



THE SOUTH ENDER

OCTOBER 2002

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The South Ender is the quarterly newsletter of the South End Rowing Club (SERC). It is the policy of *The South Ender* to print materials from members and others that reflect the ideals, purposes and accomplishments of the SERC. However, the opinions expressed within this publication are not necessarily those of the SERC, its members or board of directors. We reserve the right to edit all submitted material. Articles, suggestions, inquiries and photos for future issues may be sent electronically to Paul Carlstrom at carlstrom@aol.com or placed in the black plastic mailbox marked "newsletter" near the entrance of the club.

Editor: Paul Carlstrom
Design: Mark Mazziotti

Strong Showing for South End Hosts of Annual Bridge-to-Bridge Rowing Regatta

Under sunny skies and near-perfect rowing conditions, SERC rowers took half of the 12 first place spots in the 2002 South End Rowing Club Bridge-to-Bridge Regatta on Sunday, September 8.

The regatta, a yearly club rowing event since the mid-seventies, features two separate courses: A long route of 10.5 nautical miles and a short route of 5.25 nautical miles. This year's event, which featured 31 boats and 41 rowers, included competitors from the Dolphin Club, Sausalito Rowing Club, Marin Rowing Club and Santa Cruz Rowing Club.

The long route started just outside the opening of the Aquatic Park with the sounding of the starting horn at 8:30 in the morning. Rowers headed west and fought a building flood tide as they rowed toward the Golden Gate, where the course requires competitors to perform a counter-clockwise circumnavigation of the south tower of the Golden Gate Bridge. After circling the south tower, long course competitors then turned eastward—and with the flood tide now behind them, raced eastward to circle the westernmost tower of the Bay Bridge, before returning to the finish line at the mouth of the Aquatic Park.

The long course in this year's regatta was dominated by the SERC mixed doubles team of **Diane Davis** and **Tom McInerney** whose time of 1:30:53 in an old Dragonfly Maas shell far outstripped competitors in newer—and considerably lighter—carbon fiber Maas 30 shells. Club member **Nancy Rose** also earned a top spot in the long course by winning the women's single division. Other SERC rowers who also placed favorably in this highly contested long route were **Jim Flack**, and **Sunny Blende**.

Just minutes after the long course competitors sped toward the Golden Gate Bridge, the short course competition began as rowers started this race just outside the Aquatic Park and hurried toward the Bay Bridge to circle the far western tower before returning to the starting point to complete the course. SERC rowers dominated the short route, with **Daniel Marshall** and **Oskar Mielczarek** clocking in with the route's fastest time of 50:51 to take first-place laurels in the men's doubles division.

Shortly after Marshall and Mielczarek's division-winning heat, there was more good news for the SERC rowing program. **Joe McInerney** and **Tom Abbot** managed to take first place in the Viking doubles division after a close race with visitors from the Dolphin Club. The formidable **Jensen siblings**, James and Lisa, took first place in the heavy doubles division, while **Peter Sahmel** emerged victorious among 24-foot men's singles class.

And, in a very closely contested race, our own **Tom Lundgren** just missed taking first place in the heavy singles division by 12 seconds. SERC members **Doug Cameron** and **Edison Peinado** also participated in the short course of the regatta.

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Just think how she'd feel if she swam in the bay every day!

433 Swimmers Participate in Club's Eighth Annual Alcatraz Invitational Swim

By Pedro Ordenes, Vice President and Race Director

The Eighth Annual South End Rowing Club Alcatraz Invitational Swim held on Saturday, September 14 was a resounding success—both for participants, and for the club's coffers. The race from Alcatraz back to San Francisco's Aquatic Park was also one of the more difficult swims in recent memory, thanks to a combination of strong participant competition and Mother Nature's decision to delay the appropriate tides needed for a successful swim. Still, almost all of the 433 swimmers completed the swim.

The sold-out event began with hordes of swimmers from around the world being ferried from Pier 9 to "The Rock" on the *California Spirit* luxury yacht, skippered by SERC member **Mike Rogers**. Because the currents were more challenging than anticipated, the swim was longer than usual, and no speed records were broken on the 1.25 mile course. The fastest swimmer reached our beach in 31 minutes and 27 seconds, and the last plucky soul to reach the finish line took over two hours to return to shore.

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Sunny Blende on the long course of the Bridge-to-Bridge Regatta.



Tom Lungren enjoying the fruits of his volunteer labor.

Note from the President

Thanks to the efforts of many club members, I can truly say that I am still enjoying my first year as your president. There are many challenges, but greater rewards.

The Alcatraz Invitational was a smashing success, thanks to the efforts of **Pedro Ordenes**, **Bill Wygant** and many SERC volunteers. Over the past few years, this event has grown from a small, multi-club swim with only 90 competitors to an event that is known throughout the swimming world. It improves every year. Also, I want to extend congratulations to **Kimberly Howard** and **Edison Peinado** on their engagement. They put on a wonderful party at the club. Although relatively new members, they have added tremendous energy and enthusiasm to the club.

I know there is much interest and concern over the building improvement project. We have been grappling with approaches to downsizing the project to fit within our funding capabilities. Thanks to the tireless efforts of **Bob Isaacson**, we have identified a basic approach that should bring this project within our budget. We are now fine-tuning certain design issues, and plan to hold a general membership meeting on Wednesday, November 20, at which time we will review the various developments relating to this project. Notice of this meeting also appears in this newsletter. Look to the bulletin board for any updates.

