

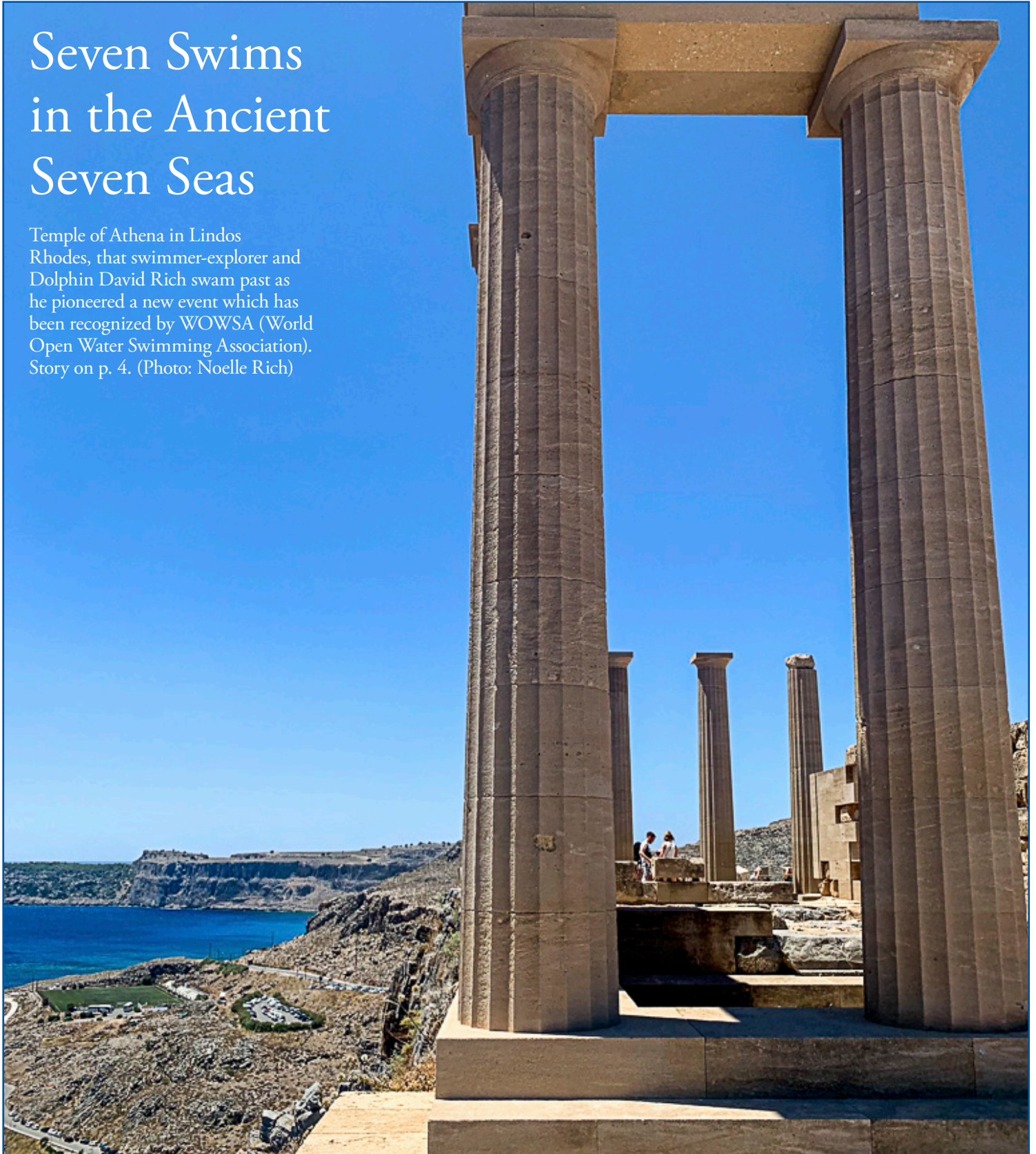
SPRING 2024

DOLPHIN LOG

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

Seven Swims in the Ancient Seven Seas

Temple of Athena in Lindos
Rhodes, that swimmer-explorer and
Dolphin David Rich swam past as
he pioneered a new event which has
been recognized by WOWSA (World
Open Water Swimming Association).
Story on p. 4. (Photo: Noelle Rich)



Dolphin Log

Keith Howell, *Editor*

Larry Scroggins, *Editor*

Michael Collett, *Art Director*

Janice Wood, *Proofreader*

Club Archivist

Morgan Kulla

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Artifact 313, visible on the sidewalk about 12 feet west from the SW corner of the Club, affirms the public's right to access the beach at Aquatic Park.

News from the Archives

Morgan Kulla

Have you ever noticed two bronze plaques outside the Club at the SW corner of the building? Artifact 313 is on the west wall at the SW corner, and 314 is set in the sidewalk about 12 feet to the west. These two artifacts are a window on events in the 1970s-1980s which so changed the Club: women members, public day use, the 1980 fire, and the major rebuilding/renovations that followed.

The story begins in 1974 with the first of a series of three lawsuits, which led to the admission of women to the Dolphin and South End clubs in late 1976, then to public day use in 1979. The first lawsuit pointed out that the—then, three—rowing clubs were on public land and could not discriminate. The defendant in first lawsuit was the San Francisco Rowing Club (SFRC/aka Ariel Club), not the Dolphin or South End clubs. This club was located at 504 Jefferson just west of the Dolphin Club. The Club was inactive and in poor repair; as a result of the first lawsuit, it shut down. In July 1979, the Dolphin Club signed a lease with the city for both premises. Minutes of board meetings in 1979 and 1980 reveal the many challenges of the “West Clubhouse” as it was called.

On November 21, 1980, a five-alarm fire destroyed the SFRC and seriously damaged the Dolphin Club. Later, a “transient” who had been sleeping under the SFRC was caught with arson. None of us there that

night will ever forget the sight of our dear Club on fire. After the fire, it was no longer a question of repairs and upgrades to meet code; the Club launched a major rebuilding, using most of the footprint of the old SFRC.

As with the current renovation, the Club needed many permits for the work, including one from the BCDC (SF Bay Conservation & Development Commission). The BCDC permit issued in May 1987 contained many requirements, including three signs: one sign for public day use (by the door); an “interpretive sign” with the historical and social significance of the Club (313), and a “public access” sign (314).

This latter sign is about the area just west of the club, the part of the SFRC footprint not used in the Dolphin Club expansion. This strip of pavement runs from the sidewalk down to the beach, between the Dolphin Club building/lease line and the GGNRA property. As stated on the plaque (314), our Club must to maintain that area for public access to Aquatic Park. (FYI, the current renovations will start as Amendment 7 of the same 1987 BCDC permit.)

The two brass plaques were installed in 1990. So, when you walk past them, or even step on Artifact 314, think of the story that these artifacts tell! For more information, read the full entries at <https://hub.catalogit.app/375> Thanks to Pete Bianucci, Meg Reilly, and Mimi Osborne for guiding me in the research for this “News.”

Commissioners:

Swimming

Swim Commissioners: Bobby Lu, Tim McElligott, Lindsay Stripling, Ben Chun **Check-in:** Eric Shupert **Clean-up:** Steve Carlson **Clothes Wrangling:** Janine Corcoran **Swim Trinkets:** Margaret Keenan **Timing:** Janice Wood, Emily Nogue, Tamar Besson **Galley Captain:** Alix Marduel **Swim Clinic Director:** Diane Campbell

Rowing

Wooden Fleet Commissioner: Nanda Palmieri **Lake Merced Captain:** Jim Storm, Rachael Perry **Kayak Training:** Nathaniel Berger, Terry Horn **Motorized Fleet Commissioner & Chief Pilot:** Nathaniel Berger **Non-Motorized piloting:** Terry Horn **Shell Training:** James Dilworth, Gabby Wong **Learn to Row:** Scott Stark, Dominic Lusinchi, **Grizzly Challenge:** Zack McCune **SUP Training:** Raine O'Connor, Gary Leong **Boat Night:** Jon Bielinski, Julia Hechanova

Other Athletics

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

Lockers

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

What is the Dolphin Foundation and What Does it Do?

Anthony W. DuComb, President

Dolphin Swimming and Boating Foundation

During the recently concluded campaign to raise \$2.75 million to renovate the Dolphin Boathouse, members frequently asked, “What is the difference between the Dolphin Club and the Dolphin Foundation?” “What does the Foundation do?” This article answers those questions.

