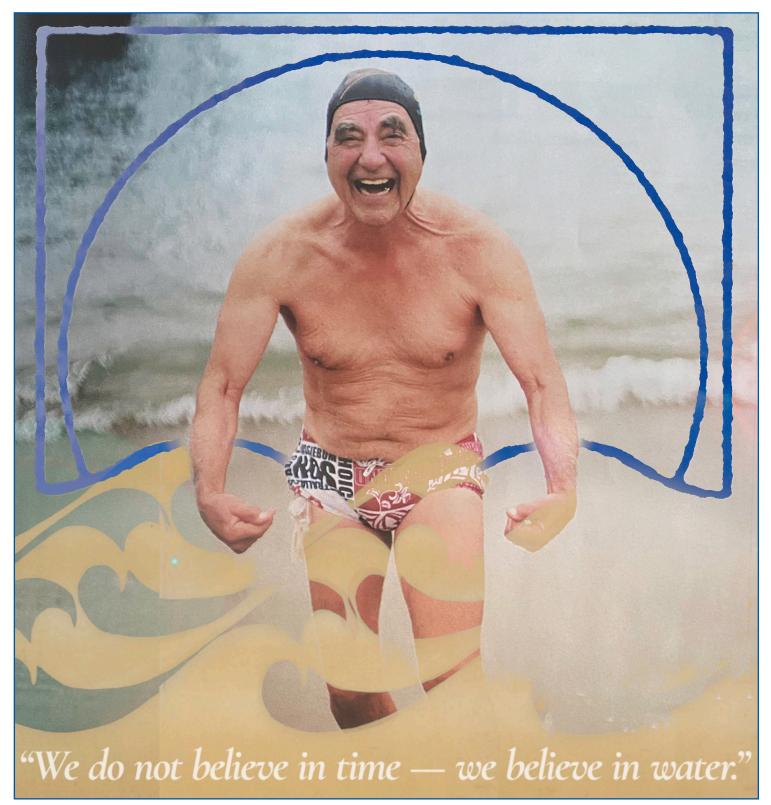
DOLPHIN I LOG

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



Created by the Log's new Art Director, Michael Collett, this collage featuring Dolphin Phil Fernandez (84) is based on David Burnett/Contact Press Images photograph in NatGeo Books' *The Science of Longevity*. Also in this Log is Duke Dahlin's account of the Dolphin Old Goats (Av. age 73.3) English Channel swim. Priorities courtesy of poet Dionne Brand. — *Keith Howell (82), Editor*

Dolphin Log

Keith Howell, *Editor* Larry Scroggins, *Editor* Michael Collett, *Art Director* Andrew Cassidy, *Swim Statistics* Janice Wood, *Proofreader*

Club Archivist

Morgan Kulla

Published By

The Dolphin Swimming & Boating Club 502 Jefferson Street

San Francisco, CA 94109

www.dolphinclub.org

Printer: PrePress Assembly

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.

Officers

President: Diane Walton

Vice President: John Hornor

Membership Director: Polly Rose

Treasurer: Ryan Utsumi

Recording Secretary: Elaine Van Vleck

House Captain: Tim Kreutzen

Boat Captain: John Robiola

Board of Governors

Eric Lam, James Dilworth, Ward Bushee, David Zovickian, Deborah Sherwood, Arnie Thompson, Ken Coren, Tim McElligott

Club Manager: John Ingle

Asst. Club Steward: Brendan Sheehan



Commissioners:

Swimming

Swim Commissioners: Bobby Lu, Tim McElligott, Lindsay Stripling, Ben Chun Check-in: Eric Shupert Clean-up: Steve Carlson Clothes Wrangling: Rebecca Wolski Swim Trinkets: Margaret Keenan Timing: Tom Hunt Galley Captain: Alix Marduel Swim Clinic Director: Diane Campbel

News from the Archives

Morgan Kulla

You can see items in the Archives on the HUB, the Internet platform of our database CatalogIt. But many members I ask have not actually looked at the HUB. So, time for the first Archives Treasure Hunt, to entice all to take a look.

Search by one key word on the HUB, by the whole collection or by folder, i.e. Artifacts, Boats, Ephemera, Photographs, etc. Go to *https://hub.catalogit.app/375*. Or click on the HUB on the Archives page on the Club website.

E-mail your answers to archives@dolphinclub.org. Give your name, number of the question, and answer(s). I will post the answers on groups.io in January, with the names of members who found our treasures.

Ready, set, go!

- 1. Which trophy was reported stolen in 1999, eventually recovered, but missing the bronze artwork on top by a well-known artist/member?
- 2. What is name of the member and event on a trophy plate which another member found at a garage sale and donated to the club?
- 3. The Dolphin Club was active in this organization from its founding in 1904 until the mid-1950s. What does PAAO mean?
- 4. What is the name of our oldest wooden boat?
- 5. Which boat's name comes from Norse mythology?

Rowing

Wooden Fleet Commissioner: Nanda Palmieri Lake Merced Captain: Jim Storm Kayak Training: Paul Chong, Nathaniel Berger, Terry Horn Motorized Fleet Commissioner: Nathaniel Berger Non-Motorized piloting: Terry Horn Shell Training: James Dilworth, Gabby Wong Learn to Row: John Robiola, Scott Stark Grizzly Challenge: Deborah Sherwood, Zack McCune SUP Training: Raine O'Connor, Charmaine Leonard, Zack McCune Boat Night: Jon Bielinski, Julia Hechanova

- 6. How many of our wooden boats' drawings and histories are listed on the register of HAER (Historic American Engineering Records) for the Library of Congress?
- 7. The archives has a biography of a well-known runner. Who is that runner?
- 8. The program of 1899 Ladies Day lists 3 rowing events and special events. List three special events. Which should we revive?
- 9. At the annual Hike & Dip, members "hiked" from Aquatic Park to another beach for a swim and photographs. Which beach?
- 10. Who was the Golden Gate Swim Queen in 1959? (Hint: The GGS is now named for her father.)
- 11. In what year was the boathouse moved from farther west in Aquatic Park to its current location on the east end?
- 12. Life member group photographs are taken annually at the Old Timers Lunch in February. But there are no group photos from 2021 and 2022. Why is that?
- 13. Which is your favorite art in the men's locker room, and why?
- 14. What does each of the personalized tiles in the women's shower represent?
- 15. Which trinket would likely not be given today? (Hint: What not allowed in our wooden club?)

Have fun!

Other Athletics

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

Lockers

Women's Captain: Crissa Williams Men's Captain: David Zovickian

President's Report: FUTURE'S SO BRIGHT GOTTA WEAR SHADES*

Diane Walton, President

The Dolphin Club had the privilege of hosting the Hokule'a crew on a September stop on their circumnavigation of the Pacific, and of participating in events they undertook around the City, spreading their message of hope for our oceans. I was inspired by the commitments to action made by the masterful Sylvia Earle and by Nainoa Thompson, Polynesian Voyaging Society leader. He also helped me think about why I'm a Dolphin, why I'm the President of the Club, what my goals are as a leader, where I think we are, where I think we're going, and what it's going to take to get there.

I became a Dolphin because the blue doors were open on New Year's Day in 2006 as I wandered through Aquatic Park, reveling in my return to San Francisco. I joined later that year, started rowing, then joined the Boat Committee in gratitude for what the Club was giving me. Then, the Boat Captain was moving up the chain and they needed someone who, as I was told later, was " smart enough to do the job and not smart enough to say no"....I said yes. After two years there, in an up or out, do-it-or-don't, stand up for what you care about moment for me, I threw my hat in the Presidential ring.

I knew so little when I stepped into these shoes, and I've learned so much about the Club, about the

Club House

Gardens: Susanne Friedrich, Andy Stone Deck Landscape: Steve Krolik 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



Newly reelected club president Diane Walton at the helm of her sailboat Gerda, taking a break from her responsibilities on Jefferson Street.

City, about us in the past ten years, and I thank you. I have very strong feelings about the future of the Club, a "future so bright gotta wear shades"... about the gift we 2000 plus are given of access to the Bay, about the joy of this place, these boats, the people, and also about the wide range of responsibilities that present themselves alongside our pleasures,

My goal as President has been to allow and protect a space where you get to set and meet individual and collective goals, to swim and row, play handball, and spend time with one another in and out of the water. Lately, because I believe our voice is crucial in maintaining the health of the Bay, I have taken our stewardship of this place into other rooms, to say to the Port, to Rec & Park, to our elected officials, and to the Park Service – all of whom we also owe gratitude that we see this place in ways they

Communications

Comm Committee: Elaine Van Vleck Facebook: James Dilworth Groups.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 do not, that their economic and logic models are missing some crucial user and environmental data, both tangible and intangible, and that the decisions they are making will be better for all when we are heard. We do know what we've got, and so our voices are heard more clearly as we share our stories. Our neighbors and policymakers will be more respectful of and even inspired by these Bay waters, and will not, as Joni Mitchell put it, "pave paradise and put up a parking lot."

Together, we are so much more than the sum of our individual parts. Join in whatever ways you can – we need you, your ideas, your energy, every day in so many ways, and the more you give, truly, the more you will get.

*Thanks to Huey Lewis, Tupac, and Joni Mitchell; forgive the mixed metaphors!

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, Alix Marduel Save Aquatic Park Pier: Diane Walton Swag: John Ingle, Brendan Sheehan

Six Old Goats Set an English Channel World Record



Six pairs of 70+ year old feet ready to rock the Channel

Duke Dahlin and friends, all images by Nancy Hornor

The story of setting a new American record for swimming across the English Channel began about 26 years ago when I joined the Dolphin Club. I just wanted to get as far away from Masters pool competition as I could. Outdoor swimming was more fun, exciting, and challenging. I joined a swim pod that consisted of Laura Burtch, Becky Fenson, John Selmer, and Heather Royer. Laura and John had already successfully swum the English Channel. Then Becky followed soon afterward. After Heather completed her Channel swim, I made my second attempt when I was 55 on August 8, 2003, and successfully finished in 14hrs 37mins. John Ottersberg

was my coach on the escort boat, *Sea Satin*, piloted by Lance Oram from the Channel Swimming & Pilot Federation (CS&PF).

