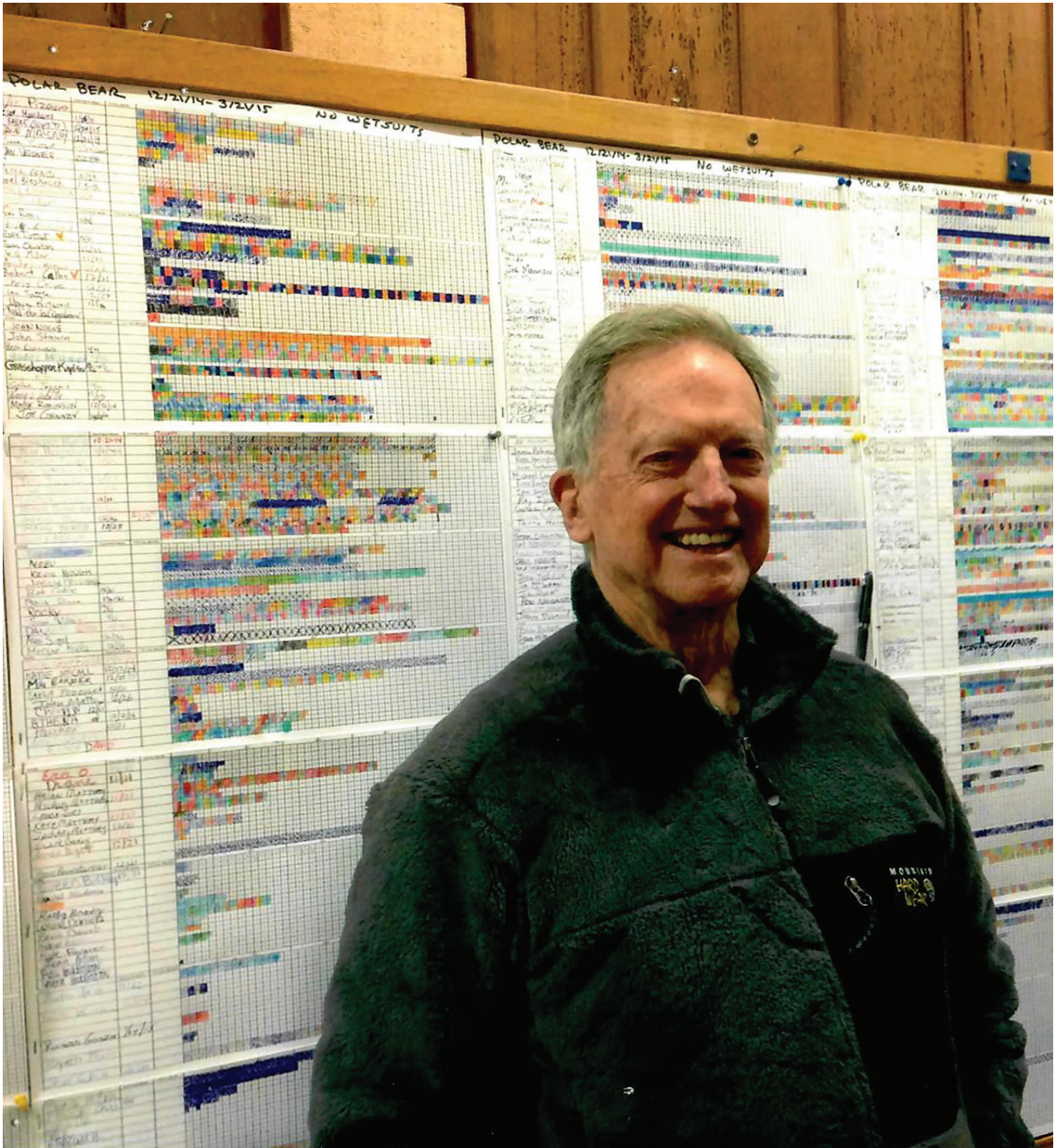


SUMMER 2023

DOLPHIN LOG

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



Dolphin Log
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Cover: From 2001 to 2014, swimmer and scholar Joe Illick dominated the Polar Bear charts swimming an average of 111 miles every winter.

Photo by: Krist Jake

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Editorial Policy

Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.

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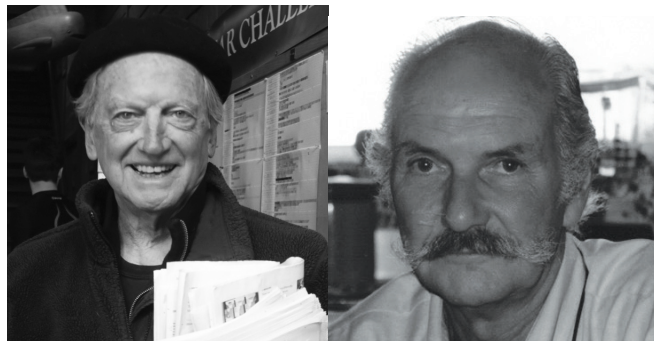
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Grizzly Challenge: Deborah Sherwood
SUP Training: Raine O'Connor, Charmaine Leonard
Boat Night: Jon Bielinski, Julia Hechanova

Once 'Round the Cove - Commemorative Issue

This issue features two members who recently died: Joe Illick and Don Harrison, stalwarts of the Dolphin Club. Joe excelled at everything he attempted — poetry, scholarship, ceramics, painting, and relentless swimming. And he was always there to help lesser mortals. Don, too, was always generous of his time and skills. Anyone attempting a marathon swim in the Bay benefitted from having Don beside them in his kayak. We are all fortunate to have been their fellow members.



DC "Old Goats" English Channel Relay Update

The contract with the Channel Swimming & Pilot Federation has been signed and the deposit fees for the escort boat *Gallivant* has been paid. All 6 members of the DC "Old Goats" relay team have completed their medical form and in late June everyone completed the qualifier swims. We are ready for the English Channel relay swim 1-way. Only thing now is to continue to swim 1 hour legs 2-3 times each week and stay healthy. Also, doing a few night swims before we leave for Dover, England. Our window is August 16-22, 2023. We are in the 2nd position in our window. When we get our swim date from CSPF, we'll email *Sea Satin* tracker to DC members.

The average age of our 6-person relay team is 73.5 years. Looking to break a record! The swim order is: Duke Dahlin, Sunny McKee, Tom Neill, Julian Sapirstein, Joni Beemsterboer, and John Hornor.
Go "Old Goats"!!! We're ready!



photo: Mark McKee
DC Old Goats - Duke Dahlin, Tom Neill, Joni Beemsterboer, Julian Sapperstein, John Hornor, Sunny McKee

Cure for dementia I

*Cold water holds your mind alert,
Say swimmers in a London lido --
But other parts of you inert
While freezing your libido. JEI*

Other Athletics

DC/SERC TRI Captain: Ward Bushee
EFAT: Gina Rus
Handball Captain: Mickey Lavelle
Running Commissioner: Anna Olsen
Weight Room Captain: Deborah Sherwood

Lockers

Women's Captain: Jane Mermelstein
Men's Captain: David Zovickian

Club House

Gardens: Susanne Friedrich, Andy Stone
Deck Landscape: Steve Kroluk
Green Team: Janice Wood
Pier & Deck Hands: Stephan Crawford

Social

Entertainment Commish: Robin Rome
Club Mixer: Todd Bloch, Nanda Palmieri
Joe Illick Forum: Krist Jake, Stuart Gannes
Ukulele Club: Carolyn Hui

Communications

Comm Committee: Elaine Van Vleck
Facebook: James Dilworth

Group.io: Ward Bushee
Instagram: Anne Hamersky
Twitter/Mastodon: Nancy Friedman
Website Manager: Laura Croome

Lost & Found

Club & Women's Locker Room: Piper Murakami
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

The Clean Water ACT of 1972

This review was written by Joe six months ago—before the Supreme Court’s disastrous ruling of 25 May 2023, which threatens all wetlands in the country that do not have an obvious surface connection to open water.

2022 marks the fiftieth anniversary of the Clean Water Act, and one way to celebrate that critically important piece of legislation is to view it in the context of American politics.

The stock market crash of 1929 and the ensuing economic depression left many Americans jobless and even homeless, a situation that led to the Democratic Party’s and Franklin Roosevelt’s electoral victory in 1932. The result was a remarkable expansion of the federal government, now bent on ending poverty, creating jobs, and encouraging economic development (even to the extent of controlling nature, as evidenced in the Tennessee Valley Authority).

Most historians applauded the New Deal as liberalism in action. Bankers and industrialists saw it as a violation of individualism and the American way of life, but were mollified when World War II brought in big investments and fat contracts, not to mention a fully employed job force. This partnership of business, labor, and government persisted into postwar America under the leadership of both parties.

Such unity was threatened in the 1960s by college students and civil rights protesters who assaulted the Establishment on issues of the war in Vietnam, and race in the rural South and urban ghettos. Simultaneously, there were other loud dissenters: Jane Jacobs, whose *The Death and Life of Great American Cities* (1961) attacked postwar urban developers; Rachel Carson, author of *Silent Spring* (1962), who assailed the damage pesticides brought to the environment; and Ralph Nader, whose *Unsafe at Any Speed* (1965) linked highway death and the faulty design of automobiles to prove, as previous protesters had, how unprotected the ordinary citizen was in the face of collusion of industry, labor, and government.