The Dolphin Swimming and Boating Club was established in July 1877. According to its Bylaws, “The Club’s purpose is to provide facilities and host events for rowing and swimming and to engage in such other athletic activities as may be beneficial to the health and well-being of the members.” For almost a century and a half, the Club has remained open for daily use by members and later by the public, and has sponsored swimming, rowing, triathlon, handball, and other sporting events, along with a full social schedule of parties, dinners, and banquets. A diverse membership, now over 2,000, are the current custodians of the unique Dolphin Club culture.

However, as an IRS 501(c)(4) non-profit organization, the Dolphin Club may not accept tax-exempt charitable contributions. Thus, in 2018, Club leadership established the Dolphin Swimming and Boating Foundation, which was granted an IRS exemption as a 501(c)(3) organization. Its seven directors must include at least two members on the Dolphin Club Board, with Club members filling the remaining positions.

The Dolphin Foundation is the successor to the Dolphin Building Fund Committee, which was created in 1998 to develop and maintain an additional source of capital for major building-related projects. Initially, the San Francisco Park Trust managed the Building Fund, and later, San Francisco Baykeeper assumed that role. The agreement with Baykeeper

ended in 2019, and Building Fund assets were transferred to the Foundation.

The Foundation’s Bylaws read that it shall maintain city and county property at 502 Jefferson St., San Francisco, for public use and recreation, and provide classes and education on swimming, rowing, and boat building. The Foundation’s charitable mandate thus is broader than its predecessor, the Building Fund.

Over the past few years, the Foundation has issued grants to the Club for architectural plans, permit preparations, applications, and fees, with \$140,000 granted in 2023-24. The Foundation will continue to respond to requests for renovation grants from the \$2.75 Million raised.

The Foundation now also oversees the Dolphin Youth Swim Fund, whose purpose since 1993 has been to provide financial support for swimming lessons for disadvantaged San Francisco youth. The Youth Swim Fund has a committee that invites, reviews, and recommends grants for approval to the Foundation for swimming and related educational opportunities, such as boating and boat building.

Last year, the Foundation received a generous \$60,000 gift from the Estate of Ross Browne: \$20,000 for the renovation and \$40,000 as a matching grant for the Dolphin Youth Swim Fund. Over the next eight years, the Ross Browne grant will match \$5,000 per year raised by the Youth Swim Fund to create long-term and consistent swim programs including “Learn to Swim” at the SF Boys and Girls Club and the YMCA.

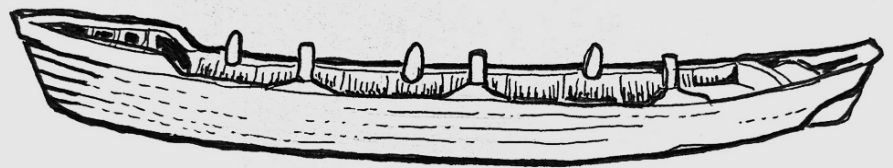
The Foundation also welcomes other requests and, in 2023, extended a grant to Spaulding Marine Center for a youth summer sea camp, with boat building and shipwright activities.

The Foundation anticipates the needs for all these projects and programs. Gifts and pledges may be designated for:

1. Building Renovation,
2. Dolphin Youth Swim Fund, and
3. Education/Community Fund.

Members are invited to join the almost 800 others who have already generously gifted and pledged.

Here is the link: <https://www.dolphinfoundationsf.org/donate.html>



Current 6-man barge Wieland, built in 1887 (Kent Myers)

Sid Hollister’s third installment of his Dolphin Club history will be published in the Summer 2024 Log

After the fiery death of Dolphin Club founder John Wieland and his daughter Bertha in 1885, the traumatized Club was licking its wounds. But a rebirth was on the way. A 6-man barge honoring Wieland was built—and is still in regular use today—and a new spacious clubhouse would soon be constructed at the foot of Van Ness Avenue. The Dolphin Club was on the map!

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, Davis Ja
Joe Illick Forum: Krist Jake, Stuart Gannes
Ukulele Club: Carolyn Hui

Communications

Comm Committee: Elaine Van Vleck
Facebook: James Dilworth **Groups.io:** Ward Bushee **Instagram:** Mackenzie Kirk, Anne Hamersky **Twitter/Mastodon:** Nancy Friedman **2000 Stories:** Julie Marcus
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: Anthony DuComb
DC Youth Swim Fund: Laura Zovickian
Government: Ken Coren, Diane Walton
Renovation Committee: John Hornor, Peter van der Sterre **Save Aquatic Park Pier:** Diane Walton
Swag: John Ingle, Brendan Sheehan, Maile Smith

Seven Swims in the Ancient Seven Seas



David with the crew of his Red Sea swim, Mohammed, left, and Ahmed, right (all photos: Noelle Rich)

April 2022— August 2023

**David Rich, Life Member,
Dolphin Club (33 years)**

In 2019, the World Open Water Swimming Association (WOWSA) nominated David Rich for the “Offering of the Year Award” to honor his marathon swimming concept: The Ancient Seven Seas. Various cultures at different times have referred to bodies of water along trade routes as The Seven Seas. The notion entered Western consciousness from Greek literature mostly centered around Mediterranean waters. David’s choice of seas and track record of marathon swims in these waters include:

10 km in the Arabian Sea: Ras Al Hamra, Oman, April 8, 2022 in 3 hours, 17 minutes

10 km in the Red Sea, Hurghada, Egypt, April 16, 2022 in 2 hours, 56 minutes

10 km in the Mediterranean

Sea—Majorca, Spain, June 2, 2022 in 3 hours, 2 minutes

11 km in the Adriatic Sea, Split, Croatia, May 26, 2023 in 2 hours, 43 minutes

10 km in the Black Sea, Kilyos, Turkey, June 1, 2023 in 2 hours, 42 minutes

10 km in the Aegean Sea, Rhodes, Greece, July 11, 2023 in 3 hours, 29 minutes

14 km in the North Sea, Deal, England, August 26, 2023 in 2 hours, 47 minutes

David provides the following description of his exploits:

Over the past 30 years, I’ve been interested in doing open water swims as much for the adventure and historical context of the swim locations as for the challenge of an endurance swim. I’ve been drawn to pioneering or exploring new swim challenges around the world before they are widely known.

For example, I swam across the Dardanelles Strait in Turkey that separates Europe from Asia in 1993 before cross-continental swims became international events. The same for the Strait of Gibraltar which connects Europe (Spain) and Africa (Morocco) which I swam in 2005.

It was at the Dolphin Club over 25 years ago that the idea of the Seven Seas swim came to me. People sailed the Seven Seas, why not swim them? It would be a series of adventures to many parts of the world to experience new cultures, people, and seas. I did research on the Seven Seas and found a rich history, but had to file it away. Living in San Francisco at the time made the distance and cost to reach these destinations, which are located in Europe and the Middle East, unrealistic at the time.

The inspiration for this project came from Lewis Pugh, the British environmental campaigner and ultra-marathon swimmer. In August 2014, he created

and completed the WOWSA-recognized project “Seven Swims In The Seven Seas For 1 Reason” to bring awareness to the need for ocean conservation and marine-protected areas around the world.

I met Lewis in 2019 and after a discussion about his Seven Seas swim, I proposed it as a new marathon swim challenge which the World Open Water Swimming Association recognized in 2019. I thought a swim challenge of more obtainable distances (10km marathons) as an alternative to the ultra-marathon distances (30-40km+) of the existing Oceans Seven campaign would appeal to a broader range of people.

With a move to London in 2020, I was within geographic reach of the seven seas and the opportunity to achieve my swimming goal. After the world came out of COVID, I realized it was now or never, so I jumped on the challenge starting in April 2022.

I faced three major hurdles throughout this 16-month journey.

While these swims were marathon swim distances of 10km and required training, logistics was the biggest obstacle I had to overcome! Traveling to 7 countries in the Middle East, Europe, and the UK over 5 separate trips in 16 months required a lot of planning across flights, hotels, and swim locations. I also needed to accommodate my work schedule as a marketing executive for a global technology company.

Second, this challenge took me to seas where there were no governing swimming organizations. A good example is the Channel Swimming Association, which provides a wide range of information and support for those who want to cross the English Channel. While Lewis shared some helpful insights, I was largely on my own to select a location in the sea for each swim: find a boat, captain, and crew; and chart a course based on currents and tides in each country. This was trial and error, and I optimized my planning and approach as this journey went along. I reached out to



Muscat, Oman on the Arabian Sea

swimmers for advice through online swimming forums and networks, which yielded some helpful support, but information was still limited since these were new solo swims.

