

DOLPHIN LOG

[illegible]

Dolphin Log
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Other Athletics

Once 'Round the Cove



Joseph Illick (1934-2023)

It is with deep sadness that we report the passing of our friend and colleague Joseph Illick (1934-2023), a fearless force of Nature. Among his many contributions to the Club, was as an editor of the Dolphin Log for nearly 20 years, almost as long as he was a member. We will devote much of the next issue to Joe. It will include a selection of tributes from his many admirers. If you wish to, please contribute..

Dolphin Youth Swim Fund - Ross Browne Memorial Challenge

Let's start 2023 with a generous contribution to the Dolphin Youth Swim Fund on behalf of Ross Browne.

The Dolphin Youth Swim Fund is now administered through the Dolphin Club Foundation making it easier to donate. Your designated swim fund donations go directly to provide swim instruction for SF kids at the Boys and Girls Club and a program at the Presidio Y serving SF kids in need. Future Logs will provide data on how many kids we have assisted.

Ross Browne was a Dolphin member for 10 years before he took his life in November 2020. Swimming, being in the ocean, and connecting with nature were lifelines for Ross. He was a kind and

generous soul who believed being in the water was a tonic for all the challenges of life. We share this sentiment.

Ross left funds to charity. He was committed to giving the gift of swimming to young people who might not get the chance. On behalf of Ross, \$40,000 will seed the Dolphin Youth Swim Fund. This money creates a perpetual challenge for the next 8 years. Plenty of time for the next large donor to step up.

Dolphins, here is your challenge: We have the remainder of the year to generate \$5000 to the Dolphin Youth Swim Fund. All funds up to \$5000 will be matched. Approximately once per quarter I will host a casual

cove swim to be a Dolphin Youth Swim Fund giving day. Chocolate cake will be served to all participants. Anyone who knew Ross knows that the visions of chocolate cake fueled many of our swims together, and not surprisingly there were times a chocolate cake would be discovered in the kitchen after a swim.

Consider fond memories of Ross and a donation to the fund at any time. Join me specifically for a social swim with chocolate cake to honor Ross's memory and create opportunities for the youth of SF to learn to swim.

I will keep you posted on dates for the swim and keep you updated in the Log with our progress towards our goal.

Laura Zovickian

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EFAT: Gina Rus
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Running Commissioner: Anna Olsen
Weight Room Captain: Deborah Sherwood

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Deck Landscape: Steve Krolik
Green Team: Janice Wood
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Joe Illick Forum: Krist Jake, Stuart Gannes
Ukulele Club: Carolyn Hui

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Facebook: James Dilworth

Group.io: Elaine Van Vleck
Instagram: Anne Hamersky
Twitter/Mastodon: Nancy Friedman
Website Manager: Laura Croome

Lost & Found

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Men's Locker Room: Hal Offen

Other

Volunteer Coordinator: Denise Sauerteig
Dolphin Foundation: Davis Ja
DC Youth Swim Fund: Laura Zovickian
Fundraising Committee: Anthony DuComb, Robin Rome
Government: Ward Bushee, Ken Coren, Diane Walton
Renovation Committee: John Hornor, Peter van der Sterre, Ward Bushee, Diane Walton, Deborah Sherwood, Jean Allan, Tim Kreutzen
Save Aquatic Park Pier: Diane Walton
Swag: Radha Tomassetti, Oliver Fader, John Ingle

News from the Archives

There is a new Archives folder featuring photographs of Life Members, mostly the group photographs taken at the Old Timers' events over the years. Usually, the most recent group photo is on the wall near the payphone. Then they go into Archive storage. But now you can still see them on the Archives database on line!

We tried to identify all members in the group photographs. Listing the names adds to the historical value of the photograph, and it also means the names are searchable. However, we

are still missing names for members in some photos. So, when you take a look, please contact the Archives if you recognize someone, or find any errors. (archives@dolphinclub.org)

Over the years, Life Members have been fêted at many Old Timers' parties. In "recent" years, since the early 1990s, annual dinners and then lunches - with crab on the menu - were documented by John Perino and Colin Gift, both Life Members and professional photographers. John and Colin deserve credit for most of the Life Member photographs in the

Archives. John took the group photos starting in 1992, and Colin took over in 2014.

This new Archives folder also includes individual photos of each year's new Life Members (thanks to John and Colin), as well as cross-references to the Log Milestones pages.

So, check out the new folder: <https://hub.catalogit.app/375!>

P.S. Keep sending us photos of your Trinkets for the Trinket Gallery.

Morgan Kulla

700-Plus Members Strong

THE DOLPHIN COMMUNITY STEPS UP, AGAIN

The Dolphin Club was founded in 1877 by 25 male open water enthusiasts. Generations since have cherished our beloved building, but recently we realized that the aging structure was faced with inadequate kitchen facilities and mechanical systems, rising water levels, and a burgeoning membership (nearly 2,000 men and women). The Board directed that renovations proceed, and Life Members John Horner and Peter van der Sterre lead the arduous task of gathering membership consensus, developing architectural plans, negotiating with the South End Rowing Club, and working with the numerous government agencies that manage Aquatic Park.

In the summer of 2020, the Dolphin Swimming and Boating Foundation reauthorized a Fundraising Committee to lead an effort to secure the \$2.75 Million minimally estimated as necessary to complete the project. With \$750,000 in seed money from Club and Foundation funds, Phase One of the campaign initiated a "Silent Fundraising Effort" targeting specific members and groups, and distributed printed and electronic fundraising materials to all members. In Phase Two, the "Let's Get the Job Done!" campaign followed, with volunteers making telephone solicitations to the general membership. By the year's end \$1,415,000 was raised.

Building on that early success, on May 2, 2021 the 502 Dolphin Club Day (502 Jefferson Street) was inaugurated. The fun and games at this old-time event educated Dolphins

on the need for the renovations and raised thousands more. Volunteers continued to make solicitation calls and Greg Sherwood of KQED hosted a June Zoom Meeting Movie Night and a November Phase Three "Rock the Foundation" Auction and Gala. These events significantly upped the donations and raised membership participation. By December \$1,925,000 had been pledged or donated.

The year 2022 was highlighted by the 2nd 502 Dolphin Club Day, which offered an art quality photo by Stewart Brand, and featured a Duke Dahlin produced fashion show, won by Firat Yener sporting a memorable swim costume. The Foundation held a thank you party for major donors (those giving \$10,000 or more) at Capurro's Restaurant. Then, a dozen or so generous Dolphins created a \$125,000 end-of-year match challenge. The Club met that match by a wide margin.

Thus, during the midst of the COVID Pandemic and the looming economic downturn in the Bay Area, our Dolphins rose to the challenge. As of February 15, 2023, \$2,575,000 in gifts, pledges, and commitments were raised. In total, 714 individuals - 35% of our members - have participated in the fundraising effort. (See the List of Donors on the following pages.)

The Dolphin community always responds to crisis and change in a positive way. Over the years the Club has moved its building twice, and survived the Great Depression, wars, earthquakes, and near disaster from the neighboring Ariel Club fire. We opened our doors to women, added

locker space, a weight room, and kitchen. Together, we maintain a fleet of museum quality wooden row boats.

The fundraising program is no different: dozens and dozens of people helped, but appreciation must be extended to the Core Fundraising Group who stayed with the effort: Robin Rome (Co-Chair), Don Reid and Elliot Evers (Honorary Co-Chairs), Ward Bushee, Diane Walton, Crissa Williams, Polly Rose, Liam Ronan, and Anne Hamersky (Members). Join them in Phase Four, "Let's Finish the Job," and raise the \$175,000 remaining to reach the \$2.75 Million goal.

With appreciation to all,

Anthony W. DuComb
Co-Chair

Foundation Fundraising Committee



Dolphin Club beach after recent hail storm

Brian Abel	David Brownstein	Dahlin	Stuart Etzler	Daniel Handler
Stan Ades	Glenn Bucksbaum	Bevin Daniels	Paul Eveloff and	Rebecca Handler
Eliana Agudelo	Alan Budenz	Leslie and Troy	Anna M. Blanco	Roger Hansen
Alexander Aguiar	George Buffington	Daniels	Elliot Evers	Stephen Hanson
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Gregory J Anderson	Claudia Burton	Eileen David	Dorian Faust	Mark Howard
Scott and Diana	Ward and Claudia	Rodrigo Davies	Milo Fay	Elizabeth (Timmie)
Anderson	Bushee	Connors Davis	Josiane Feigon	and Scott Haskins
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Peter Baker	Carlson	Jonathan DePriest	Kenneth Frank	Eliet Henderson
Ivan Balarin	Lindsay Casablanca	Pam Derks	Tom Frank	John Henderson
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Sandra Bardas	Lowen Cattolico	Joanne Desmond	Patrick Freilinger	Mia Hershiser
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Charles Barry	George Chamales	Michael Dixon	Susanne Friedrich	Jana Hirsch
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Roy Bergmann	Chu	Fernando	Stephen Gaal	Dave Holscher
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Peter Bostelman	Harold Cranston	Gary Thomas Ehrsam	Julie and Walter Haas	Hughes Foundation
Lindsay Boswell	Stephen P. Crawford	Tim Eichenberg	Haffernreffer Family	Carolyn Hui
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Catherine Breed	Cross	Ellen Erwin	George Halsted	Thomas Hunt
Lou Bristol	Erik Cufino	Kelly Erwin	Scott Halsted	Kathryn Hyde
Louise Brock	Gerald Cullen	Meg Escobosa	Anne Hamersky	Mara Iaconi
Ross Browne Estate	Peter Cullinan	Dr. Brandon Esenther	Virginia Hamilton	Joe Illick
Tom and Caitlin	Zach Curtis	and Mrs. Rebecca	Lee Hammack	Gary Ino
Brown	Clarence (Duke)	Flato	Carrie Hammond	Kellock Irvin

