PRESIDENT’S MESSAGE
Our Dues Are Going Up

At our October 30 General Membership Meeting, South Enders voted unanimously to increase annual dues by $50 starting in January 2014. Please see page 4 for answers to frequently asked questions (FAQ) about this much-needed increase.

For regular members, the increase means dues will be $405 per year instead of $355 per year, a 14% increase (locker fees remain separate since not everyone has one). The South End is still the best deal in town, especially considering most gyms charge $80 to $100 a month.

Why do we need to increase our dues? The short answer is that member dues should cover the club’s general operating expenses but no longer do. For newer members who haven’t yet experienced a dues increase, the South End has not raised annual dues in about 10 years. It is our club’s philosophy and goal to maintain member dues as low as possible to keep the club accessible to all, which is why we rarely propose increases.

However, while we’ve kept our dues at the same rate for the past decade, the club’s expenses have risen considerably. In just the last six years, the cost of maintenance and repairs have gone up 30%, water is up 70%, we’re spending nearly double on general supplies, postage is up nearly 150%, and phone and Internet service is up 42%. Meanwhile, the Consumer Price Index (CPI) in the Bay Area increased 46% from 2002 to 2012.

For this reason, annual dues have been running about $25,000 short of our annual operating expenses for some years. We’ve been filling the gap with non-dues income such as locker fees, day-use fees, and the Alcatraz Invitational fundraiser, but all of that income really should be saved in our Special Fund for a rainy day and for special projects like building expansion projects. We’ve been ‘borrowing’ from this fund to cover operating expenses that our dues no longer cover. Raising our dues will allow us to cover all our operating expenses with member dues as well to save 100% of our non-dues income in our Special Fund, which is a healthy, sustainable way to run the club.

We are not increasing any other fees or dues at this time, but we are looking at day-use, initiation, and out-of-town fees/dues and consulting with the Dolphin Club next door to see if both clubs may want to propose modest increases there as well.

We will also put together a proposal for members to vote on at a later time that would allow us to increase dues very incrementally each year (like a few dollars a year rather than $50 every 10 years) based on CPI increases, so that our dues continually cover operating expenses even as the cost of living goes up.

Thank you everyone who voted and everyone who provided input on this often touchy subject. I’m relieved that everyone understands the rationale behind the increase. It is, after all, going to a very good cause.

Kim Peinado Howard
President

NEWSLETTER CREW

Welcome New Members!

James Abela
Katrina Arber
Mona Armstrong
James Asiano
Hadar Aviram
Martin Barnes
David Blasingame
Christian Breen
Olivia Bura
Cary Butcher
Ryan Calcini
David Cannington
George Carvalho
Michael Cashman
Michelle Cherrick
Diana Coffia
Jim Colleton
John Cunnane
Richard Delvin
John Devine

Kyle Duford
Tim Dunn
Dennis Dunne
Victor Early
Dennis Fitzgerald
Louis Fox
Brian Godwin
Scott Goldsmith
Flash Gordon
Jim Graves
Lisa Green
Mike Grisso
David Hall
John Hartnett
Michelle Johnson
Scott Jordan
Laila Kaiser
Nick Kavanagh
Audrey Kelly
Kelly Konis

Scott Lebus
Paula Lecht
Elizabeth Maier
Andrew Malnak
Tim McDonald
Stuart McDougal
David McMurdie
Juan Melendez
Peretz Mochkin
Sarah Morrison
Niland Mortimer
Katie Murphy
Jack Ostler
Terry Parker
Leonardo Pedroso
Eric Potashner
Andy Ramelmeier
Andrea Reed
James Reichmuth
Len Rifkind

Laurent Rigobert
Pable Romano
Liz Serrano
Sanford Shapiro
Jim Shepherd
Annabelle Slingerland
Scott Spann
Nemanja Spasojevic
Nicolas Stadberger
Margaret Steere
Mike Stone
Tara Walbart
Juan Carlos Wallace
Michael Wiggins
Ron Willey
David Young
Zolina Zizi

BAGGAGE

Decades of swimming the Bay
Have exposed some startling facts
One of which are the hitchhikers
That have grown slowly on my hull
Slowing me way down
Along with an aging body.
Those damn barnacles!
Dry dock for cleaning?
Heavens no
As they add character to my physique.

- James Miller
2014 Dues Increase: Frequently Asked Questions

Q: What is the dues increase?
A: It’s a one-time $50/year dues increase for regular members that takes effect Jan. 1, 2014.