During the Polar Bear season of 2015-16, I had just retired from work and was thinking of another English Channel attempt. My goal was to be the oldest successful solo swimmer. Before I did that, I figured I needed to see where my mind and body were. In 2004, George Kebbe set a new PB record of 356 miles. Ralph Wenzel (2007) and Peter Perez (2013) both tied that number. I had been thinking about breaking that record for years, but it would have to be by a lot. My goal was 400 miles.

After I set the new PB record, I kept mulling over another English Channel swim. I had heard several years ago that a 73-year-old man was the oldest successful Channel swimmer. I thought, okay I'll wait until I'm 75. Why 75? I liked how the number sounded. In 2021, I started the process of booking my escort boat, the *Sea Satin*. I wanted to go with Lance again. I was given a swim window of August 16-22, 2023. In order to be totally prepared in 2021, I reserved a pilot boat for a Catalina Channel swim in 2021.

My organization was coming together and I started to get excited. But my plans were thwarted by medical problems. The San Francisco Veterans Administration Medical Center did some tests and said I needed surgery on my left-rotator cuff, and repairs to the biceps. I canceled the Catalina swim and concentrated on the English Channel. By July 2022, the PT for my shoulder was going great, but I now had shortness of breath. I did a cardiovascular "stress test" and was diagnosed with Peripheral Arterial Disease. My VA doctor discovered that 95% of my left artery was blocked, and they put in a stent. The



Team leader Duke Dahlin admires his signature on the White Horse ceiling. It commemorates his solo crossing in 2003. The walls are now full, so there's no room for more.

doctors signed off on my English Channel solo swim, but my body and mind told me to reconsider.

After a lot of thought, on December 16, 2022, I decided I wasn't ready for a solo crossing. With my continued shortness of breath, I moved forward with a backup plan — to organize a 6-person mixed relay team of people 70 and over. Putting together a 70+ relay team from the DC wasn't as easy I thought it would be. It wasn't until May when the team was finalized, and it was worth the wait. The final team consisted of Sunny McKee, Tom Neill, Julian Sapirstein, Joni Beemsterboer, John Hornor, and me. With no backups, this was our only shot at a world record.

Both Sunny & Joni had previous EC relay experience from the 80s and 90s. Tom had swum both the Catalina Channel and the length of Lake Tahoe. Julian and John were a little less experienced, but one hundred percent committed. Our training started off rough. On March 11, three of our swimmers could not finish their 30-minute swim. But on the April 22 swim, everyone did a bit better. A rocky start to be sure. Then by May 27 I was surprised and relieved when all of us Old Goats completed the qualifier swim long before the July 1 target date that I had optimistically set for the team.

Julian Sapirstein, my husband Joel, and I arrived at Heathrow on August 12. That morning, I received a text from our pilot to ask if the team was ready. With Sunny and John arriving early in the afternoon, and Tom and Joni arriving later that evening, I knew we were. Lance asked that our team meet him at the Marina gate in Dover at 10:15 pm on August 15. It was an incredibly nervous and excited bunch of swimmers who met him that evening.

Once we got to the *Sea Satin*, Lance explained the rules and regulations, and introduced us to his crew, Tanya and Mia, and Martin, the official observer. We headed to Shakespeare Beach – about 30 minutes from



A rainbow over Dover the evening before the swim was an auspicious sign

Dover harbor. As the boat started to maneuver outside of the marina, we could feel it rocking dramatically back and forth and side to side.

Duke Dahlin - 11:10 pm to 12:10 am – 1st hour

I must confess, I do not like swimming in the dark — especially when the water is choppy. The *Sea Satin* shined a beacon of light onto Shakespeare Beach to guide me. As the first swimmer, it was my job to find the beach, emerge completely from the water, and then officially start the swim. Finding a beach in the dark of night wasn't all that easy even with the spotlight from the boat. But after a minute or so I walked onto land. The lights on the *Sea Satin* flashed, signaling me to begin. Deep breaths. Time to go.

The water temperature was very comfortable, maybe 65F, but the conditions made it difficult to stay calm and breathe comfortably. I thought about my commitment to the team and told myself to just stay relaxed, remain calm, and keep swimming. There were times when I was ahead of the boat, and times when I was slightly behind. During the first half of my swim, I learned to adapt to the speed of the boat and "go with the flow." At the end of my hour, I was proud that I had persevered.

Sunny McKee - 12:10 am to 1:10 am – 2nd hour

The good news is when we met at 9:45 Tues. night, Aug. 15, the winds seemed to dissipate. I remember sending a text to my family that said "pretty clear and almost no wind." The myth of "almost no wind" was quickly dispelled as we left the calm waters of the protected harbor. It was a beautiful clear night though.

After Duke had swum for about 30 minutes, the observer went over the rules: the current swimmer must swim for one hour. The upcoming swimmer must be standing on the platform at 58 minutes, and when the siren goes off, the upcoming swimmer jumps in and floats behind the current swimmer. The current swimmer swims to the boat and exits the water. Any violation and it's an instant disqualification.



A few tired but happy swimmers celebrating their achievement over dinner back at the White Horse Inn back in Dover

The siren goes off and I jump into the water. I have opted to have a spotlight from the boat on me while I swim. This was a mistake because I was truly blinded. The time signal that we had planned didn't work because the spotlight was so blinding – I would have to stop swimming to really see the whiteboard with the time. My constant mantra: "I do not want to cause our team to fail."

One hour later, the siren sounds and I climb onboard so happy to be alive! The first person I see is Duke and we both start laughing and embrace. I laughed so hard. This was one of my favorite moments of this challenge.

Tom Neill - 1:10 to 2:10 am – 3rd hour

The pilot boat was not welllit onboard, and the darkness added to my nerves as I looked for my equipment. It was simple: Just a cap, ear plugs, low light goggles, and swim suit. I plunged in the dark choppy water.

I swam past Sunny, as she completed her first leg and was left alone in the dark with a few lights on the boat. Nerves and excitement pushed me along and soon I passed the bow and kept swimming into the darkness. I focused on my stroke. My attention was broken by shouts from the boat. I stopped and was told that I was swimming towards England. The boat turned me around and we headed back towards France.

It seemed like a very long leg, and I became impatient and tired of the repeated chop which caused me to exaggerate my rotation for air and repeatedly filled my nose with sea water. Finally, my hour was over. I did not hear the siren but did notice the light flashing across my face. I was very happy.

Julian Sapirstein - 2:10 to 3:10 am – 4th hour

That first swim was the hardest, starting in the pitch black and rough water. The boat was going in fits and starts, so sometimes it was ahead, sometimes behind and sometimes right beside me. Being ahead of the boat was particularly distressing because I didn't expect it and its location was not immediately obvious.

The water was warm, so I didn't fear hypothermia, but the stress of night swimming took a toll and I was shivering when I got out at the end of the hour. The rough water and darkness had been a challenge, but I felt good after finishing, knowing that my next swim would be in daylight.

Joni Beemsterboer - 3:10 to 4:10 am - 5th hour

As Julian climbed aboard, I headed into the darkness. Soon the team shouted that I was too far out. The current made the correction difficult. There were moments when it felt like the water calmed and I could get into my rhythm, only to be knocked by a wave or two. Some Channel swimmers report lumpiness in the water — an apt description. The goal is to find that swim zone that makes each stroke feel rewarding, satisfying and ideally productive. Such zones were fleeting. It was so damn dark.

John Hornor - 4:10 am to 5:10 am – 6th hour

I'd mostly recovered from partial knee replacement (12/10/21) and rotator cuff repair (5/6/22), but recovery had limited my usual exercise routine, so after I said yes to Duke's invitation to join the relay team I knew I had to get in shape. I joined the USF Masters swim program at Koret with coach Chris Wagner, started weight training, and stopped drinking alcohol.

The sky was brightening with first light as I jumped off the stern of the *Sea Satin* into the dark, 63-degree Channel. I swam into position behind Joni and officially started my first leg. I was confident, happy to be finally swimming. I got lost in my stroke, started daydreaming, and before I knew it Tom was waving his arms.

Duke Dahlin - 5:10 to 6:10 am – 7th hour

It's so nice to swim in daylight! It seems after John's swim, the wind started to pick up again. From time to time, I would swallow some Channel. The spectacular sun was rising on my left. I could see Julian with the lap counter onboard the boat letting me know how much time had passed. Having this information was a big relief.

There were times when I caught up to the *Sea Satin*, got ahead, and swam at the bow like a dolphin. Then I'd slow down so I didn't get too far ahead. My second swim was about over, and it would have been bittersweet if we reached France before I could swim another leg.

Sunny McKee - 6:10 to 7:10 am – 8th hour

I entered the water and realized the wind had picked up again. Bummer! And, lucky me, there were jellyfish! Some were very long. One wrapped around me and stung my leg, and another got my neck. My first thought was, "Great, I'm going to get stung so much that I'll have a reaction and die!" I wondered if I was allergic.

The channel was so choppy, I spent the rest of the swim swallowing water and dodging jellyfish. At least there was daylight. Again, I told myself to shut up and keep swimming. I finished my second swim, happy to be done and still alive. The jellyfish stings stopped hurting; they weren't so bad in retrospect.

Tom Neill - 7:10 to 8:10 am – 9th hour

I was eager to touch the water again and glad to be swimming with the sun. Moderate wind continued and I struggled to take a breath without swallowing water. I anticipated the end of my leg and slowed when Julian passed by, and I was quickly back to the stern, up the ladder, and on deck where I was surprised to see how close we were to the lighthouse on Cap Griz Nez, the point that reaches out into the Channel and marks the part of France closest to Dover.