Elections are also on the horizon. Under our bylaws, there first must be a call for candidates, with complete details inside this newsletter. This is the second year of implementing the two-year, staggered term of the board of directors. Up for election this year are vice president and two directors at large. Members have until November 12 to declare their intention to run. Ballots will be mailed soon afterward. I encourage members to run for the Board, but if you don't, please make an effort to vote.

Finally, I extend a big welcome to our new newsletter volunteers, editor **Paul Carlstrom** and graphic designer **Mark Mazziotti**. Both of these members readily volunteered to take over the newsletter from **Mark Welte** who is out of the country. Thanks, Mark, for a job well done.

As always, I'm at the club most mornings between 5:30 and 8:30. I encourage all members to approach me with questions or concerns. And, if you are a new member, please be sure to introduce yourself.

Thank you,
Dominic Spinetta
President, South End Rowing Club

(Bridge-to-Bridge Regatta continued)

According to SERC rowing commissioner **Daniel Marshall**, the club used nearly all of its serviceable rowboats and shells for this year's Bridge-to-Bridge Regatta.

With the rowing complete, participants returned to the SERC clubhouse for a midday barbecue directed by **John "The Animal" Payne**, a former club member whose knee injuries have kept him from returning to the rowing program. SERC swimmer and Steelhead brewmaster **John Hathaway** slaked the thirst of regatta competitors by donating a keg of beer, and **Dan Macchiarini's** recent repair of the barbecue itself was critical to the event.

The hard work of many club volunteers ensured the success of the regatta, and the SERC rowing program also wishes to thank **Mike Alvarez**, **Wayne Black**, **Robin Kincaid**, **Kimberly Howard**, **Dave Kennedy**, **Jon Meyer**, **Rory Moore**, **Dan Needham**, **Pat Payton** and **Norm Peterson**.

Bridge-to-Bridge Regatta Winners

Long Course (South Tower),
10.5 Nautical Miles

Maas 29 Mixed Doubles
Tom McInerney & Diane Davis: 1:30:53

Maas 24 Women's Singles
Nancy Rose: 1:53:01

Short Course (Bay Bridge),
5.25 Nautical Miles

Maas 29 Men's Doubles
Daniel Marshall & Oskar Mielczarek, 0:50:51

Viking Men's Doubles
Joe McInerney & Tom Abbot, 0:59:36

Heavy Mixed Doubles
Linda Jensen & James Jensen, 1:26:29

Maas 24 Men's Singles
Peter Sahlmel, 1:02:51

Complete results of the 2002 South End Rowing Club Bridge-to-Bridge Regatta may be viewed at the bulletin board by the logbook.

Boat Maintenance Thanks

Special mention should be made of **Tom Lundgren's** volunteer work in ensuring that the club's old Whitehall boats are in working condition. In particular, Tom has replaced the entire oarlock assembly of the *Ray Savigliano* and *O'Neill*—an important matter, since these mechanisms were on the verge of breaking down. Tom next plans to give his attention to the *Lawley* and our other old wooden boats. Thank you, Tom, for your invaluable contributions to the club.

SERC members who wish to help Tom maintain and restore the club's old wooden boats are encouraged to contact the rowing commissioner at rowing@south-end.org for more information.

Rowing Clinics

After a very successful year of rowing culminating in the club's annual Bridge-to-Bridge event, we look forward to expanding the rowing program. Our emphasis will be upon attending more regattas and increasing the boating skills of club members at all levels.

To reach these goals, the club will hold a series of rowing clinics led by **Tom Abbot** who, as some of you may know, is the freshman rowing coach for Saint Ignatius High School as well as a top competitor in our own rowing program. These rowing clinics will be held on Saturdays at 7:00 AM when rowing conditions are most optimal.

The rowing clinic schedule is:

- ▶ Saturday, October 12
- ▶ Saturday, October 19
- ▶ Saturday, November 2
- ▶ Saturday, November 9
- ▶ Saturday, November 23

If you'd like to find out more about these clinics and the rowing program in general, please feel free to drop the rowing commissioner a line at rowing@south-end.org.



Post-swim euphoria. Er, the cap is removable, guy.

(Alcatraz Invitational continued)

Recognition was given to the best finalists in men's and women's divisions, wetsuit and non-wetsuit divisions — as well as overall and age group winners.

We were pleased to host swimmers from Russia, Chile and 21 states throughout the Union. The presence of three young swimmers from Chile brought noted visitors to the club, such as Chilean Consul **Fernando Varela** and the president of the Northern California Hispanic Chamber of Commerce, **Omar Helfman**. In addition to these guests, we were also honored to have **Lynne Cox**, the internationally renowned open-water swimming pioneer, act as our mistress of ceremonies.

It must be noted that the swim could not have taken place without the volunteer efforts of many SERC members. All of their contributions were vital for the event, and three South Enders in particular deserve special mention:

- ▶ **Bill Wygant**, the assistant race director and volunteer coordinator. Bill ensured key sponsorships and a high volunteer turnout so that every aspect of the race ran smoothly for our guests.
- ▶ **Dan Needham**, our swim commissioner and Invitational race coordinator. His careful planning and experience with Alcatraz swims made the event as safe as possible.
- ▶ **Bob Roper**, our legendary director and founder of the South End Sunrisers. Bob's unsurpassed skill in piloting and directing other pilots made the crossing from Alcatraz to San Francisco a success, despite difficult conditions.

