

SPRING 2016

# DOLPHIN LOG

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





# Once 'Round the Cove

## Dolphin Log

Keith Howell, *Editor*  
Joe Illick, *Editor*  
Sunny McKee, *Graphic Designer*  
Andrew Cassidy, *Swim Stats*  
Story Rafter, *Proofreader*

## Contributing Historian

Walter Schneebeli

## Published By

The Dolphin Swimming  
& Boating Club  
502 Jefferson Street  
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[www.dolphinclub.org](http://www.dolphinclub.org)

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"This is why we do this."

Duke Dahlin

Photo Peter Prato.

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## Pat McGarvey 1946-2016



I was broken-hearted to learn that fellow Dolphin life member, Pat McGarvey died on the morning of March 7th. She died at her East Bay home, her last days surrounded by her visiting mother and sister. Pat's loving partner, Judi Apfel., was by her side throughout her illness and her peaceful passing, as she often used to be in Aquatic park, piloting Pat in her kayak.

Over the years I've adored Pat --loved her spirit, her quiet sardonic outlook (except when she showed righteous anger or just the way she didn't suffer fools for long) and her absolute swimming chops.

She became an accomplished swimmer despite her suffering from her earliest years and throughout her life suffering from severe scoliosis that might have crippled her. Yes, she walked awkwardly with a limp--had back pain, and dealt with, health crises over the years, often using a cane, but she overcame such difficulties especially in the water and counted swimming as a lifesaver.

Swimming became her passion and a form of athletics at which she excelled. Once submerged in the water she was a fierce competitor and could go like a house on fire.

A long time US Masters swimmer (she swam with Walnut Creek Masters), she particularly loved open water swimming, and, as she could not run up the beach at Master swim finishes, rather enjoyed the Dolphin Club swims where the flag finish was over the water so she could make her way up the beach to the stairs with her usual dignity.

I remember at one Santa Cruz Pier Swim, Pat came out of the water ahead of a rival in her age group, a woman who knew Pat and her challenges on land. But the woman showed no class and sprinted ahead of Pat to the finish chute, beating her in the foot race. Pat didn't like it but she was not going to stoop to whining or complaining, she said; it was beneath her.

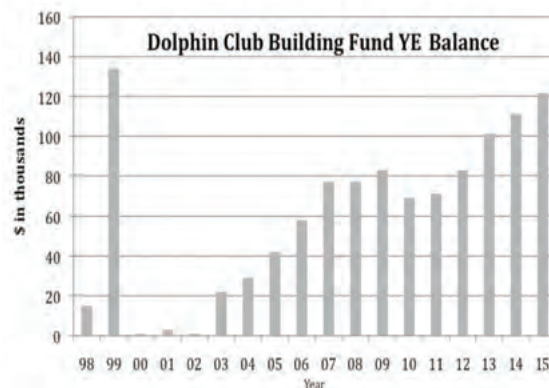
We two "Jersey girls" who liked to talk--in person or on the phone-- about our Jersey-shore-youthful swimming, laughed a lot together, gossiped, talked politics--feminist and progressive. And, while she usually showed a serious demeanor in public, with sound judgment and smart, I treasured the way she could drop her usual stone face and exhibit her sly, subversive humor.

She was a warm loving friend whom I will sorely miss.

Kate Coleman

## Dolphin Club Building Fund

The Dolphin Club Building Fund was established in 1998 as a method to develop and maintain an additional source of capital for major building related projects. The Club established a "Dolphin Club Account," now with the San Francisco BayKeeper, 501 (c) (3) non-profit organization, which maintains the account under a written agreement with the Club. Over the 18 years of its existence, the members of the DC have donated monies to the Fund which have enabled the Club to renovate the Ladies locker room ('99), replace the Pier ('08), replace the lockers in the Ladies locker room ('10), as well as renovations in the kitchen. Without the generosity of the DC membership to the Fund, these major building projects could not have been undertaken absent significant increases in the Club dues. The current balance of the Fund is \$120K.



## Walter Haake

One day in the late 1980s, on a training run, Karl Walter Haake and Randy Pinetti rowed from San Francisco's Dolphin Club to Petaluma—and back—in a single day.

Haake, a real estate developer, was struck by the tranquil beauty of the Petaluma River and the potential of a few gritty industrial buildings along the waterfront. The next day, he learned the buildings were for sale. He transformed the metal structures that once housed an engine works plant into Foundry Wharf, an award-winning office and warehouse space that evokes the “neo-industrial cool factor made famous in San Francisco's South of Market neighborhoods.”

Tall and robust, with a dry wit and booming voice, Haake gained his passion for architectural preservation from his father, Otto Haake, who trained as a cabinetmaker in his native Germany. Walter He paid for the construction of the Dolphin Club's Whitehall *Wanderer* and dedicated it to his father.

In Petaluma, Haake built a dock, available to rowers,



*Whitehall built by Walter Haake to commemorate his father*

and granted the only public access to the river south of the town's Turning Basin.

Haake and friends frequently took the *Wieland* across to Sam's in Tiburon. One week after completing the Petaluma run, he and Pinetti competed in the Catalina Channel Rowing Derby completing the crossing in eight hours in a borrowed plastic boat, one of only 14 out of 41 teams to finish.

## What was the San Francisco Rowing Club?

If you feel cramped now, try to imagine the Dolphin Club without the women's locker room, the Sancimino room, the Zahler boat house, driveway, and the shed for power boats. Less than ten percent of our current members can remember when the San Francisco Rowing Club occupied all that space. Only some stubs of old pier pilings remain.

The SF Rowing Club had a strong beginning as the Ariel Rowing Club, established on June 17, 1872. It quickly became a major force in the popular sport of competitive rowing on the Bay. Henry Peterson, the most famous local oarsman of the 19th century, raced for the Ariel Club. Another member was Al Rogers who built our handsome six-oared barge *Wieland* in 1887.

During the first three decades the Ariel Club operated at several locations in Mission Bay. Then in 1908 the Ariel was forced to rebuild on the west side of Black Point Cove (now Aquatic Park) alongside the Dolphin Club and the South End Club. In 1927 the three clubs were moved to the foot of Larkin Street, and then in 1938, the clubs were finally moved to their present sites.

By 1950 Ariel had been renamed the San Francisco Rowing Club. Public interest in rowing ebbed following WW II. While other clubs adjusted, the SF Rowing Club gradually lost its athletic purpose and was rented out for minor social functions. They had only 14 members in December 1976 when their lease with the City was terminated because they objected to woman members and public access. Final eviction was in 1978.

Soon afterwards the Dolphin Club reached an agreement with the City to expand into the defunct property. Preliminary work had begun when a fire broke out on the evening of November 21, 1980. The blaze, believed to have been set by transients, destroyed the old Club and caused considerable fire and water damage to the Dolphin Club.

The following decade was extremely busy with insurance, permits, plans, reviews, approvals, and finally construction. The new Dolphin Club annex was finally dedicated in the Spring of 1991.

For more info, watch a short slideshow about the Dolphin Club 1980 Fire on [YouTube](#).

*Richard Cooper*



*The old Aerial Club to the right of the Dolphin Club*



# Pia's Fear

## How I Finally Got Out of the Cove

Pia Hinckle

On Mother's Day 2015 I was sitting at the bar at the Buena Vista, enjoying a second round of Gin Fizzes and thinking about how I got there-- celebrating my first Bay Bridge swim-- when a little more than a year before I was a 20-year club member who had never swum outside of the cove, who could barely swim past the third buoy without having a panic attack.

It had been a long journey. We have all had our occasional scares while swimming in the cove, but few of us have to continually greet panic when we swim. Fewer still talk about it. For those of us who are casual swimmers, the club swims can seem intimidating and something only "real" swimmers do.