I was hopeful that we would finish in the next two hours. I went down to the cabin and lay on a bed in the boat's bow. When I returned to the deck an hour or two later to watch my swimmer, I noticed that land looked further away.

Julian Sapirstein - 8:10 to 9:10 am – 10th hour

My second swim was much easier full daylight and the water was much less choppy. I can't say it was fun though. It was more a matter of just



Our naïve sextet at the Dolphin Club during a pause in training

slogging along until the hour was up. I noted a few ships off in the distance when I breathed to the right or when I breathed to the left when I was ahead of the boat. I felt fine when I finished, not cold like after the first time.

Joni Beemsterboer - 9:10 to 10:10 am – 11th hour

On my second leg, I maneuvered to be close enough to the boat to make a quick transition. On this leg I lost my anti-nausea patch. I HAD felt queasy onboard and tried to stay horizontal. Sunny fed me ginger which helped with my nausea, as did mumbling to myself.

John Hornor - 10:10 to 11:10 am – 12th hour

Sunshine! Warming water! Nothing to worry about now — just the swim. I imagined looking down from space and watching myself as a tiny dot somewhere in the middle of the English Channel. Suddenly shouts of "you're drifting too far away!" brought me back to earth.

I focused on form — not letting my left arm cross over the midline. I recalled Chris Wagner's advice: "Railroad tracks all the way to France." Suddenly Tom's arms are waving, and it's time for Duke.

Duke Dahlin 11:10 to 12:10 pm – 13th hour

After Joni and John finish their swim, we can see France. Martin tells us we are at a point in the Channel for solo swimmers called "The Graveyard of Dreams." It's a place of strong currents and rougher water, and you are being pushed north away from the closest point. Martin had told us now we needed to swim hard as possible to make it to shore.

Again, I was so glad to be swimming in daylight. It was kind of bumpy out there. I finally saw the lap counter indicating I had 11 minutes left. And before I knew it, 2 minutes. I heard the siren and yells of my teammates to get out.

Sunny McKee – 12:10 to 1:10 pm – 14th hour

I jump in and swim as hard as I can. It was very choppy, and I ended up swallowing lots of water. I focused on the whiteboard, never looking up at our destination. This leg felt different HOW? — I didn't think I was going to die, because I was



John Hornor joins Julian Sapirstein on the edge of France to celebrate the team's successful swim

just concentrating on swimming as hard as I could. I really wanted to get to France, but I felt like I wasn't getting any closer. I pushed myself to keep swimming, despite this sinking feeling, and soon it was Tom's turn. It looked to me like we were no closer to France.

Tom Neill – 1:10 to 2:10 pm – 15th hour

I jumped off the boat on Martin's signal and swam past Sunny for my third leg. The water was as choppy as before. The boat was not keeping a steady pace. I was at the bow and then the stern in repeated cycles. At one point I was thirty yards ahead of the boat and I stopped because I did not want to repeat my nighttime experience of swimming towards England.

Towards the end of the hour, I noticed that the captain was lowering a small, motorized inflatable, which he had said he would deploy when we approached land. I was elated. Soon, Martin signaled the end of my swim. I looked up to see the texture of French black and white cliffs in great detail. I climbed the ladder and watched the end of the swim from the deck.

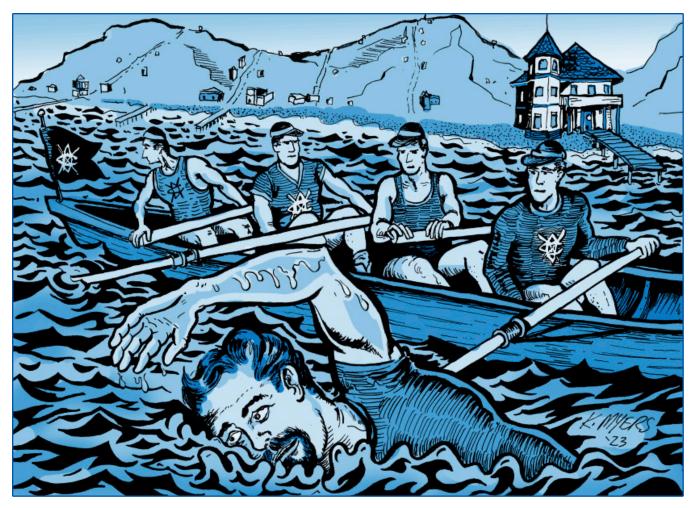
Julian Sapirstein 2:10 to 2:19 pm – 16th hour

Tom's leg ended a few hundred yards from France and I was ecstatic to be able to finish. This time I swam without the boat beside me and headed straight for shore. We just missed a beautiful sandy beach and had nothing but rocky shore for a landing. I didn't care, but I feared getting beat up on the rocks. The waves weren't big, but they were high enough to pose a risk so I was very careful. There were a lot of rocks just under the water, which was going up and down, so I would grab a submerged rock, stabilize myself and pull myself forward to the next rock until I got to the edge of the water. By that time, I was pretty cut up and was bleeding a fair amount, but I was so

thrilled to be in France that I didn't care. John Hornor joined me on the rocks and we celebrated. On the boat, I was bleeding all over the deck but no problem. The deck is designed to take things like blood and wash them off.

Official Time: 15 hours, 09 minutes (CS&PF Website) Oldest Mixed English Channel Relay Team

This swim wouldn't have been possible without the support of our families, friends, members of the SF Dolphin Club, and USF Masters swim coach Chris Wagner. Thank you to the amazing Sea Satin escort boat captain Lance Oram, crew Tanya and Mia, and official observer Martin for keeping us swimming safely crossing the English Channel.



When outsiders came to town to perform long swims, they usually chose reliable and knowledgeable Dolphin pilots. Here, Dr Riehl, is on his way to Oakland under the watchful eyes of Dolphin pilots. Illustration by Kent Myers.

A wayward buggy, top Bay swim pilots, & a tragic fire

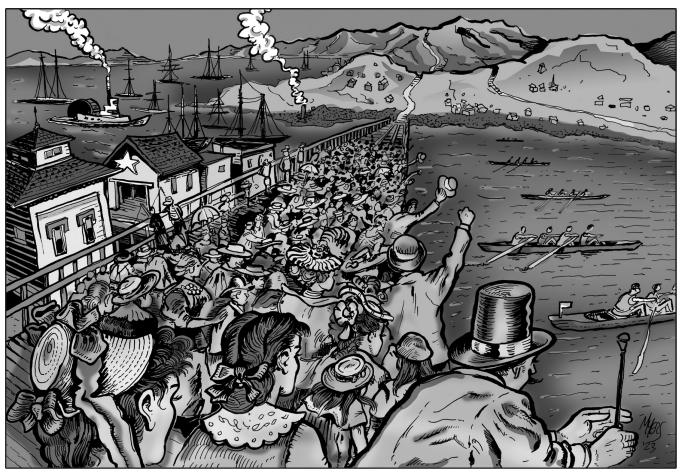
History of the Dolphin Club's Early Years— *Chapter 2 (1881-1885)*

Sid Hollister, Life Member

With their minds on lunch, engravers Ed Kalben, Ernie Lutgens, and Lou Schroeder stepped out the front door of Lindemann's Jewelry, where they worked, to come upon a distraught, hatless middle-aged man trying to control the confused horse of his tipped-over carriage and retrieve his tumbling black bowler hat. He had taken a tumble and was discombobulated but apparently more annoyed than hurt. The trio recognized him as John Wieland, a founder of their Dolphin Club, which they had recently joined as original members, and asked if he needed any assistance. "Not at all, thanks," he replied. " I am just embarrassed at how I let that horse get away from me. She got spooked by something. A couple of boys took this buggy with the same hare-brained horse for a joy ride just a few days ago. They only went a few blocks. I blame the horse, not the boys, who were just doing what boys do. The horse just does what she wants." Assured that Wieland had not been injured, the trio wished him well and set off for their favorite saloon down the street.

Just another day in the bustling, growing San Francisco, where unpredictability was normal, just as it is today, especially where the sun and wind are concerned. And to the rowers and swimmers of the Dolphin Club, they were always of concern. When the sun was bright, the wind was gentle, and the water smooth, members would come down Russian Hill's sandy slope toward the Club eager for a Sunday on the water. They would probably see an early morning race between Whitehalls rigged with sails, and the shell of G.W. van Guelpen sliding gracefully through the water as he headed for Alameda, Sausalito, or Angel Island.

This is the second chapter of my history of the Dolphin Club up to 1906. Financial support is needed to finish the work. Supporters can send donations, made out to the DC History Project, either to me at 465 Chestnut St. or via Zelle to Bank of Montreal (formerly Bank of the West) tel: (415)982-1344. —SH



Thousands gathered on Long Bridge, where the Giants' stadium is today, to cheer — and gamble — on their favorite rowers. Illustration by Kent Myers.

As Sunday was the only day off for most rowers, they made their way to their club boathouses as soon as they had downed a hearty breakfast. Balmy days, when they came, were prized by lovers of Bay and boats.

On Sunday afternoons, Dolphins often visited other clubs, or took their ladies on jaunts across the Bay, or watched impromptu races from Long Bridge, where the Pioneer, Ariel, and South End Rowing Clubs had built boathouses on pilings alongside the trestle bridge's railroad tracks. Although races alongside Long Bridge drew an audience of thousands, it could be a bit risky underfoot, an occasional race-watcher falling through the increasing number of gaps. One once even swallowed up a wagon full of hay drawn by a couple of horses. A policeman, with nearly a hundred citizen helpers, rescued the horses and driver. Nonetheless, crowds often gathered here. Three thousand

attended a regatta of the new Pacific Rowing Association, described by the papers as "the most successful such event ever held on the coast."