Because our club boasts thousands of successful swims from Alcatraz — more than any other athletic organization — the Alcatraz Invitational carries a mystique of authenticity unmatched by any other swim from "The Rock." The event is an extension of our rich history of 129 years of athletic achievement, and allows us to extend our experience and love of San Francisco Bay to the international swimming community. And, perhaps, it allows us to realize how lucky we are to swim in extraordinary surroundings and conditions. As **John Wagner** of Philadelphia said shortly after the event, "I had the best swim of my life." Something to think about that the next time you take a dip in the bay!



San Francisco Bay awash with swimmers.

2002 Alcatraz Invitational Swim Fastest Times

Women's Non-Wetsuit Division
Heidi George, 0:33:51.1

Men's Non-Wetsuit Division
Bob Placak, 0:31:34.6

Women's Wetsuit Division
Hilary Main, 0:38:47.6

Men's Wetsuit Division
David Thomson, 0:31:27.4

- ▶ **Pat Peyton** for putting up historic club pictures previously removed in anticipation of the construction project
- ▶ **Mike Rogers** for ferrying the competitors to Alcatraz on the *California Spirit*

Handball Report: South Enders Take Top Honors in State Tournament

By *Mike Alvarez, SERC Handball Commissioner*

South End handball players showed up at the California State Championships in Fresno and came up roses. Congratulations to division winners **Tom McGrath**, **Joe Tierney** and **Sir Edward Corrigan**. Other finalists included **Rory Moore**, **Barry McWilliams** and **Travis Hoover** (see box for details). Special thanks to **Pedro Ortiz** and **Diane Davis** for their support.

Otherwise we haven't much to report tournament-wise, as we had to cancel a couple of events as a result of the on again/off again construction project at the club. Hopefully things will be better in 2003.

I would like to remind everyone of the Golden Gate Park Doubles Tournament scheduled at the park on October 12 and 13. Some of us are playing, however I hope many of you will be able to get out to the park and give handball a boost by joining the Golden Gate Park Handball Club. The price is right: zero. However, a donation toward the refurbishing of the courts there would be helpful.

The courts at the park will be closed from September 23 until October 10. During this period the old roof there will be removed and replaced, and hopefully the interior of the courts and walls will be painted. There are some long-range plans that will completely transform the appearance of the courts and possibly even include a three-wall court in the back of the building.

November 9 has been designated Awards Night for the South End Rowing Club, and I hope that, unlike the last two years, a sizeable contingent of handball players will show up.

At the event, I would like to nominate **Bob Maxwell** as Handball Player of the Year.

Some of you only became acquainted with Bob these last few years as his health declined. However, I need to remind everyone that Bob was very instrumental in the handball program and club years ago. He was club president for two years in the 1960's. Had the courts restructured to their present configuration and helped bail the project out with his own funds. He played a decent game with a wicked hop. I played against Bob, but at a time when he was getting out of game.

Not too long ago Bob was whisked away to a nursing home somewhere in Lake Tahoe, and I hope I can get him here for the event. If you have any comments or suggestions about Awards Night, please contact me personally.

SERC Volunteers Made the Difference at the Alcatraz Invitational

By *Bill Wygant, Volunteer Race Coordinator*

Without the volunteer participation of many South Enders at the Alcatraz Invitational, pulling off a major swimming event for 433 participants would have been impossible. Not only did club members perform the tasks they signed up for, but they also simply filled in where needed. The following is a partial list of club members whose help made lasting, positive impressions upon our guests on September 14:

- ▶ **Sue Free** for her three month registration work
- ▶ **Gary Emich** and **Peg Gerard** for their quiet organizational skill at check-in
- ▶ **Robin Dintiman** for handling the meal that keeps them coming back every year
- ▶ **Mike Berline** for getting all the swim bags handled with incredible efficiency
- ▶ **Lee Block**, our in-house T-shirt vendor, who sold everything not nailed to the floor
- ▶ **Kevin O'Keefe** and **Bob Isaacson** for handling the finisher area
- ▶ **Wayne Black** for handling just about everything and being a handball expert
- ▶ **Fred Crisp** for bringing us Boudin bread and transportation for the swimmers
- ▶ **Rhys Ludlow** and **Vivian Cordial** for working three jobs with smiles
- ▶ **Paul Weiss**, **John Sasson** and **Bob Roper** for bringing 'em back alive
- ▶ **Trudy DiLorenzo** for making that last swimmer feel special



Bob Maxwell: past club president, handball patron, SERC legend.



Gary Aguiar tells the world why he's allergic to neoprene.



Tom McInerney and Diane Davis making it look easy. They would blow past the competition on the long route of the regatta.

Burns McDonald, coach of the UC Berkeley handball club, would like to bring some of his players to the club sometime in October. Once the date is confirmed, I hope we can round up a few players to challenge his group, with pizza and beer to follow. More on this soon when I will post a notice on the bulletin board.