In 1995, I began swimming regularly with my buddy Rona Michele Spiegel. Lou used to call us the "Bobbsey twins" with our matching racerback wetsuit shorties. I found the sidestroke to be perfect for chatting, seeing where I was, monitoring for danger, and easy breathing. I was a nervous swimmer, with a history of panic attacks. Many years earlier, at age 5, a sleeper wave caught me, my mom, and my 3-year-

old sister at a Sonoma County beach and we were almost washed out. For a year afterwards I refused to go to any beach. Rosa and I worked up courage for the Crazy Cove swim. I pushed myself, swimming sidestroke,

FruitGuys, in our kitchen. Then I was pregnant again with twins.

After their birth, I experienced postpartum depression. I tried to swim but began having panic attacks. As soon as I felt a rush of adrenalin from the cold, I was seized by a pounding heart and an unbearable fight or flight response. It was terrifying. I thought I was going to die and drown, I'm not sure in what order. Sometimes I couldn't even get past the end of the pier. For the next ten years, I would swim only on the warmest days, and only as far as I felt comfortable. I felt a great and weighty sadness that my brain was betraying my love of the ocean. Why was I no longer the fearless girl who had sailed tall ships and swum with sperm whales? Would I ever be like that again?

### *Dreaming of Alcatraz*

In the back of my mind was this dream of doing the Alcatraz swim. I hoped that someday I could master my panic but had no idea how. For my 40th birthday I signed up for a Total Immersion swimming workshop. I learned a beautiful meditative

form of swimming the crawl. I practiced the technique often in the pool, but couldn't manage to transfer it to the bay. The cold--and my fears--kept me in sidestroke mode for nearly ten more years. Alcatraz had never seemed further.



*Pia Hinckle the day before going into labor.*

backstroke, and breaststroke--in between thinking I would die.

Then Life intervened. I got married, got pregnant, and swam until the day before I went into labor. In 1998 my husband Chris Mittelstaedt started our family business, The

When I turned 49 I decided I had finally had enough of being scared of something that I loved. I figured I was going to die anyway, so I wanted to challenge myself to go beyond my (mostly self-imposed) physical and mental limits. But how? Over the years I had created a complicated maze of safety behaviors that limited my swimming.

I realized that I needed to focus on one small step at a time so as not get overwhelmed by the void, the distance between where I was starting from (the third buoy) and where I wanted to be (Alcatraz). First I set a Specific Goal: I chose Gas House Cove for my first swim. Maybe it would be enough to satisfy my out-of-cove cravings. When you start talking to athletes, and especially endurance athletes, you learn that their mental attitude is key. Suzie Dods, Kim Chambers, Laura Zovickian, and others shared their tips, stories, and encouragement. The ability to persevere through difficult moments, find resilience after failure, and go beyond your comfort zone can apply to all of us. So how do us regular folks learn to bring these concepts into our lives? There are many paths, but for me it was working with a coach.

Leslie Thomas was finishing her masters and had also started a life coaching business. We reconnected and began having weekly coaching sessions by phone. We would talk about my swim training plan (adding 2 minutes in the water to each swim) and the logistics of the upcoming swim. But mostly we would talk about my fear. What, exactly, was I afraid of? What does “it” feel like? What triggers that feeling? What happens when the panic feeling passes? What old “habit beliefs” might be interfering with changes I wanted

to make? How could I be kinder to myself?

I started a swim journal, noting my time in the water, water temp, currents, and where in the cove I swam. I read *Fear: Essential Wisdom for Getting through the Storm* by Zen master and Buddhist monk Thich Naht Hanh, which examines the origins of fear and offers practices to greet it like an old friend, instead of a dreaded invader; and “Open Water Swimming Manual: An Expert’s Survival Guide for Triathletes and Open Water Swimmers” by swim legend Lynne Cox.

In the cove, I learned that in the cold water my body went through several rounds of acclimation (at about 7, 11, and 25 minutes) that were trigger points for my fear. I was getting stronger too, and if I returned to shore after a scare I would feel like I had been cheated. Instead, I found that if I could gently greet my fear and just keep

pre-swim breakfast and that electrolyte jelly beans were great pick-me-ups right before getting in the water.

To work with this fear, I developed mantras and used visualization. My swimming mantras became: I Can Do More Than I Think I Can. I Will Be Kind to Myself and My Fear if It Comes. Just Keep Swimming. And Enjoy. Before entering the water I would remember Lou’s advice: “Just look it in the eye and go” and “You’re gonna love it.”

I walked and drove the route from Gas House cove to the club and noted all the landmarks I would see from the water. I visualized swimming into the cove from the bay and up to the Dolphin Club beach and getting my timing stick.

The morning of the Gas House swim I woke up before dawn and had my usual bowl of oatmeal with banana, dried apricots, and walnuts. I had worked up to a 60-minute swim and



*Pia with her husband and children celebrate an out-of-cove swim.*

swimming another 10 or 20 strokes, I could come out the other side. I experimented with food and found that a big bowl of oatmeal was the perfect

tapered off the week before to conserve my energy. It was a beautiful morning with no wind and the sun was rising over the east bay hills.





*Finally, the big one*

My goal was to not die, finish, and have fun. I hung back to let the fast swimmers get out in front and made my way, side-stroking, out of the marina and into the open bay where I found pilot Roxy Pfifer waiting for me with a smile and a wave. As we started east with the current, I had a wave of unease with a rush of cold. I kept breathing and counting strokes. Roxy on her surf paddleboard was smiling and telling me how great I was doing. When I looked up, I realized that I was already at the 3rd Ft. Mason Pier. Halfway already! Swimming with the tide was a revelation. Suddenly I had to swim harder to get inside the opening. Now I could see the beach! I could hear my family, yelling "Go Pia!" "I did it!" I yelled.

The comradery in the crowded sauna, the delicious breakfast, the presentation of the coveted trinkets to helpers, pilots, and lastly, swimmers, brought the experience from personal goal to family gathering. The most surprising thing was how I felt afterwards. Amazement, joy and satisfaction at having swum through my fear. I was wondering, hmmm. *What's next?*

How about Pier 39? I was still crazy nervous but I wanted that feeling again of having made it out of my comfort zone and come back. I side-stroked out of the marina and connected with Nancy Friedman,

piloting in the purple kayak. Side-stroking I was able to enjoy the view of the waterfront where I had spent most of my adult life and chat with Nancy about people we knew in common in the writing/journalism world. "I can't believe you are talking with me during a swim," she said laughing. I finally settled down and focused on my

swimming and the view.

I still struggled with my fear and the pre-swim anxiety, but, finally, I decided to stop giving so much weight to that voice that was undermining my confidence. Fuck Alcatraz, I was going to take one swim at a time. "Suddenly decided to stop questioning myself and doubting. I can do more than I think I can. I will be kind to myself and my fear. I want to have that feeling of doing more than I thought I could," I wrote in my swim journal in May 2014. I signed up for the Over 45 swim and the Baykeeper Swim from the Bay Bridge to AT&T Park and completed both.

Next I signed up for the Golden Gate. I barely slept the night before. I asked Miguel Melendez to look out for me.

Once in the water, it was crazy, with water coming in my mouth from all directions. I found Miguel in his kayak and suddenly was staring up at the quickly approaching south tower. Yikes! I side-stroked like a bat out of hell. Miguel went off to check on other swimmers, and suddenly I felt like I was all alone out there.

Just Keep Swimming! Ziggy Stardust soundtrack running through my brain. I even managed to do some crawl. And then, there it was, the guano rock and a Dolphin boat!