The last challenge was communications. English was not the first language for most of these boat captains or crew, and they had never piloted a long-distance swimmer before. It took a little time to explain that I didn't want to rent their boat to fish, scuba dive, or to snorkel, but simply swim for over 3 hours alongside it. When they got the concept of the Seven Seas swims, the captains and crew were excited to support my goal. At times, it felt like a comedy as we attempted to speak in broken sentences and hand gestures while pointing at images of coastal maps on my phone to determine where to swim and the direction of the current. We didn't always get this right. What follows are my notes on some of these adventures.

Oman—the Arabian Sea, first of the seven swims

A British swimmer living in Oman,

who responded to my request for information through an online swim forum, suggested we start 2 miles offshore from Al Fahal Island, swim toward land, and then south along the coast. My Omani captain and Pakistani crew member understood those directions after pointing to the island on a map on my phone and then waving my arms south. Beyond that, they had little ability to aid me as a distance swimmer. I was glad the captain waited until after I finished the swim to tell me that Al Fahal Island where I started the 10k is also called Shark Island, for a reason.

My wife, who was my support on each swim, enjoyed discussing with the crew their daily lives as fishermen and boat pilots in Oman. In fact, this was the best part of these swims for Noelle as she struck up conversations with each crew to learn about local customs and life in each country. After the swim, the proud Omani captain motored us past his little coastal village to show us his rustic house by the shore where he and his wife and 8 kids lived.



David swims along the island of Rhodes past Lindos Temple

Egypt—the Red Sea

This swim was like a comedy on the Red Sea. Originally, I signed up for a 10km race in the Red Sea to give me a break from the logistics and planning. The night before the race, I learned it consisted of swimming laps in a small cove near the hotel. I thought there's no way I've come all this way to Egypt to not swim out over the famous coral reefs and sea life in the Red Sea. So, I scrambled with the help of the hotel manager to find a marina that could rent me a boat with a captain. The next morning, we went to the marina at 8AM ready to go, only to learn that things move at a different pace in Hurghada, Egypt. The first boat they offered me the night before had engine trouble and would not be available. The second boat they offered could accommodate 40 people and was far too big. The third boat was a small RIB-style boat that was just right, and finally, a few hours later, we were off.

The blue waters felt magical, and were incredibly clear with colorful coral reefs, and underwater caves and vistas. There was a variety of marine life and at one point a pod of dolphins escorted me for about 10 minutes. The water was quite warm at 78F.

Two hours into the swim, the engine of the third boat stopped working. A fourth boat was called to come out and fix the engine. At that point, the captain told me just to keep swimming and that they would catch up to me when the engine was fixed. With no estimate of when that would be, and no swim float for safety on the vast Red Sea, I chose the rational solution and treaded water nearby.

The best moment was floating next to the boat and fully appreciating that I was swimming in the Red Sea, the cradle of ancient civilization and religion. All the while, three men frantically worked to fix the engine. It also dawned on me that Ramadan, Easter, and Passover were being celebrated on that same day, just as they had for thousands of years in that part of the world.

Black Sea—Turkey

I put this swim off for a year due to the war in Ukraine. Though I was going to swim my 10k course about 200 miles south of the fighting, the conflict loomed in my mind. I dedicated that swim to the people of Ukraine.

This swim was an example of meeting

local people and swimmers along the way who shared the same passion for endurance swims in the sea. It was difficult to find a boat, captain, and location within an hour of Istanbul where we were staying. I was able to get an online introduction from a swimmer on the island of Mauritius who knew a swimmer in Istanbul who might be able to help me.

Sure enough, the Turkish swimmer, Kamil, was not only an accomplished long-distance swimmer (first Turk to complete the Triple Crown), but a swim organizer. He coordinated the boat, captain, and swim course off the north coast of Turkey, and then hosted me and my wife for a wonderful Turkish breakfast overlooking the Black Sea after the swim. These connections along the journey resulted in new friends and fun memories that made this whole endeavor special.

Aegean Sea—Rhodes, Greece

This was by far the most torturous of the swims, not only due to the windy conditions and strong currents, but also because the raging winds of 25-30 knots pushed my swim out 3 days in a row. With one day left on Rhodes,

I changed my plane home to London to get one more attempt to swim.

The day of the swim started with mild winds at 7-9 knots, and some rolling swells, but the forecast called for the winds to die down as the morning went along, so I jumped in and took off. As I passed the ancient Greek acropolis from 280 B.C. high on the cliff outside the town of Lindos, I was once again reminded of the historic context that makes the Ancient Seven Seas so unique.

Over the first 2 hours it became clear that things had become worse instead of better. Violent conditions had moved in and we found ourselves in 6-7 foot swells with large white caps breaking, and howling wind. It was the first time in a solo swim that I was more concerned about the crew in the boat than myself. I could see the small boat bouncing off the waves and knew it was tough for them to safely stay near me without getting swamped by waves. It was at that point, as well, that my son, Dillon, called out that I had been swimming in place for the last 20 minutes. The current had apparently changed course and was now heading straight into the wind creating major turbulence. The skipper's boss was on the radio and wanted us to abort the swim and come back as he thought the conditions were too dangerous. Noelle intervened, knowing that this was my last shot to complete the swim, and convinced the skipper to stay out there with me.

After a few minutes of yelling across the waves and wind, we agreed to turn and head directly to the coast where there was a series of small islands that might provide some break from the wind. We banged our way through the waves and eventually got to a semi-sheltered section of the coast. By this time, the rough conditions had taken a toll on me, but I got through the final hour and a half to complete the Aegean swim in 3 hours and 29 minutes.

It was 1PM and we had a flight home to London scheduled to leave in a few hours. We quickly motored back to shore, said our goodbyes,



Two Turkish swimmers, Kamil Resa Alsaran the first Turk to complete the Triple Crown and Ayse Yasemin Bagana, another long distance swimmer, joined David and Noelle for breakfast overlooking the Black Sea

and jumped in the car for the hour drive back to the hotel. We collected our luggage, raced the rental back to the airport and jumped on a plane to London. When we arrived home around 11PM, rather than celebrate the completion of the Ancient Seven Seas, we went straight to bed!

The WOWSA Offering of the Year nomination reads, "The Oceans Seven is a difficult challenge that has attracted some of the world's foremost channel swimmers—only 18 have completed it to date. A new swim challenge, the Ancient Seven Seas offers a similar global concept, with the goal of inspiring and expanding participation through more accessible marathon swims. At a minimum of 10 kilometers in each of the Ancient Seven Seas (Mediterranean Sea, Adriatic Sea, Aegean Sea, Black Sea, Red Sea, Arabian Sea, and North Sea), this unassisted solo challenge takes swimmers through the cradle of civilization with different cultures, religions, and views. Swimmers can select and create their own preferred

courses in the Seven Seas and do not necessarily need to be shore-to-shore or point-to-point. For building bridges with other cultures while interacting around a common love of the oceans and swimming; for creating a serious yet accessible marathon adventure, in terms of time and training, that enables more swimmers to participate; and for advancing the long history and concept of the Seven Seas, The Ancient Seven Seas challenge proposed by David Rich is a worthy nominee for the 2019 World Open Water Swimming Offering of the Year."

Pending ratification by the World Open Water Swimming Association (WOWSA), David Rich will become the first American, and second swimmer after Lewis Pugh, to have completed the Ancient Seven Seas.

The Dolphin Village Nurtures a Neophyte in the Bay



New Dolphin, Oliver Fader, acknowledges his guide, Alex Migo, who accompanied him on many of his swims last summer as Oliver (in training for nothing) blew past the Club's existing summer swim record, swimming 500 miles in five months! Photo by Tim Dunn

Oliver Fader spoke at the 2023 DC Pilot Appreciation Dinner after completing the most miles in the "Polar Bear" [190mi] and 100mi Swim [500mi], breaking Kim Chambers' previous record of 443mi.

Oliver Fader

"Oliver, I want you to win this so badly" were the words Sean Lavelle uttered before helping me complete 16.5mi in two days in order and win the "100 mile swim" my first

year in the Club—my second year swimming. Mickey Lavelle was there to cross the finish line in the dark to complete a 9.5mi day and secure the win. It was the biggest thing I had ever done in my life—and it was the first time I was exposed to how much one could get done with the help of others—something that did not come easily to me—even just asking for it.

This is what makes the Club so special. It can transform some lost insane person who does not even

know how to freestyle into a less insane person who can swim 500 miles their second time doing a Club challenge. There were a lot of people that thought this feat alone was incredible—but truly it was the magic of the Club that made it possible.