Davis Ja	Frederica S. Lofquist	April Minnich-	Jerry Patrick	Stephen P Schatz
Holland Ja	Lauranne LoSpalluto	Bucksbaum	Nikola Pavicic	Diane Schatz
Joe Jaber	William Love	Neal Mirchandani	Robert Pedot	Jennie Schrage
Diane Jackson	Aleksandr Lozovsky	The Mittelstadt	John Pelka	William Schroeder
Peter Jacobsen	Shijia (Bobby) Lu	Family	Jessica Pence &	Donna Schumacher
Krist A. Jake	Dominic Lusinchi	John Moffly	Matthias Fore	Wendy Schuss
Cathy Johnson	Daniel Madero	Peter Molnar	John Perino	Scot Schwartz
Ben Joseph	Mary Magoscy	Rudeen Monte	Richard Perkins	David Scully
Dahlia Kamesar	Linda Mahnken	Christopher Moon	Claire E. Perry	Lowell Sears
Elizabeth Kantor	Katie Maloney	Ben Moore	Camila Pesce	Carlyle Secombe
Wendy Katzman	Joseph F. Mannion	Joel Moore	Erik Peterson	Carter Seddon
George Kebbe	Julie Marcus	Kate Moore	Jesse Phalen	Marsha Seeley
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Chris Keene	Rhonda Marosi	Marie Mullan	Erica Pitsch	Eric Shackelford
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Kellenberger	Rob Martinez	Maryann Murphy	Neal and Daragh	Deborah Sherwood
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Candace Kelly	Katherine Matthey	Muselli	William Powning	Henrietta Sholars
Jeremy Kelly	Brian Mattahy	Jon Nakamura	Marlene Pressman	Barak Shrama
Richard Keltner	Marty Mattox	Sarah Nalle	Mauricio Prieto	Eric Shupert-Nadig
Erika Kettleson	Kevin McAlea	Andrew J Nance	Jason Prodehl	David Shutt
Melissa King	Thomas D McCall,	Thomas Neill	Nadar Radjy	Alexander Sigal
Sam Kingsland	III	James Nelson	Yasmin Radjy	Thomas Silk
Kleid Family	Janice McCall	Keith Nelson	Jeff Ranta	Michael Silva
Charitable Fund	Katherine McCall	Peter Nelson	Neal Rayner	King Sip
Mark Klein	Carter McCardwell	Jaron Ness	Holly Reed and	Sona Sippy-Sondhi
Anthony Kline	Karin McClune	John Nestor	Claire Trepanier	Sara Skulrsky
Timothy Kline	Home Mccoll	Peter Neubauer	Don Reid	Maile Smith
Peggy Knickerbocker	Laurel McCoy	Lorna Newlin	Philip Reiff	Michael Smith
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Michael Lavelle	Louis McMurray	Christopher	Polly Rose	Matt Stromberg
Sam Lawsom	Kathleen A Meath	O'Loughlin	Debra Rose	Philip Sturiale
Matthew Leffers	Dolores Meehan	Anna M Olsen	Aaron Rosenthal	Megan Sullivan
Sandra Lehmkuhl	Peter Meier	Todd & Anh	Rich Roth	Deborah Sullivan
MuGurrin (Mac)	Joel Mendelson	Oppenheimer	Suzanne Royce	Scott Sunbury
Leibert	Laura Merkl	Barbara Ordahl	Heather Royer	Susan Sward
Kalani Leifer	Jane Mermelstein	David O'Reilly	Brian Rus	John Sylvester
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Catherine Lenny	Joseph Merrill	Mimi Osborne	Wafaa Sabil	Sophie Taggart
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Lolly Lewis	Michaelynn Meyers	Era Osibe	Jari Salomaa	Kei Terauchi
Marian Lewis	Jaime Michaels	Conor Owens-Walton	Richard Salvini	John Theede
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Mike Walsh
Diane Walton
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Denise Watson
Virginia Watson
Lisa Weaver
Michael Webb and
Patty Mullen
James Weil

Michael Weiner
Linda Weintraub
Michelle Welborn
Kathryn Werhane
Ann Werhane
Teresa Werhane
Douglas Werhane
Jody and Scott
Werhane
Pamela Westmore
Darcy Wettersten
Kate Whelan
Tom Whelan
Jeffery White
Rebecca Lee Whiting

and Luke Whiting
Heinz Wichelhaus
Georg Wien
Parker Wilf
Donna Williamson
Otto Williams
Crissa and Brendan
Williams
Mark Wingate
Janice Wood
Andrew Wynn
Laura and Dave
Zovickian

A Personal Polar Bear Hall of Fame

Krist Jake

Over its 49-year history, the Dolphin Club's Polar Bear ("PB") has attracted a set of people with a range of swimming skills, ages, body types, etc. Some, perhaps most, of the participants are afflicted by a need to climb their own metaphorical mountain, evidently "Because it's there." This article is to give some visibility to PB participants whose Polar Bear performances are especially noteworthy.

Bill Powning – Co-founder of the Polar Bear in 1974 with



Bill Powning's locker, with all his ribbons

Bill's stack of PB blocks, gifted to the Club, has inspired many a Dolphin including this writer. His son, Will, a current Life Member and 6-time PB Old Goat carries the family flag.

In selecting other Hall of Famers, I strove to use objective standards such as those who set a one-season mileage record. Using this qualification, we have the following Hall of Fame members:

Winter	Winner	Miles
1974-75	Modesto Lanzone	82
1984-85	Elmer Tosta	101.5
1985-86	George Kebbe	200
1986-87	Stan Hlynsky	230
1992-93	Patrick Freilinger	232
1994-95	George Kebbe	255
2002-03	Suzie Dods	256
2003-04	George Kebbe	356
2006-07	Ralph Wenzel	356
2012-13	Pete Perez	356
2015-16	Duke Dahlin	400

A few comments on recent record setters:

George Kebbe – A native of Syria, this persistent, legendary PB arrived in San Francisco in 1972 and soon took up swimming at the Club. Enduring DNFs early on, in 1985-



George Keebe (trailblazer)

Club personality Lou Marcelli. Bill, a Yale grad, sharp dresser, and gentleman earned a Polar Bear in 23 straight winters, a record at the time, until he reached his late 70s and "retired" from the challenges of the tradition he started.

86 he was the first Dolphin to reach 200 miles in PB. Soon topped by Stan Hlynsky and Patrick Freiinger, in the 1994-1995 PB season, Kebbe set the record again at 255 PB miles. Nine years later his record was topped by Suzie Dods. So, the following season, Kebbe took on the challenge and topped Suzie's record by 100 miles to set the record at 356 miles, truly uncharted territory. His unique asymmetrical windmill-style stroke is known as "The Kebbe" and, during that record breaking year, was often visible along the buoy line. (The half-mile down and back on the buoy line from Flag to white (Oprah/Duke) buoy, is the gold standard for distance in Aquatic Park.) Lou Marcelli, the Club's longtime Commodore who was not known for hyperbole, called Kebbe's completion "one of the greatest feats of all time." Kebbe is the only Hall of Famer with multiple record-breaking seasons. Google him and you'll find an interesting article at SFGate.com



Suzie Dods (challenger)

Suzie Dods – In the 2002-2003 Polar Bear, Suzie set the PB mileage record at 256 miles, topping George Kebbe's 1995 record by one mile. That made her the only woman (so far) to hold the Polar Bear single season record. In addition to her PB exploits, Suzie has completed many challenging open water swims, operates a teaching/coaching business, and each winter organizes a 24-hour relay in Aquatic Park.

Ralph Wenzel – Born in East Germany, low-keyed and modest, Wenzel owns and manages the renowned San Francisco bakery, Schubert's. In the 2006-2007 PB season, Ralph swam each of the 91 days of winter to achieve his goal of 356 miles, to equal but not exceed the record set by Kebbe in 2004. According to famed San Francisco Chronicle reporter Carl Nolte in a laudatory SFGate.com article, on the last day of PB, "With a chance to break the record and set a new mark, he stood up and walked out of the water. It was clear he could have gone back in the Bay, taken another lap around the Aquatic Park lagoon and torn up the record book." "I don't feel like going back in again," he said. Asked why he didn't break the record, he shrugged and walked away to take a sauna. In times when records are made to be broken and winners are hailed as superheroes, Wenzel seems to be a throwback to some other age.



Pete Perez and Ralph Wenzel (equalizers)

Pete Perez – By day he was a programmer at the Walt Disney Museum. But in the 2012-2013 PB he could be found in Aquatic Park every day at 5:15 AM and again at 6:30 PM, striving toward his goal of tying the PB mileage record of 356 miles (to tie, but not break the record), out of respect for the cold-water pioneers, Kebbe and Wenzel. As a determined but not particularly swift swimmer, Perez overcame a bout with shingles and used his insider's knowledge of Aquatic Park's tides, currents, and micro-currents to aid his effort. Perez coined a name for a 356 mile Polar Bear, "a George." A few years before his record-tying PB, Perez set the record for the PB spinoff begun just a few years earlier, the "First to Forty."

Duke Dahlin – In the 2015-16 PB Hawaii native Duke raised the PB "bar" to an almost unimaginable 400 miles, 44 miles more than the previous record. For some PB participants, the mileage board, cold water, and one's personal goal invite some mental stress. As the winter moves along, reaching 40 or even 20 miles can become a bit of a grind. As described by Duke in the Spring 2016 Dolphin Log, his mind had to stay strong all PB, since he had seriously sick



Duke Dahlin (record holder)

days that reduced the swim days available by over 10%. A remarkable effort!

In addition to these Hall of Famers, I recognize three other Dolphins for my personal Hall: Laura Merkl for being the cumulative mileage leader, Vince Huang for most consecutive PBs, and Joe Illick for the most PB “wins.” (used for lack of a better term: all PBs are winners!)