Nader, whom I first encountered when he challenged Princeton’s administrative support of selective and often anti-Semitic eating clubs while the rest of us undergrads simply submitted, had initial success with the Washington Establishment when President Lyndon Johnson in 1966 signed the National Safety Act and the Highway Safety Act into law. But he insisted on more, pushing forward on meat inspection, natural-gas pipeline safety, and safety from

X-ray and TV radiation. His stated concern continued to be the public interest, to be achieved not solely as an individual crusade but through the creation in 1968 of a charitable and educational trust, the Center for Study of Responsive Law.

Believing that bureaucracy and impersonal federal power needed to be prodded and supplanted by citizen empowerment and action, and aided in research and action by mostly young Ivy Leaguers soon to be called Nader’s Raiders, he attracted conservationists at the Audubon Society and the Sierra Club, which led in turn to the forming of the Environmental Defense Fund and the Natural Resources Defense Council. Foundations such as Ford and Carnegie provided funds. The consequent environmental action was guided by ambitious, highly educated, white male professionals (often lawyers, working for public interest firms) who were skeptical of or even disillusioned by the alliance of government, industry, and unions.

In the summer of 1969 Nader and his student research teams began an investigation of air and water pollution and the agencies established to regulate it. One result was the book *Vanishing Air*, which dismissed the 1967 Air Quality Act as a “hopeless failure” administered by a “disorganized band of government officials [who acted] out a pollution control charade.” Blaming Democratic legislators, Nader was able to get attention and, ultimately, the Clean Air Act (1970), which denied discretion to regulatory agencies and the regulated industries, mandating instead deadlines, statutory requirements, citizen suits, and judicial review.

Nader followed a similar script in dealing with water pollution: this time the Raiders produced a 700-page study, *Water Wasteland*, in 1971. (A shorter approach is satirist Tom Lehrer’s two-minute voice and piano rendering, “Pollution,” available on YouTube.) Noting that the federal government had first become involved in water pollution control in 1948, Nader opined that seven laws and three billion dollars later there was no reduction in “level of pollution in any of our country’s major bodies of water, so that they are once again suitable for human use or fish habitat, recreation, sport, or drinking water supply.”

Calling federal efforts thus far a “complex charade” and “Kafkaesque,” Nader introduced his Raiders’ analyses of the many issues surrounding pollution control. The consequence was the Clean Water Act, which established a structure for regulating pollutant discharges into US waters, gave the recently established EPA (1970) authority to implement controls, and funded sewage treatment plants.

A recent assessment concluded: “Since the 1972 US Clean Water Act, the government and industry have invested over \$1 trillion to abate water pollution, or \$100 per person-year. Over half of US stream and river miles, however, still violate pollution standards . . . water pollution concentrations have fallen substantially . . . the CWA’s grants to municipal wastewater treatment plants. . . caused some of these declines . . . it cost around \$1.5 million (2014 dollars) to make one river-mile fishable for a year. We find little displacement of municipal expenditure due to a federal grant.” (*Quarterly J. of Economics*, 9/2018)

President Nixon had vetoed the CWA because its costs were “unconscionable,” but Congress overruled him. The Supreme Court decisions in 2001 and 2006 removed CWA regulation for nearly half of US rivers and streams. The Obama administration proposed a Clean Water Rule to reinstate many of them, but 27 states sued to vacate the Rule. In other words – a costly political football.

In 2022 the CWA can point to such success stories as Mono Lake, yet the challenges continue. San Francisco Baykeeper reports that “the Supreme Court is about to hit too close to home again. In October [2022], the court heard a case that could dramatically limit the types of waters protected by the Clean Water Act. This ruling could remove protections for wetlands and seasonal streams around the Bay. If the Supreme Court does as the real estate development and industry lobbyists have asked in *Sackett v. EPA*, (*Editor: They did!*) there’s no guarantee that Baykeeper will have the tools necessary to protect our watershed in the future, at least not at the federal level.”

Joseph E Illick

Socrates in the Sauna

Daniel Handler

This is supposed to be a piece about Joe Illick's literary legacy, which is a tricky thing. My gig is making literature, and I do not enjoy thinking about my own legacy. It does not feel healthy. Even when the occasional rosy fantasy drifts into my brain, of people praising my work for generations after I'm gone, I'm instantly reminded that I won't be here to enjoy it, which tends to rain on the parade. Furthermore, in my experience the writers who are concerned most for their literary legacy tend to be the most tiresome people at literary gatherings. Even the phrase "literary legacy" is enough for me to invent an excuse to move further away from the person saying it, and closer to the open bar.

There are some who'd say that Joe's literary legacy would be the five books he wrote, and a great number of articles in journals large and small. I read one of his books when the Dolphin Club reconnected us—I grew up knowing him as a family friend, but it had been some years since I'd talked to him until he recognized me in the sauna—and found it elegant and illuminating. The book, *American Childhoods*, is an historical exploration of the idea of childhood and how America grappled with this idea within the culture. It's an academic book, I suppose, although as a children's author and a father—not to mention a former child—I found it an accessible and thoughtful read. It's delightful to think that this book, along with



Joe in his home studio where he wrote, created art, and read.

other selections from his work, would continue to find readers who would find it interesting. This, though, doesn't seem like the literary legacy Joe's left for us at the Dolphin Club. I'm sure I wasn't the only reader of his books among us, but his legacy is felt by a much bigger number than his readership.

Joe Illick's real offering to the club was his own bookish presence. A voracious and mindful reader, a lively raconteur, he enlivened every inch of the club, from unexpected conversations on the beach to quirky contributions to the list-serve, and of course in the men's sauna he held frequent court. Conversations in the sauna can be tricky—with the wrong phrase or jarring attitude,

close camaraderie can turn into a literal captive audience—but Joe was friendly, interested in everyone without insisting that everyone be interested in him. He clearly had a wealth of knowledge at his fingertips, on everything from bits of local political history to grand historic theories, but he never used it to show off. His goal was to make a connection with whatever it was someone had mentioned—to find a cultural precedent or an unexpected shading to whatever story someone told, to lead the conversation to wider terrain where more people might join in, where the ideas batted around could become shinier and more interesting. This was occasionally an awkward process—so many swimmers are solitary by nature—



Family man Joe with his two daughters, Clara and Katie



Four generations of the Illick clan

-but as a retired professor, Joe was clearly used to drawing people out, to make what could be a stilted exchange of information a lively, living thing.

When Joe learned I received a fellowship to Oxford, for instance, he asked me the sort of thoughtful, precise question he always did--he asked what college, and when I told him All Souls College, he told me immediately about a novel written about and at the same college, by the acclaimed Spanish writer Javier Marias. Not content with telling me this, he gifted me his copy of the

book, which he'd procured at a San Francisco Public Library sale. He did admit that he hadn't gotten around to reading it, as he'd only read seven or eight of Marias's others novels. So many times I felt the world get larger like this, as people talked things over with Joe, quite an accomplishment in a small hot room full of relative strangers.

Joe was such an integral part of the Dolphin Club community because he really understood what community was, and he took seriously not just swimming every day but

helping others feel welcome to swim and become part of this community too. There are many ways to do this, of course, but Joe used the printed page the most-- books and articles he brought in, recommended, remembered from years ago, connecting to all of the stories and ideas people spoke about. That's what I remember most--and, judging from the lively crowd at his memorial, what so many people remember too--and carry with them, the way I carry my old library copy of All Souls. A legacy made of words, a literary one.

Annual Membership Meeting

Topic: DC Annual Meeting

Time: Oct 18, 2020 06:30 pm

Link: <https://us02web.zoom.us/j/82237807193?%20pwd=UmZ5OEYTHQ2TjN4WUppanhrL0h1QT09>

Zoom Meeting ID: 879 0170 3540

Passcode: 763495

The Board will review the business of the past year and proposed activities for the next year.

Members are welcome to attend and participate per Article III, Section 6 of the By Laws.

Golf?

Joe knew that I was a golfer and he'd often ask me how Sam Saunders (Arnold Palmer's grandson) did on the weekend golf tournament. He told me that his father and Winny Palmer's father were brothers, and Joe and Arnold sometimes double-dated. At a family reunion he stood up and said, "Arnold, you are not the only athlete in the family as I was a Princeton swimmer." *Scott Anderson*

I once mentioned to Joe that I was named for Arnold Palmer as my dad loved golf, and Palmer happened to win the 1962 Masters on my birthday. Joe said, "Good thing that Fuzzy Zoeller didn't win." *Arnold Oji*

Dolphin Club Members Break World Record:

On June 25, 2023 a team of six dolphin members – Catherine Breed, Allison Arnold, Matt Korman, John Piirainen, Thomas Dowley, Felicia Lee – swam the North Channel crossing from Islandmagee, Northern Ireland to Portpatrick, Scotland (22 miles) in a time of 8 hours, 15 minutes, and 21 seconds breaking the world record. The previous record was 9 hours, 2 minutes, and 41 seconds, held since 2020.