Lastly, we need new blood to coordinate the handball program for 2003. I've been involved in one way or another for too long a period of time. We need fresh ideas, vigor and someone to handle the grudge work of running the group. I think we should have a handball meeting sometime in November, with some games first, followed by the meeting and you-know-what afterwards! I'll keep you posted.

As always, play hard and play fair.

Handball State Championship Tournament

Tom McGrath
A-Singles Semi-Finalist
A-Doubles Champion
with **James Fabian**

Rory Moore & Barry McWilliams
A-Doubles Finalists

Joe Tierney
B-Singles Champion

Travis Hoover
B-Singles Finalist

Edward Corrigan
C-Singles Champion

Running Report

By Keith Nowell, SERC Running Commissioner

I'd like to congratulate **Russ Kiernan**. At the time the last issue went to press, I had heard that Russ had won the Dipsea Race. I have since learned that Russ not only won the Dipsea but the Woodminster and Double Dipsea races as well. Many in the running community recognize these runs as forming the Bay Area's Triple Crown of running. Russ is the only person to win the three Triple Crown events in the same year, having now done it twice! I am waiting for the "Kiernan" rule to appear. I also wish to congratulate **Glen Redpath** and other South End runners who participated in these strenuous runs.

October is a big month for South Enders with the inter-club triathlon scheduled for Sunday, October 20. Last year SERC runners overwhelmed the Dolphins, which allowed us to snatch victory by the slimmest of margins. The competition will be fierce this year, as the Dolphins don't want to lose to their South End hosts again this year. The run will start at 9:30 AM at the foot of Jefferson Street, and as with last year's event, every participant who finishes before the cut-off time of 90 minutes will contribute to the point total. The first runner in will receive 20 points, with each successive finisher receiving one point less than the previous runner. Participants who complete the run after the finisher taking the number 19 spot will receive one point for their respective clubs.

This inter-club run, a round-trip journey to and from Fort Point, is just a little longer than seven miles in length. Because of its scenic views, it was listed among the 20 most beautiful runs in the country. And that was before the GGNRA assumed possession of the Presidio and made the western half an even more beautiful place. I can't add up all the times I've run out that way—it's just too many.

Training to get in the right condition for this round-trip course has depended on my base level of running. After my typical winter running sabbatical, I would often prepare for the course by doing single, and then double, Muni pier runs. Soon I would run a loop over Black Point, the only hill on the course, returning via the Fort Mason steps.

Black Point is the great equalizer. Once over the point, the entire promenade to Fort Point can be seen. I would run progressively farther down the promenade, first to the degaussing station, increasing the distance to Presidio Gate or Yacht Harbor, and then the big push on to the fort. I would often stop to enjoy views of the water, marine life and boats during my training runs, keeping the return climb up Black Point furthest from my mind.

On the return toward the club one decision always loomed: Stairs or hill, stairs or hill. I could always justify walking the stairs up from Fort Mason, but if I chose the hill I would have to run. I usually chose the hill—more scenic, more gentle, more challenging—with an imperceptible (I would hope) pause near the top and the cool-down finish to the club.

I would like to hear from other South End runners about their favorite training runs. Perhaps we could add them to our calendar as a Run of the Month club run. See you on October 20!

Waterfront Update

A Note from Supervisor Aaron Peskin

As we cruise through beautiful fall weather, I'd like to provide a quick update of several points of progress along the northern waterfront.

Reconstruction of the Haslett Warehouse—after the five-alarm fire in March—is moving along according to schedule. Current estimates have the steel girders on the outside of the building being removed by early to mid November. At that time, the sidewalks around the building will open and the exterior of the building will be back to normal. The hotel will then be on track to open its doors by the end of 2003.

On that note, we've been working in City Hall to determine if a portion of hotel tax revenue generated by the Haslett Warehouse hotel can be directed toward improvements in nearby public facilities. Utilizing a portion of the hotel's tax proceeds to improve Aquatic Park, the Hyde Street Pier and Municipal Pier would be a great improvement to the surrounding environment of the South End Rowing Club. We're currently working with the city attorney to see if such earmarking is permissible under local and federal law.

A new land-use planning effort is in the works for Fisherman's Wharf. This effort, coordinated by the Bay Conservation and Development Commission (BCDC), seeks to improve public space and access at Fisherman's Wharf. It will also clarify allowable public access and uses in property along the Port of San Francisco. This is the continuation of work being done to complete the port's Special Area Plan, which will be implemented into state law.

Further south along the waterfront, South Enders who have swam (or walked) by Pier 33 1/2 may have smelled an odor coming from the sewer system underneath the pier. Port engineers have recently identified the problem as substructure deterioration, and should have the problem corrected next month.

Lastly, I'm sponsoring several state and federal grants at the Board of Supervisors to fund the construction of a public pier behind the soon-to-be renovated Ferry Terminal. This is a promising project that would create a landmark public access fishing and recreation pier, including a 100-foot pier extension to connect the freestanding breakwater that currently protects the Embarcadero Promenade. In addition to including public displays of San Francisco Bay's natural resources, this project would also provide a new landmark for South Enders to reach on our swims.

As always, if you have any questions, concerns or good ideas, please contact my office at (415) 554-7450 or aaron_peskin@ci.sf.ca.us. In addition to my work on the Board of Supervisors, I am also the Board's representative to the Bay Conservation and Development Commission. Please feel free to contact my office with any concerns you may have connected to this organization.