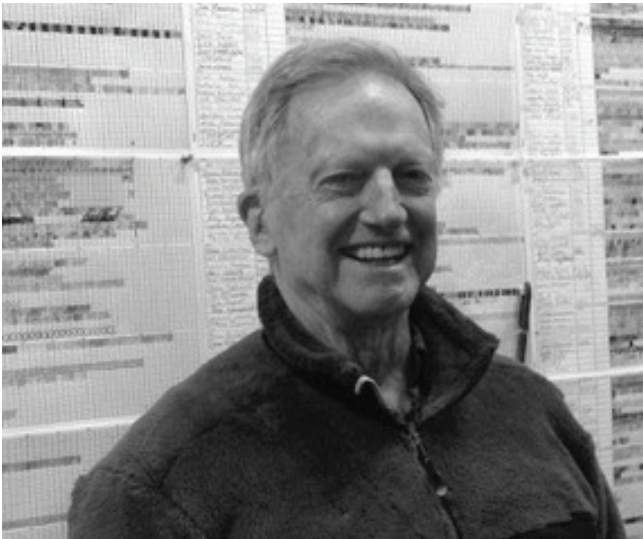
Laura Merkl (most miles to-date)

Laura Merkl –Most PB miles: With a sustained effort over decades, Laura is a true Hall of Famer. She’s the first woman to win the Polar Bear, which she did in 1993-1994 with 174 miles. She won a second time in 1999-2000 when she and Scott Haskins cooperated to tie for first at 150 miles. Other metrics easily convey Laura’s affinity for the PB: first, she’s completed 38 PBs, putting her high, possibly second only to Vince Huang, on the list of PBs completed; second, she’s probably swum more Polar Bear miles than anyone, with over 3300 career miles to date (according to her records, which this author doesn’t question, Laura being a corporate financial executive!). With future PBs in front of her, Laura’s career mileage mark will be very hard to top.



Vince Huang (45 consecutive PBs)

Vince Huang – Most consecutive PBs: Vince, a student of water temperatures in SF Bay, has earned Hall of Fame status because of his Club record of 45 straight PBs, which he began in 1987 when he was 25. Vince is still going strong and intends to lengthen his streak with the “can do” attitude he demonstrated during PB a few seasons ago, resuming after being interrupted by a heart attack. Whenever Vince’s streak ends, it will be a monument of consistency and persistence, a string of consecutive PBs that will be very hard to surpass.



Joe Illick (miles equaled age at 87)

Joe Illick – Winningest: Former Professor of History at San Francisco State University and all-around Renaissance man, Joe joined the Dolphin Club in 1996 at age 61. While in his 60s and 70s, he dominated the Polar Bear: in the 14 PBs ending in 2014, he was PB champion eight times. In the recent 2022-23 season, he was on the leaderboard until his tragic, fatal fall after a swim in January.

An advocate of double-dipping (swim-sauna-swim), Joe’s swim speed may have slowed a little since his days on the swim team at Princeton, but he made up for it with commitment and time in the water. An author of several books, an artist and poet, Joe also invented and dominated the Joe Illick Award which recognizes the PB participant who has the highest “Illick score.” (Illick score = (Age of participant minus 40) times (PB miles of participant minus 40). He usually won it easily. In 2022 Illick finished with 87 miles, matching his age.

Qualification	Person
Founder	Bill Powning
Most miles in all yrs	Laura Merkle (>3300, continuing)
Most consecutive PBs	Vince Huang (45 and continuing)
Winningest	Joe Illick (6)

The Polar Bear is now a Dolphin tradition. It is a three-month event and challenge that can capture the mindshare of participants like none other, and in parallel elicit extraordinary efforts. As a Club we are indeed fortunate to have a history of achievers who have pushed themselves and inspired all.

Swimming With Sharks

David McGuire

“A frenzy. That’s a great white,” exclaims a teenaged boy on YouTube, while someone films a great white shark ravaging a sealion off the ferry dock on Alcatraz. “It’s Jaws, it’s Jaws!” This was the first, and only, documented predation event by a great white (white shark) inside the San Francisco Bay. Yet new swimmers, and even veterans swimming in the San Francisco Bay, commonly voice their anxieties of a shark attack.

There are sharks in the Bay, but not the sharks swimmers fear. Over 15 species of sharks and their flat cousins (the rays), live year-round in the Bay, and several more species use the Bay as a nursery and foraging habitat including salmon sharks, thresher sharks, and an occasional foray by an adult white shark. Two species, the soupfin (or school) shark and the sevengill shark, were once common locally in large numbers, but were hunted to commercial extinction during World War II for the vitamin A-rich oil in their livers. These larger sharks frequent the deeper waters in waters just beyond the Bay, and although reprieved from commercial fishing in California, these harmless sharks are targeted by trophy hunters along the coast.

Last year, a few Dolphins (the human kind) and surfers were treated to a visit by “the landlord” at Dead Man’s Point near Lands End, southwest of the Golden Gate. Fortunately, all the aquanauts were unmolested that day as a large white shark cruised close by, leaving a lasting impression, but no teeth marks. This area, off Baker Beach, is the location of the only documented human- white shark encounter inside the headlands. In May 1959, 18-year-old San Francisco State freshman Albert Kogler was bitten by a large white shark while swimming 100 yards off the beach. Rescued by his companion, Kogler bled out from a severed femoral artery before he could be tended to by medical professionals. The combination of deeper waters, rocky outcrops, and pinnipeds (seals



Great white sharks occasionally visit San Francisco Bay

and sealions) make this area more favorable for white sharks.

To open water swimmers, the risk of a shark encounter is a reality. However, that risk is extremely low. Since 1950, the California Department of Fish and Wildlife has recorded 209 shark incidents* in California involving all species of sharks, at least 185 of which involved white sharks. As of December 2022, over a period of 72 years, 15 were fatal and all the fatalities involved white sharks.

A Stanford study, published in *Frontiers in Ecology and the Environment* in 2017, found that despite increasing records of shark attacks, mostly by white sharks, the individual attack risk in California has dropped by more than 91 percent during the past six decades. The study indicates that the highest risk group are surfers, who have a 1-in-17 million chance of being bitten by a white shark in California. Swimmers and divers are lower risk groups, with an even more remote chance of an encounter.

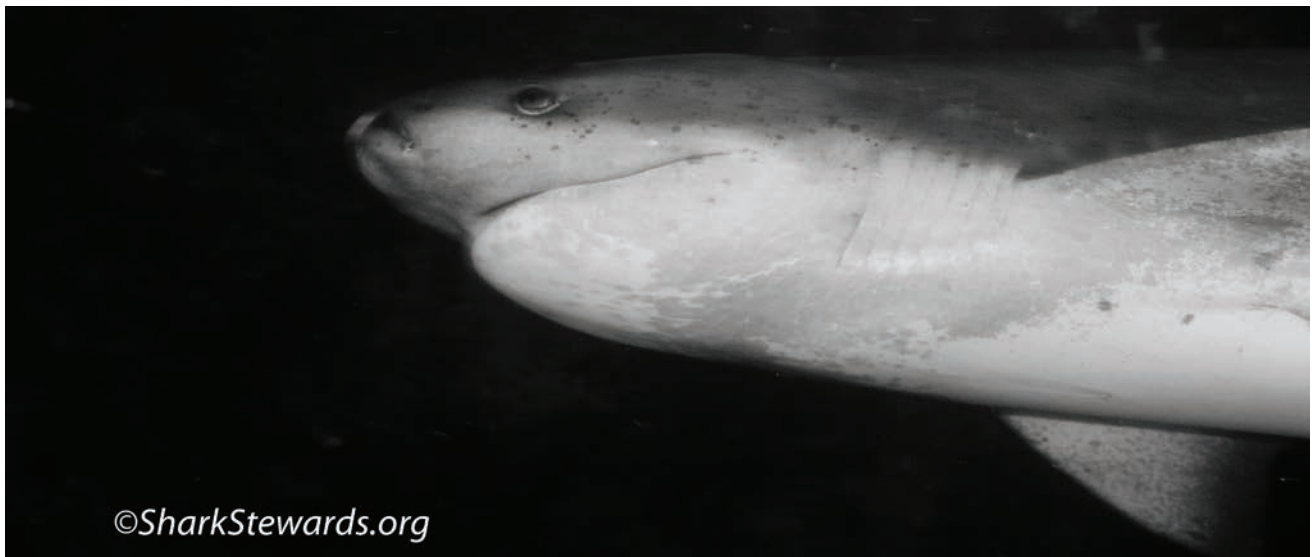
Eighty percent of recorded shark fatalities in California are north of Point Conception in what is termed the Red Triangle, with the San Francisco Bay opening falling roughly in the middle. Most encounters with adult white sharks occur in the months between September

and November (we call this period Sharktober) when the adult sharks return from their annual migration to visit the seal breeding grounds, such as the Farallon Islands.

Yet even in these months of peak activity, shark attacks are rare, rarer than drowning. Surviving a white shark attack off our coastline is also high, at around ninety percent. Open water swimmers can avoid being stalked or encountering a white shark by observing simple practices. (Go to sharkstewards.org/science-and-education/shark-attack for tips.) In general, white sharks do not frequent shallow enclosed bodies such as Aquatic Park cove, and Bay area swimmers can safely swim without fear of attack.

After 50 years of protection the white shark population of the Northeast Pacific is increasing. Most of these sharks are subadults, juveniles and young-of-year with only around 500 adults in this population. As the Bay gets healthier and marine mammals recolonize, the risk of an encounter by swimmers may increase. However, with better technology, reporting, and response, we can coexist with these magnificent and important predators.

Although protected in California and in US waters, white sharks and hundreds of species of sharks are falling prey to humans, killed by the



Seven-gill sharks are not as common in San Francisco Bay as they used to be

tens of millions annually as bycatch, for their meat, and especially for their fins, which supply the shark fin trade. One third of shark species, such as the critically endangered oceanic whitetip shark, are threatened with extinction.