By the time I signed up for the Alcatraz swim I was able to let go of most of my attachment to the outcome. If I had to raise my hand, I would. And I would enjoy it. With no set pilot, I jumped in and set off side-stroking for the masts of the Balclutha. I needed something to keep my mind focused on the rhythm. I started saying Hail Marys, it just felt right, and sighting at the end of every second prayer.

The last two years have given me a new appreciation for the club swim calendar, which is designed to build swimmers' strength and confidence to progressively longer and more challenging swims. But what's not captured in the annual list of events is the love: we really do take care of each other. In all the fears that I had during my swims, safety was never one of them because I know how seriously the swim commissioners, pilots, and other swimmers take care, watching out for their fellow Dolphins. If you are a member who has never experienced the magic of the open bay, I'm here to tell you not only can you do it—but you shouldn't miss it.

*Pia Hinckle is the publisher of The FruitGuys Magazine, in which a previous version of this story appeared as "Facing Fear and Getting to a One-Mile Swim."*



# Antone Gelardi: Member since 1941

This is only the third time in the history of the Dolphin Club, that someone has been a member for 75 years.

It was 1940 and a sixteen-year-old Antone Gelardi was persuaded by his older brother, Gus to join the Dolphin Club. He liked the idea of the rowing and especially handball, but he wasn't much of a swimmer. Local fire captain Herb Durham, a leading figure in the club, took Antone under his wing.

"There used to be a city garbage barge moored about 40 feet or so off the beach. Herb rowed out there and

to become a machinist repairing planes, then off to the naval air force base in Norfolk Virginia.

"When I got back, I was offered a job with United Airlines, but I'd have to leave town, and I'd only just got home." Instead he went to work at a local mattress factory near his home on Lombard Street. When that closed, he became a baker.

Antone spent much of his free time at the club. "I swam the Golden Gate in '49, '50, '51. One year my 13-year old brother Lenny came in third." I was one of eleven kids, and many of my brothers and cousins joined too; there were six Gelardis in the club at one time." In 1948, Antone, brother Lenny and nephew Lenny were three of the six members of the Lightweight Crew entered into the Pacific Coast Rowing Championship.

"But handball was my favorite sport. Every Sunday afternoon we'd play for hours. Then we'd go upstairs, listen to opera, eat pasta, and play cribbage. I used to admire the old-timers—Jimmy Cronin, Lawton Hughes, Tim O'Shea, Henry Mazetti (Squeaky) and the Gevononi brothers—and now I'm an old-timer myself."

His club activities were interrupted after he was hit by a van. "A delivery truck came up on the sidewalk and dragged me for quarter of a block, but I don't remember that. I was in a coma for three days. The doctor had given me up. Then I opened my eyes and asked for coffee and doughnuts."

"I left San Francisco in 1966 after I was offered a good deal on a house in San Jose--\$200 down payment--and got a job with a bakery. I've stayed here for 49 years.



*Antone today*

I didn't go back to the club for many years, but now, encouraged by my wife, I get up at least once a year for the Old-Timer's dinner or to walk around and go to the beach."



*Antone Gelardi completes a Golden Gate Swim circa 1950.*

told me to swim to him. I just made it, and wanted to climb aboard, but he made me swim back. A few days later he piloted me a bit further and the third time he wanted me to go round the cove. And then it was twice around."

Within two years he was in the Navy stationed in Tennessee learning



*Handball winners in 1949*

*Top row Left to right Antone Gelardi and brother Carl Gelardi*

*Bottom row Left to right Leonard J Gelardi, nephew and Leonard P Gelardi, brother*



# A Wall too Close

Christopher Heim



**CRACK:** the sickening sound of our carbon fiber hull giving way, instantly going limp and fragile as a broken limb only 30 feet from the seawall, where 5-foot waves threatened to smash shell and skull alike. We weren't ready for it.

You won't be ready when your emergency strikes either, but it is our hope that by sharing our story among the community we can all be better prepared, and safer, when the unexpected comes our way again.

At 07:15 on February 24, Thomas Lemmin and I left Aquatic Park in the Maas Double Cormorant for a McCovey Cove run. It was a clear morning: air and water temperatures both in the mid 50s, a waning ebb and northerly winds of about 5-10 mph with choppy conditions along the exposed

SF shoreline and waves of one-to-two feet for much of our proposed course.

On the return journey from McCovey, we approached Pier 39 on a tight line about 30 feet from the seawall. The water was bad: 3-foot waves reflected off the seawall in a confused cauldron of true awfulness. A wake from some large vessel pushed the waves up to about 5 feet. The first pass of the wake filled our boat to the gunnels, making us heavy enough that our hull was deep within the waves. The confused wake reflection then did us in: separate wave action on the bow and stern, both completely submerged, was more than the hull could handle, and it cracked cross-sectionally, port and starboard just behind the stroke seat. **CRACK.**

At this point, time accelerated: little

time to think; have to act fast. Being tossed about in the continuing 5-foot waves, our boat gave the impression it would snap in half, leaving us... God knows where that would leave us. We saw the entrance to the sea lion harbor about 150 feet to the west, and made a quick call: we'd jump out of the boat before it sheared completely and swim on the ebb into the harbor.

**SPLASH.** Into the cold water we went, but we immediately realized the tide had turned (before slack at the Golden Gate!) and we faced a flood far stronger than we could hope to swim against. Drifting closer to what seemed a certain death against the seawall, we put Thomas in the bow seat to row while I hoped to cling to the boat as he propelled us both to safety. He



*Lesson two: if anyone is in the water and they didn't plan to be: it is a life-threatening emergency, until they are out.*

grabbed the oars. Took a stroke. Two. I couldn't hold on. Instantly I was 30 feet, then 40 feet, astern. I took a few frantic strokes: futile.

Now is where the dangerous part of the story begins: mostly from the few critical decisions we made next. We made the wrong calls, but still lived. Please learn from our mistakes.

We somehow decided in the din and confusion that Thomas would get the near-sinking boat into the harbor, and I would swim around the east end of the seawall into the marina. This was the single worst decision I have ever made. It seemed reasonable at the time: I didn't want to get smashed against the seawall; the boat was barely afloat; I'm a strong swimmer. No time, act fast, don't get smashed. Just swim around the end and you'll be safe.

Though I'll go over what we learned in conclusion, here's one big lesson: everyone stays with the boat, no matter what.

At this point a large working vessel spotted us and motored towards me. When they arrived they asked over a loudspeaker. "Are you OK? Raise two hands if you're OK." I thought I was OK, so I raised two hands, which prompted the response: "All right, have a nice swim!" Then they left. I didn't really feel good about that, but I wasn't scared enough to freak out and stop them either. I'm very comfortable swimming a half-mile, mile, or more. I was just going to swim in

and it would be no big deal.

Lesson two: if anyone is in the water and they didn't plan to be: it is a life-threatening emergency, until they are out.

So I swim. Ten minutes in: I'm getting VERY cold, and I realize something could go wrong. What if the current is against me at the Marina entrance? I'm not gonna last long in this water, and there is no other option within a mile. The reality of the situation suddenly sets in: I AM NOT OK. I yell out loud: "I AM NOT OK!" There's no one there to hear it. I have a brief calm-down moment, and realize my only option is to swim. So I swim.

I make the marina, pull myself onto a sailboat dock, and after a brief stint as a barefoot, wet madman, get a lift from Pier 39 security to the club and am finally reunited with a visibly shaken Thomas (who sprinted back to the club for more help after calling 911 at Pier 39) and a ghost-white Rick Avery. The ordeal was over.

I went back on the water the next day with a new perspective on the dangers of open water rowing and the importance of boating safety. We made some bad calls, but were strong and lucky so came out just fine. It's my goal to work with the club leadership and all of our rowing

members to apply what we learned and make rowing safer for everyone.