A friend (non-swimmer) asked me what made me go from swimming a few flags from the beach when I would jump in while out running—to multiple swims—and miles—each day. The attempt at a short answer is: magic of the Club, friendship and connection. The shared insanity.

Swimming was the easy part. This pursuit was very much an emotional and psychological one.

The summer challenge that is drawn out over five months was the perfect protracted effort to manifest an odyssey to work thru all the pain and sadness that I had forever carried as anger. All about the journey: never the cup nor the destination.

There were so many fun stories and experiences along the journey. To come from two decades of running with snakes and wolves in a town I have never left since I was born—and find people who wanted to see others succeed and also maybe be a part of the success. People willing to be generous and not jealous.

After Duke made the announcement on the listserv that I was going to beat his "Polar Bear" record there was no turning back. I could not let all of these people helping me down—if the people I looked up to believed in me it was time that I believed in myself.

Having Duke as an example helped a great deal. This challenge was always approachable because it was nothing compared to the feat that my hero Duke had accomplished. I took comfort in knowing there was a titan like him to keep me humble and my goal in perspective. I did not even think it was possible

when he gave me the idea to go for the summer record, too.

Having Jari Salomaa take me under his wing for Jedi training over the course of a week in July—soloing Pyramid Rock my first time ever visiting China Beach he told me “you got this Oliver—I know what you are capable of.” He told me to consider a Gas House round-trip naked under the light of the moon—“You think it is a good idea coach?” I asked him at the flag on my third trip of the day. He just looked at me and said, “I mean it is one crazy person talking to another crazy person.”

Chris Wagner gave me exercises to better my stroke. He set the example of what a humble hard-working champion looks like, putting all those miles up in that brutal winter (2022-23), chasing first to 40.

Steve Schatz reassured me the attempt was physically possible and taught me how to maintain my body at that pace.

Peter Cullinan—my first Dolphin hero— I thought he was so cool coming off of PB with 155mi. I was the new guy in the sauna doing all I could to get to talk to him. Lawrence Remstedt was always there to give me advice—like get a real swimsuit—and to swim the 40th mile of my first PB.

John Mervin was the first to take me out of the Cove and be my first swim buddy. And take me through Farnsworth Gap.

Beth Stein was there to sift through all the emotions along the way and give me a hug.

Hoi Cheung braved far too many journeys through Farnsworth, backwards at low tide. And was there to have dinner with me, go over the day, and give me medical and swimming advice. A real friend helping me in so many ways, both in and out the water.

Mickey (Lavelle) for adopting me and taking my midnight phone calls— whenever I can get him to laugh I am elated and honored. I remember seeing him and Sean come back from swims and talk about all the routes and

names—but also Prince talking about how much faster Mickey was than him! I looked up to them so much—and now I am blessed to call him my brother and Mickey my Fajah.

No matter how bad I was feeling a certain day I knew I would get to at least see John Ingle every day and give him a hug and catch up and learn how I am a dumbass.

For my uncle Phil Fernandez—for saving me and also the reason you all are stuck with me now. He told me to join the South End when I was reluctant to join a country club— “Best reverse sale of my life!” he said

Earl—like a Jedi master or Disney movie mentor— was one of the major figures to help me. He has been there to teach me lessons—and with courage to present the ones I don’t want to hear about. Grateful to find someone else who also speaks in riddles. And understands realms where I am reluctant to go. He taught me that it is one thing to do something with what you are given—but it is climbing out of a hole that is the true sign of a champion.

The China Beach Titans for setting an example of what is possible.

Tor Lundgren telling me like an older brother or father figure over dinner (something I always wanted growing up)—“Oliver I think all that you are doing is nothing shy of amazing. This undertaking is incredible,” was something I wanted all my life— coming from those I looked up to. To have people you admire be there to help and validate a noble pursuit that can seem like sheer madness when in the midst of it—especially one that draws out over five months—and not a single day can be taken off.

We are on the home stretch I promise—something I would tell myself swimming under the Fort Mason buildings.

To get my good friend to join the Club and have him there on those days when I was staring out the sauna window hoping no one could see my tears and have him put a hand on my shoulder and tell me “Bro—just let it all out. They do

not know that this is just a small part of a much bigger picture of all you are working through.”

And of course Dante could not have climbed out of Purgatory without the help of Virgil, my Queequeg, my brother from Russia—Alex Migo—who helped me chase windmills. Alex is on his board every day—a lot of times for both my swims. Being out there during a storm—chop, head-on headwinds and whitecaps—asking myself—“What the fuck am I doing out here?” When into my sight on my breathing side he comes paddling hard and fast hard looking like a romantic depiction from the Bible or Ancient Greece—feet planted, shoulders fighting forward, hair blowing, bright teeth grinning and his paddle looking like it was about to snap. He did not need to be out there but he was. From August onwards he was with me every day: if not on the board, making sure I got down to the club and back safely. Even if it meant a spontaneous unplanned round trip to Alcatraz. (I’m sorry—I didn’t break any Club rules) I was “warm and dry” when I got back.

From our little club on the banks of the Barbary Coast, let us not lose sight of our mission. We are not a group that solves the world’s problems, except we already do that with the bonds and love we share for each other, as well as the foolish masochistic pointless pursuit of swimming in the cold waters of the Bay.

I am so very grateful to be a part of this club and all of the people who have welcomed me into their lives as a friend and as the family I have always longed for. From the bottom of my heart I cannot thank you enough.

I will forever hold it down for the Odd Pod, the Dolphin Club, and the streets of San Francisco. And I will leave you with a quote:

“They say the best men are molded out of faults and most become much better for being a little bad.”