Over the last decade Shark Stewards has worked to successfully introduce and support shark fin trade bans, including a law banning the entire sale and trade of shark fins in the USA, which was just signed by President Biden in December 2022. Last year we also scientifically supported and lobbied for shark fin trade bans under the Convention on the International Trade of Endangered Species (CITES) at CoP19 in Panama. Over 90 species of sharks and rays, making up over fifty percent of the Chinese shark fin trade, were listed for trade protection under CITES Appendix II. Other gear restrictions implemented in 2022 in Hawai'i and in the West and Central Pacific Tuna Fisheries will protect millions of sharks wastefully killed as bycatch. To increase public safety and to help prevent illegal fishing of white sharks in California, a new law was implemented to ban fishing sharks and chumming when white sharks are near.

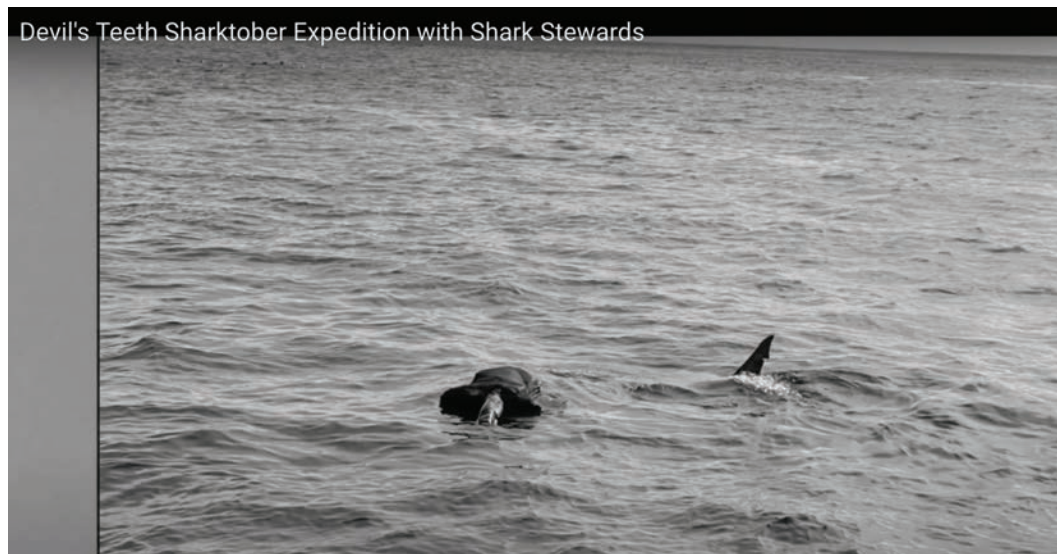
Sharks are more threatened than a threat, and deserve our respect, not an irrational fear or backlash. Sharks represent hundreds of millions of years of evolution, specialization, and integration into marine ecosystems. Numerous scientific studies have documented the importance of these perfect predators to ecosystem health, the balance of prey populations, and maintaining biodiversity. The importance of sharks' role in the ocean far surpasses most other species, and the loss of sharks can result in the concomitant loss of scores of other species.

"That's the coolest thing I've ever seen," concludes the teenager on the YouTube video. As someone who loves sharks, and seeks them in the water to observe, I couldn't more agree. The week after the seal predation occurred at Alcatraz, I and a few others did the Escape from Alcatraz test swim. We didn't see a shark.

** A shark incident is defined as any documented case where a shark approached and touched a person in the water, or touched a person's surfboard, kayak, paddleboard, etc. This summary does not include shark sightings where no contact occurred, instances where sharks approached boats, or cases where hooked sharks caused injury or damage.*

David McGuire is a marine biologist and the Director of the nonprofit Shark

Stewards, advocating for shark and marine protection. As a Dolphin Club swimmer, he can be found swimming with sharks in the waters between San Francisco and Hawai'i. Learn more about sharks and how to support this work at sharkstewards.org.



Snuffy, placed by SharkStewards, which contains a camera, attracts inquisitive sharks

A China Beach Love Story

Will Kushner

Though a DC member for years, I began my first Polar Bear Challenge during the winter solstice, 2019. Then, like now, my swim schedule was all over the map, made more erratic with occasional work, travel, or ski weekends. In early March 2020, as COVID descended, each mile seemed like it might be my last from the relative comfort of the Club. And yet the squares gap persisted.

“The virus does not like the heat” was the amateur wisdom those last few DC sauna days as the city ground to a halt. Finally, the fobs were switched off, and with them the familiar click sound of the front door lock unlatching – the gateway into our wood-paneled, eclectic urban oasis.

My go-to workout partner and I had stumbled upon the Club by happenstance. We’d park at Crissy Field, run the length of Marina Green, and to the Aquatic Park bleachers, then swim along the buoy line. We’d wipe the sand from between our toes, slip into our running shoes, and reverse course on wobbly cold legs. Soon, the run-swim-run gave way to thoughts of the comforts of Club membership. “I would not join any club that would have me as a member” – except for this one!”

So, the idea of returning to the relative discomfort of cold swims, forsaking the warmth and conviviality of the sauna, was familiar. A growing body of other swimmers had discovered the Aquatic Park bleachers, and as the spring of 2020 wore on, they became the place to be: Club members, regulars, even a handful of resourceful swim team coaches barking out workout commands from SUPs, urging their wetsuit-clad pool swimmers to ignore the shock of their new surroundings. Even without Mr. Cooper or Brian around, we watched each other’s swim bags as we adapted to life outside.

By April 2020, a handful of us heard of a “pod” of dedicated China Beach swimmers. “Like, they swim in the actual ocean itself.” I sent a request for information to a



Facebook friend believed to be in this mysterious pod, to which I received a crisp reply: “Come on over, what’s stopping you?”

On my first China Beach swim it is a sunny spring day. I drive through Sea Cliff, park, and breathe sea air. I stare at the plaque. For a time this place was dubbed “James D. Phelan State Beach Park.” But decades earlier, together with Marin County’s China Camp, it had developed as an outpost for brave Chinese fishermen who fed countless mouths during and after the Gold Rush.

The service road winds down to a rooftop sundeck of a run-down, circa 1957 bath house that has been completely shut down since its water system failed in 2016. This gathering spot is a short flight of stairs above the sandy beach. The deck screams “be advised” in the same way as does our beloved, decaying Muni Pier. Corroded steel railings and padlocked doors, plus a fetid row of porta-potties and cast-off beer bottles, conceal the former grandeur of this recreational outpost. Long overdue renovation as part of a grand marquee improvement project has been promised with each passing year. Oh, and don’t leave valuables in your car.

In bathing suit, insulated cap and goggles, we descend the steps to the sandy beach. Perhaps someone had given us a briefing, which, thinking back, did not amount to much more than “know your limits.”

Situated to the immediate west of Baker Beach, CB is the last stop before the wilds of Lands End and Ocean Beach. Landmarks such as Dead Man’s Point, Pyramid Rock, Shipwreck, and Mile Rock hint at watery worlds fit for Poseidon. Why would any sane person ever want to swim to a place called Dead Man’s? We swim the round trip to Eagle’s Point (about a flag and back, roughly 800 yards in total), the turn-around point for the less intrepid. Before the return, I go ashore on Secret Beach just past Eagle’s and out of view from the bath house sundeck. Am I dreaming? I lie still on the wet sand, imagining myself on a deserted tropical island, only colder. Moved by this novelty, I reenter the surf and within 10 minutes come back to CB. Post-swim, the cold courses through me, and I feel great. Within the hour, after rinsing with tepid water from a gallon jug and jump roping, my core temperature returns to an acceptable level. I sleep well that night.



Kel Yip, Steve Carlson, Kerry Labelle, Jenny Orser, Chris Germain, Tim Dumm, Bob Strowbridge, Bob's nephew (holding surfboard), plus kayakers Christy Leffers, Matt Leffers and Radha Tomasetti

** Note that Kim Chambers may be lurking behind the surfboard -- she was definitely on this outing!*

Spring turns to COVID summer, and by now at least a few dozen Dolphin/ SERC members are frequenting China Beach, mingling with the local China Beach pod, about whom entire novels could be written. There's the Captain, the Swim Daddy, who, with the Matriarch, have swum here since they were children – true life members! And a coven of mermaids chant prayers to our Mother Ocean while treading water at Eagle's. A merman offers crystals at Dead's to remind us of our mortality. Real-deal San Franciscans with an all-out passion for this place – to be protected, respected, and nurtured.

Queue the Dolphins. We arrive by the half-dozen on mid-afternoons to learn the ways of this new swimming hole, and then linger six feet apart until dusk when the entry gate is closed. The CB pod and “club people” take to water with or without swim aids (wetsuits and fins tolerated if not strongly encouraged), and afterwards, we all enjoy our goosebumps, warmed perceptibly by the afternoon sun, hot tea, and perhaps a dram or two. If there is a distinction to be drawn, our penchant for bright swim caps (worn inside out, naturally), good sea sense, cheap whiskey, and general tomfoolery precede us!

Like a summer camp with no counselors, we begin adapting our deck activities to CB Pod rules – bring something to share, leave no trace, respect the elders, mentor the newcomers. Even the unwritten rules, like not casting a shadow on a fellow swimmer trying to get warm, and not bringing sand onto the deck (not to mention not getting it wet). We swim in groups, more or less, which on any given day includes swimmers from Croatia, Denmark, England, Ethiopia, Finland, Germany, Ireland, Israel, Italy, Mexico, and the Philippines, to name a few.

Summer turns to fall, and the stronger swimmers begin increasing their distances. Dead Man's (roughly equal to a Cove swim) and points beyond become common destinations. A few kayakers agree to pilot challenging swim routes (OB-CB, Golden Gate, etc.). We have swim/ BBQ adventures at Paradise Cove, Kirby Cove, and even Tomales Bay. Ambition knows no bounds, and with motorized support, a group makes the crossing from Point Bonita.

There is no question that CB swimming is riskier than a Cove swim, yet we ignore the National Park Service sign at the gate that warns that swimmers and waders have

drowned here. We receive guidance from SFFD and NPS rescue personnel who are among the CB pod ranks. We learn from the veterans, with decades of collective experience. We study the patterns of – and develop an exceedingly healthy respect for – this stretch of ocean water.