*To that end here are a few things we learned:*

- Always stay with the boat. Thomas and I would have both been much safer and better off to stay with the boat. It's visible and offers flotation, even if broken. A lone swimmer is invisible and vulnerable in the bay. It's probably the most scared I've ever been. This applies if you're getting pushed toward the seawall, or have equipment failure in a shipping channel. Stay with the boat, ALWAYS.
- If a rower is in the water, it's an emergency until they are out. It doesn't matter if you're a strong swimmer, acclimated, or anything else. I didn't realize that I would go from being OK to not OK in a matter of minutes. Everything went right on my swim, but a little bit less luck and I could have easily died in that water.
- If you have equipment failure you need help. Never refuse help. You can ask someone to stand by to make sure you can get on your way.

## Kruit Painting Inc.

Pieter Kruit  
1400 Yosemite Ave  
San Francisco, CA 94124  
cell: 415-254-7818  
fax: 415-571-8610  
pieter@Kruitpainting.com



## Life Members with 50 or more years of membership



Bottom (left to right) Tom Gould (1956), Rudy DeMay (1959), Jimmy Vanya(1957), Antone Gelardi (1941), Walt Schneebeli (1948), John Davis (1965)  
Top (left to right) Dino Landucci Jr.(1948), Pete Bianucci (1962), Brian Gilbert (1968), Lew Cook (1962) Herb Madden

## Life Members 2016







*Photos by Colin Gift [www.flatstardesign.com](http://www.flatstardesign.com)*



## SWIM COMMISSIONER'S REPORT

**W**hat a winter! The water cooled and rain fell just enough to remind us that the winter season isn't gone forever. A couple events that stood out this season were Suzie Dods' 24-Hour Relay and Duke's 400-mile Polar Bear swim. Suzie has organized this event for three years straight and brought together a boathouse full of passionate swimmers and hall-of-fame open water swimmers from all over the globe.

Duke's monumental feat had him swimming 5.5 miles almost every day and coming close to completing the minimum PB requirement (40 miles) each week!

It's clear that lots of energy, dedication, planning, and willpower go into making these efforts a success. Caps off to both Suzie and Duke for pushing yourselves and inspiring those around you.

Before the 100 mile swim season starts on June 1, there are several club swims in April and May: Pier 39, Dick Beeler's Crazy Cove, Bay Bridge, and the Baykeeper Relay. All club swims are facilitated by volunteers and we encourage volunteering as a great way to participate and learn about the events. If you're new to swimming in the Bay, talk with others around the club about adequate preparation for these swims. Similarly, if you're interested in piloting be sure to sign up for the kayak and/or rowboat training. When you sign up to pilot a swim, recruit an experienced pilot to be your mentor for the morning.

This year, the Swim Commissioners are focusing on pilot training. It starts with Rowing Commissioner Jay Dean's wooden boat training and Terry Horn's kayak training. Many Dolphins have followed that up with training on the motorized craft training by Barry Christian and SERC's Jim Bock. This year we are adding US Coast Guard Auxiliary training to the mix in the form of an eight-week deep dive course and a two-day shallow dive course. Our pilots are crucial to the success and safety of our swims and we hope more swimmers and rowers will join our pilot roster this year!

Testing, testing

We conduct test swims to experience the conditions closest to swim day, to learn more about our Bay, and to make our jump times, briefings, and suggested courses more helpful to our swimmers and their pilots. Diane Walton has taken on the challenge of running the test swims. Everyone should offer a Big Thank You to former Swim Commissioner Doug James who led the test swims over the past four years. Thank You, Doug for four years of dedication to making club swims better and leading a great test swim program.

*Brendan Crow*

*Joe Marenda*

*Diane Walton*

*Swim Commissioners*

### NY Day Alcatraz Swim JANUARY 1, 2016

The SE Rowing Club ran New Year's Day Alcatraz, and they (maybe) will post the results of the swim. The Dolphin Club members, other than those helping with the NYD Cove swim, who helped make the swim successful, are:

**Pilots:** Marcus Auerbuch, Jon Bielinski, John Blackman, Lowen Cattolico, Barry Christian, Jay Dean, Marianne Dean, Paul DuBois, J.D. Durst, Jim Ebert, Nancy Friedman, Donald Harrison, Reuben Hechanova, Kelley Heye, Anita Holmquist, Terry Horn, Davis Ja, Douglas James, Liz Kantor, Margaret Keenan, Brian Kiernan, Will Kushner, Tor Lundgren, Anna Mackinnon, Mary Magocsy, Tom McCall, Jane Mermelstein, David Nettel, Rick O'Hara, Hal Offen, Will Powning, Eric Shackelford, Lance Starin, Elizabeth Tippin, Monica Towers, Diane Walton,

Connie Wellen, David Zovickian  
**Clothes Wranglers:** Lindzy Bivings, Chase Corum, Camille Cusumano, Anne Hamersky, Keira Koss- Baker  
**Swimmers:** list is the best we have been able to come up with. All listed swimmers completed a qualified swim towards the DC Alcatraz and DC Golden Gate swims.  
Peter Bartu  
Lindzy Bivings  
Ross Browne  
Bill Burke  
Laura Burtch-Zovickian  
Ward Bushee  
Bob Cable  
Robert Callan Jr.  
George Chamales  
Michael Connolly  
Ken Coren  
Charlie Cross  
Brendan Crow  
Danny De Leon  
Kathleen Duffy  
Joe Ferrero  
Krista Gager  
Patrick Grady  
Byron Harbour

Suzanne Heim  
Patrick Horn  
John Ingle  
Renee Kaufman  
Emily Kreger  
Tom Kuglen  
Aniko Kurczinak  
Mickey Lavelle  
Joe Marenda  
John Mattox  
Andrea Morgan  
George Morris  
Jon Nakamura  
Tom Neill  
Peter Neubauer  
Lisa Newman-Wise  
John Nogue  
Joseph Omran  
Holly Reed  
Gina Rus  
Ron Russ  
Stephen Schatz  
Basil Stamos  
Andy Stone  
Paul Vanhoven  
Laura Vartain Horn  
Sam Vilain  
Kevin Whalen  
Georg Wien

Andrew Willis  
Noah Zovickian  
*Thanks to all who donated to the Building Fund and the Youth Swim Fund*

### NY Day Cove Swim JANUARY 1, 2016

New Year's Day Cove swim was divided into 3 swims:  
Short: To the flag buoy and back, .5 miles  
Medium: To the opening, then the flag buoy, then back, .75 miles  
Long: Once around the Cove, 1.0 miles  
**Pilots:** Vincent Huang, Robert Mackey  
**Helpers:** Susan Allen, Michael Barber, Joni Beemsterboer, Peter Cullinan, Sue Garfield, Brian Gilbert, Anne Hamersky, Tom Hunt, Nancy Lange, Bri McCarthy, Daragh Powers, Neal Powers, Polly Rose, Susan Saylor, Janice Wood