News from the Archives

An essential Archives function is handling research queries.

Dolphins and members of the public often ask about a relative who they think was a member. If we find the name in member records, we send scans and any photographs/articles. Relatives of members also contact us when they find Dolphin photos, ephemera, or artifacts in the garage or attic. This can lead to important donations to the Archives, like the Alex Pape rowing awards, Artifact 260; or the McKelvie donations in the Ephemera folder.

One of the jewels in the Photographs folder #188512 is the oldest photo we have of members at the Club boathouse. In December 2018, an out of state couple just dropped by to show us some photos. They did not know of any family Dolphin link, but let us make copies. They were very pleased when we researched their Dolphin ancestors, Emil Bartman and his brother Eddie, the boy coxswain in photo #189802. Dolphins and others spot historic Club

items at flea markets and get in touch.

Club leadership regularly ask us to find documents and information on past events and board decisions. In fact, this is one of the most important Archives functions. We also maintain the history section of the Club website. In 2019, we furnished historic photographs for a new website for the Dolphin Swimming and Boating Foundation. And we help with research and fact checking for Log articles as requested. This year, we helped the South End with a photo for their Early Women display.

The San Francisco Maritime National Historic Park staff has asked for information from our Archives to develop interpretive panels, while the GGNRA archivist and the Maritime Museum Library staff have often helped us. Five of the Dolphin Club's historic wooden boats are now listed with the Library of Congress — on the NPS database HAER (Historic American Engineering Records). Each boat file includes a history researched and written by Richard Cooper, with

Archives materials.

There have been many other interesting requests. The granddaughter of a swimmer in the 1931 Golden Gate Swim asked for information about him, and in turn sent us photos of his lovely silver-plated cocktail shaker for the Trinket Gallery (see Cocktail Shaker.) The family of 76-year Life Member Paul Silvester gave us a PDF of his scrapbook, which we were able to re-gift after the original was lost in a fire. We often help researchers writing books related to the Club and rowing.

We get research requests for information for television and films. Recently a British TV production company asked about rowing and swimming times/tides from Alcatraz for a program on how climate and weather affected historic events, in this case the 1962 Alcatraz escape.

So, do you have any questions?

Morgan Kulla

Joe Illick: Portrait of the Artist as an Old Man

Robin Rome

Joe began his printmaking journey with what he took on as a study to master the technique. With a short learning pace, a portrait or two of U.S. presidents (he was an expert presidential scholar), Joe took his able ease with poetry and combined it with his engaging woodcut portraits of 44 presidents. He finished the series in two years and mounted an exhibit of most of them, whimsically framed in small found windows and folksy wooden surrounds. The exhibition was titled “American Presidents: Bad and Getting Verse.”

Most viewers at this exhibit wouldn't have gotten around to reading the accompanying poems, but thankfully he Mac-published a 62-page book, where all the verses were paired with the woodcut portraits. It is a treasure and a pleasure to read, implies extensive research, and presents his astute political/ historical analysis. In his short “exhibition catalog” introduction he states, “A book displaying these images and verses is appropriate to every American household. The message is accurate, but not reverential, sometimes light but never frivolous.” Isn't that the way Joe Illick himself was?

In Joe's converted home studio, he carved and printed the wooden

panels, keeping a large flat file of his newly minted prints, along with other artists' works on paper that had yet to be framed and displayed. Every inch of Joe's home was adorned with collectables, paintings, ceramics, clever and kitschy objects, antiques, and memorabilia. There was an elegance and wittiness in his ambience. He surrounded himself with reminders of friends and family, as well as heroes of both fame and infamy. His subsequent paintings, prints, drawings, and ceramic sculpture took

these inspirational collections as his art themes. With his agile mind and hands, he had a lot to say. Working in clay sculpture he crafted life size Mayan portrait masks inspired by his son-in-law, who was from the Yucatan Peninsula. He made a substantial series of these, which were probably his most minimal and sublime art forms.

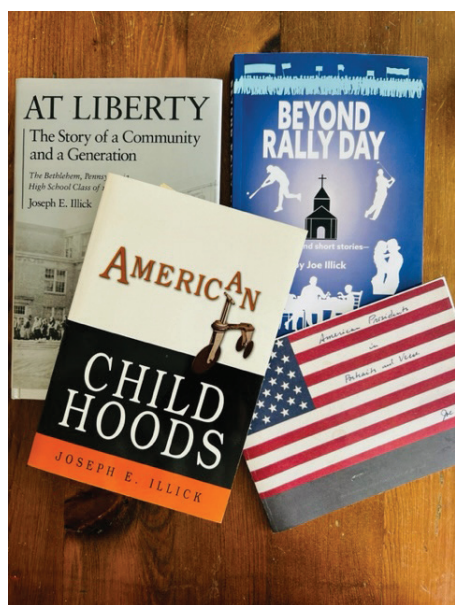
At the Club Joe is noted for his original trophy for the most Polar Bear miles attained. He created it from an array of objects, combined to look official and comical at the same time. It was not minimal. He won it every year but two with his own algorithm that went something like: your age over 40 times your miles over 40. Among the few contenders, Joe had easily the most age years and was always among the leaders in Polar



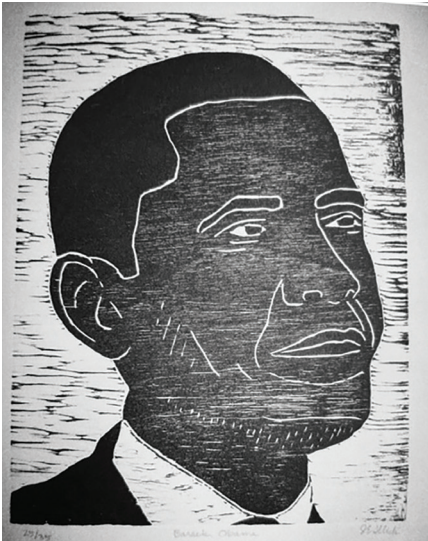
Behind Joe's locker at the Dolphin Club was a wide collection of artworks he assembled from members, including some of his own. Viewing by appointment

Bear miles. Do the math. He was a wonder in contributing to our club's culture. His many art works displayed around the club reveal his affection for all things “ocean.” His gallery in the men's locker room appears to be his magnum opus to all who have the privilege to view it (men only, but tours available on request). It is mythic among the women who have caught a glimpse. Although he hated driving at night, he started the monthly Evening Forum, inviting speakers—club members and local notables—to talk at the Dolphin Club.

As a showman, Joe was one of the original reviewers and moderators at Krist Jake's Ocean Film Festival. Up on the stage he was entertaining and knowledgeable about the films, and was also the subject of one of



Four of Joe's published books. Beyond Rally Day is a veiled memoir written in 2021

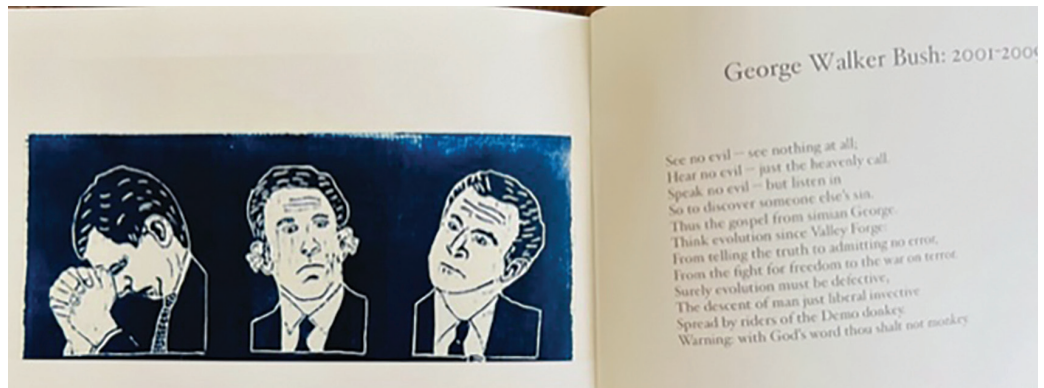


Joe's favorite - "The verse starts" Hail to you, Barack Obama"