The Long Bridge clubs attracted members of the South-of-Market working class, whose membership differed from the largely craftsmen group who established the Dolphin Club. Here, too, was the tonier San Francisco Yacht Club, and the Steamboat Pier, where young and old jostled each other for the best spots to catch a mess of smelt.

"The city's rowing clubs found the broad, sunny expanse of Mission Bay ideal for races...There were boats for rent to row out to Mission Rock, and salt-water bathhouses built right out over the bay." (*foundsf.org*)

Dolphin Club rowers who took excursions to Angel Island spent the day swimming and playing football against the Nautilus or Neptune clubs.

As I mentioned in my first installment of this tale (Spring 2020), without other outdoor or indoor amusements, rowing became a big draw in cities with good rowing water, whether lake, river, or bay. By the 1860s, several transatlantic telegraph lines began to change things including the rowing world. Wagering on rowing races in the States, Canada, and England — and soon Australia after the first cables were laid across the Pacific - amounted to hundreds of thousands of dollars when top rowers were competing. Holders of the title never held it for long — except for Canadian Ned Hanlan. Well into the twentieth century, the four Anglophile countries' competitive rowing had large followings. Once the telegraph made betting a simple matter, top prizes could reach \$5,000.

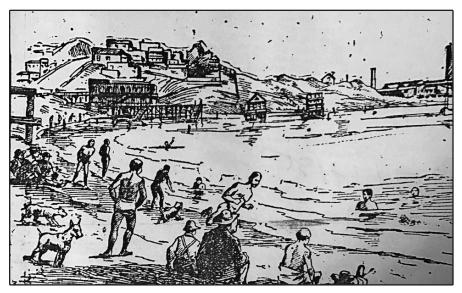
As most significant races were held on lakes or rivers, the site and the weather conditions made any standardization of a course and record times impossible. Also, tipsy boat captains, trying to get the best possible view for their paying customers, more than once cut across a course while a race was under way, even swamping the competing boats. Thousands of pounds and dollars changed hands before a winner was declared.

Successful rowers could make good money in a more legal fashion. Ned Harlan, "The Boy in Blue," who started rowing at the age of four near his home in Toronto, won all but a half dozen of his more than 100 races between 1873 and 1884. Thousands packed special trains that ran alongside a river course selling food and drink, and filled yachts and cabin cruisers when the competition was on a lake. Race promoters, took percentages of train and boat receipts, as did the race organizers. There were also "sports," or bookies, who worked the crowds, spreading rumors about the rowers' health, and otherwise manipulating volatile odds.

On Thanksgiving Day, 1883, a crowd of some 2,000 showed up in Vallejo, across the Bay from San Francisco, for a friendly contest between Leander Stevenson, one of the better local rowers, and Ned Harlan. Such contests were chronically late in starting or were even canceled, but the delays this day pushed the crowd's holiday hunger to unacceptable heights. Into Vallejo they went, hunting for bear.

"They swarmed into the hotels, flooded the restaurants, thronged the cook shops and in a twinkling devoured every eatable...In vain, the frightened landlords and restauranteurs closed their doors. The hungry army stormed the kitchens from the rear... drove the cooks from the stoves, made their own coffee, cooked their own meals, paid their own price, and only left when there was not a loaf of bread, a scrap of bacon or an egg in Vallejo." *SF Chronicle*

The Dolphin Club played only a small part in this late 19th Century sporting world. Its close victory in a four-man



Black Point Beach (now Aquatic Park) has long attracted scantily dressed swimmers and sun worshippers.

barge race in July 1882 over the South End and the Golden Gate would be one of the Club's last for more than a decade. Nonetheless, Dolphins remained a leader among the Bay clubs in keeping the rowing world somewhat orderly and in giving parties. In April 1883, the Club joined with four other San Francisco Bay clubs the Golden Gate, Ariel, South End, and Pioneer — and the Amity Boat Club of Stockton to form the Pacific Coast Rowing Association (PCRA), open to all amateur rowing clubs.

Along with the rest of the rowing world, the Dolphins debated for several years whether paper shells were better than wooden ones and whether a fixed or sliding seat was preferable. The former took a while to settle, but then in July 1883 Hanlan showed up with a new wooden boat that weighed only 26 pounds. Once the mechanics for a smooth slide had been mastered there were no more fixed seats nor blistered butts.

Other kinds of irritation, however, were not so easily resolved. According to the "Sporting" page of the Jan 17, 1885, San Francisco Newsletter, six or seven unruly Dolphins were expelled from the Club in the Fall of 1881 and started the Triton Club, including Val Kehrlein, Jr., the Dolphins' first President. By November, having attracted more of their Dolphin Club friends and other vigorous young men, they had constructed a fine boathouse, which, in November 1882, fell prey to the fire that bedeviled windy San Francisco's many wooden buildings. It was quickly rebuilt, but the seven Tritons unceremoniously expelled from the Dolphin Club, having never abandoned their "rule or ruin" policy: did not have much time to enjoy it, they were also expelled from the Tritons.

Meanwhile, in July 1883, the South End Club, which had lost everything in a race with the Amity Rowing Club from Stockton a few years earlier, was revived. The two clubs had raced in the Bay, which the South End boys thought gave them a tremendous advantage over a river-rowing club. The Stockton Club put up \$500; the South End, not having that kind of cash, staked their clubhouse and all their boats. But their champion rower broke his oar and they lost, putting their club out of business. However, the members stayed loyal and later took over the clubhouse and boats of the defunct California Theater Club.

The Dolphin Club was not among the top rowing clubs during the early 1880s, but it remained active in important ways for the community, organizing rowers into governing associations and planning multi-club regattas. Theodore van Guelpen, who was out there almost every Sunday in his shell, was one of the best single rowers in the Bay, if not the world. (The rest of the week he was treasurer of the White Cigar Wrappers Union.)

The Dolphins' reputation for throwing great parties drew great crowds to its festive events, whether anniversary parties at Saratoga Hall in the City or to annual picnics in what is now Samuel P. Taylor State Park to the north. Once the Dolphin contingent boarded the train in Sausalito for the short trip north to the redwoods, local louts looking for trouble found it, sometimes on the train but also in free-for-alls at the picnic site, which sometimes attracted the authorities. Maybe that's why newspaper accounts of trouble-free parties frequently mention that when great care was taken in the issuance of invitations to "select invitees," the party was accordingly pleasant and successful.

The Club's fourth annual entertainment and ball attracted a large gathering at Saratoga Hall. A Grand March of all attendees led by the evening's emcee was followed by literary readings and vocal solos, followed by orchestral entertainment and a zither quintet. Dancing until the early hours followed. When social events were held in private homes, sumptuous feasts often preceded the dancing.

In addition to anniversary balls, social groups of every description held parties for their "select invitees." There were apron and necktie parties in which, on entering the party site, each male guest was presented with a necktie and each lady with an apron made of the same material.

Domino parties were also popular, but no board and tiles were involved. The "dominos" at these events were diaphanous black tunic-like garments that covered a woman's shoulders and upper torso and first appeared during the Venetian Carnivales of the 16th century. At the San Francisco festivities they were worn over a woman's regular dress to add alluring mystery. And the Minerva Club, named for the Roman Goddess of arts and crafts, was exclusively single women. All the clubs held boisterous events called "Hi-jinks," where: members and guests told humorous stories; performed both vocal and instrumental solos on piano, violin and zither; and even threw in some boxing and catch-as-catch-can wrestling. The evening might end with Little Vivian and Her Specialties. Married Dolphin rowers, called "benedicts," might challenge the Dolphin single men, "bachelors," to a barge race, and almost always lose a variety of conjugal obligations having limited their training time on the water.

On Sunday afternoons, the local newspapers all covered aquatic and other demonstrations of physical prowess. "How the day was kept by those of mind aquatic" was described in columns entitled "Oar and Shell," "Wharf and Wave," and "Among the Oarsmen," though the last, by the 1880s, was a misnomer, as women rapidly became not only passengers but rowers in their own right. In fact, the papers noted that two young women on a recreational row showed admirable skill and cool heads in rescuing a capsized (male) rower. Several Dolphins rescued an actress from drowning off Black Point Beach. They received \$1 from the city for their efforts. If she had died, the city morgue would have given them \$10.

Diseases, many now curable, cut lives dramatically short. Bright's disease, an acute kidney malady often accompanied by heart disease; and dropsy, or acute edema, often in tandem with underlying heart disease, afflicted many. Two original Dolphins never reached 25: in 1884 Peter Orth and Adolph Wieland, one of seven brothers, both died, aged 24. At least and at last the fetid dump that had long fouled North Beach was moved to the end of 7th street.

And with the Bay's waters a constant attraction, hypothermia, drownings — either accidental or as suicides who made use of the strong outgoing tides — were common, as were heroic efforts to save struggling swimmers. Both the Newport Baths in Alameda

and Harbor View near what is now the Palace of Fine Arts and the Marina Green had floating lines marking the limits of safe swimming areas, but they were easily crossed, a temptation for overconfident or inexperienced swimmers. "Professor" W.H. Daily was said to have rescued 27 men in various watery venues, and Joseph P. Fleming, a champion west coast swimmer, saved seven in five years at the Newport Baths, which eventually hired the Englishman, Charles Weightman, known as the "man-fish," as a Professor of Natatorial Sciences. Some of the "rescued" were the rescuers' friends who pretended to be drowning so their hero could garner free newspaper publicity for his upcoming swimming meet.

Strong tides and often unpredictable currents made the Bay a tempting solution to someone's personal or financial problems. The country's financial health from the end of the Civil War until the 1890s was basically one extended recession with several more acute depressions along the way. Clothing of those beset by misfortune was often found in a Black Point Beach bathhouse with a note tucked in a pocket telling the finder that the wearer had taken advantage of a strong ebb. Periodically, police and SF Health Department boats scoured the Bay for bodies. According to contemporary newspapers, during the long recession of the eighties they might find a dozen or more, some souls having taken suicidal leaps from ferry boats, and others who had fallen from fishing boats or simply overestimated their swimming prowess.

