Sheila Gleeson, Patrick Grady, Lisa Hagerman, Pia Hinckle, Nancy Hornor, Carolyn Hui, Morgan Kulla, Jean Lamming, Mickey Lavelle, Joseph Marena, Janice McCall, Jackie Merovich, Mike Mitchell, John Nogue, Katherine Orr, Roxy Phifer, Robin Rome, Aaron

Rosenthal, Ron Russ, Julian Sapirstein, Stephen Schatz, Kris Steck, Andy Stone, Janice Wood, Madhuri Yechuri
Special Helper: Era Osibe Test Swimmers and Pilots: Jon Bielinski, John Blackman, Laura Croome, Peter Cullinan, Cory Emerson, James Fahlbusch, Deirdre Golani, Katie Harrington, Doug James, Nancy Lange, Jackie McEvoy, John Nogue, Joe Omran, Roxy Phifer

Doc Howard Over 45 Swim JUNE 7, 2014

Place	Name	Time
1	Becky Fenson	20:07
2	Patrick Grady	21:59
3	Jeffrey Peargin	22:27
4	Christopher Kelly	23:55
5	Ross Browne	24:14
6	Tom Neill	24:58
7	John Selmer	25:16
8	Victor Critchfield	25:41
9	Duke Dahlin	26:54
10	Julian Sapirstein	27:10
11	Paul Vanhoven	27:12
12	Erik Cufino	27:52
13	Daniel Madero	28:03
14	Charlie Cross	28:25
15	Keith Nelson	29:06
16	Joanne Desmond	29:31
17	Morgan Kulla	29:51
18	Bob Blum	30:02
19	Doug James	30:03
20	Lisa Hagerman	31:20
21	Michael Caniglia	31:24
22	Nani Tosoc	31:51
23	Sergei Khorochev	32:02
24	Andy Stone	32:48
25	Kerry Labelle	32:51
26	Neal Powers	33:33
27	Bill Burke	33:37
28	John Hornor	33:45
29	Gabriella Cross	33:59
30	Nancy Hornor	34:01
31	Joni Beemsterboer	34:05
32	Jan Weidner	34:57
33	Jim Frew	35:25
34	Pete Neubauer	35:39
35	Richard Haymes	36:00
36	Maria Finn	36:07
37	Pia Hinckle	37:35
38	Jane Mermelstein	38:20
39	Anne Sasaki	39:02
40	Will Powning	39:40
41	Susan Lauritzen	39:52
42	Janice McCall	40:01
43	Janice Wood	40:11
44	Carolyn Hui	40:12
45	Eileen David	40:47
46	Kent Myers	43:29
47	Lorna Newlin	44:09
48	Kris Steck	44:33
49	Arnie Thompson	46:18
50	Josiane Feignon	52:35

Pilots: Todd Bloch, Eileen Buckley, Brendan Crow, Lisa Newman-Wise, Jon Bielinski, John Blackman, Robert

Cable, Jesse Czelusta, Jay Dean, Mac Dean, Marianne Dean, J.D. Durst and Bingo - his dog, Michael Han, Davis Ja, Liz Kantor, David Maloney, Miguel Melendez, Chris Tschinkel, Megan Wachs, Diane Walton
Special Pilots: Mac Dean, Lina Graber-Lewis
Helpers: Susan Allen, Eileen Buckley, Andrew Cassidy, Charlie Cross, Gabriella Cross, Brendan Crow, Erik Cufino, Eileen David, Susanne Friedrich, Brian Gilbert, Scott Halsted, Byron Harbour, Mia Hershiser, John Hornor, Nancy Hornor, Morgan Kulla, Loretta Madden, Cesar Manzano, Joseph Marena, Kent Myers, Tom Neill, Pete Neubauer, Lisa Newman-Wise, Kevin O'Connor, Neal Powers, Daragh Powers, Polly Rose, Sibylle Scholz, Andy Stone, Paul Vanhoven, Christopher Wagner, Madhuri Yechuri