# DOLPHIN LOG SWIM STATISTICS

Place	Course	Name	Time	40	Deb Sullivan	27:16	Gas House Cove Swim FEBRUARY 21, 2016			
1	s	Mary Alex	17:25	41	Holly Reed	27:28	<b>Place</b> <b>Name</b> <b>Time</b>	1	Adam Eilath	15:48
2	s	Nancy Friedman	17:40	42	Robert Callan Jr.	27:31		2	Ryan Utsumi	16:10
3	s	Era Osibe	18:59	43	John Hornor	27:40		3	Luca Pozzi	16:25
4	s	Robin Rome	19:30	44	Alex Buehlmann	27:48		4	Noah Zovickian	17:14
5	s	Susan Lauritzen	19:54	45	Jim Frew	28:06		5	Tim Smith	17:39
6	s	Mary Cantini	20:28	46	Jamie Robinson	29:18		6	Patrick Dinan	17:44
				46	Peter Neubauer	29:18		7	Stephen Schatz	17:55
1	m	Will Powning	32:17	48	Keith Howell	29:30		8	Randy Edwards	18:53
2	m	Joe Gannon	34:12	49	Michael Barber	30:20		9	Nicholas Egan	19:22
3	m	Stuart Gannes	38:08	50	Robin Rome	30:37		10	Tom Neill	19:28
				51	Kathryn Werhane	31:21		11	Mauricio Prieto	19:35
1	l	Ryan Utsumi	24:22	52	Byron Harbour	31:38		12	Andrew Braithwaite	20:02
2	l	Morgan Kulla	30:27	53	Will Powning	31:39		13	Anna Olsen	20:19
3	l	Nancy Lange	30:38	54	Lee Hammack	32:18		14	Patrick Horn	20:20
4	l	Joni Beemsterboer	33:26	55	Terry Keenan	33:06		15	Mickey Lavelle	20:34
5	l	Peter Cullinan	34:47	56	John Ingle	33:30		16	Krista Gager	20:42
6	l	Michael Caniglia	36:14	57	Arnie Thompson	33:45		17	JasonProdoehl	20:45
7	l	Alex Buehlmann	38:29	58	Joe Gannon	33:50		18	Morgan Kulla	21:07
				59	Stuart Gannes	34:23		19	Megan Wachs	21:30
				60	Joe Illick	34:55		20	Charlie Cross	21:47
				61	Stan Baker	38:11	21	Paul Vanhoven	21:56	
				62	Suma Snehalatha	45:48	22	Alfred Seccombe	22:12	
				<b>Pilots:</b> Jean Allan, John Blackman, Ross Browne, Laura Burtch-Zovickian, Lowen Cattolico, Barry Christian, Brendan Crow, Paul DuBois, Kathleen Duffy, Michael Enright, Nancy Friedman, Reuben Hechanova, Nancy Hornor, Liz Kantor, Margaret Keenan, Brian Kiernan, Eric Lam, Joe Marenda, Tom McCall, Jane Mermelstein, George Morris, Alexander Mulder, Rick O’Hara, Hal Offen, John Robiola, Phillip Rollins, Alexander Sigal, Elizabeth Tippin, Ryan Utsumi, Diane Walton, David Zovickian <b>Helpers:</b> Rick Avery, Bill Burke, Andrew Cassidy, Cynthia Colebrook, Laura Croome, Peter Cullinan, Dotti David, Sue Garfield, Brian Gilbert, Sheila Gleeson, Lee Hammack, Suzanne Heim, Libbie Horn, John Hornor, Nancy Hornor, Tom Hunt, Gavin Jefferies, Wendy Katzman, Terry Keenan, Morgan Kulla, Susan Lauritzen, Loretta Madden, John Mattox, Jane Mermelstein, Michaelynn Meyers, Peter Neubauer, Hal Offen, Era Osibe, Jason Prodoehl, Gina Rus, Ron Russ, Anne Sasaki, Susan Saylor, Sibylle Scholz, Eric Shupert, King Sip, Janice Wood, Madhuri Yechuri, Ben Zovickian Special Helper: Andrew Shupert <b>Test Swimmers and Pilots:</b> Andrew Cassidy, Lowen Cattolico, Brendan Crow, Peter Cullinan, Kathleen Duffy, Joe Marenda, Hal Offen, John Blackman, Bob Cable, Jay Dean, Marianne Dean, Adam Eilath, Andrea Fabian, Douglas James, Liz Kantor, Brian Kiernan, Tom McCall, Tom Neill, Diane Walton			23	Rick Avery	22:22	
							24	Aniko Kurczinak	22:24	
							25	Dean Badessa	22:28	
							26	David Nosrati	22:51	
							27	Terry Horn	23:22	
							28	Gretchen Coffman	23:52	
							29	Peter Cullinan	23:57	
							30	Joni Beemsterboer	24:03	
							31	Nancy Hornor	24:28	
							32	Monica Towers	24:34	
							33	Ron Russ	24:35	
							34	Lindzy Bivings	24:36	
							35	John Hornor	24:39	
							36	Bill Burke	24:43	
							37	Gerard Navarro	24:49	
							38	Douglas James	24:56	
							39	Maggie Lonergan	25:12	
							40	Andrea Allen	25:15	
							41	Kathleen Duffy	25:22	
							42	Hal Offen	25:30	
				43	Aaron Rosenthal	25:53				
				44	Keith Howell	26:01				
				45	Nihan Tiriyaki	26:08				
				46	Jim Frew	26:13				
				47	Byron Harbour	26:32				
				48	Lowen Cattolico	26:33				
				49	Andy Stone	28:07				
				50	Michael Barber	28:33				
				51	Janice Wood	28:50				
				52	Will Powning	29:09				
				53	Kathryn Werhane	29:30				
				54	Joe Gannon	29:58				
				55	Stuart Gannes	30:06				
				56	Susan Lauritzen	30:08				
				57	Joe Illick	30:46				
				58	Rosa Zapatero	31:27				
				59	Kent Myers	31:30				

# DOLPHIN LOG SWIM STATISTICS

60 Sheila Gleeson 35:46  
 61 Stan Baker 35:48  
 62 Suma Snehalatha 36:26  
**Pilots** Marcus Auerbuch, Peter Bartu, David Bennett, Jon Bielinski, John Blackman, Ross Browne, Laura Burtch, Bob Cable, Barry Christian, Matt Clark, Dotti David, Paul DuBois, Tim Dumm, Christian Ebersol, Jim Ebert, Hugh Foley, Davis Ja, Liz Kantor, Bryn Kass, Brian Kiernan, Will Kushner, Joe Marenda, Meredith May, Tom McCall, David McGuire, Flicka McGurrian, Miguel Melendez, Jane Mermelstein, Andrew Moffatt, David Nettell, John Nogue, Rick O'Hara, Joseph Omran, Holly Reed, John Robiola, George Shafer, Chris Tschinkel, Diane Walton, David Zovickian **Helpers:** Susan Allen, Lindsay Boswell, Andrew Cassidy, Matt Clark, Christian Ebersol, Randy Edwards, Nancy Friedman, Sue Garfield, John Henderson, John Hornor, Nancy Hornor, Tom Hunt, Keira Koss-Baker, Morgan Kulla, Mickey Lavelle, John Lennox, Jackie McEvoy, Pete Neubauer, Lorna Newlin, David Nosrati, Kevin O'Connor, Hal Offen, Anna Olsen, Era Osibe, Daragh Powers, Neal Powers, Jason Prodoehl, Jamie Robinson, Polly Rose, Ron Russ, Stephen Schatz, Sibylle Scholz, Alfred Seccombe, Eric Shupert, Andy Stone, Paul Wolf, Andrew Wynn **Test Swimmers and Pilots:** Bob Cable, Andrew Cassidy, Gabriella Cross, Jim Ebert, Jane Mermelstein, Joseph Omran, Holly Reed, Larry Scroggins, John Blackman, Charlie Cross, Jay Dean, Kathleen Duffy, Jim Frew, Brian Kiernan, Joe Marenda, Tom McCall, Tom Neill, David Nettell, Diane Walton

## Yacht Harbor Swim MARCH 20, 2016

Place	Name	Time
1	Adam Eilath	24:38
2	Ryan Utsumi	25:22
3	Andrew Wynn	27:05
4	Noah Zovickian	27:11
5	John Renko	27:22
6	Luca Pozzi	27:25
7	Christopher Wagner	27:43
8	Kevin Meisel	28:57
9	John Ottersberg	29:27
10	Ross Browne	29:36
11	Laura Burtch	29:41
12	Marton Siklos	30:39
13	Mauricio Prieto	30:43
14	Andrew Braithwaite	31:34
15	Tom Neill	31:42
16	George Shafer	31:50
17	Krista Gager	32:02
18	Anna Olsen	32:11
19	Bob Cable	32:13