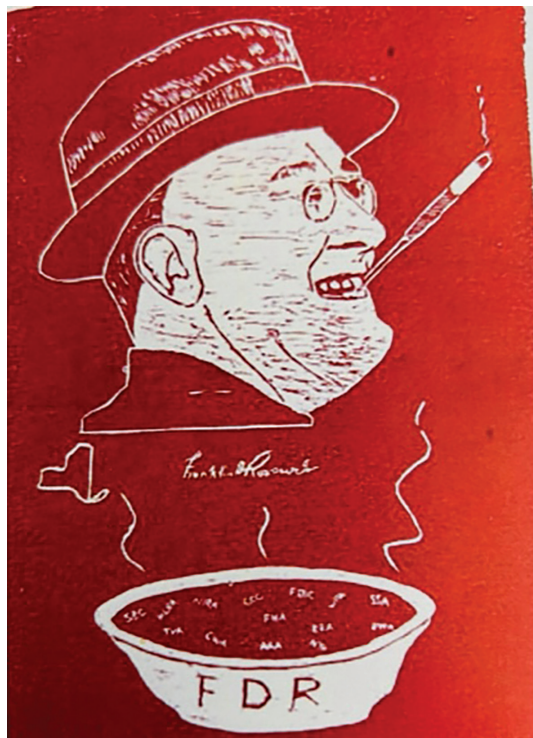
describes Joe: "A portrait of one man's ritual escape into the cold waters of the San Francisco Bay and the art that is influenced by his meditative experience." (You can watch it at: <https://vimeo.com/8448685>). Joe didn't stream movies – he attended them as often as possible. When movie houses offered reserved seats, this was just dandy for Joe. He was not at all interested in the trailers (the loudness! the baiting!) and would arrive at the beginning of his chosen film in time for the opening credits. Always curious and devoted, Joe was an avid gallery, museum, and art venue visitor. At San Francisco's Open Studios he made friends with the artists, purchased their works,

continued seeing them socially, and kept up with their work and their friendship. Being mainly a self-taught artist, even though he consistently and enthusiastically attended drawing and painting classes, Joe was fine thinking of himself as an outsider artist, and didn't have interest in conforming to the demands of a formal art world. He had respect for all the incarnations of artists and their unique expression. He was truly an artist: productive, expressive, skilled; and he wanted to share himself with the world. We are lucky that he did.

them: "The Comfort of Cold", made by a young Stanford filmmaker, Sara Newens, who followed him swimming in the Cove, interviewed him, and displayed his dynamism by documenting him at work in his studio. The blurb for this short film



Excerpt from "American Presidents" "See no evil- see nothing at all..."



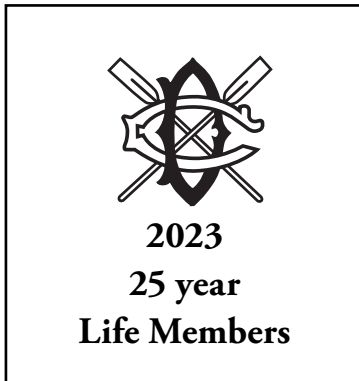
"Mr. New Deal had become Dr. Win the War. And the commonweal changed as it never had before. "



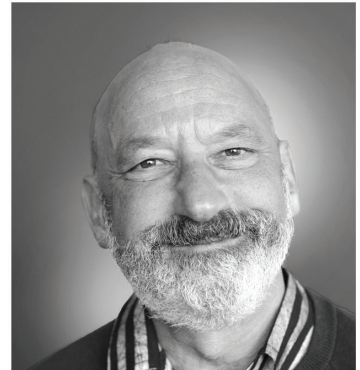
Joe with fellow artist, Robin Rome, frequent companion and author of this article.

MILES

Life member photos by Colin Gift



Stephanie Cain



Adam Goldberg



Gregory Hicks



Joe Jaber



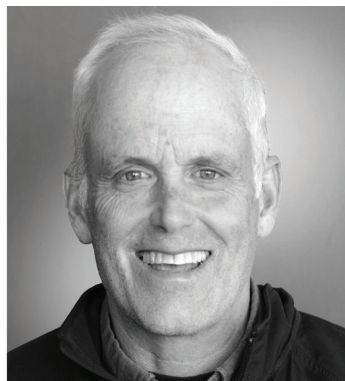
Toby Kohlenberg



Grant Mays



Karin McClune



John Muir



Thomas Paper



Story Rafter

T O N E S



Rebecca Tilley



Emily Silverman



Margo Van Riper

Dolphin Club 50 Year Life Members



Herding Cats

Left to Right: John Davis, Chuck Staglioni, Mike Garibaldi, Phil Sancimino, Brian Gilbert, Jimmy Vanya, Phil Gaal

Joe's Last Swim

Syncope vs. Hypothermia

Larry Scroggins

We Dolphins tend to call all physical distress related to cold water swimming “hypothermia.” Hypothermia is the condition of having an abnormally low body temperature. It is characterized by shivering, slurred speech, fumbling hands, and confusion. According to the Mayo Clinic, “Shivering is likely the first thing you’ll notice as the body temperature starts to drop because it’s your body’s automatic defense against cold temperature — an attempt to warm itself.” In contrast, syncope (sink’ o pee) is a medical term for loss of consciousness for a short period of time. In its most severe incarnation, the person will collapse and fall.

This happens to Dolphins from time to time. A brutal post-swim example is the recent collapse of Joe Illick. Daniel Handler describes it this way. “When I came down to swim Joe was climbing up the short

staircase from the beach and he looked in a bad way. He moved slowly and awkwardly as if in a daze, and his facial expression looked like he was searching for something. A woman at the deck showers immediately thought something was wrong and asked him if he was OK. He said yes, faintly and unconvincingly. I said hello to him and he said hello to me—in a way that felt more like social instinct than really being aware, although he did use my name. Then he started to tilt and you could see his entire body didn’t know what to do. He grabbed wrongly, he turned around and then seemed to change his mind—it was all a mess of limbs and slow decisions. And then he fell, the worst way he could have. Something was wrong when he got out of the water, and there was no time to make it right.”

Recently, it also happened to accomplished marathon swimmer

Catherine Breed. She had just returned with a long flight from South Africa and went for a “shake-out” swim for about 25 minutes. Recounting her experience, she says “When I got into the shower, I started feeling very heavy and dizzy. I sat down on a chair for a bit in the shower and thought, ‘I need to get myself into the sauna and lie down because I’m about to pass out.’ When I walked into the sauna, I felt very dizzy and said to the women there, ‘I don’t feel well’ and that’s all I remember until I woke up on the ground.” The paramedics measured her blood pressure at 80/40 in the ambulance about 15 minutes after the syncope. She swam the next day with no problems and has returned to her full athletic schedule.

The loss of consciousness doesn’t necessarily always lead to a complete collapse. Soon after Andy Greer returned to the water after a long

Potential Underlying Issues

Dysrhythmias – Abnormal rhythm of the heartbeat. Requires treatment to prevent complications.

Stroke – Occurs when something blocks blood supply to part of the brain or when a blood vessel in the brain bursts. With stroke, “time is brain,” meaning that the sooner treatment begins, the better.

Myocardial infarction – Decreased or complete cessation of blood flow to a portion of the myocardium. It may be “silent” and go undetected, or it could be catastrophic.

Hemodynamic instability – Insufficient blood flow A potential symptom of several conditions such as high blood pressure or heart disease.

Vasovagal syncope – A sudden drop in heart rate and blood pressure leading to fainting, often in reaction to a stressful trigger.

Cold Urticaria – A skin reaction to cold that appears within minutes after cold exposure. Affected skin develops itchy welts (hives). Severe reactions can include very low blood pressure, fainting, or shock.

Anaphylaxis – A serious allergic reaction that involves more than one organ system. Treatment consists of vasoconstrictors. If not treated right away, usually with epinephrine, it can result in unconsciousness or death.

As we well know from personal experience, these reactions are not common. However, prudence would suggest that even if you don’t choose emergency medical service care, it’s probably wise to at least tell your doctor about your experience



Joe was always ready to smile.

layoff, he was sitting in the sauna when he started feeling “really hot” and moved to the lower bench. At this point, he began to lose his eyesight and wound up sitting immobile on the lower bench in an unresponsive stupor. Bobby Tandler noticed Andy’s distress and waved a hand vigorously inches from his face without a reaction. He began shouting, “Andy!! Andy!” at which point Andy said in a vague, distracted way, “I can hear!” But he still couldn’t see. Given a drink of warm tea, he almost immediately smiled and said, “I can see now!” Although he recovered, he went home and stayed on the couch the rest of the day feeling ill. Now, he only stays on the lower deck of the sauna for five minutes and then leaves, dons warm clothes, sits by the heater in the Staib room and suffers no ill effects other than missing the camaraderie and myriad “true facts” of the sauna.

Syncope doesn’t always happen on dry land. Naphtali Offen was completing a long training swim outside the Cove. When he got to the Opening, his pilot, Adam Goldberg, noticed that he was moving his arms but going nowhere. He was bobbing almost vertically in the water. The pilots in a motorized craft pulled Hal into the boat and brought him to shore. Adam helped him up the stairs and into the sauna. The first thing he remembers is five or six men coming up to him in the shower afterwards and asking him how he was feeling. He told them all that he felt fine and as they left, he puzzled over their solicitude. Then Adam came to him and said, “You do know you were pulled, don’t you?” Naphtali indignantly refused to believe this until Adam said, “Let me ask you this. Do you remember getting to shore?” The answer, of course, was “Noooo?!”

Duke Dahlin was taking a lesson when he was training for the Manhattan Island Marathon Swim. The swim lesson involved stopping periodically and treading water to listen to the instructor’s suggestions. When the lesson was over, Duke decided to swim once more to the flag even though his instincts told him it was too much. He walked up the stairs under his own power, waving at people, went to the shower and collapsed. When the paramedics arrived, they immediately took him out of the sauna. In the ambulance, they told him that he was dehydrated and administered an IV drip. Since then, Duke has paid closer attention to his instincts and avoided any subsequent episodes.