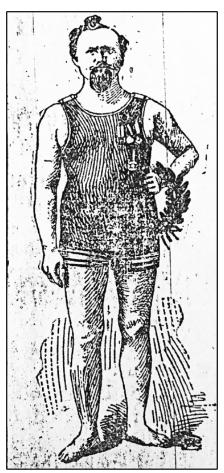
With the water close at hand, it is no wonder that a number of advocates of a healthy lifestyle urged people to swim to maintain their vigor. Unique in these efforts was Dr. Frederick W. Riehl, a Prussian field surgeon during the Franco-Prussian War, who strongly believed in swimming as the perfect way to maintain good health. In a lecture noted in the *San Francisco Chronicle*, Riehl expressed his belief that swimming was conducive to health, morally and mentally as well as physically. He observed that less brutality and more nobility existed among good swimmers than among experts of any other kind." Plus, he argued, it strengthens the swimmer against lung and heart disease.

He demonstrated the benefits of such a lifetime habit by swimming from Black Point to Alcatraz in an hour and 55 minutes, on October 13, 1881, piloted by a four-man Dolphin barge. Then, less than a year later, on August 7, 1882, again accompanied by four Dolphins in a barge (Al Rothkopf, Frederick Katz, William J. Wisler, Edward Kalben}, and two others in a double (Edward Gerlach, and Ed Peterson), he swam from Black Point to the old Oakland wharf in three hours and 15 minutes. That swim was dedicated to helping people survive. In case of a shipwreck, or when poor judgement landed them fully dressed in the water. He started his August swim to Oakland by jumping into the water fully dressed, including wearing an overcoat. Within five minutes, he was down to his bathing suit. The doctor then "swung his left arm high above his head and giving vent to a prolonged yell that would have made an Egyptian blush, struck out for Alcatraz," the first stop on his way to Oakland.

The choice of Dolphins as pilots owed much to the fact that from the start Dolphins apparently paid keen attention to the Bay's tides and currents and could use them to their advantage in the long swims or rows. In what might be considered a celebratory swim of his many accomplishments, Dr. Riehl swam from the shore just below the famous Cliff House to Seal Rocks, where, scrambling to an appropriate high point, he stood up and waved American and German flags, alarming, no doubt, the resident sea lions. Health and vigor clearly know no national boundaries.

Baseball was just getting started and basketball was over a decade away, so the way was open for athletic individuals to make reputations and a few bucks in local, national, or international exhibitions of skill and derring-do. It did not matter how dangerous the event was, nor how foolhardy or farcical, so long as it got notice in the papers and put some money in the performers' pockets. Many of these daredevils often knew each other. Robert Emmet Odlum, for example, was a champion swimmer and swim teacher in New York, who, on May 19, 1885, became the first person to jump into the East River from the Brooklyn Bridge. He was a friend of Paul Boynton, inventor of a rubber suit that allowed him to float and paddle down the Sacramento River almost 200 miles from Red Bluff to San Francisco Bay in 1886. After eleven days on the river, the Chronicle reported: "...his face flamed like a locomotive headlight." Pouches filled with warm water were attached to the inside of the suit, providing both a measure of warmth as well as buoyancy. For steering and to assist him as he floated along on his river journeys, he carried a small paddle, using it to turn in at towns where people provided him with food and lodging. Most of the time. When he later ventured down the Ohio River, its banks and waters often covered with weedy growth, he spooked locals in the towns where he stopped. They took him, grass draped and dripping with mud, as a river monster and almost shot him. Approaching the gatherings of townspeople on the Sacramento River, and also in Europe, Boynton's arrival was more celebratory. To mark those welcoming occasions he stood up in his suit and smoked a cigar. Ultimately, Boynton floated down most of Europe's major rivers. He entered the Seine at its headwaters near Dijon and floated 163 miles to Paris, where he was greeted by more than 100,000 people. Boynton imitators, however, did not always master this aquatic skills. A.G. Clampett, a champion swimmer from Ireland, almost drowned off the Cliff House demonstrating the "effectiveness" of a Boynton suit.

Captain Matthew Webb, in 1871, became the first person to swim unaided across the English Channel from Dover to Calais, taking nearly 22 hours. It made him world famous,



Dr Frederick W. Riehl, a retired Prussian field surgeon, believed that swimming was the best way to maintain good health — physically, mentally and morally.

allowing him to make a living as a swimmer. The danger lay in having to outdo the last hair-raising feat of their competitors. The stuntmen needed headlines. Webb attempted to swim the Whirlpool Rapids at the foot of Niagara Falls. He was told by his fellow exhibitionists that it was not possible, but Professor Blatt in Saint Louis had just set a world record by holding his breath for four minutes underwater, and the Captain felt confident he could do the same. In the summer of 1883, he died trying.

Nonetheless, two top international rowers, Fred Plaisted and Wallace Ross, had a special boat built that was designed to take them through those treacherous waters. The attitude of such daredevils was summed up in their response to those who felt they were pushing their luck: "It will be money (\$2,500 each) in our pockets if it is a success, and if we fail our wives and children will get the benefit."

The aquatic world was crowded in the latter years of the nineteenth century with both athletes and imaginative showmen, often one and the same. Ned Hanlan, star of the rowing world, was a champion sculler for many years, and a visitor several times to Black Point Cove where he gave instruction to Dolphins and others. Hanlan's visits often were stopovers on trips to Australia, where he went to meet that country's emerging challengers on the Parramatta River near Sydney. On one Sunday morning of such a stopover, before he shared his rowing wisdom with Dolphins and other local "students," he rowed around Black Point to where Marina Green now sits to reserve a field for a baseball game: Hanlan and his top-flight rowing friends against a team of locals. Hanlan's Toronto baseball coach in fact pitched in to help him buy his first top-flight shell. The charter Dolphin, Valentine Kehrlein, Jr., was vice-president of the first San Francisco baseball club.

Wrestling and boxing both drew significant crowds, featuring skilled combatants, but were almost always brutal encounters. Boxing matches often went on for many rounds, sometimes in the pouring rain, ending only when neither exhausted boxer could raise his arms or when the police stopped it. A round ended when one of the combatants was knocked to the mat. The recovery time between rounds varied. In 1883 and '84 John L. Sullivan of Boston, the last bareknuckled heavyweight champion and the first gloved champion, toured the country, taking on opponents in 186 cities. If you could go four rounds with him, the publicity said, you could win some real money. To please the crowd and make money for Sullivan and his manager, the champ was supposed to dance around a bit with the local boys, but more often than not he laid them out in seconds. Sullivan apparently couldn't help himself, in spite of his manager's frustration. Hanlan, as one might assume, turned down the much larger man's offer

altogether, instead challenging him to a 100-yard foot race with a side bet of \$1,000. No paper reported whether Sullivan accepted the challenge.

Dolphins followed the pugilistic theatrics like everyone else, boxing having become the most popular sport in the country, but the Club had a stronger attachment to wrestling, especially in the late 80s and 90s, when the coach of the Olympic Club's wrestlers, George Mehling (also known as "Young Bibby") became a Dolphin, as did wrestler Edward Kolb, another top Olympic Club wrestler

In 1882, Valentine Kehrlein Sr., one of the Club's two founders, died, apparently in a peaceful way. He left four sons and three daughters and his second wife, Mathilde, who died a year later.

Then, on January 3, 1885, John Wieland, the other founder, also died, but tragically, in a horrific fire that also took the life of his daughter, Bertha, and seriously burned two of his sons. Coal oil lamps were commonly used for home lighting in the mid-19th century, and Wieland's home was no exception. It was located at 236 2nd Street, near his Philadelphia Brewing Company, at that time a well-to-do neighborhood. On the evening of January 3rd the brewery bell started ringing and screams of alarm came from the Wieland home: son Albert had gone to the cellar to fill a lamp from the kerosene reservoir, using a candle to guide him. Apparently, he held the candle too close to the tap and fumes from the oil caught fire. His clothes afire, he raced upstairs and his father, trying to help him, also caught fire. Then the flames spread to Bertha, trying to aid her father and brother. Frantic, the young woman ran to the front door to call for help while enveloped in flames. As the *Examiner* described it:

"A young man who was passing, with great presence of mind, rushed to the girl and, quickly doffing his overcoat, flung it about her and extinguished the fire. As the young man seized her, she gasped: 'My father, my father, burning downstairs,' then fainted."

"In the kitchen of the residence, John Wieland was rushing wildly around, moaning pitifully. The entire lower portion of his body was afire. The watchman of the brewery, Anton Spiegler, endeavored to seize him, and Hermann Wieland, aged 32, who was following his father and using his coat in an attempt to prevent the flames from reaching his face. Officer Videau threw off his coat and tried to extinguish the blazing clothing. A moment later, "Spiegler secured a wet sack and wrapped it about the lower portion of his employer's frame, extinguishing the flames but not before the beard of Mr. Wieland was burned entirely off and his face badly scorched." His face, hands and arms were also badly burned.

Neither John nor Bertha survived their injuries; sons Albert and Herman had weeks of recuperation.

The tragedy that befell John Wieland and his family affected a large portion of the City. John had been generous with his wealth, giving to organizations that helped other people of all classes. Thousands of mourners attended the funeral at the family residence and the service in St. Paul's Evangelical Lutheran Church. Pastor Rev. J.M. Buehler preached the sermon, saying: "He was a man whose loss was a public one...a man whose charity won friends on every side...He was beloved by rich and poor, high and low."