20	Megan Wachs	32:30
21	George Morris	32:40
22	Charlie Cross	32:47
22	Mickey Lavelle	32:47
24	Kathleen Sheridan	32:55
25	Morgan Kulla	33:05
26	Julian Sapirstein	33:12
27	Duke Dahlin	33:26
27	John Nogue	33:26
29	Rick Avery	33:32
30	Bryn Kass	33:37
31	Nancy Lange	33:44
32	Jaron Ness	33:57
33	Joe\ Spallone	33:59
34	Keira Koss-Baker	34:10
35	David Nosrati	34:31
36	Aniko Kurczinak	34:45
37	Rich Haymes	34:53
38	Jay Adams	34:56
39	Peter Cullinan	35:22
40	Dean Badessa	35:28
41	Wolfgang Richter	35:51
42	Georg Wien	35:58
43	Keith Nelson	36:04
44	Joe Ferrero	36:38
45	Bill Burke	36:53
46	Aaron Rosenthal	37:09
47	Hal Offen	37:24
48	Robert Callan Jr.	37:26
49	Nancy Hornor	37:45
50	Denise Sauerteig	37:54
51	Ron Russ	37:58
52	John Hornor	38:06
53	Holly Reed	38:36
54	Andrea Allen	38:50
55	Maggie Lonergan	39:04
56	Peter Neubauer	39:16
57	Mark Lubiszewski	39:30
58	Deb Sullivan	39:40
59	Keith Howell	39:53
60	Lowen Cattolico	39:54
61	Robin Rome	40:00
62	Gregory Hicks	40:05
63	Janice Wood	40:14
64	Andrea Morgan	40:20
65	Andy Stone	40:38
66	Will Powning	41:00

67	Terry Keenan	41:41
68	Kathryn Werhane	41:56
69	Joe Gannon	42:44
70	Susan Lauritzen	44:06
71	Arnie Thompson	46:46
72	John Ingle	47:23
73	Sheila Gleeson	50:45
74	Suma Snehalatha	52:48

**Pilots:** Marcus Auerbuch, Jon Bielinski, John Blackman, Todd Bloch, Barry Christian, Brendan Crow, Danny De Leon, Jay Dean, Marianne Dean, Tim Dumm, J.D. Durst, Cory Emerson, Michael Enright, Chris Heim, Terry Horn, Davis Ja, Jenn Jackson, Liz Kantor, Brian Kiernan, Gary Leong, Joe Marenda, Meredith May, Kent Myers, David Nettell, Rick O'Hara, Joseph Omran, John Robiola, Larry Scroggins, Monica Towers, Chris Tschinkel, Diane Walton, Ben Zovickian, David Zovickian **Helpers:** Susan Allen, Laura Atkins, Rick Avery, Deborah Baker, Andrew Braithwaite, Andrew Cassidy, Brendan Crow, Peter Cullinan, Joe Gannon, Sue Garfield, Brian Gilbert, Laura Grubb, Anne Hamersky, Byron Harbour, Rich Haymes, Suzanne Heim, Larry Heine, Gregory Hicks, John Hornor, Nancy Hornor, Joe Illick, Wendy Katzman, Morgan Kulla, Maggie Lonergan, Jackie McEvoy, Kevin Meisel, Jacqueline Merovich, Keith Nelson, Jaron Ness, Peter Neubauer, David Nosrati, Era Osibe, Daragh Powers, Neal Powers, Wolfgang Richter, Robin Rome, Polly Rose, Aaron Rosenthal, Ron Russ, Eric Shupert, Suma Snehalatha, Joe Spallone, Sue Taylor, Nihan Tiryaki, Chris Wagner **Test Swimmers and Pilots:** Andrew Cassidy, Brendan Crow, Peter Cullinan, Adam Eilath, Suzanne Heim, Joe Marenda, Lisa Newman-Wise, Joseph Omran, Ryan Utsumi, Jay Dean, Marianne Dean, Brian Kiernan, Tom McCall, Tom Neill, David Nettell, Diane Walton



Photo Davis Ja

The Thayer returns to Aquatic Park



# *It's all been said before*

*(From San Francisco Chronicle Sept 22 1877, the year Dolphin Club was launched)*

## *A Casual Glance at the Neighbors of North Beach*

Each bathing has become the popular pleasure of the people of San Francisco the present season more than ever before, and the choice stretch of sandy bottom at North Beach daily presents an animated scene at morning, noon and eve. For many years this has been the chosen resort of a class of chronic ablutionists, who would as soon miss their morning prayers as a plunge into the bay every day of the year. These professional bathers have become so cold-blooded and case-hardened that no conditions of weather would deter them from their favorite diversion, and they are capable of enjoying in their paradisaical attire the supreme delight of a siesta in the

### SHADY NOOK OF AN ICEBERG

Howbeit, whatever changes the atmosphere is subject to, the waters of San Francisco bay vary kittle in temperature throughout the year, and the practice of perennial beach bathing in these waters is not so much of a strain on the nerves as might be imagined, when one gets the way of it. But since the prevalence of warm weather it has become a perfect mania with all classes. Those now bathe who never bathed before; and those who always bathed, now bathe the more—evidently to cultivate a spirit of aquatic society. Several swimming clubs patronize the grounds

between Hyde and Larkin streets, and thousands of independent swimmers, flounders and floaters, including both sexes, invigorate their nerves and renovate their cuticle by immersion in

### THE CRYSTAL ELEMENT.

The water is changed twice daily, by a very excellent arrangement of the tides, and thus different classes who frequent the beach at their chosen times are thus saved any contaminating effects. At the morning hour of ablutions the aquatic levee is quiet, and the costumes in a manner charmingly picturesque. In the afternoon the attendance can be characterized as multitudinous, miscellaneous and mixed, and the aspect rather gorgeous than otherwise. The morning splash commences at early sunrise, and continues until 9 or 10 o'clock. Numerous carriages will then be noticed in the vicinity of the bathing grounds and a score or more of saddle horses, while hundreds find their way hither by the Clay Hill or North Beach and Mission railroads. The western section of the beach is mainly occupied by ladies and their escorts, and the mode of aquatic etiquette is maintained in its purity. The fashions in bathing attire are as varied as the costumes of all nations. In some instances, in a rare stroke of

### FEMININE GENIUS,

Positive grace and elegance is attained and their trip dripping from the briny flood as charming as the Nereids.\* But from a general average of the scene at the bathing beach, the feminine taste needs cultivation. Many of the costumes are simply abominable and force continually upon the reluctant spectator the ghastly reflection, how fearfully and wonderfully the species are made. As for the gentlemen who frequent the morning baths, a good proportion study taste and propriety in their attire; but many who intrude upon the full?-dress preserve exhibit a reckless abandon, if nothing else by the economy of their apparel—if such it may be termed—that is simply disrespectful. If the proprietor of the baths desire to maintain the popularity of his establishment he will need to correct this evil at once. It would hardly be tolerated on an open beach to which the public has access. There is no reason why, with the admirable and convenient facilities afforded and the equable temperature of the water, that the invigorating and delightful diversion of sea bathing should not be popularized in San Francisco to the fullest measure.

*Nereids: Goddesses of the sea. The contemporary reader would no doubt have known.*



*North Beach circa 1880*

# My 400-mile quest for the Annual Polar Bear Swim

Duke Dahlin

photo Bill Burke



*Duke swims by the buoy now renamed "The Duke."*

“**T**he Polar Bear Swim is an extreme swimming challenge held every winter in San Francisco by the Dolphin Club, a nonprofit athletic organization focused on swimming and water sports. The event begins with the challenge to clock in forty miles of swimming in the frigid Northern California ocean waters.”