In the preceding examples, the syncope was

Swimming during Covid

*The six-foot rules applies, or oughter
Only when you’re treading water;
When you’re swimming ‘cross the Bay
Take your breaths the other way
From your buddies, otherwise,
You may inhale from other guys.
But always watch and never blunder,
Else you may swim six feet under. JEI*

A Physician’s View

Syncope is another word for a ‘faint’ or loss of consciousness or an “almost” loss of consciousness. There are two major categories which explain most syncope: Cardiovascular (meaning that not enough blood is getting to the brain) and Neurological, when the brain itself is the problem.

Most, but probably not all, syncope which occurs in or just coming out of the water has a cardiovascular cause. The brain is not getting sufficient oxygen because of reduced blood flow. Brain blood flow is almost entirely driven by blood pressure, which depends on either cardiac output—or peripheral resistance. The heart is a pump. If the pump’s output is reduced the brain doesn’t get blood. Peripheral resistance is largely determined by the constriction of the arterioles in the body. If there is reduced peripheral resistance, the BP will drop even if the cardiac output is the same.

When someone swims in cold water for a long time, multiple things can happen. The cold causes severe vasoconstriction of the blood vessels of the skin and subcutaneous tissue. This helps keep the blood pressure elevated because peripheral resistance is increased; and also because there is shunting of the blood into the body’s core, so there is more blood available for the heart to pump, which maintains brain perfusion. That is good.

As people come out of the water most of the symptoms of hypothermia set in, and so does syncope. Several things happen simultaneously. The exercise stops, turning off the heat generated by the muscles. The skin starts to warm, causing vasodilation and getting into the sauna or a hot shower makes the skin even warmer. Our skin goes from bluish purple to pink to even red for people in a very hot shower or prolonged sauna exposure. The ambient heat causes vasodilation, bringing the blood to the skin (which is why the skin gets red, oxygenated blood is red.) But as the blood returns to the skin and subcutaneous tissues, the blood volume available to the heart to pump is reduced. Cardiac output can go down. Furthermore, warming skin reduces the overall peripheral resistance to blood flow. Reducing peripheral resistance causes a reduction of blood pressure. The combination of a shift of blood volume from the core back to the skin (reducing cardiac output) together with a reduction of overall peripheral resistance will reduce blood pressure and reduce blood flow to the brain, resulting in syncope.

This is why heating someone who has a very low blood pressure is counter-productive. But if body temperature drops to 95 degrees or so, that has a huge negative effect on all cellular functions. Cardiac output and brain function both slow down. This creates a dilemma. You certainly want to warm someone if they are hypothermic. But you don’t want to warm someone who has severe hypotension, because of low blood volume.

For most people who get to the shower and start to feel faint, the best thing is to get them to lie down and have them warm up, while at the same time hydrating them to the extent they can tolerate. If the patient can drink, they should drink away (no alcohol please, it causes even more vasodilation).

Especially if someone has fainted, is unconscious, or is continuously obviously severely altered, call 911.

Mike Weiner

unaccompanied by shivering. In fact, swimmers regularly reported starting to feel much better when they eventually did begin to tremble. This is consistent with a case report entitled “Near-syncope after swimming in cold water.” Lead author and Dolphin Club member Dr. Tom Nuckton reports that the 60-year-old swimmer in the case study did not have signs of clinically-related hypothermia when brought to the sauna after swimming and then sinking to the floor. “Clinical improvement was noted when the patient started shivering after being removed from the sauna and all symptoms resolved after the administration of 1 liter of normal saline.” The case report concludes “Careful consideration should be given to the differential diagnosis [between hypothermia and syncope] in all cases. Depending on the presentation, the priority of treatment may be the correction of volume depletion and orthostatic hypotension rather than active rewarming.”

It’s easy to determine what causes hypothermia: swimming in cold water. Warming in the sauna, using the shower, exercising, wearing warm clothes (or some combination) reliably treats the symptoms. Syncope, on the other hand, has a very long

list of potential causes. In his case report, Nuckton puts it this way. “While we speculate that orthostatic hypotension is a common etiology of syncope and near-syncope after swimming in cold water, there are other possible causes.—dysrhythmias, including those related to Long QT syndrome, have been associated with any exercise including swimming. Myocardial infarction, structural heart disease, vasovagal syncope, cold urticaria or anaphylaxis, are other possibilities.” Medical tests such as ECG are the most dependable way to rule out the more serious causes that could indicate underlying, persistent health problems. And drinking water, or tea, or Gatorade will not necessarily treat a severe case of dehydration and/or hypovolemia—decreased volume of circulating blood. Administering a liter of IV normal saline did the trick immediately for Duke and the patient in the case report.

Of course, these interventions require a trip to the hospital and some people will adamantly resist “the ride” in the ambulance. Many Dolphins are quite independent and strong-willed. For some, the ride is

Cure for dementia II

*Swimming supplements the brain
More than running in the rain.
Just stretch yourself but do not strain.
No need to stay within a lane
Nor try to push against the grain.
Relax, remember that’s the main
Component of your thinking gain.
Stroking, kicking keeps you sane.
You’re the conductor on your train
Deciding when to wax or wane,
When to exert, when to retain
The energy that’s there. Don’t drain
The mind that will, bereft of pain,
Expand. How else can I explain? JEI*

too embarrassing and expensive—not to mention the hassle of getting back to the parked car and possible parking fees. However, many physicians will tell you that no amount of bravado is worth missing a serious underlying issue. Additionally, it’s very much worth noting that if the distressed person is not shivering, getting them to the sauna or shower may not be wisest approach. It could easily be that letting the person rest until the body’s automatic defenses decide to kick in could, counter-intuitively, be the best practice—whether or not you call 911.



Joe Illick begins his daily swim

DOLPHIN LOG SWIM STATISTICS

Coghlan Beach Swim APRIL 16, 2023

A good day for a swim: the water was a little chilly, some turbulence near the opening, but 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	26:46
2	Michael T-Hahn	28:00
3	Adam Eilath	28:14
4	Jeffrey Citron	28:30
5	Tor Lundgren	30:12
6	Ryan Hedum	30:35
7	Joey Murphy	31:34
8	Katrina Garry	32:16
9	Benjamin Clark	32:30
10	Elspeth Farmer	33:15
11	Sean Lavelle	33:58
12	Katie White	33:59
13	Thomas Reynolds	34:49
14	David O'Reilly	35:07
15	Briana McCarthy	35:23
16	Christy Simpson	35:30
17	Scott Morris	36:24
18	Brooke Segaran	36:55
19	Paul Wolf	37:20
20	Julia Peterson	38:09
21	Denise Sauerteig	40:02
22	Lisa Domitrovich	40:52
23	Dean Badessa	41:36
24	Lindzy Bivings	42:13
25	Pia Hinckle	42:19
26	Kathleen Duffy	42:25
27	Rick Perez	44:40
28	Joni Beemsterboer	46:14
29	Crissa Williams	46:54
30	Peter Neubauer	47:51
31	Eric Reed	48:48
32	Hal Offen	49:45
33	Phil Gaal	51:44
34	Joe Gannon	51:45
	Cynthia Barnard	dnf
	John Wilde	dnf

Pilots: Eliana Agudelo, Susan Allen, Nathaniel Berger, Sarah Berner,

Jon Bielinski, Karin Christenson, Barry Christian, Ken Coren, Chris Germain, Margaret Keenan, Brian Kiernan, Dominic Lusinchi, Grant Mays, Tom McCall, Kristofer Milonas, Nanda Palmieri, Lawrence Remstedt, Gina Rus, William Schroeder, Peter Strietmann, Lindsay Stripling, John Strizich, John Thorpe, Diane Walton, Liz Westover, Ramsey Williams, Sharon Wong Nord

Helpers: Thorsten Anderson, Dean Badessa, Tom Bernard, Lindzy Bivings, Scott Cauchois, Phillip Clark, Benjamin Clark, Janine Corcoran, Kathleen Duffy, Adam Eilath, Elspeth Farmer, Jim Frew, Sheila Gleeson, Tom Hunt, Mara Iaconi, Sean Lavelle, Tor Lundgren, Alix Marduel, Briana McCarthy, Joey Murphy, Keith Nelson, Peter Neubauer, Chloe Noonan, Julie Pan, Claire Perry, Julia Peterson, Will Powning, Polly Rose, Rich Roth, Eric Shupert, Christy Simpson, Mike Walsh, Zach Walton, Jelson Yalung, Rosa Zapatero

Test Swim: Peter Cullinan, Lindsay Stripling, Nihan Tiryaki, Rosa Zapatero, Ben Chun, Ryan Hedum, Kellock Irvin, Dominic Lusinchi, Tom McCall, Tim McElligott, Holly Reed, Wafaa Sabil, Callen Taylor, Liz Westover, Ramsey Williams