Unlike the ebb and flood passing twice daily before the DC, the large bay in front of Baker/China Beach forms a powerful back-eddy during the bottom of large ebb tides, especially in the winter months. As a result, it can be hard to know what to expect – until you get in. And then, you “swim like you mean it” and observe your immediate surroundings, which should provide adequate context for a safe, predictable experience. And to drive the point home, there ain't no shame in using swim aids or turning back!

“Which way is it going?” one asks an emerging fellow swimmer. In real time there are really only two answers (flooding or ebbing), which under normal weather conditions track with the time of the nearest maximum flood for the Golden Gate Bridge, shown in tidal current charts for the Bay. Flooding is more desirable because most swimmers first go west (away from the Gate towards the

Farallones), then east – meaning you’re with the current on the return trip. The ebb accelerates west of Eagle’s. This is easy work for the most experienced, but a stern reminder for most to stay within eyesight of the bath house.

Most of the time, a round-trip swim to “Dead’s” is like doing a clockwise Cove, mid-ebb, but in an aquamarine wilderness. In other words, the first third is easy, then gets hard, and finally it relents, just when the muscles begin to tire and the endorphin rush begins to climax. Other times it’s an angry, foamy sea, with swell, and an extra-strong current well beyond 2-3 knots. Throw in a shore break, and you get the picture. Again, a strong swimmer with a sensible approach (and a partner) can get plenty of enjoyment in conditions such as these without pushing boundaries.

And then there are the stories: during COVID, a deceased hiker encountered floating in a back eddy; a heartbreaking tragedy befalling a new Dolphin on a long swim; a seasoned Dolphin experiencing hypothermia and needing to be rescued. And in the back of your mind, there is the 19-year-old male attacked and killed by a great white in 35 feet of water off nearby Baker Beach in 1959. The risks are real. We see these risks, and yet we rely on statistical probabilities (not since 1959...). We trust that yesterday’s swim will emulate today’s, and that tomorrow is only a gift.

Fall turns to winter, and 2021 gives way to 2022. The club reopens and many return from exile to be among our Aquatic Park friends (and rivals). Yet each day, back on the China Beach deck, we drop into the sound of the sea, and watch the freighter traffic, the pelicans, porpoises, and occasional whale. We do a swim, and to warm up, do a little shiver and shuffle. A salsa line has formed, and Kel has set up an 8-person tent designed for car camping, complete with propane heat – sort of a portable, quasi-ventilated sauna with a view. It is paella night, or posole night, or whatever the assembled might have found in the pantry. While the wine and perhaps harder stuff flows, we laugh as these unlikely friendships mature. Like the ones we share at the Club, these too make us proud to call this port city our home.

We are the “China Beach Swim Club,” replete with swag and USMS affiliation. Each member of this impromptu, sprawling community brings a unique story, capable of touching the intimate corners of our busy lives. We’re happy to have found this transient haven on the edge of the mighty Pacific, ever vigilant to keep it all in balance.

Join the crack-of-dawn patrol, or pick a sunny afternoon and walk down to the deck. It’s a humbling experience and one you won’t forget.



(L to R): Cesar Manzano, author (Will Kushner), Kerrie Hayworth.