Aaron Peskin, San Francisco Board of Supervisors, in highly unorthodox swim gear.



Bob Roper, pilot extraordinaire, after seeing 433 swimmers safely back to shore.



Daniel Marshall's used boat lot: the club used almost all of its serviceable boats for the regatta.

Building News

By Bob Isaacson, SERC Director at Large

While the scope of the clubhouse expansion project is currently under review, the renovation of the upper boathouse is progressing nicely. According to club historian **Pat Cunneen**, this part of the building was originally built in 1904, and has sat on three separate locations in San Francisco before being moved to its current location at the foot of Hyde Street in 1938. Fast-forward to our own era, and the demolition phase of the upper boathouse restoration is complete — and now we're moving forward with restoring the boathouse to its former glory.

So far, the column rehabilitation process is progressing well. The column closest to the door has been completely restored, and the rehabilitation of the other columns will be finished soon. Nearby, Tom Lundgren is raising the banister rail connected to the set of stairs near the front door so we can meet code requirements. Once the banister is at the correct height, we'll repair the stairwell wall and affix handrails to the banister.

Like many old buildings, the upper boathouse has long hidden a bird's nest of old electric lines. **Dominic Spinetta** is in the process of removing the old lines — some of which haven't been active in years — and rerouting acting lines. Since we've removed the false ceiling, it's now time to sheetrock the walls up to the level of the newly exposed high ceiling, which will be carried out by **Tom McInerney** and all those wishing to help him.

Following Tom's sheetrock work, we'll complete the cleaning of our now wonderfully exposed high ceiling, a process that will include the removal of items such as old nails, scraps of wood and dead utility lines. While we're high up inside the upper boathouse, we'll also install rectangular windows between the recently uncovered port windows, which will provide us with even more natural light.

Most importantly, the upper boathouse is also being restored to its functional purpose. **Dan Marshall, Norm Peterson** and other members of the rowing program have started the process of hanging boats from the recently exposed ceiling. Once this is accomplished, we look forward to painting the walls and providing new lighting, which will give our boathouse a new lease on life.

The volunteer spirit that has made renovation work possible has been embodied by many South Enders. Special recognition should be made of **Jimmy "The Brick" Bresnahan**, who recently built a much-needed new stairway connected to the back door of the cook shack. As you may remember, dry rot forced us to demolish the old deck behind the cook shack, along with the connecting stairway. **Mike O'Connell** ensured that the new stair rails were "kid safe," and others who helped Jimmy with this project included **John Calder** and **John Garibaldi**. This stairway will serve us until the cook shack is replaced under the building extension program.

Another superb volunteer opportunity for all interested in the club's historic character can be found in the restoration of the **George Paiva Memorial Gazebo**. Named in honor of a late, great South Ender and former club financial officer,

the structure currently sits on our beach awaiting caring hands to restore it. Once renovated, the gazebo will later be installed on the new cook shack patio slab. Although we have volunteers signed up to help restore the gazebo, we really do need someone to manage the project. Out-of-pocket expenses will be reimbursed, and if interested, please contact Bob Isaacson at (415) 552-4577.

As always, these renovation projects move faster with more hands, so drop by on any Saturday morning and join in! Not only will you get the satisfaction of helping out with important projects that define the club's character, but you'll be fed lunch as well. Volunteer work parties meet every Saturday to work between 9:00 AM and 1:00 PM and all South Enders are encouraged to participate.

Endurance Nutrition: What to Eat for a Multi-Day Adventure Row

by Sunny Blende, Sports Nutritionist

As club members continue to stretch the limits of endurance, it's important that they have the right nutritional information to ensure peak performance day after day. And this goes for long-distance swimmers, competitive handball players, runners and, of course, rowers. On a rowing tour of Alaska's Prince William Sound this summer, I had to confront the issues of what to eat when each day included five hours and twenty miles of rowing in the wilderness.

As it turns out, eating everything in sight doesn't guarantee success, and poor nutrition choices can stop you from reaching your destination in optimal shape and looking forward to another day.

Sports adventure endurance nutrition presents some unique challenges. The very act of carrying enough food for multi-day events can be a problem, although with distance rowing only size is problematic since the weight of the food can be supported by the boat.

Consuming enough calories is key to a performance-enhancing diet that will keep you feeling energized throughout your event. The more strenuous the activity and the number of hours you perform the activity per day must be considered for optimal meal planning.

On my Alaska row, I tried to ensure that food and calories would be spread throughout the day to provide me with the energy to row miles upon miles, which meant a departure from the large dinner meal most of us are accustomed to. Breakfast required lots of usable carbohydrate calories, and I chose granola topped with choices of nuts, raisins, bananas (fresh at the start of the trip and dried later) and powdered milk, either soy or regular. Hot oatmeal is nice, but there's a time consideration in preparing this food. I also found that some fruit (apples travel well) and juice rounded out this meal.

Out in the middle of Prince William Sound, lunch needed to provide plenty of carbohydrates, some protein and not too much fat. Watching the amount of fat is important for an all-day activity,

because as soon as you finish eating, too much fat can sit poorly in your stomach, which can cause you to feel bloated and uncomfortable. For my journey, it helped to have time while packing the boat and loading gear in the morning to absorb breakfast.