Yacht Harbor Swim MAY 20, 2023

A good day for a swim: because of the conditions during the test swim, the jump for the swim was moved back 15 minutes so more swimmers got the benefit of the current. The test swim was done by this year's English Channel over-70 relay. 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	Allison Arnold	28:44
2	Joby Bernstein	28:55
3	John Piirainen	29:33
4	Matt Korman	29:57
5	Ben Chun	31:22
6	Nolan Mattox	31:50
7	Ryan Dalton	33:31

8	Thorsten Anderson	33:58
9	Jeffrey Citron	35:49
10	Tim McElligott	35:54
11	Matt Clark	38:47
12	Katie White	39:37
13	Briana McCarthy	40:14
14	Gary Arabatyan	40:29
15	Jake Beyer	40:38
16	Alice Jones	40:40
17	Thomas Reynolds	40:46
18	David O'Reilly	40:56
19	Beth Stein	41:16
20	Margaret Keenan	41:40
21	Gina Rus	41:45
22	Tom Bernard	41:49
23	Thomas Partridge	42:02
24	Miguel Gonzalez	43:11
25	David Green	44:07
25	Tommaso Trionfi	44:07
27	Lewis Haidt	44:11
28	Lindzy Bivings	44:26
29	Bobby Lu	44:29
30	Marie Sayles	44:49
31	Mike Walsh	44:52
32	Lisa Domitrovich	45:19
33	Julie Pan	45:22
34	Cory Sturtevant	46:55
35	Joe Ferrero	47:01
36	Pejmun Haghighi	47:08
37	Keith Nelson	47:33
38	Eliana Agudelo	47:56
39	Jamie Robinson	48:04
40	Claire Perry	48:17
41	Eric Reed	48:34
42	Rick Perez	49:35
43	Peter Neubauer	49:57
44	Robin Rome	50:43
45	Kent Myers	51:22
46	Sheila Gleeson	51:25
47	Kati Hopman	53:52
48	George Carvalho	54:23
49	Joe Gannon	54:56
50	Will Powning	55:45

Pilots: Fasca Alemayehu, Nathaniel Berger, Jon Bielinski, Barry Christian, James Dilworth, Tony Foe, Jim Frew, Ryan Hall, Libbie Horn, Terry Horn, Diane Jackson, Brian Kiernan, Mickey Lavelle, Dominic Lusinchi, Donald Osborne, Nanda Palmieri, Natasha Raine O'Connor, Bernhard Schmidt, Scott Stark, Earl Thibodeau, Arnie Thompson, John Thorpe, Diane Walton, Sharon Wong Nord
Helpers: Gary Arabatyan, Allison Arnold, Cynthia Barnard, Joby Bernstein, Jake Beyer, Robert Blum, Aude Bouagnon, Diane Campbell, Andrew Cassidy, Karin Christenson, Duke Dahlin, Lisa Domitrovich, Dorian Dunne, Cort Eidem, Susan Garfield, Sheila Gleeson, Joey Gracey, David Green, John Henderson, David Holmes-Kinsella, Jean Lamming, Alix Marduel, Briana McCarthy, Ken Miller, Keith Nelson, Peter Neubauer, Lorna Newlin, David O'Reilly, Thomas Partridge, Will Powning, Polly Rose, Denise Sauerteig, Marie Sayles, Eric Shupert, Mike Walsh, Zach Walton, Dana Watt, Katie White, Rosa Zapatero
Test Swim: Joni Beemsterboer, Duke Dahlin, John Hornor, Sunny McKee, Tom Neill, Julian Sapirstein, Adriana Ameri, Barbara Byrnes, Terry Horn, Nancy Hornor, Margaret Keenan, Dominic Lusinchi, Holly Reed



Photo Lawrence Remstedt

Coghlan Beach Swimmers and Pilots approaching Round House

DOLPHIN LOG SWIM STATISTICS

<p style="text-align: center;">Walt Schneebeli Over 60 Cove Swim MAY 27, 2023</p>	<p>Place Name Time</p>	
<p>A very relaxed swim for those of our older swimmers who enjoy swimming in the cove. Anyone who swam or helped but does not show in the list below, please contact apcassidy@gmail.com to get their credit. Swimmers: Robert Blum, Diane Campbell, Mary Cantini-Norkin, Jeffrey Citron, Eileen David, Norman Degelman, Anthony DuComb, Joe Ferrero, Phil Gaal, Joe Gannon, Susan Garfield, Sheila Gleeson, Suzanne Heim, Nancy Hornor, Heidi Howell, Keith Howell, Alice Jones, Kent Myers, Peter Neubauer, Will Powning, Gina Rus, Anne Sasaki, Diane Walton, Janice Wood Helpers: Sheila Gleeson, John Lennox, Kent Myers, Paul Wolf</p>	1 Catherine Breed 28:59	42 Jamie Robinson 46:53
	2 Allison Arnold 29:10	43 Holly Reed 47:33
	3 Joby Bernstein 29:50	44 Lisa Domitrovich 47:37
	4 Felicia Lee 30:07	45 John Hornor 48:30
	5 Matt Korman 31:50	46 Cory Sturtevant 50:06
	6 John Piirainen 31:52	47 Kathleen Duffy 50:17
	7 Suzanne Heim 32:10	48 Aaron Rosenthal 50:19
	8 Adam Eilath 32:19	49 Roberto Cadenas 51:10
	9 Mackenzie Kirk 34:03	50 Jim Frew 53:10
	10 Michael T-Hahn 34:49	51 Sona Sondhi 53:19
	11 Ken Schwarz 35:45	52 Julia Brashares 53:20
	12 Jeffrey Citron 36:04	53 Donna Schumacher 53:30
	13 Amanda Ernzer 37:15	54 George Carvalho 54:10
	14 Benjamin Clark 37:33	Pilots: Nathaniel Berger, Jon Bielinski,
	15 Ryan Hedum 37:37	Barry Christian, Matt Clark, Tom
	16 Georgie Alcock 38:20	Corcoran, Elizabeth Finlayson, Mia
	17 Anna Schatz 38:30	Hershiser, Kati Hopman, Diane Jackson,
	18 Stephen Schatz 38:50	Mickey Lavelle, Dominic Lusinchi, Alix
	19 Brian Abel 38:57	Marduel, Tom McCall, Hal Offen, Nanda
	20 Dillon Rich 39:00	Palmieri, Emily Pimentel, John Robiola,
<p style="text-align: center;">John Nogue Swim for Science Pier 15 Swim JUNE 10, 2023</p>	21 Thomas Reynolds 39:25	Gina Rus, William Schroeder, John Thorpe,
<p>The annual John Nogue Swim for Science from Pier 15 had strong currents that aided the swimmers, but made getting in to the opening somewhat challenging. With the warm water and moderate temperatures, the swim went off well with everyone finishing in less than an hour. The galley supplied a wonderful reason to party and everyone gathered on deck afterwards enjoyed themselves. If anyone who helped or piloted does not show in the list below, please contact apcassidy@gmail.com to get their credit.</p>	22 Joanna Lawson 39:33	Lilian Tsai Helpers: Eliana Agudelo,
	23 Katie White 40:09	Georgie Alcock, Ricardo Andrade Aguilar,
	24 Jake Beyer 40:17	Allison Arnold, Dean Badessa, Cynthia
	25 George Chamales 40:30	Barnard, Joni Beemsterboer, Joby Bernstein,
	26 Tom Bernard 41:27	Robert Blum, George Carvalho, Andrew
	27 David O'Reilly 41:37	Cassidy, Paul Chong, Benjamin Clark,
	28 Lawrence Remstedt 42:00	Michael Crowley, Adam Eilath, Susan
	29 Kathleen Sheridan 42:07	Garfield, Suzanne Heim, John Hornor, Tom
	30 Paul Wolf 42:15	Hunt, Terry Huwe, Tim Kreutzen, Joanna
	31 Thomas Partridge 42:34	Lawson, Nolan Mattox, Joey Murphy,
	32 Michelle Goodwin 42:38	Keith Nelson, Emily Nogue, Sophie Nogue,
	33 Marie Sayles 42:40	Thomas Partridge, Julia Peterson, Thomas
	34 Paul Chong 43:01	Reynolds, Polly Rose, Denise Sauerteig,
	35 Margaret Keenan 43:22	Eric Shupert, Sona Sondhi, Andy Stone,
	36 Duke Dahlin 43:50	Cory Sturtevant, Tommaso Trionfi, Janice
	37 Joseph Spallone 44:04	Wood Test Swim: Peter Cullinan, Denise
	38 Lindzy Bivings 44:44	Sauerteig, Chris Germain, Dominic
	39 Julia Peterson 45:57	Lusinchi, Alix Marduel, Tom McCall, Tim
	40 Eliana Agudelo 46:15	McElligott, Lilian Tsai, Ramsey Williams
	41 Julian Sapirstein 46:39	

On the passing of Charles Korelec

*Crackers in your underwear, ah yes.
And beers in your briefs, I guess.
Memories of Charlie
Make us all feel gnarly
But it doesn't make us miss him any less. JEI*

On Priorities

*Choose then between the head and heart
Before you icy waters part
Decide, decide before you start
Or else you'll be a genius only,
Lots of books but very lonely. JEI*

We need you for Dolphin/South End Triathlon September 9, 2023

Registration has officially opened for the annual inter club Triathlon. This year Dolphin Club is hosting on Saturday Sept. 9.