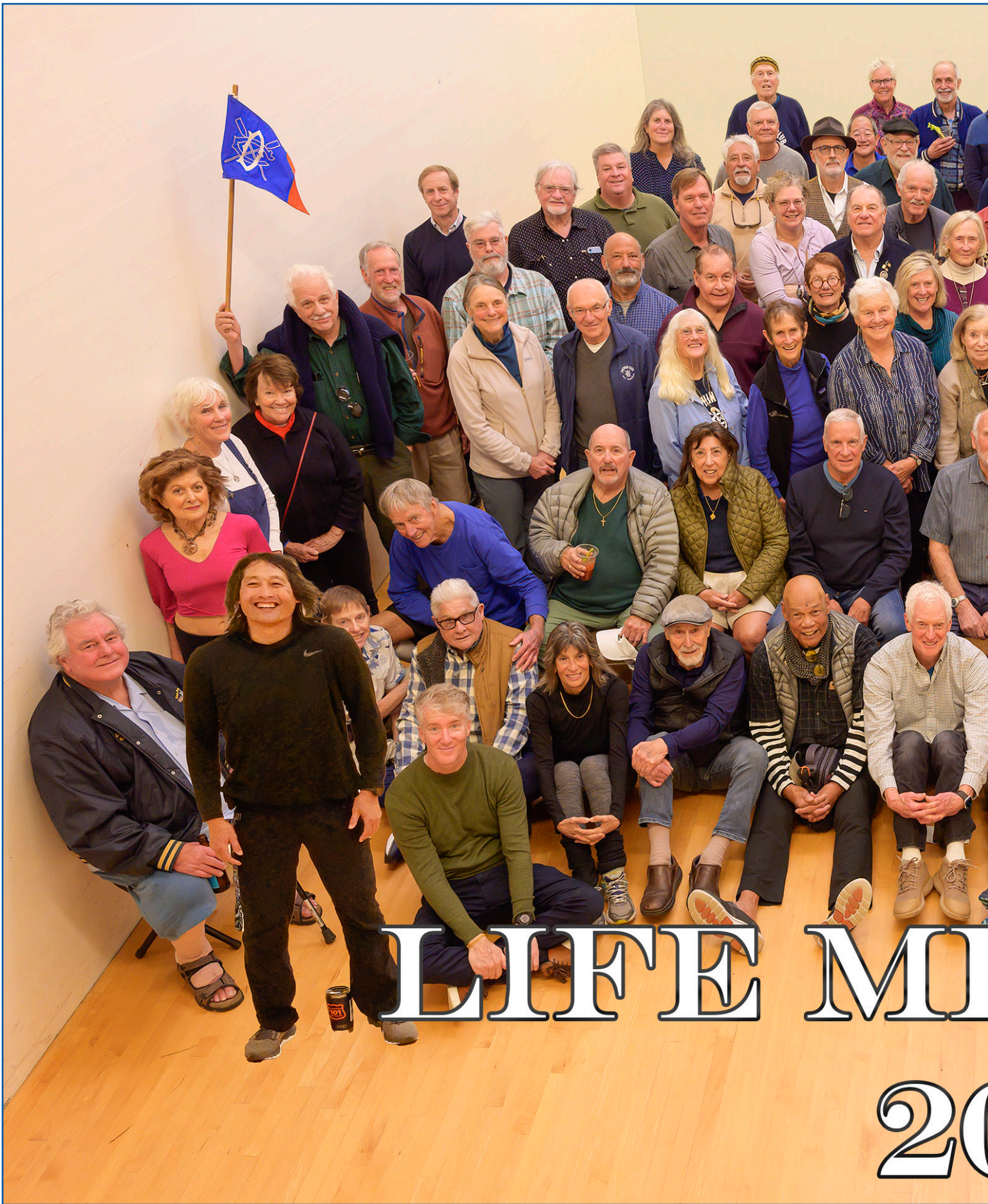




Photo: Colin Gift

About Those Tracks

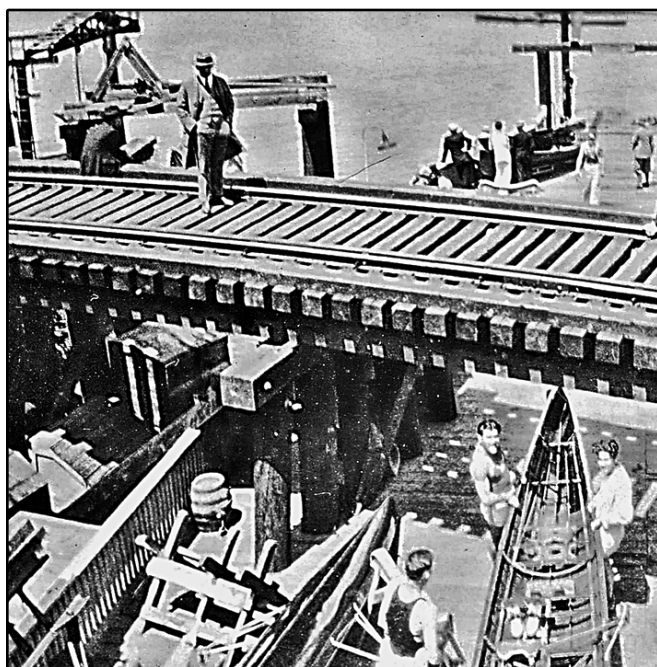
Richard Cooper

Do you know the story, the story of the railroad tracks on Jefferson Street in front of the Dolphin Club? It's about the State Belt Railroad interwoven with the story of our club.

In 1889 the State of California Harbor Commission approved construction of a railroad switching line to move freight cars to and from the waterfront piers and warehouses within the city of San Francisco. It became operational two years later. Tracks initially ran along the waterfront from Pier 46 to Hyde Street. Eventually, sixty-seven miles of rails serviced all the piers and many businesses on side streets branching from the main route along the Embarcadero.



In 1896 the Dolphin Club moved into a new boathouse on the western side of Black Point Cove (now Aquatic Park). A dozen years later the South End and Ariel Clubs became neighbors.



The three rowing clubs enjoyed the quiet and sheltered location with unobstructed views until 1913. Then the railroad was extended west from Hyde Street on a trestle across the cove and over the clubs' piers to a new tunnel under Fort Mason. The extension was needed to build the 1915 Panama Pacific International Exposition to be held in the Marina District.

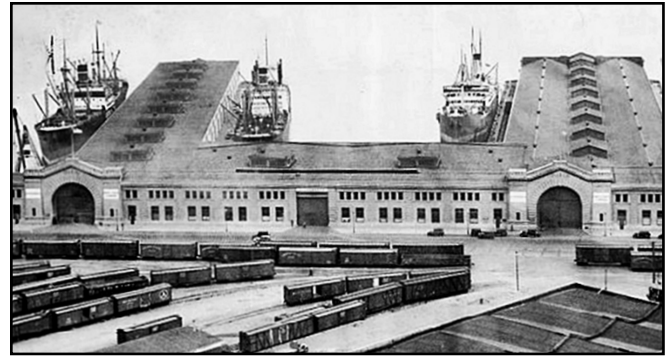
Imagine views being spoiled and trying to hold regattas or enjoy social events with trains thundering by belching smoke and soot.

By 1921 most of the rail trestle had been dismantled and tracks relocated on the southern border of Aquatic

Park. However, a short section remained over our piers until 1927 when the boathouses were moved to the beach area between Polk and Larkin Streets. Ten years later they would be moved again to their current locations.



Engine No. 9 joined the line in 1920. It's shown here by the Ferry Building in the 1930s.



Trains and box cars on sidings in 1934 along the Embarcadero by Piers 31 and 29.

Diesel electric locomotives replaced the last remaining steam engines in 1945, but ocean shipping began transitioning to containers in the 1950's. The San Francisco piers, designed for cargo to be offloaded to railcars, became obsolete as well as the rail system that serviced them. The system continued to operate but in a diminishing capacity.

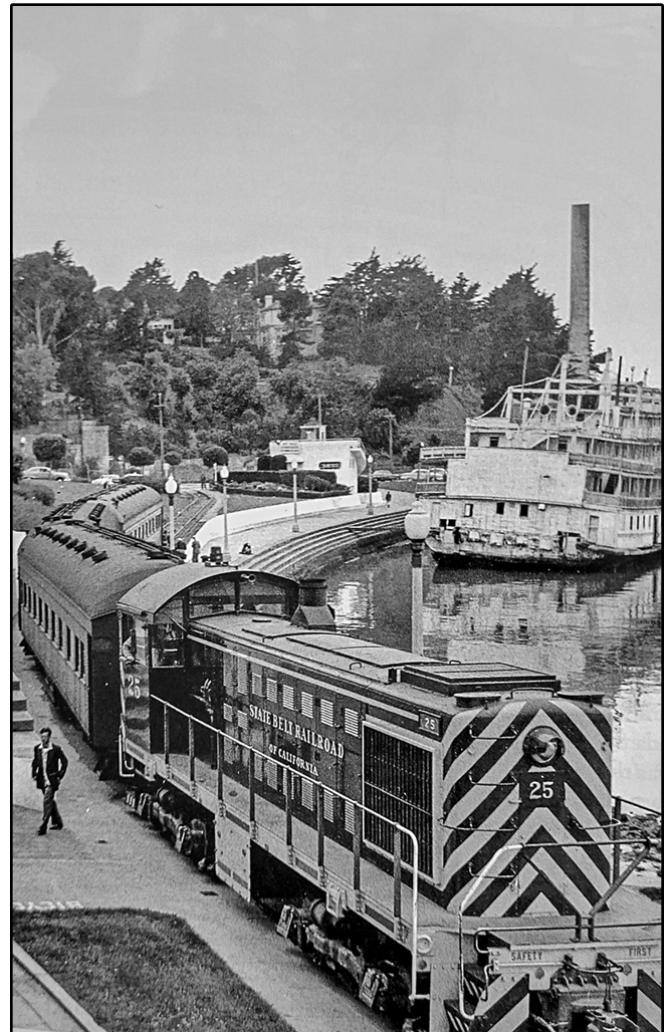
The photo below shows a train in Aquatic Park in 1956. In the background is the controversial riverboat, the *Fort Sutter*, which was set on fire in 1959 by rowing club members, supposedly.

From 1941 to 1945 the State Belt Railroad and Fort Mason piers were extremely important in supplying the WWII war effort in the Pacific. In addition to military cargo the railroad moved over 600 troop and 500 hospital trains.



Tanks at Fort Mason waiting for shipment to the Pacific during WWII.

During the Korean War the system became active again. Dolphin Club old timers remember trains loaded with heavy equipment rumbling past the club on Jefferson Street.



The Military deactivated the Fort Mason piers for shipping in 1966, and in 1968 the State of California took the railroad out of service. The city then purchased the Port from the state, and the rail system was renamed the San Francisco Belt Railroad.

The railroad's demise was hastened by the establishment of GGNRA in 1972 and finally by the Loma Prieta Earthquake in 1989. By 1993 the Belt Line was out of business. The Embarcadero was remade into a modern open boulevard and the surrounding streets converted from industrial to office and residential areas. Rail siding yards along the Embarcadero became parking lots. At its peak the railroad had delivered goods to and from nearly 200 industrial plants and warehouses.