Q: Is this a one-time increase?
A: Yes. Per our club by-laws, the club proposes dues increases from time to time as needed.

Q: How much are dues now and how much will they be for 2014?
A: Annual dues are $355 per year and a $50 increase will make them $405 per year. This is a 14% increase. Monthly dues break down to $29.58 currently, and $33.75 as proposed (or $4.17 more per month).

Q: Could members vote on this if they were not at the meeting?
A: No. Our by-laws do not allow for General Membership Meeting proxy voting. This is the question I've been asked the most. I'm thinking it's an item we should vote on the next time we have a General Membership Meeting to update our club by-laws. Thanks for the input.

Q: Why do we need to increase dues?
A: The South End has not raised annual dues in about 10 years. It is our club's philosophy and goal to maintain member dues as low as possible to keep the club accessible to all, which is why we rarely propose increases (roughly every 10 years). While we’ve kept our dues at the same rate for the past decade, the club's expenses for consumables, utilities (especially water), building and equipment maintenance, etc. have risen steadily, sometimes sharply. Meanwhile, the Consumer Price Index (CPI) in the Bay Area increased 46% from 2002 to 2012. For this reason, annual dues have been running about $25,000 short of our annual operating expenses for some years. We’ve been filling the gap with fundraisers like the Alcatraz Invitational, but funds from the Invitational really should be saved in our Special Fund. Per our by-laws, “Annual dues shall generally be limited to the amount necessary to meet the Club's current operating expenses and to maintain and preserve the property and equipment in a safe and efficient manner.” In a word, our dues don't cover our operating expenses, as they should to provide a sustainable foundation for the club.

Q: What, specifically, will the increased dues pay for?
A: In the six years from 2006 to 2012, the cost of maintenance and repairs have gone up about 30%, water is up 70%, we’re spending nearly double on general supplies such as paper towels, trash bags and the like, postage is up nearly 150%, and phone and Internet service is up 42%. Those are just some examples. The increase in dues is intended to cover our operating expenses (roughly $300,000 per year) in full so we don't have to ‘borrow’ from our Special Fund, with a little extra to spare to account for future increases in expenses. We also want to increase levels of cleaning and maintenance and fund depreciation so we can quickly and effectively deal with serious building issues.

Q: Are we increasing any other dues or fees, like for lockers, day-use fees, initiation or out-of-town membership?
A: No, not at this time, but we are researching these and may propose increases for them in the near future if needed.

Q: The club has plenty of money in the bank – why don't we just use what we have?
A: The funds in our savings come from income earmarked for our Special Fund. That money comes from locker fees, day-use fees, the Alcatraz Invitational and other non-dues income. The Special Fund is for special projects like the upcoming building expansion project -- not operating expenses. We've been 'borrowing' from this fund to cover the part of our operating expenses that our dues no longer cover. Raising our dues will allow us to save more for the upcoming building expansion project and maintain a healthier rainy day fund.

Q: When will this $50 increase be due?
A: Annual dues are $355 per year and a $50 increase will make them $405 per year. This is a 14% increase. Monthly dues break down to $29.58 currently, and $33.75 as proposed (or $4.17 more per month).

Q: When will our dues be raised again?
A: As noted, we like to keep dues as low as possible to keep it accessible to all. We revisit the dues issue from time to time as needed. SF Rec & Parks (our landlords) recently suggested we consider proposing a dues structure that is triggered by annual Consumer Price Index (CPI) increases. This could create more financial security for us and avoid periodic, larger dues increases, such as the one being proposed now. Many of us agree this is a good idea and are investigating it. For example, if the CPI increases 1.5% one year, then member dues go up 1.5%, so that annual increases are in small, incremental amounts in the several-dollar range, rather than a $50 jump after 10 years.

Q: What specifically do our by-laws say about dues increases?
A: Section 5 - ANNUAL DUES. The amount of the annual dues shall be proposed from time to time by vote of a majority of officers present at a Board meeting. Increases in annual dues must be ratified by a majority vote of members present at the next membership meeting, and they shall not be put into effect until the following January. Annual dues shall generally be limited to the amount necessary to meet the Club's current operating expenses and to maintain and preserve the property and equipment in a safe and efficient manner. However, if prudent operation and maintenance provide a surplus, or if the members vote a dues increase to fund improvements, the Board may, by majority vote, transfer moneys from the General Fund to the Special Fund to finance improvements or additions to Club structures and equipment.