Be a part of our Dolphin TRI team as we renew the friendly rivalry with our South End neighbors. If you've never participated, the TRI is a great way to be a part of the Dolphin Community. You can row, swim, run, walk and score points for the cause. And there's a celebration after the competition with a Taco Feed, a kegger and other refreshments. More information will follow about the TRI on the list serve.

Don Harrison: Master Pilot

By Laura Zovickian with contributions from John Selmer and Becky Fenson

When Don Harrison found himself in the hospital recently, and it became clear that he was starting his final paddle, he reached out to a couple of us and made us promise we would memorialize him in print (the *Dolphin Log* to be exact). He requested the piece focus on his contribution to training swims that were the building blocks for many successful marathon swims. This article is in response to that promise.

I met Don soon after I joined in 1990. He had already lived several colorful lifetimes by then and I would glean bits and pieces of his previous lives through rambling and eccentric anecdotes, making it tough to know the real story. Don was an acquired taste. Simple questions were never met with a straight answer but often with a question. There is much we do not know about Don, but what we do know and appreciate was his unwavering dedication to assisting Dolphin Club members in pursuing swimming goals.

Don spent hours researching courses, watching the water days in advance of a planned event. He was known to set out strings of weighted bleach bottles floating in the current. He plotted courses and made alterations right up to jump off to achieve goals that would have swimmers hitting marks within minutes of his course predictions. He considered these experiences among his most treasured moments. I, along with other swimmers, was lucky enough to participate and be the recipient of his expertise.

Don was passionate about exploring what drives individuals to succeed: what motivates and compels swimmers to hang on and complete marathons? He shared his expertise with plotting courses and participating in a swimmer's training; he embraced the goals and willingly joined the team. Those of us who swim marathons know that without the team and support we would not succeed. Don was an essential cog in the team that allowed many of us to achieve goals beyond our individual capabilities. Don relished our successful training swims, which



Don developed stimulating courses around the Bay to keep his swimmers awake.

to him would mean hitting the marks and completing the time goals, and ultimately succeeding in whatever marathon we were training for. He rarely attended the final event. My first English Channel attempt in 1993 ended in what is now known as the graveyard of dreams. So, Don strategized and course plotted two full seasons for me.

He was fiercely independent and lived alone probably longer than he should have or was capable of managing. Besides being a gifted tactician plotting swims, Don was a master scuba diver who taught many individuals how to dive and see the world from a new perspective. He fulfilled a lifelong dream and became a longshoreman in his 70s, or was it 80s? Don was curious and always learning new things until the end of his life.

He was a Dolphin treasure and will be memorialized here, and in the memory and successful swims of many Dolphin swimmers.

Not long after I joined, I was tempted into the marathon swimming world by another amazing Dolphin we lost too early, Pat McGarvey. She invited me to be on a Channel relay team, which lit the flame to do a solo Channel swim. My successful marathon swims are directly attributable to the tight knit group of supporters, training partners, and course master Don Harrison.

Don applied a combination of the

technical tools available at the time, his own creativity at understanding how swimmers move through water, a keen instinct for watching the water, and a dogged determination to get it right. He developed courses that would have us swimming to multiple locations all over the bay, traversing incoming and outgoing tides, and hitting our marks right on schedule.

When I started training for the Channel, Don was in his 60s and he was not fazed at all by spending up to ten hours in his kayak supporting a training swim. 10 hours was a prerequisite when I swam the Channel. Don's interest in human motivation, achieving that flow state of performing beyond one's potential, were always in the forefront of his mind. It was fitting that these curiosities were in the forefront of his mind as he paddled for hours well into his 70s and beyond. He continued to plot courses and follow the mysteries of Bay currents, always looking for the fastest path for any given swim.

John Selmer benefitted from Don's piloting skills over many years. This included a particular Golden Gate Swim when the boat that had been announced as the finish had problems and did not make it to the finish line. The resulting confusion would determine the winner. Don was asked his opinion and he argued so vociferously on John's behalf that the race was declared a tie between John



Don paddled beside the swimmer as guide, lookout and protector

and Ross Browne.

There are a lot of things a pilot is called upon to do for the swimmer. Don was good at all of them. The following are John's recollections of Don, specifically during the year that he prepared to swim the English Channel in 1995.

Thoughts from John Selmer

My experience with Don was steeped in three years of English Channel swimming. Laura Zovickian swam the first year, the second year was my turn, and the third year was Becky Fenson's. For each of these swims there were preparations involving longer and longer swims in the Bay leading up to July/August attempts in England. For my year there were seven swims of increasing duration. Don Harrison was my pilot for every one of them.

The initial steps for any swim centered on the course. Generally, there was a target length of time for each swim, which built throughout the spring and summer in roughly two-hour increments, up to a maximum of eight hours. Don and the rest of the support team would suggest various ways to fill the time to be both interesting, challenging, and most important, to end at the Club for the hot showers and sauna.

The next question was when the swim should be scheduled. The primary consideration would be what the tide would be doing. This is where Don's expertise was critical. When Don decided to study a topic, he was dogmatic in the pursuit of every aspect that was relevant. He brought this approach to the deciphering of

the tidal flow vagaries, not just by the Club but throughout the Bay.

He did not rely on theory but would generally paddle the proposed route in the days prior. He would watch for opportunities and challenges presented by local anomalies when he found them. These would all be utilized to the swimmer's benefit during the actual swim.

Don's job as a pilot included much more than just selecting the course. He paddled his kayak on a parallel course to the swimmer as a guide, lookout, and protector. A swimmer is a rather insignificant object in the open water, difficult to see and harder to identify. Don's international orange kayak and brightly colored wet suit served to alleviate most concerns for being run over.

The pilot is also the person with the closest contact to a long-

distance swimmer. Positioned on the swimmer's breathing side, eye contact can be maintained throughout the swim. With the swimmer focused on swimming, the kayaker's face and body is all the swimmer sees. Every facial expression and hand gesture by the pilot is watched. Likewise, the pilot notes the breathing patterns, stroke mechanics, and overall state of the swimmer. The pilot is watching for signs of distress, indications that may show up before even the swimmer is aware of a problem.

Lastly, the pilot is the one that feeds the swimmer during the periodic breaks. The doling out of food and drink is accompanied by encouraging words, whether entirely truthful or not, and answering any questions the swimmer might have. This is also an opportunity for the pilot to assess the overall state of the swimmer, both physically and mentally. Is there still a sense of humor, if there ever was one to begin with? Are tempers getting short? Is the mind clear? Are the eyes focused? Are we dealing with a happy camper or are signs of mutiny starting to show? Can the slurred words be distinguished from slurred thoughts?

One of the questions asked by the English Channel pilots is your swimmer's time for a mile. I asked Don and he told me I would not like the answer but that it was 30 minutes per mile. He was correct. I did not like that answer. My time for a 1650 in a pool meet was 2/3 of that on a bad day. Nevertheless 30 minutes was his answer so that was what I sent in. My last training swim was targeted for eight hours. Being a resident of



Don might spend 10 hours or more alongside a swimmer.



Feeding time during an all night swim

Palo Alto at the time, I requested a course starting in the South Bay. The date was the first weekend in July, hopefully leaving enough time to recover prior to my Channel window the first week of August. The starting point was the San Mateo Bridge and the starting time was to be 4 a.m.

The entire crew assembled at about 3 am at the Coyote Point Marina, having positioned a boat the previous afternoon. We headed out in the pitch dark and arrived at the starting point mid span shortly thereafter. In an effort to replicate the Channel swim we followed Channel swimming protocol. First, two hours solo swimming, then Becky or Laura would enter as companion swimmer for an hour, separated by a solo hour. I went in the relatively warm water at exactly 4:20 a.m., accompanied by Don in his kayak. The others ranged about in the dark, staying out of our way and watching for early morning fishing boats.

Swimming in the dark is a disorienting experience. Navigation is tricky for the swimmer and the risk of the support team losing track of the swimmer is high. Positioning the sweet spot relative to the kayaker requires more effort than in daylight, and can be taxing on all members of the team. Light sticks were used liberally on both Don and myself. The course was to swim from the San Mateo Bridge, under the Bay Bridge, and on to the Golden Gate Bridge, all on an outgoing tide. Hope and diligent planning predicted the tide

would reverse after approximately six hours. Any variation would result in a problem at the Golden Gate, either being slowed by an incoming tide or being accelerated right out into the Pacific. From the Golden Gate Bridge the plan was to swim back to the Club.

Laura joined me at 6 am, just after sunrise. The San Mateo and Bay Bridges are separated by approximately 12 miles, with very few landmarks between. It is a very boring section and Laura's company was very much appreciated. Becky came in at hour four, just before the Bay Bridge. By this time, the sun was well up and the tide was moving along nicely. Somewhere near Alcatraz Becky's hour was up and I was back by myself. It was at this point that the incoming wind sweeping across the outgoing tide started to kick up some chop, or lumpiness, as we termed it. Don was also being impacted by the swells from the Pacific, having to constantly bail the accumulating water in the kayak.