The funeral procession drew several thousand sorrowful people: "Immediately behind the hearse came the horse and buggy that the deceased used in his daily business. Following this were members of the Dolphin Club..." In the Masonic Cemetery, members of the city's German clubs sang a farewell song, Father Julius Freundeling, pastor of the First German Church, said a few words, and the Schuetzen Verein Shooting Club fired a parting salute. Then the remains were left to their long slumber." (*SF News Call 1/6/1883*)

Return of the Sacramento Row: Two Post-pandemic Outings

Nanda Palmieri, Wooden Boat Commissioner

The Dolphin Club has a long tradition of multi-day Bay and Delta rows. While at least one very early row was a race, most rows seem to have been undertaken for the sheer pleasure of being out on the water for an extended period of time, alone or with companions. Sacramento wasn't and still isn't the only destination. Over the years, rows to Petaluma, Napa, and Stockton, for instance, have also taken place regularly. However, the row to Sacramento has become an iconic one for intrepid Dolphin rowers, who for generations have made the journey in our historic wooden boats.

According to a short article in the September 1955 Dolphin Log, Les Hendry had rowed to Stockton back in 1927 and 1928. No details are given about the 1927 row, but the article records that the 1928 row was a race in doubles undertaken by the Dolphin Club, South End Rowing Club, Ariel Club, and Alameda Boat Club. The article goes on to say that many years later, on August 31, 1955, Hendry decided to once again undertake a long row, this time a 105 mile row to Sacramento in a Dolphin single, the Baggiani, to see the State Fair. In 1956, the Hughes, one of the club's three Dolphin doubles, was rowed to Sacramento by Les Hendry, Ed De Cossio Sr., and Joe Danielli. The tradition of the Sacramento rows continued for many years. Les Hendry and Ed De Cossio Sr. participated in nearly all of the rows of this era, sometimes in doubles with other rowers, and other years in singles. Ed's sons Ed Jr. and George also joined in some rows, beginning when they were young teenagers. Sacramento rows occurred annually through 1975, and then stopped for many years.

In 1992, the Sacramento row was restarted with a July outing in the Hughes by Jon Bielinski, Ed De Cossio, Jr., and Brian Huse. This inaugural row started a new era



John Thorpe steers the whitehall out of Aquatic Cove at the start of the club's annual expedition to Sacramento.

of annual Sacramento rows. Most rows continued to be undertaken in doubles, with a few rows in singles over the years, notably by Renee De Cossio (the granddaughter of Ed De Cossio, Sr.), Reuben Hechanova, and Jon Bielinski. In 2019, Eric Hansen and Jon Bielinski rowed and sailed the Halcyon, a wooden Whitehall with an optional sail, to Sacramento. Like Ed De Cossio, Sr. and Les Hendry before him, Jon participated in nearly every outing to Sacramento since 1992, a total of twenty-four by 2019.

In March 2020 much of the world came to a halt. Certainly, normal Dolphin Club activities did. Rowing at the club stopped completely for four months. Access to boats was restored bit by bit through negotiations with the City, and only by following a slew of health safety protocols. It wasn't until nearly a year later that Dolphins could once again row outside of three allotted mornings each week. No row to Sacramento occurred in 2020 or 2021. Then, in early 2022, a five-day row to Sacramento was planned.

March 2–6, 2022 Sacramento Row

Boats: Hughes and Cronin

Course: 111 nautical miles (128 mi), 45.5 hours, average speed 2.7 knots

Rowers: Jon Bielinski, Eric Hansen, Julia Hechanova, Jim MacDonald, Nanda Palmieri, John Thorpe. This is Jon's twenty-fifth Sacramento row, certainly quite a milestone. He and Eric, who has done many himself, bring important experience. Julia has done one other, and this is the first time around for Jim, John and me.



Rowers are, left to right, Nanda Palmieri, Julia Hechanova, Jim MacDonald, Jon Bielinski and John Thorpe around the Cronin before the start of the 2022 Sacramento Row. (Photo: Eric Hansen)

Day 1

The rowers are greeted early in the morning by unexpected thick fog. We wait for it to fully lift, but it doesn't. So, armed with horns, compasses and electronic navigation on John's phone, and both checking AIS and communicating with Vessel Traffic, we launch at 07:30. The boats and their crews make their way across the Bay past Alcatraz and Angel Island and are relieved when visibility finally improves along the shore by Tiburon. We arrive at China Camp for beer, BBQ, and birthday wishes to Eric.

Day 2

We launch in the early morning hours, well before dawn to avoid being trapped by the low tide. Getting up so early is a small price for the calm and beauty of the pre-dawn row and the glorious sunrise that eventually greets us. Yesterday we had fog, today, rain — but thankfully only near the end as we near our stopping point at the entrance to the Sacramento River.

Day 3

Today is windy, with whitecaps on the Sacramento and San Joaquin Rivers and a huge tanker on the San Joaquin on its way to Stockton.

Day 4

We row on winding Georgiana Slough and then back to the Sacramento River. The levees obscure the world beyond the water, our boats, and fellow rowers. For these days it seems that is all that exists.

Day 5

Another early start to a long day of rowing. It's cold, just 32 degrees, and the water is like a dark mirror. Tiny fog vortexes hover over the surface like ghostly plants. Unexpectedly, each day seems to get easier, rather than harder, and, on this, our last day, I feel like I could row forever. A stop in Freeport for lunch and then we arrive in Sacramento.

September 27–October 1, 2023 Sacramento Row

Boats: Hughes and Cronin

Course: 85 nm (98 mi), 30.4 hours, average speed 3.0 knots

Rowers: Jon Bielinski, Julia Hechanova, Kal Kini-Davis, Nanda Palmieri, Pete Strietmann, Callen Taylor, John Thorpe. First Sacramento row for Pete, and also Callen and Kal, who switch off part-way through, each rowing about half the distance.

Day 1

We leave the Club at first light, with perfect conditions. A shark leaps from the water and twists in the air right by the CRONIN off Angel Island! We fly on the flood to our first stop in San Pablo Bay in record time and have most of the first day left to relax.

Day 2

An early morning departure means a nearly full moon set followed by a sunrise. The lack of traffic on San Pablo Bay except for the Vallejo ferry is a treat for rowers used to busy San Francisco Bay. A strong flood again today, so we arrive at our destination sooner than expected. We were lucky to be invited to stay at Lou Marcelli's family house in the Delta.

Day 3

The morning begins with windy conditions and some whitecaps on the Sacramento River. The banks are full of windmills and one can see why. Conditions calm down as the day proceeds and as we enter Steamboat Slough.

Day 4

We continue on Steamboat Slough and then return to the Sacramento River under darkening skies and eventually some light rain. Dinner out at Freeport is a treat.

Day 5

We leave at first light, and we are the only movement on the placid water. Not long after, we hear a loud splash, but see no one on the shore or in the water. Then another and another. Finally, we spot a small head and a tail sticking out of the water - river otters! It's a short row to Sacramento, then food and rest and preparing the boats for trailering back to the club where they will be thoroughly cleaned before their return to the boat house to be used in future adventures.

Dolphin Club Swim Results — Fall 2023

First Name

Marlin

Dean

Kent

Nihan

Julia

Cynthia

Denise

Hal

Kathleen

Lisa

Sheila

George

Cory

Andy

Wafaa

Eric

Cort

Ken

Rosa

Chris

Kati

Eliana

Last Name

Gilbert

Badessa

Myers

Tiryaki

Peterson

Barnard

Sauerteig

Offen

Duffy

Domitrovich

Gleeson

Carvalho

Sturtevant

Stone

Sabil

Reed

Eidem

Coren

Zapatero

Place

23 24

25

26

27

28

29

30

31

32

33

34

35

36

37

38

39

40

41

42

43

44

Alcatraz Swim — August 26, 2023

A crowded day in the waters between Alcatraz and the cove, with at least one other group running an Alcatraz swim, led to an earlier start. The tide was still flooding, as a result, and made the swim more challenging than usual. Several swimmers had to be repositioned, and the swims took longer than expected. Yet, our swimmers kept on stroking and made it to a terrific banquet after the swim.

Place	First Name	Last Name	Swim Time	LCP
1	Charlie	Putnam	00:34:05	10
2	Ben	Chun	00:35:51	9
3	Adam	Eilath	00:37:53	8
4	Thorsten	Anderson	00:41:51	7
5	Michael	Tschantz-Hahn	00:43:46	6
6	Amanda	Ernzer	00:44:13	5
7	Steve	Carlson	00:44:24	4
8	Fasica	Alemayehu	00:48:38	3
9	Joanna	Lawson	00:51:48	2
10	Ryan	Hedum	00:54:13	1
11	Tom	Bernard	00:59:26	
12	Katie	White	00:59:38	
13	David	O'Reilly	00:59:54	
14	Margaret	Keenan	01:04:16	
15	Beth	Stein	01:04:17	
16	Erin	Gasser	01:04:55	
17	Robert	Blum	01:05:43	
18	Morgan	Kulla	01:06:06	
19	Lindzy	Bivings	01:07:10	
20	Mickey	Lavelle	01:08:23	
21	Kerry	LaBelle	01:08:40	
22	Marie	Sayles	01:08:46	

Pilots

Peter Bartu, Nathaniel Berger, Jon Bielinski, John Blackman, Barry Christian, Thomas Davis, Anthony DuComb, Tony Foe, Jim Frew, Lewis Haidt, Terry Horn, George Howell, Andrew Hsieh, Diane Jackson, Brian Kiernan, Tim Kreutzen, Maeve Lavelle, Sean Lavelle, Charmaine Leonard, Bobby Lu, Tor Lundgren, Dominic Lusinchi, Grant Mays, Tom McCall, Tim McElligott, Brendan Monaghan, George Morris, Jon Nakamura, Donald Osborne, Nanda Palmieri, Natazha Raine O'Connor, Derrick Rebello, Holly Reed, John Robiola, William Schroeder, Kathleen Sheridan, Scott Stark, John Thorpe, Ramsey Williams, Noah Zovickian