2014 Total Women (4 Honorary, 9 Life, 23 Out of Town, 252 Female Regular Members)
654 Total Men (6 Honorary, 72 Life, 50 Out of Town, 550 Male Regular Members)

At current rates, regular members pay about $269,000 in dues to cover operating expenses. If we increase our dues by $50 a year, combined with out-of-town dues (~$5,000), we’d have about $312,000 a year for operating expenses, based on the above member figures.

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Exciting Fundraising News: New Co-Chairs Betsy Blumenthal and Bob Tandler; significant donations
By Kim Peinado Howard

I am thrilled to announce that South Enders Betsy Blumenthal and Bob Tandler have stepped up to act as co-chairs of our burgeoning Fundraising Committee to lead the charge to get us to our new target budget of $2.1 million, between donations, events, and savings.

Fundraising Committee meetings under Betsy’s and Bob’s leadership began in October, continue regularly, and have included Betsy, Bob, Jennifer Brokaw, Peter Ross, Dianna Shuster, Bill Wygant, Steven Hurwitz, and myself. Please contact one of us if you’re interested in helping out with fundraising efforts. We meet again in January.

We are also happy to report that one of our members made a significant, anonymous contribution to the project in the high five-figure range. Thank you, anonymous donor.

Other members have been waiting for the San Francisco Parks Alliance (SFPA) to renew as our fiscal sponsor, and they have. Members can now make tax-deductible donations to the South End via SFPA online or by check; please see details below.

In December, Dianna Shuster was instrumental in helping Bill and me send out a year-end appeal to members who may be able to take advantage of the expiring IRA Tax-Free Charitable Donations opportunity. Thank you, Dianna.

In the meantime, the Fundraising Committee is focused on crafting an overall fundraising strategy and identifying additional members who can and want to provide significant cornerstone gifts to the club to provide a healthy foundation for the rest of our fundraising efforts.

TO DONATE TO THE CLUB

Thank you to those of you who have already contributed, and thank you in advance to any and all of you who are able to donate to this much-needed renovation project. It is going to take all of us to get there.

If you’d like your donation to be tax-deductible, you must donate directly to San Francisco Parks Alliance (SFPA), either by check or online. SFPA is the South End Rowing Club’s non-profit fiscal sponsor that allows us to receive tax-deductible donations. Although the club is a non-profit, if you donate directly to the South End, it will not be tax deductible because of the type of non-profit that we are (501c4).

To make a tax-deductible donation online:

Go to: https://sfpa.ejoinme.org/MyPages/SouthEndRowingClub/tabid/48609/Default.aspx

The shortcut for the above long link is: http://bit.ly/19eni64

To make a tax-deductible donation by check:

1. Make check out to “San Francisco Parks Alliance”
2. Include “South End Rowing Club” in the memo or your donation will be made to SFPA
3. Mail to: Loren Butterwick Park Partner Project Leader San Francisco Park Alliance 451 Hayes Street, Second Floor San Francisco, CA 94102

If you don’t need or want your donation to be tax-deductible, please donate directly to the South End (it saves us $5):

1. Make check out to “South End Rowing Club”
2. Include “Building Project” in the memo
3. Drop check in the mail slot of the Day Room upstairs at the club or mail to: South End Rowing Club c/o Building Project 500 Jefferson St. San Francisco, CA 94109

ROWING

Rowers Swim Alcatraz
by Katrina Lundstedt

October 26th started out like an average Saturday morning at the South End with the usual hubbub of activity and hum of excitement. But something was different. The rowers were getting prepared… to swim. Dan McLaughlin organized and put the call out to the rowers and they showed up in rare form. Dianna Shuster, swim commissioner, coordinated with Evan Morrison who was running the test swim for a Sunday Alcatraz such that there was plenty of pilot coverage and some much appreciated swim angels alongside the rowers in the water.

Launching into the dark and beautiful day, it was incredibly flat—rowers water that morning. Across the cold Bay water seeking last minute advice, we heard Vanessa Marlin call, “Wait—what about the breathing part?” And before leading the pack of rowers off the zoodles with Nancy Sorrell, Joe Boone was heard inquiring, ‘Where’s the whiskey? Don’t you all drink whiskey before getting in?’

‘Next year, I’ll start with being here for the briefing.’ Thats according to Christine Corral but she didnt mention she also intends to beat her husband Victor Corral who by finishing second overall (including the test swimmers) is a shoe-in for next year’s Tri. After it was all said and done, Andrea Kelloggs succinct assessment of her experience was ‘I’m glad it’s over.’ Elizabeth Glass was heard rally ing the troops to go erg, and Will Newhy and Patrick Allen summed up the collective relief: ‘We’re going to go get beer.’