3

DOLPHIN LOG SWIM STATISTICS

New Year's Day Alcatraz Swim JANUARY 1, 2023	Pier 41 Swim JANUARY 28, 2023	Grant Mays, Tom McCall, Donald Osborne, Nanda Palmieri, Natazha Raine O'Connor, John Robiola, Maile Smith, Scott Stark, John Stassen, John Thorpe, Nihan Tiryaki, Otto Williams Helpers: Eliana Agudelo, Tom Bernard, Lindzy Bivings, Diane Campbell, Mary Cantini-Norkin, Scott Cauchois, Jeffrey Citron, Janine Corcoran, Peter Cullinan, Lisa Domitrovich, Cort Eidem, Amanda Ernzer, Erin Gasser, Marlin Gilbert, Jessica Graef, Sharon Gross, Lewis Haidt, David Holmes- Kinsella, Kati Hopman, Justin Hughes, Tom Hunt, Mara Iaconi, Chris Kawaja, Morgan Kulla, Kerry LaBelle, Bianca Liederer, Alix Marduel, Michael McElligott, Tim McElligott, Ken Miller, David O'Reilly, Rick Perez, Derrick Rebello, Robin Rome, Polly Rose, Marie Sayles, Andrew Stone, Michael Tschantz-Hahn, Diane Walton, Dana Watt Test Swim: Diane Campbel, Peter Cullinan, Lisa Domitrovich, Augusta Hopkins, Bianca Liederer, Tom Neill, Claire Perry, Ben Chun, Brian Kiernan, Callen Taylor, Chris Germain, Dominic Lusinch, Eliana Agudelo, Holly Reed, Joe Gannon, Liz Westover, Nathaniel Berger, Terry Horn, Tim Kreutzen, Tom McCall, Will Kushner																																																																																																																																																																																																																																																																								
<p>The following swimmers braved the cold water and completed the New Year's Day Alcatraz swim, sponsored yearly by SERC. Thanks to SERC for a well-run swim.</p> <p>Name</p> <p>Gary Arabatyan Lauren Au Brinkmeyer Tom Brown Roberto Cadenas George Carvalho George Chamales Jeffrey Citron Ryan Dalton Kathleen Duffy Randall Edwards John Gibbon Lewis Haidt Kati Hopman Erika Kettleson Mickey Lavelle Sean Lavelle Lauren Lesyna Ian McColl David O'Rieilly Rick Perez Steve Schatz Wendy Schuss Beth Stein Michael Tschantz-Hahn Dolphin Club helpers: Pilots: Susan Allen, Marcus Auerbuch, Jon Bielinski, John Blackman, Barry Christian, Gretchen Coffman, Tony Foe, Jim Frew, Diane Jackson, Brian Kiernan, Tim Kreutzen, Bobby Lu, Dominic Lusinch, Grant Mays, Tom McCall, Tim McEligott, Phil Reiff, John Robiola, Gabe Scurlock, Eric Shackelford, Maile Smith, Scott Stark, Nihan Tiryaki, Diane Walton, Lisa Weaver, Liz Westover, Ramsey Williams Helpers: Joanne Sakai, Janice Wood And a few hardy Dolphins swam a New Year's Day swim within the cove, but no list of names exists. From the photos, these have been identified:</p> <p>Thorsten Anderson Peter Cullinan Kathleen Duffy Ernst Halperin Anne Hamersky Nathaniel Haynes Sarah McCuskey Hector Monserrate Era Osibe Holly Reed Wafaa Sabil Jason Shaeffer Nihan Tiryaki Claire Trepanier</p>	<p>Although a foggy day, there was enough clearance for the swim to proceed. The ebb tide was strong and the swimmers raced quickly from the start to the entrance to the cove and then in to the finish. The air and the water was brisk, but all who finished seemed to have enjoyed the swim.</p> <table> <tr> <th>Place</th><th>Name</th><th>Time</th></tr> <tr><td>1</td><td>Ben Chun</td><td>19:29</td></tr> <tr><td>2</td><td>Ryan Dalton</td><td>20:31</td></tr> <tr><td>3</td><td>Michael T-Hahn</td><td>20:41</td></tr> <tr><td>4</td><td>David Holscher</td><td>20:46</td></tr> <tr><td>5</td><td>Katherine Soltis</td><td>21:17</td></tr> <tr><td>6</td><td>Stephen Schatz</td><td>21:29</td></tr> <tr><td>7</td><td>Jeffrey Citron</td><td>21:31</td></tr> <tr><td>8</td><td>Fasica Alemayehu</td><td>22:23</td></tr> <tr><td>9</td><td>Steve Carlson</td><td>22:37</td></tr> <tr><td>10</td><td>Beth Stein</td><td>23:59</td></tr> <tr><td>11</td><td>Jeffrey Wagner</td><td>24:35</td></tr> <tr><td>12</td><td>David O'Reilly</td><td>24:44</td></tr> <tr><td>13</td><td>Lawrence Remstedt</td><td>24:59</td></tr> <tr><td>14</td><td>Bri McCarthy</td><td>25:39</td></tr> <tr><td>15</td><td>Karin Christenson</td><td>25:50</td></tr> <tr><td>16</td><td>Aniko Kurczinak</td><td>25:56</td></tr> <tr><td>17</td><td>Bobby Lu</td><td>26:10</td></tr> <tr><td>18</td><td>Morgan Kulla</td><td>26:42</td></tr> <tr><td>19</td><td>Julian Sapirstein</td><td>26:49</td></tr> <tr><td>20</td><td>Peter Bostelmann</td><td>26:58</td></tr> <tr><td>21</td><td>Augusta Hopkins</td><td>27:13</td></tr> <tr><td>22</td><td>Erin Gasser</td><td>27:14</td></tr> <tr><td>23</td><td>Christy Simpson</td><td>27:21</td></tr> <tr><td>24</td><td>Sunny McKee</td><td>27:31</td></tr> <tr><td>25</td><td>Lindzy Bivings</td><td>28:06</td></tr> <tr><td>26</td><td>Peter Cullinan</td><td>28:18</td></tr> <tr><td>27</td><td>Bianca Liederer</td><td>28:19</td></tr> <tr><td>28</td><td>Lewis Haidt</td><td>28:27</td></tr> <tr><td>29</td><td>Tony Payne</td><td>28:48</td></tr> <tr><td>30</td><td>Chris Igo</td><td>28:51</td></tr> <tr><td>31</td><td>Mark Harrold</td><td>29:01</td></tr> <tr><td>32</td><td>Kerry LaBelle</td><td>29:13</td></tr> <tr><td>33</td><td>Holly Reed</td><td>29:15</td></tr> <tr><td>34</td><td>Kathleen Duffy</td><td>29:22</td></tr> <tr><td>35</td><td>Ken Coren</td><td>29:27</td></tr> <tr><td>36</td><td>Rick Perez</td><td>29:32</td></tr> <tr><td>37</td><td>Andrew Stone</td><td>29:45</td></tr> <tr><td>38</td><td>Hal Offen</td><td>29:57</td></tr> <tr><td>39</td><td>Joni Beemsterboer</td><td>30:25</td></tr> <tr><td>40</td><td>Jamie Robinson</td><td>30:32</td></tr> <tr><td>41</td><td>Eric Reed</td><td>30:54</td></tr> <tr><td>42</td><td>Eliana Agudelo</td><td>31:04</td></tr> <tr><td>43</td><td>Lily Tan</td><td>31:14</td></tr> <tr><td>44</td><td>Marlin Gilbert</td><td>31:27</td></tr> <tr><td>45</td><td>Jim Frew</td><td>31:33</td></tr> <tr><td>46</td><td>Mamoun Alassouli</td><td>31:38</td></tr> <tr><td>47</td><td>Joe Gannon</td><td>31:51</td></tr> <tr><td>48</td><td>Will Powning</td><td>33:05</td></tr> <tr><td>49</td><td>Kati Hopman</td><td>33:11</td></tr> <tr><td>50</td><td>Michael Barber</td><td>34:06</td></tr> <tr><td>51</td><td>Cesar Toscano</td><td>35:02</td></tr> <tr><td>52</td><td>Bill Burke</td><td>38:57</td></tr> <tr><td></td><td>George Carvalho</td><td>dnf</td></tr> </table> <p>Pilots: Susan Allen, Marcus Auerbuch, Nathaniel Berger, Jon Bielinski, Barry Christian, Tom Corcoran, Terry Horn, Diane Jackson, Margaret Keenan, Brian Kiernan, Tim Kreutzen, Mickey Lavelle, Charmaine Leonard, Dominic Lusinch,</p>	Place	Name	Time	1	Ben Chun	19:29	2	Ryan Dalton	20:31	3	Michael T-Hahn	20:41	4	David Holscher	20:46	5	Katherine Soltis	21:17	6	Stephen Schatz	21:29	7	Jeffrey Citron	21:31	8	Fasica Alemayehu	22:23	9	Steve Carlson	22:37	10	Beth Stein	23:59	11	Jeffrey Wagner	24:35	12	David O'Reilly	24:44	13	Lawrence Remstedt	24:59	14	Bri McCarthy	25:39	15	Karin Christenson	25:50	16	Aniko Kurczinak	25:56	17	Bobby Lu	26:10	18	Morgan Kulla	26:42	19	Julian Sapirstein	26:49	20	Peter Bostelmann	26:58	21	Augusta Hopkins	27:13	22	Erin Gasser	27:14	23	Christy Simpson	27:21	24	Sunny McKee	27:31	25	Lindzy Bivings	28:06	26	Peter Cullinan	28:18	27	Bianca Liederer	28:19	28	Lewis Haidt	28:27	29	Tony Payne	28:48	30	Chris Igo	28:51	31	Mark Harrold	29:01	32	Kerry LaBelle	29:13	33	Holly Reed	29:15	34	Kathleen Duffy	29:22	35	Ken Coren	29:27	36	Rick Perez	29:32	37	Andrew Stone	29:45	38	Hal Offen	29:57	39	Joni Beemsterboer	30:25	40	Jamie Robinson	30:32	41	Eric Reed	30:54	42	Eliana Agudelo	31:04	43	Lily Tan	31:14	44	Marlin Gilbert	31:27	45	Jim Frew	31:33	46	Mamoun Alassouli	31:38	47	Joe Gannon	31:51	48	Will Powning	33:05	49	Kati Hopman	33:11	50	Michael Barber	34:06	51	Cesar Toscano	35:02	52	Bill Burke	38:57		George Carvalho	dnf	<p>Gas House Cove Swim FEBRUARY 18, 2023</p> <p>Cold air, cold water, not much push from the tide, so a tough swim. Those who finished have a qualifying swim for the Golden Gate and Alcatraz swims. Anyone who helped or piloted but does not show in the list below, please contact apcassidy@gmail.com to get their credit.</p> <table> <tr> <th>Place</th><th>Name</th><th>Time</th></tr> <tr><td>1</td><td>Ben Chun</td><td>20:07</td></tr> <tr><td>2</td><td>Kalani Leifer</td><td>20:19</td></tr> <tr><td>3</td><td>Adam Eilath</td><td>20:34</td></tr> <tr><td>4</td><td>David Holscher</td><td>21:28</td></tr> <tr><td>5</td><td>Michael T-Hahn</td><td>22:10</td></tr> <tr><td>6</td><td>Ryan Dalton</td><td>22:22</td></tr> <tr><td>7</td><td>Jeffrey Citron</td><td>22:48</td></tr> <tr><td>8</td><td>Sean McFadden</td><td>24:07</td></tr> <tr><td>9</td><td>Fasica Alemayehu</td><td>24:40</td></tr> <tr><td>10</td><td>John Gibbon</td><td>24:41</td></tr> <tr><td>11</td><td>Devan Nielsen</td><td>24:49</td></tr> <tr><td>12</td><td>Joey Murphy</td><td>24:55</td></tr> <tr><td>13</td><td>Katrina Garry</td><td>25:25</td></tr> <tr><td>14</td><td>Briana McCarthy</td><td>25:26</td></tr> <tr><td>15</td><td>David O'Reilly</td><td>27:20</td></tr> <tr><td>16</td><td>Heather Kremer</td><td>27:41</td></tr> <tr><td>17</td><td>Phillip Rollins</td><td>28:03</td></tr> <tr><td>18</td><td>Julia Peterson</td><td>28:32</td></tr> <tr><td>19</td><td>Erin Gasser</td><td>29:19</td></tr> <tr><td>20</td><td>Sean Badessa</td><td>29:24</td></tr> <tr><td>21</td><td>Mike Walsh</td><td>29:31</td></tr> <tr><td>22</td><td>Charlie Cross</td><td>30:12</td></tr> <tr><td>23</td><td>Bianca Liederer</td><td>30:21</td></tr> <tr><td>24</td><td>Nihan Tiryaki</td><td>30:28</td></tr> <tr><td>25</td><td>Tony Payne</td><td>30:29</td></tr> <tr><td>26</td><td>Cort Eidem</td><td>30:31</td></tr> <tr><td>27</td><td>Wafaa Sabil</td><td>30:45</td></tr> <tr><td>28</td><td>Holly Reed</td><td>32:01</td></tr> <tr><td>29</td><td>Dean Badessa</td><td>32:13</td></tr> <tr><td>30</td><td>Chris Igo</td><td>32:35</td></tr> <tr><td>31</td><td>Lindzy Bivings</td><td>32:50</td></tr> <tr><td>32</td><td>Kathleen Duffy</td><td>32:59</td></tr> <tr><td>33</td><td>Derrick Rebello</td><td>33:07</td></tr> </table>	Place	Name	Time	1	Ben Chun	20:07	2	Kalani Leifer	20:19	3	Adam Eilath	20:34	4	David Holscher	21:28	5	Michael T-Hahn	22:10	6	Ryan Dalton	22:22	7	Jeffrey Citron	22:48	8	Sean McFadden	24:07	9	Fasica Alemayehu	24:40	10	John Gibbon	24:41	11	Devan Nielsen	24:49	12	Joey Murphy	24:55	13	Katrina Garry	25:25	14	Briana McCarthy	25:26	15	David O'Reilly	27:20	16	Heather Kremer	27:41	17	Phillip Rollins	28:03	18	Julia Peterson	28:32	19	Erin Gasser	29:19	20	Sean Badessa	29:24	21	Mike Walsh	29:31	22	Charlie Cross	30:12	23	Bianca Liederer	30:21	24	Nihan Tiryaki	30:28	25	Tony Payne	30:29	26	Cort Eidem	30:31	27	Wafaa Sabil	30:45	28	Holly Reed	32:01	29	Dean Badessa	32:13	30	Chris Igo	32:35	31	Lindzy Bivings	32:50	32	Kathleen Duffy	32:59	33	Derrick Rebello	33:07
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DOLPHIN LOG SWIM STATISTICS

34	Kerry LaBelle	33:19
35	Ken Coren	33:37
36	Rick Perez	33:40
37	John Hornor	34:04
38	Mike Thoresen	34:35
39	Andy Stone	34:41
40	Peter Neubauer	34:50
41	Rosa Zapatero	35:32
42	Jim Frew	36:14
43	Kent Myers	38:21
44	Will Powning	39:39
45	Kati Hopman	41:19
46	George Robin	42:44

dnf Kate Matthey
dnf Helen McKinley

Pilots: Susan Allen, Marcus Auerbuch, Nathaniel Berger, Jon Bielinski, Barbara Byrnes, Paul Chong, Barry Christian, Tom Corcoran, James Dilworth, Andrew Dunbar, Stuart Gannes, Marlin Gilbert, Steve Hanson, Ryan Hedum, Mia Hershisier, Terry Horn, Carolyn Hui, Diane Jackson, Margaret Keenan, Brian Kiernan, Will Kushner, Mickey Lavelle, Diane Livia, Tom McCall, Zack McCune, Tim McElligott, Mikhail Melnikov, George Morris, Hal Offen, Nanda Palmieri, John Robiola, Julia Schmidt, Kathleen Sheridan, Lindsay Stripling, Egon Terplan, John Thorpe, Virginia Waik, Liz Westover, Ramsey Williams, Gabriella Wong
Helpers: Gregory Anderson, Thorsten Anderson, Michael Barber, Sarah Berner, Nancy Booth, Bill Burke, Diane Campbell, Steve Carlson, Ben Chun, Jeffrey Citron, Peter Cullinan, Duke Dahlin, Lisa Domitrovich, Kathleen Duffy, Amanda Ernzer, Joe Ferrero, Marlin Gilbert, David Holmes-Kinsella, Tom Hunt, Mara Iaconi, Chris Igo, Tim Kreutzen, Morgan Kulla, Kerry LaBelle, Jean Lamming, Bianca Liederer, Kent Myers, Devan Nielsen, Derrick Rebello, Polly Rose, Andy Stone, Donald Thornburg, Rebecca Tilley, Michael Tschantz-Hahn, Mike Walsh
Test Swim: Michael Barber, Diane Campbell, Peter Cullinan, Dorian Dunne, Steve Hanson, Hal Offen, Marie Sayles, Kathleen Sheridan, Nathaniel Berger, Jim Frew, John Grunstad, Terry Horn, Elizabeth Kantor, Will Kushner, Bobby Lu, Tim McElligott, Holly Reed, Wafaa Sabil, Virginia Waik

Pier 39 Swim MARCH 12, 2023

A break from the storm, conditions were perfect. Not much rain, no wind, strong ebb, glassy water all the way. Those who finished have a qualifying swim for the Golden Gate and Alcatraz swims. Anyone who helped or piloted but does not show in the list below, please contact apcassidy@gmail.com to get their credit.