Helpers

Allison Arnold, Michael Barber, Tamar Besson, Julia Brashares, Mary Cantini-Norkin, George Carvalho, Laura Croome, Peter Cullinan, Ryan Dalton, Nancy Friedman. Susan Garfield, Katrina Garry, John Henderson, Heather Kremer, Aniko Kurczinak, Merryl Levy, Briana McCarthy, Jacqueline Merovich, Michaelynn Meyers, Lorna Newlin, Emily Igo 01:24:29 Hopman 01:27:52 Agudelo 01:31:34 Nogue, Jamie Robinson, Polly Rose, Denise Sauerteig, Marie Sayles, Eric Shupert, Lindsay Stripling, Donald Thornburg, David Ufferfilge,

LCP

Swim Time

01:10:40

01:11:05

01:11:38

01:12:16

01:12:47

01:13:26

01:13:36

01:13:39

01:14:08

01:14:18

01:14:39

01:14:48

01:14:49

01:16:52

01:17:02

01:18:07

01:19:10

01:22:06

01:23:33

Diane Walton, Daniel Wolfe, Janice Wood Test Swim

Lauren Au, Peter Cullinan, Holly Reed, Gina Rus, Donald Thornburg, Noah Zovickian, Nathaniel Berger, Brian Kiernan, Maeve Lavelle, Bobby Lu, Dominic Lusinchi, Tom McCall, Tim McElligott, Lawrence Remstedt, Wafaa Sabil, Lindsay Stripling, Rebecca Tilley, Nihan Tiryaki, David Zovickian

Joe Bruno Golden Gate Swim — September 23, 2023

Sixty-one (61) swimmers completed the annual Golden Gate swim named for Joe Bruno, who swam the Golden Gate so many times.

		<u>^</u>							-	
Place	First Name	Last Name	Swim Time	LCP	Р	lace	First Name	Last Name	Swim Time	LCP
1	Joby	Bernstein	00:15:20	10	·	27	Kathleen	Sheridan	00:25:15	
2	Allison	Arnold	00:15:31	9		28	Erin	Gasser	00:25:21	
3	Ben	Chun	00:16:29	8		29	Robert	Blum	00:25:39	
4	Charlie	Putnam	00:16:44	7		30	Julia	Peterson	00:25:58	
5	Mackenzie	Kirk	00:17:12	6		31	Dean	Badessa	00:26:08	
6	Adam	Eilath	00:17:35	5		32	Daniel	Wolfe	00:26:15	
7	Suzanne	Heim	00:17:36	4		33	Kerry	LaBelle	00:26:23	
8	Michael	Tschantz-Hahn	00:19:26	3		34	Lewis	Haidt	00:26:29	
9	Jeffrey	Citron	00:19:32	2		35	Paul	Wolf	00:26:35	
10	Tor	Lundgren	00:19:39	1		36	Marie	Sayles	00:26:52	
11	Benjamin	Clark	00:19:56			37	Nancy	Hornor	00:27:17	
12	Steve	Carlson	00:21:34			38	Tim	Kreutzen	00:27:20	
13	Donald	Thornburg	00:21:59			39	Wafaa	Sabil	00:27:26	
14	Beth	Stein	00:22:07			40	Holly	Reed	00:27:40	
15	Heather	Kremer	00:22:27			41	Margaret	Keenan	00:28:05	
16	Sean	Lavelle	00:22:30			42	Rosa	Zapatero	00:28:12	
17	Thomas	Reynolds	00:22:39			43	Ken	Coren	00:28:18	
18	Briana	McCarthy	00:22:51			44	Andy	Stone	00:28:45	
19	Morgan	Kulla	00:23:06			45	Peter	Neubauer	00:29:11	
20	Tom	Bernard	00:23:35			46	Kathleen	Duffy	00:29:19	
21	David	O'Reilly	00:23:53			47	John	Hornor	00:29:24	
22	Nihan	Tiryaki	00:24:05			48	Jamie	Robinson	00:29:40	
23	Lawrence	Remstedt	00:24:30			49	Eliana	Agudelo	00:29:42	
24	Jean	Allan	00:24:33			50	Keith	Nelson	00:29:52	
25	Sean	Badessa	00:24:37			51	Julia	Brashares	00:29:59	
26	Mickey	Lavelle	00:24:44			52	Lorna	Newlin	00:30:47	

Place	First Name	Last Name	Swim Time	LCP
53	Kent	Myers	00:30:51	
54	Phil	Gaal	00:30:55	
55	Sarah	Roberts	00:30:57	
56	Jim	Frew	00:31:03	
57	Kati	Hopman	00:31:05	

Pilots

Susan Allen, Marcus Auerbuch, Teddy Chivetta, Paul Chong, Barry Christian, Thomas Davis, Anthony DuComb, Andrew Dunbar, Stuart Gannes, Joey Gracey, Steve Hanson, Evan Hirsch, Terry Horn, Diane Jackson, Brian Kiernan, Alex Kroeger, Charmaine Leonard, Dominic Lusinchi, Maryann Murphy, Cyrus Namdar, Donald-Osborne, Nanda Palmieri, Natazha Raine O'Connor, John Robiola, Gina Rus, John Thorpe, Jonathan Vaknin, Otto Williams, Gabriella Wong, Madhuri Yechuri

Helpers

Eliana Agudelo, Laura Atkins, Tom Bernard, Tamar Besson, Julia Brashares, Diane Campbell, Janine Corcoran, Susan Garfield, Suzanne Heim, John Henderson, Kati Hopman, Nancy Hornor, John Hornor, Erika Kettleson, Jean Gleeson 00:31:49 Cantini-Norkin 00:32:41 Powning 00:33:55 Lamming, Merryl Levy, Peter Neubauer, Emily

Nogue, David O'Reilly, Lawrence Remstedt, Liam Ronan, Polly Rose,William Schroeder, Eric Shupert, Beth Stein, Janice Wood

Swim Time LCP

00:31:17

Test Swim

Last Name

Carvalho

First Name

George Sheila

Mary

Will

Diane Campbell, Janine Corcoran, Bianca Liederer, Bobby Lu, Hal Offen, Peter Bartu, Tim Dumm, Ryan Hedum, Dominic Lusinchi, Holly Reed

Crissy Field Swim — October 14, 2023

The last group swim of the 2023 DC swim season was Crissy Field, one of the longest of our group swims. A good day for a swim, and a pleasure to reach the cove and the party at the DC. At the finish, there was a three-way tie for first place among three of our swimmers, who set the world record for the North Channel as part of a relay this year! Fourth place: a fourth swimmer from the North Channel record breaking team! What a group of champion swimmers!

Place	First Name	Last Name	Swim Time	LCP
1	Allison	Arnold	00:44:09	10
1	Catherine	Breed	00:44:09	10
1	Felicia	Lee	00:44:09	10
4	Matt	Korman	00:44:35	7
5	Ben	Chun	00:45:18	6
6	Andrew	Wynn	00:45:52	5
7	Mackenzie	Kirk	00:46:35	4
8	Kalani	Leifer	00:47:39	3
9	Thorsten	Anderson	00:50:05	2
10	Tor	Lundgren	00:50:25	1
11	Stephen	Schatz	00:50:30	
12	Michael	Tschantz-Hahn	00:50:50	
13	Ken	Schwarz	00:51:20	
14	Steve	Carlson	00:52:29	
15	Benjamin	Clark	00:53:15	
16	Jeffrey	Citron	00:54:37	
17	Heather	Kremer	00:54:37	
18	Donald	Thornburg	00:56:44	
19	Sean	Lavelle	00:56:52	
20	Brendan	Cassidy	00:56:59	
21	Kristofer	Milonas	00:57:00	

Pilots

Eliana Agudelo, Marcus Auerbuch, Jon Bielinski, Teddy Chivetta, Carol Clark, Tim Dumm, Marlin Gilbert, Nancy Hornor, Andrew Hsieh, Carolyn Hui, Margaret Keenan, Brian Kiernan, Christopher Kocher, Tim Kreutzen, Maeve Lavelle, Bobby Lu, Dominic Lusinchi, Tom McCall, Tim McElligott, Celeste McMullin, James O'Shaughnessy, Nanda Palmieri, John Robiola, Eric Shackelford, Brendan Sheehan, Matt Stromberg, John Thorpe, Diane Walton, Lisa Weaver, Ramsey Williams, Sharon Wong Nord

Helpers

Joni Beemsterboer, Julia Brashares, Catherine Breed, Bill Brick, Diane Campbell, Karin Christenson, Janine Corcoran, Peter Cullinan, Dorian Dunne, David Green, Jeff Hanak, Ellen Hathaway, Kati Hopman, Alisha Kewalramani, Heather Kremer, Merryl Levy, Alix Marduel, Andrea McHenry, John Melcher, David O'Reilly, Claire Perry, Liam Ronan, Eric Shupert, Sona Sondh, Beth Stein, Donald Thornburg, Janice Wood

Test Swim

Peter Cullinan, Kathleen Duffy, Kathleen Sheridan, Sona Sondhi, Nathaniel Berger, Ben Chun, Deirdre Golani, Ryan Hedum, Margaret Keenan, Maeve Lavelle, Alice Ma, Tim McElligott, Holly Reed