A last bit of fame came back in 1975. To celebrate the nation's bicentennial the American Freedom Train toured the country and stopped in San Francisco. It was a rolling museum of the nation's historic artifacts and was parked for display in Aquatic Park and along the Marina Green.

By 2018 essentially all rail tracks had been removed or paved over along the Marina Green, Fishermen's Wharf, and the promenade in front of the Aquatic Park Maritime Museum and bleachers.

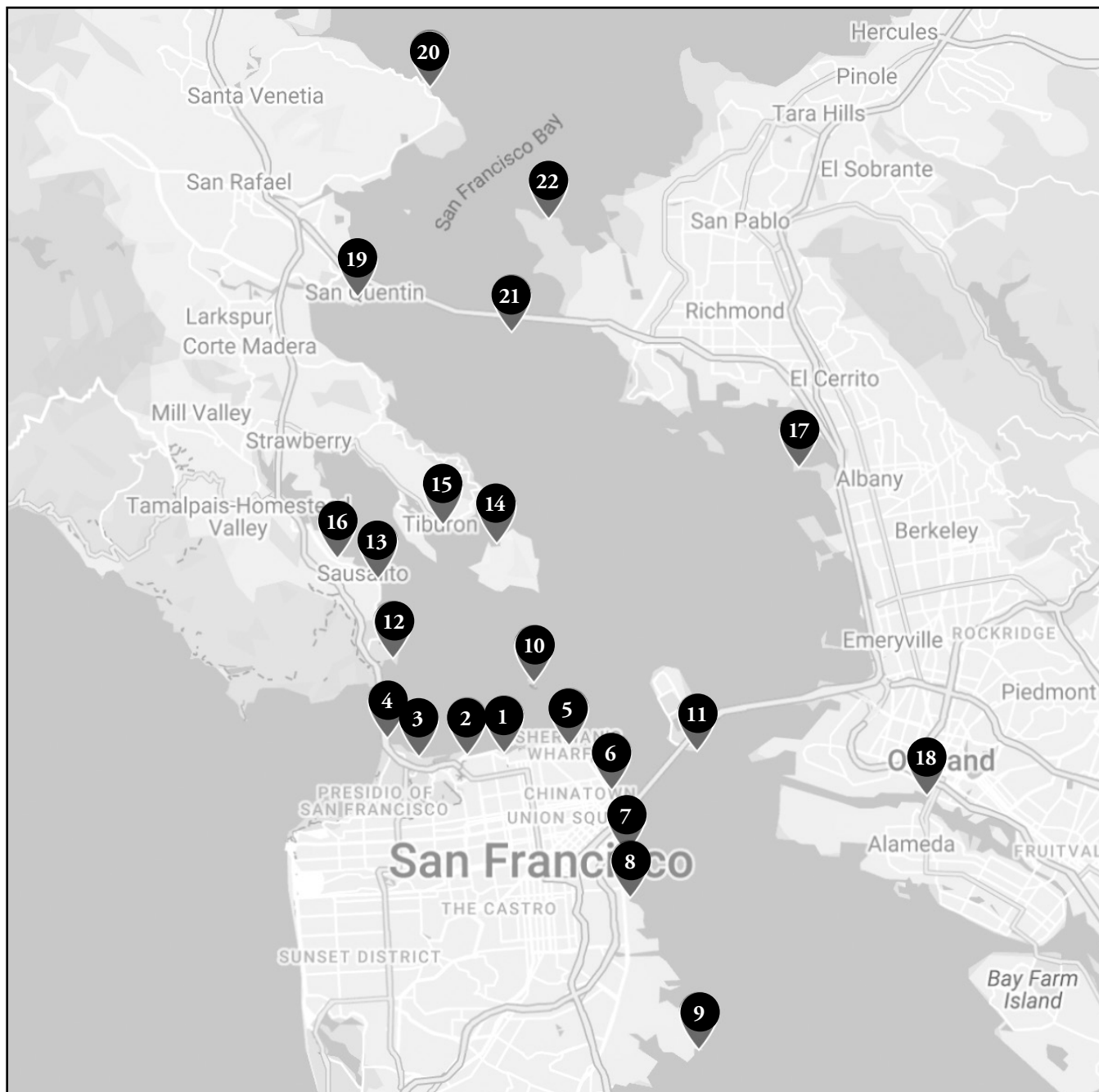
Only the tracks by the Dolphin Club and a few others survive, for now, to help us recall the story.

Dolphins and the Freedom Train

Aquatic Park, December 13, 1975



*Back Row L to R: Herman Zahler, Dennis Bennet, James Vanya, Mickey Lavelle, Steve Wolf, Forrest Fulton, Tom Dougherty, Unknown, Allie Bogart, Mike McElligott
Front Row L to R: Al Casciato, Bill Walden, Mickey Griffin, Joe Giacomini, Tom Gould, Lou Marcelli, Bert Arias, Lawton Hughes, Pete Sturiale*



Rowing destinations on San Francisco Bay

Rowing Destinations to Hidden Gems of San Francisco Bay

Neal Mueller

The San Francisco Bay offers a rowing experience unlike any other. From the serene mornings to adventurous all-day excursions, each stroke of the oar brings a new perspective of the Bay's vast beauty. Rowing here is about physical endurance and connecting with the rhythm of the water. The rhythmic motion of rowing strengthens your body and calms your mind, making it a perfect escape.

Since 1877, Club members have made impressive distance rows to explore most of the Bay.

Jon Bielinski has rowed with teams to Sacramento over thirty times. Some have rowed to Sacramento solo: Reuben Hechanova and Renee DeCossio. Marcus Auerbuch makes an almost daily pilgrimage to the Golden Gate Bridge in his favorite boat, the *Austin*.

There are many others whose stories are best held and heralded in past and future *Dolphin Logs*, and Pilot Dinners.

San Francisco Bay is one of the world's finest natural harbors, with space enough to fit Manhattan inside and room to spare. There are hundreds of viable destinations. Some spots are so captivating we find ourselves returning again and again.

Three tips for new distance rowers:

Use tide/current tables to depart when the flood or ebb tides are favorable to your route.

Depart very early in the morning. Wind and waves increase in the afternoon.

Look for floating debris after flood tides, especially King Tides

Distance rowers pack PFD, food, water, horn, radio, bailer, gloves, shades, and jacket.

For all-day rows, consider extra tiger balm for the oar locks.

For multi-day rows, consider mineral oil for the seat wheels.

For a slow dry row, consider a wooden boat. For a fast wet row, try a plastic boat

Consider a cox for someone to look ahead to steer and spot, and to be a relief rower

Crossing the Bay is dangerous. People have gotten hurt out there, all alone, within sight of downtown.

Talk to people who have done the route, then get permission from the Rowing Commissioner

In the chart to the right are our favorite SF Bay distance rows.

Distances and times are very approximate, based on a speed of 3 knots (3.5 mph). Actual times will vary. Factor in additional time for zigzagging, wind, currents, adjustments, photography, snacks, and rest.

Reuben Hechanova has been to all these destinations and is a great source of guidance. So has this author.

If any of these destinations strike your fancy, we recommend you find a potential rowing buddy (for safety), get tips from a veteran distance rower, get the Commissioner's permission, and grab your oars to set out on a distance row adventure. Happy rowing!

#	Destination	Duration	Roundtrip mileage	Roundtrip rowing time (3 knots, slack tide, no wind, no stops)
TOWARD GOLDEN GATE				
1	Gas House Cove	Morning	1 mile	1 hour
2	Dynamo Donuts	Morning	4 miles	2 hours
3	Crissy Field	Morning	5 miles	2 hours
4	Fort Point and GGB	Morning	6 miles	2 hours
TOWARD BAY BRIDGE				
5	Pier 39	Morning	3 miles	2 hours
6	Ferry Building	Morning	4 miles	3 hours
7	Oracle Park	Morning	6 miles	4 hours
8	The Ramp Restaurant	Morning/All-day	8 miles	4 hours
9	Hunter's Point Gantry Crane	All-day	12 miles	4 hours
CROSSINGS				
10	Alcatraz	Morning	3 miles	1 hour
11	Yerba Buena Lighthouse	Morning/All-day	6 miles	2 hours
12	Cavallo Point, Travis Marina, Horseshoe Cove	Morning/All-day	7 miles	3 hours
13	Sausalito	Morning/All-day	8 miles	3 hours
14	Angel Island	All-day	9 miles	3 hours
15	Ayala Cove	All-day	10 miles	4 hours
16	Bay Model Visitors Center	All-day	10 miles	4 hours
17	Albany Bulb (north of Berkeley)	All-day	14 miles	5 hours
18	Alameda	All-day	12 miles	4 hours
19	San Quentin Prison	All-day	16 miles	6 hours
20	China Camp	All-day	24 miles	8 hours
21	Red Rock Island	All-day	20 miles	8 hours
22	East Brother Lighthouse and Point San Pablo Marina	All-day	24 miles	8 hours
	Ghost Fleet	All-day/ Multi-day	30 miles	10 hours
	Petaluma	Multi-day	40 miles	2 days
	Napa	Multi-day	60 miles	2-3 days
	Redwood City	Multi-day	60 miles	2-3 days
	Collinsville	Multi-day	80 miles	2-4 days
	Sacramento	Multi-day	100 miles (one-way)	3-5 days

Dolphin Club Swim Results—Spring 2024

New Year's Day Alcatraz/Cove—January 1, 2024

Thanks to SERC for hosting their annual New Year's Day Alcatraz swim and maintaining the tradition of our two clubs starting the year together. This swim was not timed. Conditions were beautiful and the jump was right on slack with a slight flood rising as the swim progressed.