All 11 rowers finished the Alcatraz crossing successfully and four were first-timers. Dan was rowing cook extraordinaire - which this author thinks may have been his way of sneaking out of the swim!

Canal du Midi
by Vanessa Marlin

Each August rowers converge on the Canal du Midi in the South of France for five days. This year Dolphin, Liz Cantor, and I along with a dozen other rowers from Northern California, joined the rally from Toulouse to Bezzer. We rowed 125 miles in coxed “yolets”– wide plastic four-person sculls. Navigating the gentle canal waters was a refreshingly serene experience except for the occasional close calls with tourist commanded “party boats”. Also challenging were the portages around the canals many locks– sometimes more than a dozen times a day– which, like rowing, requires equal parts technique and strength. A favorite memory will always be the two-hour lunches under the shady canopy of the plane trees amid fields of sunflowers. After rowing for half the day, the rowers were usually greeted with a champagne toast by the town mayor, fed three-courses of local faire of sunflowers. After rowing for half the day, the rowers were usually greeted with a champagne toast by the town mayor, fed three-courses of local faire of sunflowers. After rowing for half the day, the rowers were usually greeted with a champagne toast by the town mayor, fed three-courses of local faire of sunflowers. After rowing for half the day, the rowers were usually greeted with a champagne toast by the town mayor, fed three-courses of local faire of sunflowers. After rowing for half the day, the rowers were usually greeted with a champagne toast by the town mayor, fed three-courses of local faire of sunflowers. After rowing for half the day, the rowers were usually greeted with a champagne toast by the town mayor, fed three-courses of local faire of sunflowers. After rowing for half the day, the rowers were usually greeted with a champagne toast by the town mayor, fed three-courses of local faire of sunflowers. After rowing for half the day, the rowers were usually greeted with a champagne toast by the town mayor, fed three-courses of local faire of sunflowers. After rowing for half the day, the rowers were usually greeted with a champagne toast by the town mayor, fed three-courses of local faire of sunflowers. After rowing for half the day, the rowers were usually greeted with a champagne toast by the town mayor, fed three-courses of local faire of sunflowers. After rowing for half the day, the rowers were usually greeted with a champagne toast by the town mayor, fed three-courses of local faire of sunflowers. After rowing for half the day, the rowers were usually greeted with a champagne toast by the town mayor, fed three-courses of local faire of sunflowers. After rowing for half the day, the rowers were usually greeted with a champagne toast by the town mayor, fed three-courses of local fare.

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Handball Happenings

The 2013 handball season has come to a close. We have had a very competitive and emotional year of handball at the SERC, and are proud of all of our SE players. The annual one-day Fleet week tournament in October has been renamed the Mike Alvarez Memorial Tournament in honor of one of the greatest players and administrators of Nor Cal handball. God Bless you, Mike.

Wayne Black
Handball Commissioner

Handball Schedule for 2014
St. Pat’s Tournament
March 14, 15, 16
Cinco de Mayo
May 2, 3, 4
Father/Son/Daughter
August 16

Handball action has been fast and furious at the club this Fall. The courts are playing well and the play has been wall-to-wall nonstop action.

In October we hosted our annual Father/Son tournament. Betty Fabian playing with Julio won the middle division. Betty is a fan favorite at the club, showing the Dads what’s up. Mike and Bob Housman defended their upper division title against Jamie and Julio Fabian. South Ender Anna Sojourner teamed up with her “son” Antonio Herrera to capture top honors in the surrogate division. Anna picked a good son with shots and defense in his arsenal. The family turns out for this event. Combining good food with a spectacular location, the day was a lot of fun.

In October the players gathered for a low-key event. Todd Temple and Carlos O’Campo won the inaugural Alvarez cup in honor of the late Mike Alvarez. Todd and Carlos get to share this mug for a year then Mike and Bob Housman defended their upper division title against Jamie and Julio Fabian. South Ender Anna Sojurner teamed up with her “son” Antonio Herrera to capture top honors in the surrogate division. Anna picked a good son with shots and defense in his arsenal.

Thanks to Wayne Black for his support that helped make these events happen!

The South End is hosting the Nor Cal Hall of Fame tournament in November. One of the greatest handball players to ever come out of San Francisco, Mike Treacy, will be inducted among others this year. It doesn’t matter if you hit ‘em hard and low or soft and slow as long as you keep playing the perfect game.