While you may not find yourself out in the middle of a vast expanse of water, frequently we find that preparation time for lunch needs to be kept to a minimum, which often rules out cooked foods. Under these circumstances, sandwiches are great. Peanut butter or soy butter with jam, sliced turkey, cheese, humus (garbanzo beans), tuna (without mayonnaise) along with carefully packed tomatoes and cucumbers. All of these selections taste delicious and provide the critical 4:1 ratio of carbohydrate to protein that replenishes muscles after a long row or other lengthy activity. Some less perishable fruit and cookies or chocolate brings the calorie count up.

On my long-distance Alaska trek, I also found myself in situations where dinner was usually cooked in one pot, but I still managed to easily include all the food groups. Keep in mind that dinner is the meal that can contain complex, unrefined carbohydrates and some fat, since you will digest it overnight. It's best to start planning around one type of whole grain or pasta such as brown rice, potatoes, semolina, whole-wheat pasta, couscous, orzo or bulgar pilaf. Add to this base some vegetables — fresh if rowing in a cold climate like Alaska, canned if in a warmer climate — some sauce and perhaps grated cheese or other spices. Meat can be combined in the same pot. Chicken (canned or previously cooked), sausage and canned or smoked fish all make good choices. Tofu or beans can work as meat alternatives for vegetarians.

When figuring portion size, it's good to remember how much energy you expend when you do any activity for hours at a time. Three portion-sizes per person for dinner is not unreasonable. Two servings each for breakfast and one to two sandwiches each for lunch provided me with enough calories for 20 miles of rowing at a steady pace.

And don't forget drinks and snacks. These need to be within reach all day, especially when you're in a boat. Gorp is a traditional snack that you can make by choosing your favorite nuts, dried fruit and m&m's or chocolate chips. This is also a perfect time for pre-packaged sports bars. They provide easily absorbed calories and taste variety. Watch the coated ones if you're in the sun. For hydration, drink lots of water — think liters, not glasses. A sports drink is great for added electrolytes, especially if it's hot, but because of limited space, it's best to take these in powdered form.

When planning nutritional intake for an extended sports adventure, key things to include are enough carbohydrates and calories. Never get hungry. Hunger signals the beginning of glucose depletion or running out of fuel! This is also known as "hitting the wall," or "bonking," which is not what you want to achieve on San Francisco Bay or when you're sitting amongst icebergs in Prince William Sound, days away from the nearest grocery store and miles from your comfy bed.



Dodging freighters and contending with jellyfish, **Elizabeth Leahy** crosses the English Channel on September 19, 2002. 14 hours.



Steve Sakadales burning through the water separating England from France on August 28, 2002. 10 hours, 51 minutes.



Drew Downs off to France the hard way, August 28, 2002. It would take him over 16 hours to get there.

Swim Program Update

By **Dan Needham**, 2002 Swim Commissioner

The year goes by so quickly, yet we've had so many swimming heroes emerge in 2002. These accomplishments are impressive both quantitatively and qualitatively. We've had three successful solo crossings of the English Channel by **Elizabeth Leahy**, **Drew Downs** and **Steve Sakadales**, as well as a valiant attempt by our own **Sam Silver**. After many disappointing delays, **Colleen Vojvodich** finally got her chance in late September and nearly made the crossing with approximately five miles to go before strong tidal interference ended her attempt. She's shown lots of endurance and is a winner nonetheless.

The English Channel also saw a successful SERC relay crossing which, in swim order, was composed of **Edison Peinado**, **Rhys Ludlow**, **Steve Hurwitz**, **Pedro Ordenes**, **Dan Needham** and **Jim Miller**. Also attempting a relay across the English Channel were South Enders **David Hover**, **Pam Ware** and **Tom Olsen** who were accompanied by three members of the Dolphin Club in another spirited attempt in July. Special thanks go to **Bob Roper**, **Pat Peyton** and **Jon Meyer** for piloting these Channel aspirants through hours of training in tough conditions.

We had also fielded two successful teams crossing the Catalina Channel. The first group, dubbed The South End Floods, was composed of **Jim Knight**, **Gary Emich**, **Diana Wygant**, **Brenda Austin**, **Nancy McCabe** and **Bill Wygant**. The second team, called the South End Ebbs, was made up of club members **John Hathaway**, **Barry Maguire**, **Steve Hurwitz**, **Rhys Ludlow**, **Dan Needham** and **Jim Miller**.

Kristine Buckley swam her 100th Alcatraz on June 11, the 40th anniversary of the escape by Frank Morris and the Anglin brothers—and a year after **Pedro Ordenes** and **Gary Emich** reached that milestone. She is the first woman and third person to break the century mark.

Nine South Enders led by **Tim Reid** and **Laura Collette** swam the Maui Channel, and several SERC members also enjoyed the Hawaiian waters with favorable showings in the Waikiki Rough Water Swim. Laura Collette, who seems to show up for just about every open-water event, swam a solo crossing of Loch Lomond in Scotland.

Further afield, **Gary Emich** and **Joe Oakes** were part of a relay team to cross the Straits of Gibraltar. They even added a leg after the crossing, since they were having so much fun in the waters separating Europe from Africa!