Dolphin Club swimmers completing the crossing from Alcatraz

Gary Arabatyan, Lauren Au Brinkmeyer, Regina Bianucci Rus, Tom Brown, Ben Chun, Jeffrey Citron, Daniel DeLeon, Kathleen Duffy, Elspeth Farmer, Joe Ferrero, John Gibbon, Marci Glazer, Lewis Haidt, Ernst Halperin, Robin Hart, Ryan Hedum, David Holscher, Kati Hopman, Mackenzie Kirk, Keira Koss-Baker, Heather Kremer, Sean Lavelle, Alice Ma, Alix Marduel, Sean McFadden, John Melcher, Mike Mitchell, Devan Nielsen, Greg Norris, Anne Obendorf, Anna Olsen, David O'Reilly, Eric Reed, Lawrence Remstedt, Miranda Rouse, Anna Schatz, Wendy Schuss, Kala Sherman-Presser, Ally Sillins, Joe Spallone, Elizabeth Stein, Andy Stone, Michael Tschantz-Hahn, Laura Vartain, Mitch Witek

Pilots (kayak and wooden)

Susan Allen, Marcus Auerbuch, Jon Bielinski, Catherine Breed, Barbara Byrnes, George Chamales, Karin Christenson, Barry Christian, Ken Coren, James Dilworth, Tony Foe, Diane Jackson, Charmaine Leonard, Dominic Lusinchi, Tom McCall, Sunny McKee, Dolores Meehan, Raine O'Conner, Don Osborne, Holly Reed, John Robiola, Tobias

Sieg, Willis Stebbins, Pete Strietmann, Sara Wessen Chang, Lisa Weaver, Dave Zovickian

Motorized Pilots

Nathaniel Berger, Tim Kruetzen, Will Kushner, Tim McElligott, Abby Mohan, Joseph Omran, Nihan Tiriyaki, Diane Walton, Ramsey Williams, Eric Wind, Sharon Wong

Test Swimmer

Peter Cullinan

Test Swim Pilots

Nathaniel Berger, Ben Chun, Tim McElligott

New Year's Day Cove Swimmers

Bonnie Jacobson, Morgan Kulla, Marie Sayles, Jim Frew, Robin Rome, Will Powning, Era Osibe, Chloe Noonan, Janice Wood

Sustenance and Caffeine

Alix Marduel, Sue Garfield

Pier 41 Swim—January 20, 2024

During a break in the stormy weather and rain, 49 swimmers braved the winter water and all completed the swim. Thanks to all the helpers and pilots who made the swim possible.

Place	Swimmers Name	Swim Time	LCP	Place	Swimmers Name	Swim Time	LCP
1	Mackenzie Kirk	0:18:00	10	26	Joseph Spallone	0:24:33	
2	Miranda Rouse	0:18:09	9	27	Nicholas Churcher	0:24:36	
3	Lauren Au Brinkmeyer	0:18:20	8	28	Julian Sapirstein	0:25:18	
4	Michael Tschantz-Hahn	0:19:22	7	29	Ryan Hedum	0:25:23	
5	Timothy Peter McElligott	0:19:34	6	30	Ernst Halperin	0:26:03	
6	Stephen Schatz	0:19:35	5	31	Andrew Nance	0:26:12	
7	Thorsten Anderson	0:19:39	4	32	Henry Dombey	0:26:26	
8	Amanda Ernzer	0:19:59	3	33	Laure Darcy	0:26:26	
9	Christophe Crombez	0:20:17	2	34	Wafaa Sabil	0:27:13	
10	Jeffrey Citron	0:20:41	1	35	Mark F Lenz	0:27:25	
11	Peter Bartu	0:20:59		36	Kathleen Duffy	0:27:43	
12	Bill Brick	0:21:40		37	Andrew J Stone	0:27:52	
13	Devan Nielsen	0:21:46		38	Ken Coren	0:28:13	
14	Heather Kremer	0:21:57		39	David Meyer	0:28:18	
15	George Morris	0:22:55		40	R. Farrah Spott	0:28:34	
16	Ben Hu	0:23:06		41	Jim Frew	0:29:31	
17	David O'Reilly	0:23:24		42	Mike Mitchell	0:29:49	
18	Colin McMahon	0:23:26		43	Ken Miller	0:30:05	
19	Erik Cufino	0:23:32		44	Maxwell Audette	0:30:23	
20	Tom Bernard	0:23:56		45	Robin Hart	0:30:53	
21	Morgan Kulla	0:24:00		46	William Burke	0:31:41	
22	Lawrence Remstedt	0:24:09		47	Robin Rome	0:31:43	
23	Tony Payne	0:24:10		48	Will Powning	0:33:10	
24	Erin Gasser	0:24:18		49	Michael Barber	0:38:10	
25	Mickey Lavelle	0:24:22					

Pilots

Lilian Tsai, Dominic Lusinchi, Brendan Sheehan, Grant Mays, Nanda Palmieri, John Thorpe, William Schroeder, John Robiola, Sharon Wong, Tom McCall, Rachele Mechem, Jon Bielinski, Tony Foe, Susan Allen, Holly Reed, Barbara Byrnes, Maryann Murphy, Marlin Gilbert, Kristoffer Milonas, Rainer O Conner, Tom Davis, Cyrus Namder

Motorized Pilots

Tim Kreutzen, Radha Tomassetti, Ben Chun, Steve Carlson, Nihan Tiriyaki, David Buchanan

Helpers

Eric Shupert, Wafaa Sabil, Keith Nelson, Kathleen Duffy, Sheila Gleeson, Rick Silvestrini, Stephanie McGee, Elaine Van Vleck, Elspeth Farmer, Cynthia Cristilli, Janice Wood, Tamar Besson, Juliet Cox, Laura Merkl, Tomasso Trionfi, Diane Campbell, JB Melcher, Ruby Lipscomb, Alix Marduel, Lawrence Remstedt, Maryann Murphy, Tom Bernard, Erin Gasser, Joni Beemsterboer, Steve Carlson, Bianca Liederer, Devan Nielsen, Farrah Spott, Thorsten Anderson, Robin Rome, Mike Mitchell, Morgan Kulla, Amy Brente

Miranda Rouse, Mackenzie Kirk, Bill Burke, Marlin Gilbert, Sue Garfield, Mark Lenz

Test Swim

Tom McCall, Vince Huang, Dominic Lusinchi, Wafaa Sabil, Liz Kantor, Peter Cullinan, Alix Marduel, Diane Campbell, John Hornor, Hal Offen, Tim Kreutzen, Maeve Lavelle, Chris Wagner, Bobby Lu, Brendan Sheehan, Sue Garfield

Coghlan Beach (was Gashouse)—February 10, 2024

Our traditional route for this swim from Gashouse Cove Marina was not available to us this year. Swimming from Coghlan Beach provided a similar experience with cold air, clear skies, and 55-degree water. A good push from the flood made for a fast and fun swim for everyone! Those who finished have a qualifying swim for the Golden Gate and Alcatraz swims.