Escape From Alcatraz Triathalon — October 22, 2023

Place	First Name	Last Name	EFAT # 2023	Swim Time	Bike Time	Run Time	Total Time	M/F	Age	Note
1	Joby	Bernstein	4	0:32:45	0:44:37	2:30:52	3:48:14	М	28	overall 1st place; 1st place M 20's; fastest bike + run; youngest M finisher
2	Catherine	Breed	2	0:30:02	0:45:28	2:35:42	3:51:12	F	30	1st place Female; 1st place F 30's; fastest swim
3	Katrina	Garry	1	0:46:09	0:54:23	2:31:56	4:12:28	F	27	1st place F 20's
4	Sydelle	Harrison	2	0:40:31	0:48:49	2:51:05	4:20:25	F	28	*
5	Felicia	Lee	1	0:32:54	0:52:21	2:58:00	4:23:15	F	31	
6	Peter	Badertscher	6	0:48:30	0:47:59	2:58:55	4:35:24	М	60	1st place M 60's
7	Nick	Stielau	2	0:51:17	0:48:43	2:59:45	4:39:45	М	39	1st place M 30's
8	Thea	Sutton	1	0:55:24	0:58:51	2:45:31	4:39:46	F	35	-
9	Ryan	Dalton	1	0:42:42	1:07:36	2:52:20	4:42:38	М	41	1st place M 40's
10	Daniel	Reid	6	0:47:32	1:00:51	2:57:27	4:45:50	М	51	1st place M 50's
11	Kate	Mapstone	3	0:50:07	1:13:53	2:43:36	4:47:36	F	32	-
12	John	Altenmueller	1	0:56:30	0:51:09	3:00:58	4:48:37	М	31	

Place	First Name	Last Name	EFAT # 2023	Swim Time	Bike Time	Run Time	Total Time	M/F	Age	Note
13	Thierry	Nguyen	3	1:01:54	0:57:06	2:56:42	4:55:42	М	51	
14	Andrew	Burrell	5	0:45:30	1:00:08	3:17:18	5:02:56	М	48	
15	Sean	Lavelle	3	0:49:04	0:59:21	3:21:35	5:10:00	М	37	
16	Zachary	Browne	1	0:56:13	1:00:02	3:15:25	5:11:40	М	33	
17	Mélanie	Poncet	1	0:45:42	0:51:36	3:37:59	5:15:17	F	24	youngest F finisher
18	John	Gower	1	0:59:00	1:02:30	3:13:55	5:15:25	М	34	, , ,
19	Jake	Beyer	1	0:53:23	0:53:59	3:31:08	5:18:30	М	35	
20	Adele	Gower	2	0:52:53	1:11:07	3:16:21	5:20:21	F	34	
21	Ramiro	Sanchez	2	1:01:11	1:25:19	2:54:14	5:20:44	М	36	
22	Adeline	Kikut	1	0:45:12	1:04:48	3:32:56	5:22:56	F	25	
23	Boris	Delepine	1	0:54:17	1:00:27	3:28:36	5:23:20	М	51	
24	Thomas	Brown	12	0:49:17	1:04:25	3:33:49	5:27:31	М	52	
25	John	Hill	6	0:43:04	0:55:54	3:57:34	5:36:32	М	60	
26	Sierra	Hess	2	0:54:43	1:06:23	3:37:29	5:38:35	F	35	
27	Robert	McMillan	1	0:52:36	1:09:04	3:36:55	5:38:35	М	54	
28	John	Gibbon	6	0:50:24	1:04:12	3:47:24	5:42:00	М	59	
29	Vanessa	Brown	1	0:40:15	1:08:10	3:57:51	5:46:16	F	39	
30	George	Morris	1	0:51:38	1:01:52	3:53:43	5:47:13	М	54	
31	Joanna	Lawson	1	0:52:05	1:08:30	3:48:25	5:49:00	F	30	
32	Richard	Haymes	10	0:55:23	1:06:52	3:50:05	5:52:20	М	58	
33	Alexander	Lentz	1	0:54:15	1:14:00	3:45:07	5:53:24	М	40	
34	Matt	Long	2	0:53:48	-0:53:48	5:35:50	5:35:50	М	37	
35	Jari	Salomaa	1	0:35:25	1:00:51	4:19:49	5:56:05	М	45	
36	Allan	Calder	17	0:52:02	0:58:53	4:06:59	5:57:54	М	54	
37	Tim	Doherty	1	0:54:57	1:06:53	3:56:15	5:58:05	М	48	
38	John	Ottersberg	8	0:41:31	0:59:23	4:22:35	6:03:29	М	61	
39	Jonathan	DePriest	1	1:07:11	1:25:49	3:40:11	6:13:11	М	54	
40	Tom	Davis	3	0:56:43	1:16:17	4:04:40	6:17:40	М	45	
41	DeWitt	Miller	1	0:51:37	1:16:16	4:10:21	6:18:14	М	44	
42	Matt	Leffers	4	1:05:49	1:16:10	3:57:31	6:19:30	М	69	oldest M finisher
43	Kathleen	Sheridan	2	0:58:25	1:11:45	4:10:55	6:21:05	F	41	1st place F 40's
44	Geoffrey	Butler	1	0:47:54	1:25:51	4:14:08	6:27:53	М	67	
45	Amy	Waldron	1	1:18:54	1:43:24	3:27:17	6:29:35	F	39	
46	Brooke	Mavis	1	0:50:02	1:18:06	4:25:12	6:33:20	F	34	
47	Cory	Sturtevant	2	1:18:42	1:16:18	4:07:00	6:42:00	М	42	
48	Evan	Munro	1	0:56:32	1:52:28	3:53:54	6:42:54	М	30	
49	Julia	Prescott	1	1:04:47	1:27:03	4:11:54	6:43:44	F	51	1st place F 50's
50	Derrick	Rebello	1	1:30:54	1:17:06	3:57:45	6:45:45	М	58	
51	Gina	Bianucci Rus	23	0:56:09	1:12:29	4:57:15	7:05:53	F	60	1st place F 60's
52	Sunny	Mckee	24	1:04:35	1:05:10	5:02:17	7:12:02	F	74	1st place F 70's; oldest F finisher
53	Rebecca	Tilley	11	1:06:27	1:24:23	4:41:12	7:12:02	F	62	J
54	Tom	Linthicum	24	1:05:03	1:22:42	4:45:00	7:12:45	М	65	
55	Jon	Nakamura	31	0:54:43	1:25:12	4:55:27	7:15:22	М	66	
56	Alex	Sigal	11	1:14:56	1:29:04	4:39:54	7:23:54	М	46	
57	Sean	McFadden	18	0:49:03	1:01:25	5:40:15	7:30:43	М	55	
58	Juan	Zinser Lopez	2	0:53:00	1:14:10	5:26:34	7:33:44	М	32	
59	Robin	Rose	1	0:54:43	1:33:02	5:14:35	7:42:20	F	63	
60	Simon	Dominguez	1	0:54:56	1:33:04	4:47:45	8:31:45	М	57	



We have your real estate needs covered from San Francisco to Sonoma/Napa and everywhere in between.



M: 415.710.5014 rick.avery@compass.com rickavery.com DRE #01704234

Real Estate in Cakland & Berkeley?

Want to show your art at the Dolphin Club?

COMPASS

Contact Laura Atkins (latkins05@gmail.com) or Morgan Kulla (northbeach3@yahoo.com) Form and information in Files on groups.io "ART" Folder.



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

PRST STD

U.S.POSTAGE PAID San Francisco, Ca

PERMIT NO. 1020

2024 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Event	Day	Date	Current/Tide (Gg)	Jump
New Year's Day		1/1		
Alcatraz (SERĆ)*	MON	1/1		
New Year's Day Cove	MON	1/1		
<i>Pier 41*</i>	SAT	1/20	11:18 3.6 kn E	9:30
Gas House Cove*	SAT	2/10	9:54 2.6 kn F	8:30
Valentine's Day	SUN	2/11		
Singles Regatta	3014			
Old Timers' Lunch	SUN	2/18		12:00
<i>Pier 39*</i>	SAT	3/16	8:48 3.3 kn E	8:00
End of Polar Bear	THU	3/21		23:00
Start of Walt Stack Challenge	FRI	3/22		5:00
Angel Island Overnight	SAT	4/20		
Coghlan Beach*	SAT	4/27	6:00 3.8 kn E	9:45
McCovey Cove Regatta	SAT	5/4		
Walt Schneebeli Over-60 Cove	SAT	5/11	6:18 4 kn E	9:00
End of Walt Stack Challenge	FRI	5/31		
Yacht Harbor*	SAT	6/8	5:24. 4.1 kn E	9:00
Rowers Festival	TBA	TBA		
Start of 100 Mile Swim	SAT	6/1		
Pride Swim*	SAT	6/22	4:06. 4.1 kn E	8:00
John Nogue Swim For Science - Pier 15*	SAT	6/26	10:42 2.4 kn E	9:30
Bay Bridge*	SAT	7/27	9:06. 2.5 kn E	7:30
Santa Cruz 1 Mile* & 2 Mile*	TBA	TBA		
Doc Howard Gas House Cove*	SAT	8/10	8:36. 2.1 kn E	13:00
Baykeeper Swim*	SAT	8/31	9:42. 2.9 kn F	7:00
Swim Across America	SAT	9/14		
DC/SE Interclub Tri*	SUN	9/15		8:30
Golden Gate	SAT	9/21	6:48. 2.8 kn E	9:15
China Beach**	SAT	9/28	8:36. 2.6 kn F	7:00
Escape from Alcatraz Tri (EFAT)	SAT	10/5	6:12 2.2 kn E	7:30
SUP Regatta	SAT	10/12		
Angel Island Regatta	SAT	10/19		
Alcatraz	SAT	10/26	7:06. 2.2 kn F	9:00
End of 100 Mile Swim	THU	10/31		
Veterans Day Swim	SAT	11/9		9:00
Pilot Appreciation Dinner	SAT	11/9		18:00
Thanksgiving Day Cove	THU	11/28		
New Year's Day Qualifier & Holiday Brunch	SAT	12/14		
Start of Polar Bear	SAT	12/21		

Swim Program Rules

- 1. Club scheduled swims are restricted to Club members, who are current on their dues and fees and in good standing.
- 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.
- 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.
- Swimmers must successfully complete at least two qualifying swims and help on at least three swims to qualify for Alcatraz and Golden Gate Swims.
- 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.)

- * Qualifying Swim. Need 2 qualifying swims + 3 helps to qualify for Golden Gate and/or Alcatraz.
- ** Requires special qualifier, details TBA

Alcatraz Island 1.4 miles