The list goes on. **Drew Downs** swam seven Alcatraz crossings in a single day, along with a complete round-trip Treasure Island swim from the club.

The club owes a great debt of gratitude to **Pedro Ordenes** and **Bill Wygant** for leading a world-class Alcatraz Invitational. Over 400 swimmers from many states and countries had a great time and a challenging swim. Many thanks to **Gary Emich** for registration, Sue Free for timing, **Robin Dinteman** for the meal, **John Hathaway** for the beer and **Lee Block** for organizing T-shirts, goodie bags, and clothing sales. **Mike Berline** did an incredible job of handling the clothing bags, **Mike Rogers** was instrumental in hauling the swimmers to Alcatraz, and where would we have been without

the pilots? Many thanks to **Bob Roper**, **Paul Weiss**, **Andy Stock**, **Bob Karcie** and many other pilots for keeping the swimmers safe. I know I've forgotten many, many names here, but please accept the club's thanks nonetheless.

Congratulations to **Kimberly Howard** and **Edison Peinado**, two great South End athletes, on their engagement.

Prior to the Invitational, our own club Alcatraz swim was a fantastic occasion highlighted by **Tom Carlson's** post-event salmon feast. The swim went very smoothly under the directorship of **Paul Weiss**, last year's swim commissioner.

As I mentioned earlier in this note, the year goes by so quickly—and I'm pleased to have helped our phenomenal swim program during my tenure as swim commissioner in 2002. However, I've decided that I need to devote time to other priorities, so if you've enjoyed our swimming program, you might ask yourself if it's your turn to give back to the club. If you are interested in being swim commissioner next year, please let me know. Also, if you'd like to suggest someone you think might fit the bill, please let me know and I'll be happy to approach whomever you suggest for the position. There will be a swimmers' meeting after the New Year's Day Qualifier Swim on Saturday, 14 December 2002. At that time, SERC swimmers will select the nominee for next year's swim commish to be presented to the board for appointment in January.

See you in the water!

Sheer Pluck: Colleen Vojvodich's English Channel Challenge



Colleen Vojvodich

English Channel—but Colleen faced an extraordinary number of setbacks and delays that would have sapped most people's resolve.

After several disappointing weeks in July waiting for favorable weather conditions that never appeared, Colleen's official English Channel crossing window closed, and she was forced to return to San Francisco.

Would she, she wondered, be prepared for a second trip with similar uncertainties? After much soul-searching, she decided to fly to England in the middle of September just before the end of the Channel crossing season. Yet on this second trip, the wind and tides still would not cooperate, and Colleen prepared herself for the likelihood of leav-

ing England once more without being able to try the swim.

Then, on the evening of Thursday, September 27, Colleen was given notice that weather conditions would be favorable in the early hours of the next day. At 3:15 AM on Friday, September 28, Colleen slipped into the water and began swimming in the dark toward France.

Seven and a half-hours later, Colleen asked her pilot escort crew to tell her when she had reached the halfway point—and was elated to learn that she had already passed that mark. Yet, the strong tides of this busiest of shipping channels can be stronger than any swimmer. As the crow flies, the distance between England and France measures 21 miles, but even in the best of circumstances, the fluctuating currents that surge perpendicularly against the direct route force swimmers to tack on extra miles.

After twelve hours in the water—and with the French coast approximately five miles away—the piloting crew concluded that the currents had grown too strong for Colleen to continue. After much coaxing, Colleen was convinced to climb aboard the escort vessel with her targeted landfall in sight.

Drew Downs, who also swam the English Channel this year, spoke for many swimmers when he told Colleen:

I would call your swim a grand success. You have done what very few people would ever imagine doing. You have bucked every possible difficulty; you swam in one of the most difficult bodies of water in the world (and I believe you swam it in a spring tide, of all things) after the water temperature had dropped dramatically; and you were willing to persist for another 12 hours. It was truly a heroic swim. You had no less an experience than anyone else who has swum those waters. You will never forget it. Nor will anyone else.

Colleen's willingness to fight heavy odds until the bitter end will be an inspiration for SERC swimmers for years to come.

Why Stanford Owes Us

By **Pat Cunneen**, Club Historian

Excerpt from the SERC board meeting, Thursday, November 4, 1909:

"This general meeting of South End Rowing Club was called to order in Judge Shortalli's courtroom 64 Eddy St. A quorum being present and Pres. Herrington in the Chair. Capt. Scully stated that our barge *McDonough* now in the boathouse would require about \$100. to repair it and suggested that inasmuch as we have four barges in commission and not in the position to spend any money for repairing boats not in use, we give the *McDonough* to the Stanford Rowing Club. This organization composed of Stanford University oarsmen has no barge in which to practice or race and cannot purchase one new at the present. It would be a distinctly good thing, however, for the sport to have them enter barge crews in regattas on the Bay. Capt. Scully's suggestion was favorably received and the Secretary was instructed to communicate with the captain of the Stanford Rowing Club making tender of the barge. Meeting adjourned James J. Driscoll."



Drew Downs with SERC's favorite English Channel pilots, the Brickell family.



Congratulations, Kim and Edison! What can you say about a guy who proposed in the water after taking the engagement ring out of his trunks? And what about the gal who accepts?



Salty dog Sundowners Dave Maloney and Paul Weiss having some Friday night fun after a swim.