Dick Beeler Crazy Cove JULY 13, 2014

Place	Name	Time
1	Patrick Dinan	19:10
2	Suzanne Heim	19:30
3	Ryan Dalton	19:45
4	Sally De Moss	20:42
5	Catherine Nottage	21:09
6	Charlie Cross	21:42
7	Eileen Buckley	22:28
8	Michelle Cherrick	22:41
9	Gabriella Cross	22:55
10	Byron Harbour	22:59
11	Peter Prato	23:02
12	Megan Wachs	23:32
13	Robert Cable	23:40
14	Madeline Eustis	23:46
15	Joanne Desmond	23:53
16	Michael Caniglia	24:27
17	Halie Kampman	24:45
18	Kent Myers	25:50
19	Cory Sturtevant	26:04
20	Roxy Phifer	26:33
21	Susan Lauritzen	27:27
22	Wendy Katzman	27:48
23	Kate Coleman	28:03
24	Keith Howell	28:47
25	Tom Johannessen	30:03
26	Chris Tschinkel	30:06
27	Andrea Allen	31:23
28	Ken Frank	32:16
29	Cory Emerson	33:10

Pilots: Jon Bielinski, John Blackman, Kelley Heye, Laura Jones, Liz Kantor, Michael Kayton, Brian Kiernan, Brian Matthay, Miguel Melendez, John Selmer
Helpers: Laura Atkins, Judith Calson, Michael Caniglia, Andrew Cassidy, Gabriella Cross, Kathleen Duffy, Ken Frank, Brian Gilbert, Suzanne Heim-Bowen, Tom Hunt, Tom Johannessen, Wendy Katzman, Mickey Lavelle, Tom Neill, Era Osibe, Jeffrey Peargin, Roxy Phifer, Daragh Powers, Robin Rome, Polly Rose, Eric Shupert, Cory Sturtevant, Monica Towers, Janice Wood
Special Helpers: Era Osibe, Pat Harvey, Desanne (Finish Photographer)



Photo J.D.Durst

China Camp: Dolphin Club's newest vacation retreat.

Wow. Hats off to all who pursue their goals relentlessly, on the water and off, and big hats off in the past few weeks to the ten Fourth of July Bridge-to-Bridge swimmers (Victor Crutchfield, Clint Hendler, Sean Lavelle, Cory Emerson, Randy Edwards, Megan Wachs, Melissa King, Joe Marena, Bob Cable, Chris Wagner) and their pilots, led by Lisa Newman-Wise and Brendan Crow; the latest Dolphin Channel relay (John Nogue, John Stassen, Joel Bleskacek, Cesar Manzano, Arnie Oji, and Peter Badertscher, ably assisted by Channel alum Deirdre Golani); our Woman of Iron, Sunny McKee; and Tsugaru Strait conqueror, Kim Chambers. To be in the midst of dreamers achieving their dreams is such a gift, as is seeing how we combine, over and over again, to support one another.

Who ya gonna call? We all do whatever we can, leaving the Club in a little better shape than we found it, if possible. Somebody is always on site overnight, usually our steward, John

Ingle. Jon Bielinski, our boat builder, is here most days and of course for Boat Night. Phil Sancimino, our doorkeeper, is here on days the Club is open for public access. Jay Adams is our House Captain; John Ingle is handling the ordering of supplies and assuring that the janitors do what needs doing. Roxy Phifer manages our SWAG shop; Janice Wood leads us on recycling, composting and such. Jon Bielinski leads Tuesday night Boat Night with a remarkable crew; the kitchen is a shared responsibility with nods to post-swim John Hornor, Tues night Connie Wellen and the many others throughout the days and nights. John Blackman is the Boat Captain and, with Jim Frew, leads the 4th Thursday morning rows; Barry Christian takes care of the motorized fleet; Jay Dean is the Rowing Commissioner, leading the training of new rowers and open water shell aspirants while Jim Storm tends the Boathouse at Lake Merced. Tom O'Connell coaches the young rowers, JD Durst trains on the motorized, and makes sure the ergs are well maintained (and mixes a mean cocktail); Terry Horn is our guy on the kayaks. John Nogue, Virginie Jabbour and Joe Marena are our Swim Commissioners, Natazha Bernie and Chris Tschinkel are building our Running practice, with Dipsea expertise from Hal Offen, and Sunny McKee heads up the Escape, with help from Rick Avery and John Ottersberg. Morgan Kulla rules the archiving work, Rich Cooper the Club artifacts, Susanna Friedrich the website and the garden and the walls, Nancy Friedman is our Twitter

maven, and James Dilworth manages the Yahoo group. The list goes on... but that covers the things I've been asked about this month! So great, and the reason we thrive, is how many people do so much.