If you can swim forty miles between December 21st and March 21st, and you are under 60, you are a Polar Bear. If you're over the age of 60 (an old goat) you only have to swim 20 miles. But there is always some hot shot that wants to go farther. I'm one of them--a 67-year-old goat. The record for distance swum, achieved by three people, so far, is 356 miles. Why do I want to beat the record? Why not! I come from a competitive background, and records are made to be broken. My goal is to swim 400 Polar Bear miles during this season.

I have been contemplating breaking the Polar Bear record for years. I decided this would be the year. My original goal was to swim 5 miles each day, breaking my routine into four segments. The first two are the same—a mile-and-a-half; they each take about 40-45 minutes. The

last two segments are also the same. I swim one mile and it takes about 30 minutes for each. My course is always the same. I swim down along the inside of the buoy line to the flag, and then back on the outside to the Oprah buoy. In between each swim I take 20-25 minutes to shower, sauna and a feed break to warm up.

People ask me how I can swim back and forth between the flag and Oprah without getting bored. I'm surprised. There's so much to see and think about while I'm swimming. My first thought when I jump in is to focus on technique. And every morning I get to witness a beautiful sunrise. I'm constantly on the lookout for other swimmers - especially at the flag where they love to hang out checking the thermostat. I'm watching the clouds, the birds and the people walking along the cove and I always have a song in my head. How can you get bored with all this activity going on?

At the end of the first two days of the Polar Bear (12/21 & 12/22), I had accumulated 10 miles, and took a 6-day Las Vegas vacation. Before I left, the water temp was 53F. When I returned, it was down to 51/52F and then dropped a couple more degrees

(49/50) a few days later. Ugh! What can I say, "the show must go on." For the next 9 days, I did the requisite 5 miles each day. But on January 10th, I caught this nasty cold. I tried to swim, but could only manage half a mile. I stayed out sick for 5 days. By then, I had already lost 11 days and was really concerned I wouldn't break the record. So, on my sick bed, I re-evaluated my goals and realized I would have to up the miles each day. I increased it to 5.5 miles each day. This doesn't sound like much but those half miles started to add up. They gave me the cushion I needed in case I got sick again, or some other crisis came along. I returned to the club on the 16th and never looked back. I completed 40 miles by January 4; 100 miles by the 20th; 200 miles by February 7, and 300 miles by the 25th.

Swimming down to the flag and the Oprah buoy can be dangerous. There's so much traffic now that the water is warming up (55F), and the wet-suiters are taking the plunge, especially on the weekends. The most likely place to crash into a swimmer is upon leaving the beach and coming around the first left turn. I try to be careful, however, just when I think



I'm in the clear...Not!  
So far, I've crashed into  
20 swimmers, one shell  
and the flag. Just in  
one day, I crashed into  
four swimmers. I've  
already crashed into  
David Bennett twice  
and Kim Chambers,  
Joe Illick and Jul-ian  
Saperstein once each. I  
still have another 100  
miles to go, so anything  
can happen between  
now and then. Just in  
case, I would like to  
apologize in advance  
to all swimmers, buoys  
and wa-tercraft.

One part of this  
journey that I have  
been enjoying is  
meeting new and old  
members in the sauna  
and having different  
conversations. You have  
the early birds who  
swim before sunrise,  
those who arrive with  
the sun, and then  
mid-morning and late  
morning swimmers. It  
can get pretty crowded  
in the sauna just after  
sunrise. Sauna conversations  
can be interesting and varied  
such as: Are you that crazy  
guy going after the PB record? The  
Republican and Democrat debates;  
Donald Trump's statements; the  
merits of different types of massages  
(Thai vs. Shiatsu vs. Rolf-ing); the  
Polar Bear Tradition; the Polar Bear  
Rules; swimming out of the cove;



photo Bill Burke

*Duke Dahlin. The most cheerful man on the beach every  
winter morning-all morning.*

Michael Weiner's trip to France; the  
Gashouse swim; the Thayer's arrival  
in the cove; water temperature, and  
much, much more! It's all great  
entertainment!

Sometimes, I have these fleeting  
negative thoughts questioning my  
reasons for setting a new record. But

once I've acknowledged  
the thought I let it go.  
The negative thoughts  
just float away once  
I get my head in the  
water, I'm on auto  
pilot, checking out my  
technique, how my body  
is feeling, getting into  
my stroke pattern. I start  
singing Somewhere Over  
The Rainbow, or the  
theme song from This  
Property Is Condemned.  
I see how the day is  
going, watching other  
swimmers, watching  
nature in its full glory.  
There's so much joy in  
my heart. The water is  
just incredible.

I tied the current  
356-mile Polar Bear  
record on March 6  
and expect to complete  
400 miles on 3/20/16,  
the date for the Yacht  
Harbor swim. I hope  
all the Dolphins who  
have supported me  
throughout my journey  
will be there at the end  
... in the water, or on  
the beach to celebrate

that final SPLASH!

So what keeps me  
motivated throughout this  
journey? Support at home, Dolphin  
Club members and other friends who  
are rooting for me. They say it takes  
a village to bring up a child. I'm that  
child and I'm very thankful to get the  
support of so many people.

*Postscript – I did, and they were!*

**RICK AVERY** Your San Francisco Specialist

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# Standing Up for the Bay's Sand



Photo Robb Most & LightHawk Conversation Flying

*Sand dredger alive and well and living in the Bay*

What happens in the bay doesn't always stay in the bay. Case in point: Sand mining companies are digging up too much sand from the floor of San Francisco Bay, making erosion worse at San Francisco's Ocean Beach. The erosion threatens sensitive shorebird habitat, a major sewer line, and the Great Highway

Excessive sand mining causes harm inside the bay, too. One major sand mining area lies between the San Francisco waterfront and Angel Island, on the Dungeness crab migration route. Half-grown crabs crawl on the bay bottom toward the Golden Gate, on their way to the Pacific Ocean, where they'll live out their lives. With the crab season called off this year because of contamination with toxins from algae, sand mining dredge machines may compound the damage by suctioning up the young crabs' pathway. Other important species also migrate through this area, including sturgeon.

Sand is a natural part of the San Francisco Bay ecosystem. For

centuries, sand has flowed down from the Sierra Nevada, moved through the Sacramento-San Joaquin Delta, and washed into the bay, where it was joined by sand from other rivers and creeks. Some sand stayed in the bay, and some washed out the Golden Gate. Currents carried the sand mostly south, where it helped build up Ocean Beach and beaches down the coast.

A California government agency called the State Lands Commission provides leases that allow companies to mine sand from the bay floor. For decades, these companies have been allowed to pull up millions of tons of sand each year, far more than flows into the bay. The sand is an ingredient of concrete used locally for roads, bridges, parking lots and buildings. But alternative sources of sand are available.

Mounting scientific evidence connects excessive bay sand mining to coastal erosion. The 10-mile stretch between southern Ocean Beach and Point San Pedro near Pacifica is eroding faster than any other section of coastline in California, according to US Geological Survey scientists.



*Too much sand mining in San Francisco Bay makes erosion worse at San Francisco's Ocean Beach.*

But despite this harm, in 2012, the State Lands Commission approved a dramatic increase in the amount of sand to be taken out of the bay each year.

Baykeeper sued to stop this increase in sand mining. While our lawsuit moved through the courts, we urged regulatory agencies to put the brakes on the extraction of sand from the bay. The regulatory agencies cut it back by 25%, but that's not enough. According to the California Coastal Commission, to protect coastal beaches, a reduction of 85% is needed.