Place	Name	Time
1	Ben Chun	23:13
2	David Holscher	25:36
3	Ryan Dalton	25:48
4	Michael T-Hahn	25:54
5	Jeffrey Citron	26:50
6	Amanda Ernzer	27:11
7	Thorsten Anderson	27:24
8	Tor Lundgren	27:46
9	John Gibbon	28:21
10	Ryan Hedum	29:09
11	David O'Reilly	31:05
12	Sean Badessa	31:38
13	Christy Simpson	31:44
14	Erin Gasser	32:00
15	Julia Peterson	32:54
16	David Green	33:13
17	Karin Christenson	33:28
18	Morgan Kulla	33:44
19	Katie White	33:54
20	Nancy Booth	34:59
21	Tony Payne	35:07
22	Chris Igo	35:07
23	Rick Perez	35:41
24	Andy Stone	37:46
25	Joni Beemsterboer	38:27
26	Eric Reed	39:08
27	Hal Offen	39:54
28	Jim Frew	39:55
29	Phil Gaal	40:18

Pilots: Susan Allen, Nathaniel Berger, Barbara Byrnes, Barry Christian, Ken Coren, KC Crowell, James Dilworth, Diane Jackson, Brian Kiernan, Tim Kreutzen, Mickey Lavelle, Charmaine Leonard, Tom McCall, Tim McElligott, Don Osborne, Nanda Palmieri, John Robiola, William Schroeder, Lindsay Stripling, Deb Sullivan John Thorpe, Diane Walton, Liz Westover, Ramsey Williams Susan Allen, Nathaniel Berger, Barbara Byrnes, Barry Christian, Ken Coren, KC Crowell, James Dilworth, Diane Jackson, Brian Kiernan, Tim Kreutzen, Mickey Lavelle, Charmaine Leonard, Tom McCall, Tim McElligott, Don Osborne, Nanda Palmieri, John Robiola, William Schroeder, Lindsay Stripling, Deb Sullivan John Thorpe, Diane Walton, Liz Westover, Ramsey Williams
Helpers: Eliana Agudelo, Sean Badessa, Tom Bernard, Sarah Berner, Tamar Besson, Nancy Booth, Diane Campbell, Jeff Citron, Janine Corcoran, Peter Cullinan, Kathleen Duffy, Erin Ferrare, Susan Garfield, Erin Gasser, Marc Hull, Mara Iaconi, Chris Igo, Morgan Kulla, Bobby Lu, Tor Lungren, Devan Nielsen, David O'Reilly, Rick Perez, Derrick Rebello, Eric Reed, Robin Rome, Polly Rose, Rich roth, Eric Shupert, Michael Tschantz-Hahn, Katie White, Heidi Williams, Daniel Wolfe, Sharon Wong, Janice Wood
Test Swim: Karin Christenson, Ben Chun, Peter Cullinan, Joe Gannon, Ryan Hedum, Kati Hopman, Mickey Lavelle, Bianca Liederer, Tom McCall, Bobby Lu, Callen Taylor, Nihan Tiryaki, Liz Westover, Ramsey Williams

Tom Hofmann Polar Bear Swim DECEMBER 21, 2022-MARCH 21, 2023

Multiple atmospheric rivers brought heavy rains, severe floods, and damaging winds to the Bay Area in the winter of 2022-2023. Temperatures and overall weather conditions throughout the 2022-2023 Polar Bear season have not been seen since the 80s. This season had a record breaking 35 days where combined air and water temperatures were under 100, while usually we recorded only 10-15 days in the past. Coldest combined temperatures were 89.8 on 2/23. The coldest water temp was recorded on 2/16 at 51.3. Another record was 17 straight days of under 100.

The temperature and weather conditions may have created extra challenge for the 300 Dolphin swimmers who attempted this season's Polar Bear, but still 162 swimmers were able to finish, many for the first time. In this season, Chris Wagner is the first swimmer to pass the 40-mile mark on January 7th, 2023, and Oliver Fader is the first to get to 100 miles on February 16th, 2023.

In honor of Joe Illick, who was unable to finish his miles due to his passing away, many swimmers donated some of their miles to his final tally. Rest in peace, Joe.

While we remember the challenges, and highs and lows of the 2022-23 Polar Bear season, the 2023-2024 season will mark the 50th anniversary of this club tradition, which we shall look forward to with celebrations, festivities, and a little bit of madness not unfamiliar to Dolphin members.

Index	Name	Miles	Virgin/Old Goat	PB Notes
1	Oliver Fader	190		100 on 2/16
2	Joe Illick	167		inc donated miles
3	Rick Perez	111		
4	Rich Roth	111	V	
5	Chris Wagner	111	OG	40 on 1/7
6	Thomas Neill	101	OG	
7	Cesar Manzano	90		
8	Christophe Crombez	85.5	V	
9	Mamoun Allassouli	80.5	V	
10	Randy Edwards	80.5		
11	Peter Cullinan	76	OG	
12	Joe Spallone	65.75		
13	Kati Hopman	64		
14	Neal Powers	62.5	OG	
15	Michael Thoresen	62	OG	
16	Chris Igo	60	V	
17	Claire Perry	60		
18	John Stassen	60		
19	Bianca Liederer	58.5		
20	Michael T-Hann	56.5		
21	Ryan Hedum	55	V	
22	Ian McCall	55	V	
23	Renzo Sereni	54	OG	
24	Alice Ma	53.5		SERC member
25	Pejmun Haghighi	53		
26	Eric Reed	52.5	V	
27	Thorsten Anderson	52.25		
28	Daniel Handler	52		
29	John Ottersberg	52	OG	
30	Tatyana Ovcharova	51.5		
31	Jason Shaeffer	51	V	
32	Kamran Ataba	50.5		
33	Lisa Domitrovich	50.5	OG	
34	Eliana Agudelo	50		
35	Fasica Alemayehu	50		

36. Steve Carlson	50		79. Rosa Zapatero	41		122. Diane Campbell	26.5	OG
37. Lawrence Remstedt	50		80. Joni Beemsterboer	40.5	OG	123. Keith Howell	26	OG
38. Jamie Robinson	50	OG	81. Pia Hindle	40.5		124. Lolly Lewis	25	OG
39. Bobby Tandler	50	OG	82. Catherine Singstad	40.5	V	125. Kent Myers	25	OG
40. Ted Tilles	50		83. Elaine Van Vleck	40.5		126. Naphthal Offen	25	OG
41. Caius Vannouhuys	50		84. Tom Brown	40.25		127. Lee Smithson	24.5	OG
42. John Gibbon	48		85. Sean Badessa	40		128. Stu Gannes	24	OG
43. Pieter Kruit	48		86. Peter Bostelmann	40		129. Steve Hanson	24	OG
44. Cort Eidem	47.5	V	87. Eric Boyle	40	V	130. Elizabeth Ozer	24	OG
45. Jim Barron	47		88. Andrew Braithwaite	40		131. Wolf Richter	24	OG
46. David O'Reilly	46.5		89. Eileen Buckley	40		132. Denise Dugan	23.75	OG
47. Kalani Leifer	46.25		90. Michael Caniglia	40		133. Sal Balistreni	23	OG
48. Morgan Kulla	46	OG	91. Charlie Cross	40	OG	134. Dorian Dunne	22	OG + V
49. John Mervin	45		92. Jim Frew	40		135. Nancy Lange	22	OG
50. Amie Oji	44.75	OG	93. Joe Gannon	40	OG	136. Andy Stone	22	OG
51. Gary Arabyan	44		94. Erin Gasser	40		137. Anne Hamersky	21.5	OG
52. Tony Payne	44		95. Mark Harrold	40		138. Peter Neubauer	21.5	OG
53. Natazha Raine	44	OG	96. David Holscher	40	OG	139. Krist Jake	21.25	OG
54. Beth Stein	44	OG	97. Gavin Jefferies	40		140. Jon Nakamura	21.25	OG
55. Carter Seddon	43.5		98. Bobby Lu	40		141. Daragh Powers	21.25	OG
56. Johan Durany	43	V	99. Tor Lundgren	40		142. Lindsay Casablanca	21	OG
57. Jeffrey Wagner	43		100. Sunny McKee	40	OG	143. Terry Huwe	21	OG
58. Jonathan DePriest	42.75		101. Camila Pesce	40		144. Sergei Khorochev	21	OG
59. Amanda Emzer	42.75		102. Derrick Rebello	40		145. Michaelynn Meyers	21	OG
60. Sean McFadden	42.5		103. Holly Reed	40	OG	146. Rudeen Monte	21	OG
61. Joey Murphy	42.25		104. Jeff Russell	40		147. Rory Enke	20.5	OG
62. Ryan Dalton	42		105. Dan Ryan	40	V	148. Tom McGraw	20.5	OG
63. Maria Sereni	42		106. Julian Sapirstein	40	OG	149. Joanne Sakai	20.5	OG + V
64. Egon Terplan	42		107. Philip Scarborough	40		150. Kevin Shanahan	20.5	OG
65. Juan Zinser Lopez	41.75		108. Christy Simpson	40	V	151. Matt Leffers	20.25	OG
66. Jeff Citron	41.5	OG + V	109. Ben Springwater	40		152. John Dugan	20	OG
67. Larry Scroggins	41.25	OG	110. Noah Springwater	40		153. Elspeth Farmer	20	OG + V
68. Alex Buehlmann	41		111. Mike Walsh	40		154. Sue Garfield	20	OG
69. Karin Christenson	41		112. Ken Miller	35.5	OG	155. Marlin Gilbert	20	OG
70. Kathleen Duffy	41	OG	113. Gabriella Cross	34	OG	156. Terry Horn	20	OG
71. Vince Huang	41	OG	114. Joe Mannion	31.75	OG	157. John Homor	20	OG
72. Kerry LaBelle	41	45th PB	115. Duke Dahlin	30	OG	158. Heidi Howell	20	OG
73. Sean Lavelle	41		116. Kate Matthey	29	OG	159. Aniko Kurczinak	20	OG
74. Lauren Lesyna	41		117. Julie Marcus	28.5	OG	160. Kevin McAlea	20	OG
75. Tim Melano	41		118. George Robin	27.5	OG	161. Will Powning	20	OG
76. Wafaa Sabil	41		119. Brian Johnson	27	OG	162. Deb Sullivan	20	OG
77. Rebecca Tilley	41		120. Mickey Lavelle	27	OG			
78. Nihan Tiryaki	41		121. Bill Burke	26.5	OG			