Why is the Club Such a Mess?

Bob Isaacson, SERC Director at Large

Cookshack boards are ripped off the wall, inside and out! The beautiful deck we had is gone! That gazebo is sitting on our sand beach! The boathouse front stair railing is a wreck! The front wall is pulled apart! Historic pictures have been taken off the walls! Men's lockers are taken apart! There's no heat in the dayroom or men's locker room! Why don't they fix the leaking roof in the lower boathouse? Who's in control of this mess?

We're in the middle of a big rehab of the building, and need your patience and understanding.

Men's Locker Room: Extending this area of the club was initially part of the expansion plan, but has been deleted because of cost considerations. Three lockers were taken apart as a model to fabricate new ones for the expansion, and by the time you read this article, these lockers will be back in place. We'll put in a new heating system, hopefully before too long, but there will be no heat at least for the beginning of the winter. After the big, contracted building project, the men's locker room will be repainted. The men's locker room heating and painting are separate from the contracted building project.

Cookshack: The lower boathouse roof will be resealed when we've finished the walkways that will be on top of it. The whole cookshack will be demolished soon, and replaced by a new one with a new dayroom on top of it. This is a job we can't do with volunteers, and is going out to contract. The value-engineering phase is just about done at this writing, and we'll redraw the plans and go out for new bids very soon. We'll announce a new start date as soon as we know it. This cookshack and dayroom project—along with a new handicap lift and exit stairways—is the only work that will go out to contract.

But when will it start?: As of this writing, we've completed the value engineering to scale down the building project to our budget. We'll ask the Board to confirm our direction at its October meeting. Then we'll barrel forward to redraw the plans (needed because of the extensive reductions to the job) and go out for bids again. We'll post a likely start date as soon as we have one, and it looks like construction will probably start in the spring of 2003.

South End Dolphin Triathlon on Sunday, October 20

As the date nears for this year's annual South End-Dolphin End Triathlon, rumors abound that the Dolphin Club is making very serious preparations to take the winner's plaque, which now resides at the South End Rowing Club. The event combines rowing, swimming and running, and will be hosted by our club on Sunday, October 20. Be warned, however, that hosting the annual grudge match does not necessarily provide home-field advantage. The Dolphins hosted the triathlon last year—and narrowly lost the contest.

The rowing event will begin at 8:00 AM, with the rowing barges from the two clubs racing from Alcatraz back to the Cove. Shells and wooden boats will race from the opening of Aquatic Park to Alcatraz and back. The swimming competition will be a Yacht harbor swim at 9:15 AM with a 50-minute cut-off. The running event, a round-trip Fort Mason course, starts at the club at 9:30 with a 90-minute cut-off.

Club members are encouraged to participate in the event that will best display their athletic abilities. The very hardy who wish to participate in two events should note that they may row and swim or row and run, but not swim and run as these events overlap.

In the running and swimming events, each participant who finishes before the cut-off time contributes to the point total. The first place winner in these events receives 20 points, with each of the next 19 finishers receiving points that correspond to their placement. For example, the person who finishes in second place is awarded 19 points, the third-place finisher 18 points, and so on.

While the event is designed to showcase the best athletic talent of the two clubs, participation truly counts. Each competitor who finishes after the top 20 finishers earns their club a single point. Please note that participation points liberated the plaque from 502 Jefferson Street last year!

Gym Equipment Survey

Note from Kevin Buckholtz

We'd like input about the equipment and structure of the gym. A survey sheet is attached to the corkboard in the gym. Please take a moment to fill out the form, which should then be left in the gym commissioner's mailbox.

Also, before donating exercise equipment, please be sure to contact the gym commissioner at (415) 533-9293.

Notice of General Meeting of the Membership

When: Wednesday, November 20, 6:00 PM
Where: Cookshack, South End Rowing Club
Purpose: Review Club Finances, Update Status of Building Improvement Plan, Update Building Improvement Funding Plan, and Questions & Answers. Check bulletin board for updates.

Hold the Date: Third Annual Member Recognition Dinner

When: Saturday, November 9, 6:00 to 7:00 PM
Where: Cookshack, South End Rowing Club
Honoring: Member of the Year, Swimmer of the Year, Handball Player of the Year, Rower of the Year, and Runner of the Year.

New Members

July, 2002

*Katrina (Katie) Abbot
 Thomas F. Abbot
 Paul Capurro
 James Cotton
 Jessica Gammel
 Eve Kuhlman
 Oskar Mielczarek
 Greg Moon
 Roark O'Neill
 Art Poster
 Kimberly Pross
 Thoryn Stephens
 Carl Thoren
 Carl Weaver*

*Katie Kingsbury
 Susan Lindblade
 Carol Jane Nobs
 Andrew Oliveri
 Linda Perricone
 Roy Ritola
 Dale Riva
 Shrihar Venkatech
 Raymond M. LaJeunesse*

September, 2002

*Laura Bauschard
 Terrance Dunnigan
 Stan Goldberg
 James Kern
 Pete MacInerney
 Martin McGovern
 John P. Mattos
 Lon Ramlan
 George Rebmert
 Dianna Wygant*

August, 2002

*Everett Austin
 John Evans
 Lawrence Ferlinghetti
 Grant Fondo
 Jay R. Hendler*