Sand mining isn't the only problem. Baykeeper is also challenging harmful dredging methods that rob the bay of sand and mud that could be better used to protect wetlands and wildlife habitat. (See "A Better Way to Dredge the Bay," Bay Crossings, August 20 15).

We fought our lawsuit against excessive sand mining all the way to the California Court of Appeal. Late last year, the court ruled that the State Lands Commission has to start over, and set new limits on sand mining, based on a duty to protect this resource for the public's benefit. Baykeeper hopes the commission will set sensible sand mining limits that protect important species and Ocean Beach. If they don't, we'll keep up the fight until they do.

Sejal Choksi-Chugh is the Executive Director of San Francisco Baykeeper. To report pollution, call Baykeeper's hotline at 1-800-KEEP-BAY, e-mail [hotline@baykeeper.org](mailto:hotline@baykeeper.org), or click "Report Pollution" at [baykeeper.org](http://baykeeper.org).

A version of this account first appeared in the *Baykeeper*.

*Sejal Choksi-Chugh*

Sejal Choksi-Chugh is the Executive Director of San Francisco Baykeeper. To report pollution, call Baykeeper's hotline at 1-800-KEEP-BAY, email [hotline@baykeeper.org](mailto:hotline@baykeeper.org), or click "Report Pollution" at [baykeeper.org](http://baykeeper.org)



What makes the Dolphin Club a truly unique and remarkable place is that we are a volunteer organization. Nothing gets done without someone first offering their valuable time. As President, I've had the opportunity to get a true sense of what it takes to run this place and how many folks contribute. I could not possibly begin to name and thank each and every individual but wanted to put a list together of the tasks that folks take on each and every day, week, month and year at the Club.

I'm sure that I will miss some areas but will do my best! In no particular order: Cleaning, cooking, kitchen maintenance, storage maintenance, organizing, emptying the trash, dumpsters in/out for trash days, boat night work, boat night dinners, boat maintenance, engine repair, donations, fund raisers, painting, mopping, sweeping, window cleaning, archiving, pilot training, kayak training, new member assimilation and tours, committee meetings/members (building, capacity, audit, government, ballot, building fund, boat, door access, cleaning, Public Relations, entertainment, happy hour, Youth Fund), lost and found maintenance, repairs of all kinds, lockers, data, Intro to Bay swimming, entertainment planning, Forums, Swim Program, Pilots, Rowing Program, handball courts, Life member tracking, tide chart, events, finances, collecting money, selling tickets, prepping for dinners, website, Yahoo Group, Facebook, Twitter, insurance, EFAT, DC/SE Tri, security, bartenders, food servers, rowing regattas, Dolphin Log, awards, Swim Across America, Baykeepers, MARE, SFIOFF, butt collectors, Shark Stewards, technology, communication, swag, trinkets, weight room, plumbing, carpentry, garden care, signage, Board members, Commissioners, photography, duck and bird care, and last but not least, Cleaning (oh wait, that is first on the list!).

A huge Thank You to all who give back to this beautiful Dolphin Club Community! "Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well". - Voltaire

*Happy Rowing and Swimming!*  
Rick Avery - Dolphin Club President  
2015 - 2016



## Boundaries

On February 24 Larry Scroggins spoke to a large (by DC Forum standards) audience on "Our Swimming Boundaries -- Time for a Change?" What follows is my summary of his clear and thoughtful talk.

Life can be joyful -- and precarious. Take, for instance, open water swimming. The Board of the Dolphin Club long ago attempted to strike a balance between pleasure and safety by defining a perimeter within which swimmers must remain (or suffer the consequences of temporary suspension or expulsion from the club). More recently, some lawyers and Board members, arguing that if "within the perimeter" defined safety, then the DC could be held legally responsible for accidents or deaths within that area; better to abandon the perimeter concept altogether and simply warn swimmers of the greater danger of out-of-cove (as opposed to within the cove) activity.

Furthermore, Larry observed, there has emerged a large but covert group of out-of-cove swimmers who will not be restrained by rules but whose doings are exposed, occasionally, by those who view in-the-cove safety as superior to out-of-cove pleasure, and who risk the consequences.

When the matter was recently brought before the Board, a majority of its members chose to stick by the rules already in place, a decision justified by safety (of the swimmers, though not necessarily of the club as a legal entity -- that remains a moot issue) and derided by the scofflaws as "paternalism" (it does seem like many of the out-of-covers are newer, younger members).

As some club members struggle with this so-far irresolvable issue, outside legal counsel is being sought, according to club president Rick Avery.

*-Joe Illick*



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

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## 2016 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Thu TBD	*New Year's Day Alcatraz
Jan 1	Fri 8:00 am	New Year's Day Cove Swim
Jan 17	Sun 9:15 am	*Pier 41
Jan 30-31	Sat/Sun 9:00	24 hour cove relay
Feb 14	Sun TBD	Old Timer's Lunch
Feb 21	Sun 7:45 am	*Gas House Cove
Mar 13	Sun TBD	McCovey Cove Regatta
Mar 20	Sun 7:45 am	*Yacht Harbor
Mar 21	Sat 11:00 pm	End of Polar Bear
Apr 10	Sun 6:30 am	*Pier 39
May 7	Sat 8:15 am	*Dick Beeler Crazy Cove
May 14	Sat TBD	Rowers Dinner
May 22	Sun TBD	Baykeeper Relay
May 28	Sat 7:45 am	*Bay Bridge
Jun 1	Wed 5:00 am	100-Mile Swim Begins
Jun 4	Sat 9:30 am	*Crissy Field
Jun 19	Sun 10:00 am	*SE/DC LGBT Pride Swim
Jul 2	Sat 8:15 am	*Fort Point
Jul 16	Sat TBD	*Trans Tahoe Relay
Jul 17	Sun 9:00 am	*Coghlan Beach (fun swim)
Jul 30	Sat 6:30 pm	*Doc Howard Over 45 Gas House Cove
Jul 30-31	Sat/Sun TBD	*Santa Cruz Pier Swim
Aug 7	Sun 4:00 pm	Under 30*/Under 45* Cove Swim
Aug 27	Sat 9:10 am	Joe Bruno Golden Gate
Sep 3	Sat TBD	Lou Marcelli 12 hour cove relay
Sep 10	Sat 8:10 am	Alcatraz
Sep 24	Sat 7:50 am	Escape from Alcatraz Triathlon
Oct 1	Sat 12:00 pm	Walt Schneebeli Over 60 Cove
Oct 15	Sat 8:45 am	Dolphin/South End Triathlon
Oct 31	Sat 11:00 pm	100-Mile Swim Ends
Nov 12	Sat 6:00 pm	Pilot Appreciation Dinner
Nov 24	Thur 9:00 am	Thanksgiving Day Cove
Nov 25	Fri 5:00 am	Grizzly Bear Challenge
Dec 17	Sat 8:45 am	New Year's Day Qualifier
Dec 17	Sat TBA	Holiday Brunch
Dec 21	Wed 5:00 am	Polar Bear Swim Begins
Dec 31	Sat 11:00 pm	Grizzly Bear Challenge Ends

### ROWING TRAINING

These Saturdays as 9:00 am

January 23, Saturday

February 20, Saturday

March 19, Saturday

April 23, Saturday

May 21, Saturday

June 18, Saturday

July 23, Saturday

August 20, Saturday

September 24, Sunday

October 22, Saturday

November 19, Saturday

December 17, Saturday

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

### SWIM PROGRAM RULES

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

Alcatraz Island  
1.4 miles

Fort Point  
3.5 miles

Crissy Field  
2.5 miles

Yacht Harbor  
1.5 miles

Gas House Cove  
1 mile

Aquatic Park Cove

Pier 41½  
1.2 miles

Pier 43  
1 mile