We went under the Golden Gate Bridge at 6 hours and seven minutes, skirting the north side of the south tower on a slightly outgoing tide. I braced myself for the fight back into the bay against the tide. Don guided me around the south tower and toward the shoreline between Fort Point and Crissy field. He managed to find the beginning of the incoming tide along the shoreline, and we rode it all the way back to the Club.

Laura came back in shortly thereafter as we swam right through a

sailboat race in front of the Saint Francis Yacht club, past Fort Mason, and into Aquatic Park. The total swim was only 7 hours and 30 minutes, but no one was interested in swimming circles for another 30 minutes. In most cases, the hard part of a long swim is the middle, rather than the beginning or the end. The challenge of the longer swims is to maintain a steady pace during the middle hours. The first and last hour are largely the same in a four-hour swim or an eight-hour swim. It is the seemingly endless middle that is so mentally and physically demanding. This is the rationalization used to explain why the eight-hour swim took only seven and a half hours. It was not because I swam fast. It is also noteworthy that the last three miles took an hour and a half, 30 minutes per mile, as predicted.

These were the training swims for just my year. There is a similar list for both Laura and Becky, with very little duplication and several other touch points.

12/3/1994 Bay Bridge to Golden Gate

Bridge 1 hour

2/18/1995 Sausalito to Dolphin Club 2 ½ hours

3/26/1995 Bay Bridge Crossing to Dolphin Club 2 ½ hours

4/29/1995 Dolphin Club to Sausalito to Dolphin Club 4 ½ hours

5/28/1995 Golden Gate Crossing to Bay Bridge Crossing to Pier 39 6 hours

6/13/1995 Candlestick to Dolphin Club Night Swim 2 hours

7/2/1995 San Mateo to Bay to Golden Gate Bridge to Dolphin Club 7 ½ hours

In writing about those events, I am amazed at the dedication, skill, and sacrifice that Don displayed in preparing for and executing these swims. However, I am also in awe of the diversity of the undertakings that managed to include so many aspects of the San Francisco Bay. We could have done laps between the Club and Alcatraz, but instead we managed to hit landmarks, from the islands north of the San Rafael Bridge, to Oakland, to San Mateo and everywhere in between. This exposed us to some highly complicated tidal flows while dashing about the Bay for extended periods of time, to say nothing of the shipping traffic.

Another aspect that surprises me is that my memories are so vivid even after over 25 years. These were parts of my life that have turned out to have been extremely memorable. Don was part of a larger group of individuals that were necessary for these out-of-cove swims. The activity and camaraderie is one that I heartily recommend if you want to experience things that you might remember twenty-five or more years later.

Take it as a challenge. Get together with others that will share the challenge and offer support. Get creative as to where you might want to touch as part of a swim. Build your experience and knowledge and confidence. And find a pilot like Don Harrison.

Good luck on that last one.

Reflections from Becky Fenson

Swimming, especially open water, marathon swimming, was and remains a deeply personal experience for me. Don was integral to my best swimming in a long swimming career. I could not possibly have done any of my training swims, or the events themselves, without his support, skills, and experience. And I wouldn't have wanted to without Don's friendship and humor. Don's somewhat zany side kept me interested. The technical and swimmy aspects of Don's wizardry have already been mentioned, so I wanted to document some memories I have of Don that may help those who may not have known him that well to learn how singular and delightful this guy was.

Pancakes: It will not surprise those who swam with me that one of the things I loved most about those

long training swims was the huge breakfast afterwards. Don and I would also occasionally meet after I did a modest cove swim for breakfast. He'd say to the server, "I'd like a pancake the size of a manhole cover." That man loved to eat, and boy did he eat slowly! I could've scarfed down my food, popped out for a double dip, and been back at the table and Don, bless his heart, would still be eating, talking, and charming the socks off the wait staff. My favorite recurring thing he'd say to the server was, after he'd finally eaten every last crumb on his plate, "I'd like to return this please, I didn't like it." Also, Don was the best tipper I've ever met. Wildly huge tips, at least 40%. Support workers. Which brings me to more memories.

Unions: Don was a union man, a strong believer in organizing and supporting labor. One of the last things Don and I talked about when he was in the hospital was the fact that I'm in a union. If you want to know whom Don idolized, look up Harry Bridges.

GU: During our training swims, Laura, John, and I would slurp down a packet, or in my case two packets, of GU. After I ate the GU, I'd hand the sticky, crinkled packet to Don, and he'd suck the remaining blobs of energy gel out. "Yuck!" I'd think to myself, considering how gross my mouth was at that point, between hours of marinating in bay water and all that GU and Cytomax. But this would amuse me for the next 29 minutes, 'til my next feeding.

Shut Up And Swim: Don's two sea kayaks were Shut Up And Swim I and Shut Up And Swim II. How do you swim for hours on end? My answer: Look at those words hundreds of times, hour after hour, year after year. It's pretty inspiring.

I could go on and on. Don was by my side (he in a kayak, me in the drink) for some of my most cherished swims, including Coronado, Manhattan, and the first Club swim in which I swam butterfly all the way: Alcatraz. I beat fast men swimmers who would absolutely crush me in a pool, only because of Don's expert navigation. But what I will always treasure was Don's friendship and support, even when I chose not to swim. When I moved back to San Francisco from the east coast in 2012, Don and I began

training for a Catalina swim, but after a few training swims, I backed out. It wasn't fun, and I just didn't care anymore. He understood, and later, he sent me an email that is pure Don Harrison:

The wise words of the great

contemporary philosopher George

Carlin come to mind . . . "Ya gotta Wanna"

I think you should be really proud of yourself for making such a mature and intelligent decision. Not everyone can do that. The issue is identity . . . do you have to do stuff to be, or are you "somebody" first.

For my money you are already

"SOMEBODY" and you don't hafta do nuthin.

Best of all you are living up to your name "Fun Swim!" If it ain't Fun-- Forget it!

Not to worry about me. I've had fun.

I've learned about Catalina, about Life, and have participated in an important personal evaluation. Keep the notebook as a "Smart Lady" Trophy of Accomplishment.

Lemmeno if ya still wanna do Friday's

6:00 a.m. swim around South Tower . . . just for the FUN of it.

AND I'm looking forward to the pancake.

This is the Don we will always remember and love. Happy paddling to you, Don, wherever that is. Thanks for making the request to write this Log article. You brought John, Becky, and me together to reflect on our experiences of going just a little further than we thought possible and it was you sitting next to us in that kayak with that understated clapping always cheering us on. We thought we did the work, turns out your giant spirit and determination was a key ingredient to our success. We are all better individuals because you stepped up and gave selflessly. I will always remember the flow and the joy. We will miss you.

Now shut up and swim.

Here's to a fast-moving 2023! May it continue with adventures galore (picnicking again on Angel Island!), big swims (English Channel, North Channel, Catalina, Bay to Breakers and more) big rows, (Sacramento, China Camp, and more) big fun.

I am so grateful for the San Francisco treasure we have and share. I am also grateful to each of you, whether you swim or row, long or short, run, play handball, clean the beach, mentor each other, or all the above...as we keep finding ways to pull together on the water and off.



photo: Jana Asenbrennerova

Joe Illick with an admirer—Dolphin Club president Diane Walton

Renovating the Building:

I believe we have a good plan, and the speed of progress has hastened. In the face of differences of opinion and preference amongst us, sea level rise, maritime insurance considerations, the hoops the experts expected and an unexpected level of politically inspired bureaucracy amid a high volume of handwringing, we did it.

We will have a foundation under a rebuilt weight room. Same footprint, same feel, some updated gear. We will have a foundation under a rebuilt galley. Electric vs. gas stoves is the current discussion; the pandemic brought us the takeout windows and we're keeping them! The decks got a lot of attention and we will have

additional outdoor spaces to gather, with two more upstairs decks – one off the Sancimino Room (creating an overhang for bike or boat storage), and one atop the weight room. We have kept the handball court and added an outdoor universal access sauna. Next, watch for opportunities to be heard on interior spaces.

Tending to the Boats: Another opportunity is knocking—discussion of boat storage will lead us to a boathouse that entices and inspires rowers rather than just a place to park the boats. I am very excited by this possibility, harkening back to my days as Boat Captain and joy with the

Tom Troneum scullers (pre-age limit on membership), enhanced by recent visits to Boston and Mystic. We have room to celebrate and share our history AND be excited for the future!

Connecting with the Kids: Big thanks to Laura Zovickian and team for work with the Dolphin Youth Swim Fund, bringing it under the auspices of the Club Foundation (dolphinfoundationsf.org); to the Boys & Girls Club for their inspiring visit in June; and to Jeanne Marie Hallacy for bringing the Jamestown Community Center kids in (see photo). What a joy to see the boat shop and the Bay through their eyes!



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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	*Coghlan Beach Fun Swim
May 20	Sat 9:00 am	*Yacht Habor
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 Habor
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".*