Tony Ragusin

Off the Wall

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Tony Ragusin

Mike Alvarez Memorial Tournament
October 11
Hall of Fame Tournament/Dinner
Oct. 31, Nov. 1-2
As always, Open Handball on:
Wednesdays at 8AM
Fridays at 3PM

Marathoning is a blast!
by Brenda Austin

Never thought my inner swimmer would allow me to even think such a thing, but it’s true. For our first road marathon, Kim Pross and I wanted a destination run. Ideally, it needed to be a place neither of us had been before, but the timing had to dovetail with our work schedules. Crater Lake was out, Paris was out, and the list went on. We settled on St. George, Utah. It’s a fast course and slightly downhill from about 5,300 feet to 2600 feet, and touted as one of the best-run marathons in the U.S. We chose it partly because of its proximity to Zion National Park. Please don’t mention the government shutdown if you’re near us.

We slowly ramped up our pace on Tuesdays. For those geeks among us, we call those tempo runs as opposed to those long, slow, distance runs. Kim used a GPS app for the iPhone to track our distance, pace, calories, and overall progress. We delighted in watching our progress and mailed these profiles to our closest friends. Well, maybe Kim put hers on Facebook. I wouldn’t know. Monitoring progress via immediate feedback like this helps motivate and allows for alteration of training plans if needed.

One thing that’s exciting is that we may have discovered a new training technique in the process! During the entirety of our training we talked. Each run, Kim would update me on the status of the Romanian art thieves, we discussed books, concerts, and that perennial source of amusement—SERC. The rule was that she had to talk to me for at least the first 15 miles.

However, on race day we did not speak after the start except to say, “I’m stopping to pee” and “OK, me too.” This wasn’t a conscious decision. It happened naturally. Imagine running next to someone for 26.2 miles and not speaking. But by not speaking we ran faster. Remember we were at altitude. We handily beat our goal time. We came in at 4:27:02 and :03.

I won’t bore you with all the rest except to say that there’s an interesting 50K in Iceland. Is anybody interested? If the travel and distance are daunting, we’ll be out the door at 6 a.m. next Tuesday as we begin to prepare for the annual Kaiser Half slated for February 2, 2014. Come on down. Tuesday Runners accept all comers. When it rains, we ERG!

Running the Club Tri
by Stephanie Duhau

Congratulations to all who participated in the run. Once again, you really made a difference—this year we only won by four points. Yes! A win is a win is a win, and for better competition we wanted a more even playing field. We got it!

Yes, the Dolphin Club brought in more runners but in reality, compared to last year, they brought in only four more runners, while we had at least 25 fewer runners.
I want to thank Kathy Bailey and Keith Nowell for handling the finish line recording of places and times. I want to thank Kathy Bailey and Keith Nowell for handling the finish line recording of places and times. (this is not an easy task) and to Suzie Dods for being at Fort Point with refreshments.

See you next year!
The Alcatraz Invitational!
By Ann Turtle

This year’s Alcatraz Invitational was truly spectacular.

Over 200 South Ender's turned out to welcome 600 swimmers from all over the world, literally. Swimmers from Australia, Brazil, England, Ireland, Norway, Sweden and Canada joined us.

Led by our honored swimmer John Coughlin of Half Moon Bay, this year’s swim hosted 3 blind swimmers from Arizona proving that athletes come in all shapes, sizes, and abilities.

This year we incorporated improvements suggested by club members at the end of 2012’s event including a warming tent, electrolyte beverages and a return to eggs and bacon on the menu.

Gary Emich ran the swim on the water; David Brown coordinated the pilots; Bryce Goeking organized the kayakers; Elizabeth Glass handled sponsorships, catering, fire department permits and a bunch of other projects; Jean Duncan was our Medical Coordinator; Zina Deretzky designed our logo; Pat Cuneen made all our signs; Al Jaurique and Jim Bock helped out wherever asked; Suzanne Greva organized registration; Wayne Black handled land based operations; Josh Sale coordinated the Body Marking and Chip Ripping; Jenn Yao Lawson ran the Finish Line; Kat Filey Brown and Stevie Ray Hurwitz took care of Boat Boarding and Deployment; Ranie Pierce returned from Catalina to run mercandising for two days, Suzie Dods helped us with pre-swim clinics; Karyn Noel kept us on track financially; and once again Peter Ross lead Bags.

Mark your calendars! The 19th Annual Alcatraz Invitational is September 14, 2014 (pending permits).