PRESIDENT'S REPORT - Diane Walton



(L to R): Crissa Williams, Monica Towers, Diane Walton, Lynne Cox, Elaine Van Vleck

I revel in the generous spirit of Dolphins. So many people do so much at the Club, whether it's everyday tasks or projects and events, large and small; whether it's immediately visible to all or goes almost unnoticed by most; whether it's a one person job or it takes a team, the Club runs on the readiness of Dolphins to lend a hand, or two. In showing both my gratitude for the breadth of it, and

illustrating the possibilities for each of us, I will undoubtedly leave some people and contributions out — #forgive me!

I am so grateful to the everyday self-appointed doers, from Sue Garfield making cornbread and Susan Sward scrubbing the sauna, to the first aid kits checkers and Recology masters, and Dominic Lusinchi making sure there are clean boat towels — the list is long. And don't forget

the (elected) House Captain, Tim Kreutzen, who takes care of Club business big and small, with a smile, keeping our building safe, with your help.

Hats off to Robin Rome for what she does all year long to make Club events soar! And to the individuals whose ideas keep us shining: to Joe Illick, may he rest in peace, and his Forums that have taught us all so much — from Jonathan Eig on Muhammad Ali to Nancy Lange and her extraordinary ag work — to Madhuri with the full moon swims; to Suzie Dods and the 24 hour February overnight relay swim, which brings joys that are tough to explain to those who haven't experienced them, but swimmers came from everywhere with every kind of swimming accolade to infuse our Club with their adventurous spirits. This year 50+ swimmers participated, and Suzanne Heim made sure through the night that those who went out came back in. Zach McCune had a brilliant idea earlier this year, a Singles Regatta celebrating Valentine's Day, encouraging rookies to row and race, and a legion of Dolphins made it happen: Lindsey Stripling on the brilliant poster; Nathaniel Berger, Gabby Wong, Tim McElligott, Radha Tomassetti, and Nihan Teryaki piloting; another crew working the dock, getting boats in and out through the swells and swirls; and yet another group working the galley, producing a celebratory breakfast. And sixteen boats went out, a dozen Dolphins and 4 SERCers: woodens, shells, and lite boats all in play. The always generous Emily Nogue is rewriting our Community Handbook; Laura Croome is managing the website; Tim McElligott, John Thorpe, Andrew Cassidy, and Lolly Lewis are making strides toward an integrated database; Anne Hamersky and others orchestrate our Instagram; Keith Howell, Sunny McKee, Joe Illick, and Janice Wood produce the Log; Nancy Friedman drives the Dolphin Club Twitter account; John Ingle, Oliver Fader, and Radha Tomassetti are making Club swag available on site, while Tim McElligott has set up an online store. Morgan Kulla is lassoing the Archives for the benefit of all — and posterity, and putting Dolphin artists' work up on the walls. Many of you walk the Aquatic Park beach; David McGuire and Shark Stewards, Neil and Daragh Powers, John Hornor, and others, keep it clean.

More thanks to those who make the Club scheduled swims happen. Swim Commissioners Tom Neill, Tim McElligott, Lindsay Stripling, and Bobby Lu get the swimmers in the water, a not-as-simple-as-it-might-sound task! They get the action started with the year's schedule, and the Tidebook order, in November, then roll through

the Pilot Appreciation Dinner into Tom Hofman Polar Bear and the New Year. They assure organized swim sign-ups for swimmers, pilots, and other volunteers two weeks ahead of each event. They run test swims, book transit and, have other volunteers who make sure, the pre-and post-food is happening, and get the sign-ins arm markings, timing, clothes wrangling, and swim swag lined up. They also make the Polar Bear and 100 Mile square extravaganza happen, from putting up the squares to handing out the marble blocks and 100 Mile bowls in November. Swim Commissioners also work with the Boat Captain on private out-of-cove swims for members, and make sure the Swim Clinic Director Diane Campbell and her team have what they need to help our swimmers thrive (SIGN UP TO HELP!). Thanks to Boat Captain John Robiola and all the pilots who get the swimmers home, whether in motorized or human-powered craft, and to Vince Huang for bringing his safety and CPR/AED skills to help us know how best to help one another. My first volunteer job, and one I've returned to this year, is working the dock during the swims, helping the pilots in and out. Suzanne Heim leads the way in assuring that the pilots know they're appreciated, and that they can be at the galley windows in time to get fed post-swim, by helping dry their boats. Gratitude to other Commissioners, too, appointed by the President, who serve runners (Anna Olsen), handballers (Mickey Lavelle), and the fleet (Ramsey Williams, Nanda Palmieri). The Tri awaits any and all volunteers. We host this year and it's going to be BIG. Thanks, too, to the Boat Night team: the two boatbuilders, Julia Hechanova and Jon Bielinski, who lead our work on the wooden boats. And all are invited to Tuesday Boat Night to eat together, to help, and to learn the skills needed to keep the fleet in good condition. Every other Friday, the Mixer team, led by Davis Ja and Todd Bloch, creates a space in the Boathouse for all to enjoy. There's a 501 (c)(3) Foundation Board at work, dedicated to the building, and community education on swimming, rowing, and the boats. The Dolphin Youth Swim Fund is now part of the Foundation. In November each year, we celebrate at the Pilot Appreciation Dinner, where many awards are bestowed and more appreciation is shown to swimmers, pilots, and volunteers. The 150th Anniversary, in 2027, is on the horizon — how best shall we celebrate? What stories do we want to tell, what memories do we want to make?

The Club is what we make it. Keep doing what you can, when you can. Thank you. For everything.



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2023 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Sun 7:00 am	*New Year's Day Alcatraz	
Jan 1	Sun 9:30 am	New Year's Day Cove Swim	
Jan 28	Sat 8:00 am	*Pier 41	
Feb 18	Sat 8:00 am	*Gas House Cove	
Feb 19	Sun 12:00 pm	Old Timers' Lunch	
Mar 12	Sun 8:00 am	*Pier 39	
Mar 21	Tue 10:00 pm	End of Polar Bear	
Mar 22	Wed 5:00 am	Start of Walt Stack Challenge	
Apr 16	Sun 8:00 am	*Coghlán Beach Fun Swim	
May 20	Sat 9:00 am	*Yacht Harbor	
TBD		McCovey Cove Regatta	
May 27	Sat 9:00 am	Walt Schneebeli Over 60 Cove	
TBD		Rowers' Festival	
May 31	Wed 10:00 pm	End of Walt Stack Challenge	
Jun 1	Thur 5:00 am	100-Mile Swim Begins	
Jun 10	Sat 7:30 am	*John Nogue Swim for Science Pier 15	
Jun 17	Sat 9:00 am	Pride Swim	
Jul 9	Sun 7:30 am	*Bay Bridge	
Jul 15	Sat TBD	Trans-Tahoe Relay	
Jul 29	Sat TBD	*Santa Cruz 1 mile swim	
Jul 30	Sun TBD	*Santa Cruz 2 mile swim	
Aug 5	Sat 2:00 pm	*Doc Howard Gas House Cove	
Aug 26	Sat 10:00 am	*Alcatraz	
Sep 9	Sat 8:30 am	Dolphin/South End Triathlon	
Sep 23	Sat 8:45 am	*Joe Bruno Golden Gate	
Sep 30	Sat TBD	Swim Across America	
Oct 14	Sat 8:00 am	*Crissy Field	
Oct 22	Sun 8:00 am	Escape from Alcatraz Triathlon	
TBD		Angel Island Regatta	
Oct 31	Mon 10:00 pm	100-Mile Swim Ends	
Nov 11	Sat 5:00 pm	Pilot Appreciation Dinner	
Nov 23	Thur 9:00 am	Thanksgiving Day Cove	
Dec 16	Sat 9:00 am	New Year's Day Qualifier & Holiday Brunch	
Dec 21	Thur 5:00 am	Polar Bear Swim Begins	

2023 Intro to Bay Swimming

Sat, Apr 29th 8:00 a.m.
Sun, May 28th 8:00 a.m.
Sun, Jun 11th 8:00 a.m.
Sat, Jul 1st 9:00 a.m.
Fri Aug 25th 5 p.m. (Before Club Mixer)
Sun, Sep 17th 9:00 a.m.

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. Swimmers must successfully complete at least two qualifying swims and help on at least three swims to qualify for Alcatraz and Golden Gate 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

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