Water watch - Our message is simple--be as efficient as you can be in your water use. It is an issue of stewardship of our natural resources and it also impacts the Club's financial resources. We now top out at about 6000 gallons of water a day, costing roughly \$5000 a month--\$3400 for the water and \$1600 for the gas to heat the water. I don't know how our additional membership and day use would be factored into any mandatory reduction goals; by the time you read this, we will know more on that front—a Club goal of 10% reduction has been suggested, and we may be told to do more. Our volume of use, in the face of increased numbers of people in the building, says to me that the general cajoling and peer pressure and shower timers and dual flush valves and everything else we're throwing at this are having an effect, and we will have metrics to show the collective magnitude of our individual and institutional small changes. Keep giving us ideas. While there are still tales of the long shower-and- shave (thing of the past, right?) we appreciate those of you who have always been judicious water users, and we applaud those of you who have cut back. Thanks to the Building Committee as they continue to lead this pursuit of best use of our resources.

See you, in and on the Bay!

-Diane



415/252-5510

vdscon@gmail.com

www.vandersterreconstruction.com



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

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2014 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Wed TBD	New Year's Day Alcatraz
Jan 1	Wed TBD	New Year's Day Cove Swim
Jan 25	Sat 10:00 am	*Pier 41
Feb 16	Sun TBD	Old Timer's Lunch
Mar 15	Sat 9:30 am	*Gas House Cove
Mar 21	Thur 11:00 pm	End of Polar Bear
Apr 5	Sat 7:45 am	*Pier 39
Apr 26	Sat TBD	Rowers Dinner
Apr 27	Sun 8:30 am	*Yacht Harbor
May 4	Sun 6:55 am	*Bay Bridge
May 26	Mon 8:30 am	*Crissy Field
Jun 1	Sun	100-Mile Swim Begins
Jun 7	Sat 6:00 pm	*Doc Howard Over 45 Gas House Cove
Jun 22	Sun TBD	*SE/DC LGBT Pride Swim
Jul 13	Sun 9:00 am	Dick Beeler Crazy Cove
Jul 19	Sat TBD	*Trans Tahoe Relay
Jul 27	Sun 9:30 am	Under 30 Cove Swim
Aug 2	Sat TBD	*Santa Cruz One Mile
Aug 9	Sat 9:15am	*Coughlin Beach (fun swim)
Aug 17	Sun 11:00am	Walt Schneeбели Over 60 Cove
Aug 23	Sat 8:30 am	*Fort Point
Sep 6	Sat 10:25 am	Joe Bruno Golden Gate
Sep 13-14	Sat/Sun TBD	Duke's 24 hour cove relay
Sep 20	Sat 10:25 am	Alcatraz
Sep 27	Sat 7:15 am	Escape from Alcatraz Triathlon
Oct 25	Sat TBD	Dolphin/South End Triathlon
Oct 31	Fri	100-Mile Swim Ends
Nov 15	Sat TBD	Pilot Appreciation Dinner
Nov 27	Thur 9:00 am	Thanksgiving Day Cove
Nov 23	Fri	Grizzly Bear Challenge
Dec 21	Sun 9:00 am	New Year's Day Qualifier
Dec 21	Sun	Holiday Brunch Party
Dec 21	Sun TBD	Polar Bear Swim Begins
Dec 31	Sat 11:59pm	Grizzly Bear Challenge Ends

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

ROWING TRAINING

These Saturdays as 9:00 am

January 18, Saturday
February 15, Saturday
March 15, Saturday
April 19, Saturday
May 17, Saturday
June 21, Saturday
July 19, Saturday
August 16, Saturday
September 20, Sunday
October 18, Saturday
November 15, Saturday
December 20, 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