Place	Name	Swim time	LCP	Place	Name	Swim time	LCP
1	Ben Zovickian	18.10	10	34	Ernst Halpren	25.13	
2	Mackenzie Kirk	18.24	9	35	Luke Whiting	25.19	
3	Miranda Rouse	19.05	8	36	Colin McMahon	25.50	
4	Lauren Au Brinkmeyer	19.25	7	37	Mitch Witek	25.24	
5	Ryan Dalton	20.04	6	38	Joel Mendelson	25.33	
6	Michael Tschantz-Hahn	20.24	5	39	Sam Maslin	25.37	
7	Steve Schatz	20.36	4	40	Miguel Gonzalez	25.43	
8	Amanda Ernzer	20.48	3	41	Merryl Levy	25.49	
9	Johan Duramy	20.52	2	42	Joe Ferrero	26.02	
10	Steve Carlson	20.55	1	43	Lewis Haidt	26.10	
11	Christophe Crombez	21.00		44	Elizabeth Ozer	26.15	
12	John Gibbon	21.33		45	Lorenzo Carlisle	26.19	
13	Cyrus Namdar	21.34		46	Lindsey Bivings	26.22	
14	Peter Bartu	21.46		47	Laure Darcy	26.33	
15	Alisha Kewalramani	21.52		48	Kerry Labelle	26.40	
16	Anna Schatz	22.16		49	Mark Lenz	26.45	
17	Devin Nielsen	22.29		50	Andy Stone	26.53	
18	Kristoffer Millonas	22.38		51	Dean Badessa	27.02	
19	George Morris	22.46		52	Tamar Besson	27.32	
20	Justin Hughes	22.55		53	Nancy Booth	27.34	
21	Eric Peterson	23.17		54	Lisa Domitrovich	27.51	
22	Gary Arabatayan	23.45		55	Ken Coren	28.09	
23	Aniko Kurczinak	23.48		56	Michael Thoresen	28.14	
24	Ryan Hedum	24.00		57	Anne Obendorf	28.19	
25	David O'Reilly	24.14		58	PJ Masterson	28.44	
26	Tom Bernard	24.20		59	Keith Nelson	29.04	
27	Brooke Segaran	24.31		60	Pete Neubauer	30.45	
28	Joe Spallone	24.33		61	Mickey Lavelle	30.56	
29	Nickalos Churcher	24.51		62	Will Powning	31.50	
30	Chris Kawaja	24.53		63	Robin Hart	32.21	
31	Marie Sayles	24.57		64	Sheila Gleeson	32.39	
32	Morgan Kulla	25.02		65	Joe Gannon	32.44	
33	Peter Bostelmann	25.05		66	Kati Hopman	33.14	

Pilots

Dave Nettell, Tom McCall, Tony Foe, John Ribiola, Phil Reiff, Stu Gannes, Diane Jackson, Lillian Tsai, Charmaine Leonard, Nanda Palmieri, Jim Frew, Grant Mays, Barry Christiansen, Joey Gracey, Jon Bielinski, Michelle Nguyen, Margaret Keenan, Bobby Lu, Brian Kiernan, Hal Naliph, Susan Allen, Steve Hanson, Jennifer Bruursema, Terry Horn, Barbara Byrnes, Dave Zovickian, Ben Chun, Lindsay Stripling, Maeve Lavelle, David Buchanan, Kellock Irvin, Sharon Wong, Chris Wagner, Tim McElligott, John Blackman, John Thorpe,

Don Osborne, Raine O'Connor, Brendan Sheehan, Dominic Lusinch, Pete Strietmann

Helpers

Eric Shupert, Sheila Gleeson, Keith Nelson, Don Thornberg, Lauren Au Brinkmeyer, Janine Corcoran, Denise Sauerteig, Rebecca Lee Whiting, Thorsten Anderson, Lissi Knell, George Morris, Sue Garfield, Andy Stone, Bill Burke, Robin Rome, Elspeth Farmer, Ben Hu, Emily Nogue, Holly Reed, Elmer Tosta, Sona Sondhi, Eliana Agudelo, Krist Jake, Steve Carlson, Morgan Kulla, Peter Cullinan, Will Powning,

Ryan Hedum, Colin McMahon, Lorenzo Carlisle, Nanda Palmieri, Mike Mitchell, Jeff Ryan, Elizabeth Ozer, Lisa Domitrovich, Kerry LaBelle, Bianca Lederer, Madeline Crow, Cynthia Cristilli, Mark Lenz, Mary Cantini Norkin

Test Swim

Tom McCall, Vincent Huang, Lindzy Bivings, Liz Kantor, Sunny McKee, Jon Grunstad, Peter Cullinan, Lauren Au Brinkmeyer, Eliana Agudelo, Hal Offen, Diane Campbell, Michael Barber, Ben Chun, Lindsay Stripling, Ramsey Williams, Tim Kreutzen



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415.987.0332
john@jseravic.com
DRE 01901108
Jseravic.com





Want to show your art at the Dolphin Club?

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



President Diane Walton with Julie Marcos, the host of a new series of podcasts: interviews with Club members. Link below.

President's Report, Spring 2024

Diane Walton, President

Julie Marcus is capturing Dolphins' stories in 15 minute bursts of creative conversation. We are getting to know more about each other better because of her, so it seems only right that we get to know more about Julie, a joyful woman who loves this city and the Club.

If you already know Julie, it may be as a swimmer. Once upon a time, in the 1980s, after her initial daily swimming routine fell prey to life with family and business, fellow Dolphins called her "Wednesday" because that was the day, the only day, come rain or shine, winter or summer, she swam. She's also a writer and a reader (three books high on her current list: *Still Life* by Sarah Winman; *A Woman in the Polar Night* by Christine Ritter; and *Say Nothing: A True Story of Murder and Memory in Northern Ireland* by Patrick Radden Keefe. She's a gourmet and a gourmand (fancy way to say she loves cooking AND eating well), a tennis player, a hiker, mom, wife, friend. Today,

she swims Monday-Wednesday-Friday mornings, with her fearsome foursome pod, known to one and all as "the Furies", and her new nickname is Julie Sunshine. Her optimism undergirds her love for San Francisco, and for our Club, and it fuels her commitment to action, to getting things done. Being in her company is like sitting on the deck with the sun pouring down: it warms more than just cold feet, it warms the soul.

Implementing creative ideas into practical form—the dictionary definition of Imagineering—and that is Julie's business name, a portmanteau of imagination and engineering, chosen when she co-founded her business in 1988. Her ongoing penchant for bringing ideas to life, practically, serves this storytelling adventure well. I remember in January 2024 when we first talked about how she might best give back to the Club, we focused on the wealth of stories all around us, and talked about how we might gather them in some creative and practical ways.

The first more ordinary thought was Julie would interview some people, put her writing skills to work for the Club. But it rapidly morphed into a different way to build our community through hearing each other's stories, via podcasts, which she had never done before. Now two months later, knowing the positive reaction to the four stories that are up as I write this, I wanted to know how it was measuring up for her. She's having a blast. She learned something new, the response is good, she continues to relish getting this window—a chance to hear these stories, combinations of grace and pain, and the consistent value of this place in our members' lives, in the midst of life's challenges, with the Club as the connective tissue that joins the stories.

Check it out! <https://dolphinclub.org/community/#2000-stories-id> And keep taking time with one another. We each have stories to tell. And time to listen. You all are fabulous.



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

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2024 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Event	Day	Date	Current/Tide (Gg)	Jump
Pier 41*	SAT	1/20	11:18 3.6 kn E	9:30
Coghlan Beach swim*	SAT	2/10	9:54 2.6 kn F	8:30
Valentine's Day Singles Regatta	SUN	2/11		
Old Timers' Lunch	SUN	2/18		12:00
Pier 39*	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	6/29	10:42 2.4 kn E	9:30
Bay Bridge*	SAT	7/27	9:06. 2.5 kn E	7:30
Swim Clinic	SUN	8/4		8:00
Doc Howard Gas House Cove*	SAT	8/10	8:36. 2.1 kn E	13:00
Santa Cruz Pier Swim	SAT & SUN	8/17-18		
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		

* Qualifying Swim. Need 2 qualifying swims + 3 helps to qualify for Golden Gate and/or Alcatraz.

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, 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 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.)

** Requires special qualifier, details TBA

Alcatraz Island
1.4 miles

2024 Swim Clinics

Day	Date	Time
SAT	5/18	8:00
SAT	6/15	8:00
SUN	7/14	8:00
SUN	8/18	9:00
SUN	9/1	9:00
SAT	10/12	8:00

Pier 41½
1.2 miles

Pier 43
1 mile

Aquatic Park
Cove

Gashouse Cove
1 mile

Yacht Harbor
1.5 miles

Crissy Field
2.5 miles

Fort Point
3.5 miles

All times approximate & subject to change. TBA = to be announced