# Southender

**Summer 2015**

A Publication of the South End Rowing Club  
www.south-end.org

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The South Ender is the newsletter of the South End Rowing Club, published three times per year. We publish material by our members that reflects the ideals, purposes and accomplishments of the South End. We reserve the right to edit all submitted material. Articles, suggestions, inquiries and photos may be submitted electronically to: newsletter@serc.com. 900 word maximum for articles and minimum of 300 pixels per inch for photos. Please send articles as a text file, not as a PDF. Thank you in advance for your contribution!

Cover photo: Dan Nadaner, swim angel, with Jim Shepherd, swimmer, completing the Bay to Breakers swim with curious and confused onlooker Brenley Koegel. Photo courtesy of the very talented and generous Colin Gift.

One of the best things about being a South Ender is that just by being a club member you are involved in something larger than yourself. We’re one of the oldest multi-generational institutions in San Francisco with a rich history at Aquatic Park. The sports we represent are linked to national organizations and our members over the years have been very successful in achieving recognition and success in their sports; our walls are filled with their stories.

Recently, the National Park Service (NPS) proposed relocating the Alcatraz ferry terminal from Pier 31 1/2 to Fort Mason. The hourly departures to Alcatraz would be devastating to our rowing and swimming programs, effectively reducing or even denying us access to areas of the bay we have historically used for decades. Through a member referral, the board was able to obtain the pro bono services of Paul Hastings, LLP, one of the top environmental law firms in the country, to help us write the club’s response to the NPS’s Draft Environmental Impact Statement (DEIS). One of our main concerns is the DEIS’s assertion that establishing hourly ferry service from Ft. Mason to Alcatraz would have no effect on swimming or boating on the bay. The NPS also offers no plans for mitigating the effects of relocation commercial boat traffic so close to areas traditionally used since 1938 for swimming and rowing activities.

International Swimming Hall of Fame swimmer and author Lynne Cox, Janel Jorgensen from Swim Across America, English Channel record holder Trent Grimsey, Oceans 7 swimmer Kim Chambers, Nancy Iverson from Pathstar, and long-distance Rower Roz Savage, among many others, have written letters on the club’s behalf against the NPS’s moving the ferry terminal to Fort Mason. Many other club members have contributed letters as well as time and expertise.

BUILDING PROJECT

We are on track to receive our permit and begin construction on the new boathouse and women’s locker room on September 16, 2015. We have raised $1,150,000 in promised donations, the club has approximately $500,000 in saving to commit to the project, and we can accept something around $400,000 in member loans. While club members have been very generous, we are still about $400,000 short of our goal. If you haven’t already, please consider donating to this needed project. There is a link on our club website, www.serc.com, to our donation site at Parks Alliance where your donation is
tax deductible.

The Drought
The drought has been in the news lately. What has the club been doing about it? We have posted some Pat Cuneen–designed posters around the club asking people to take shorter showers, Ray Zahnd is installing low-flow restrictors in the faucets around the club and replacing two toilets with low-flow versions. We try to re-use the water we flush the engines out with after a swim. We are only serving Jamesons straight at Happy Hour with no water back. We are encouraging club members to join Jenny Craig so there will be less surface area to wash. We are praying for rain and open to other suggestions from you.

Let’s Start Saving Those Pennies
No one likes talking about dues. Section 6 of our bylaws has the following schedule for payment of dues:

December 15: Dues statements are mailed
January 31: Dues paid in full
February 1: Member becomes delinquent and assessed a 10% penalty of the amount owed
March 1: Membership terminated

It also has the following: In case of hardship a member may with written approval of the Treasurer and President pay dues in two installments. The first installment is due by January 31st and the 2nd installment is due by July 1st. Failure to pay the last installment by July 1st will result in termination of the membership. The club over the last several years has allowed people to pay quarterly. But this has resulted in an increase in workload for our membership commissioner and part-time office secretary. South End Rowing Club dues are designed to be paid annually. There is a cost to spreading payments out over the entire year, due to the time it takes to invoice and process payments. There is also an effect on the calculation of lifetime memberships and out-of-town memberships. In addition, annual payment extends a basic sense of fairness to the entire membership where everyone is treated the same. As of 2016 we will no longer be accepting quarterly payments, but are going back to the procedure for the collection and payment of dues as described in the bylaws.

The Plaque
Where will you be on September 26, 2015?

Dolphins 595
South End 283

Is this something you are willing to accept?
Is this the best we can do?
Let’s start planning now.
Never again!
The Plaque must come back!

A Fresh Look for the South End Bar
By Chris Breen, Director at Large

It all started at a Friday happy hour. A relatively new member, I spoke heretical words: I felt that our bar was small and cramped and kind of smelly, and that the Dolphin Club’s was much nicer and more elegant. Kim Peinado, our Queen of Happy Hour, pointed out that a lot of Dolphins actually preferred our space because it felt cozy and intimate, like a pub. And that we tend to throw better parties!

Well, she was right. Now I had opened my big mouth. Time to propose a solution.

The Irish affectionately call a neighborhood pub “the local.” So why not create such a place for our South End community? We could make the low ceilings and funky space work in our favor and amplify the room’s best qualities—its cozy feel and beautiful wood—and also make it function better for parties, tournaments, and handball games alike.

The goal became to celebrate the South End with our very own nautical sports pub, showcasing our
140+ years of San Francisco history. The challenge was to ensure that the results remained true to the club — historic, mindful, and tasteful. Our intent was preserving the original charm and funk people loved, while eliminating the crusty, scabby, and random elements of a space that hadn’t been refreshed in perhaps 30 years. And above all, to respect the multi-use nature of the room and work in harmony with the handball community that uses it frequently.

To get the project officially off the ground, I ran for the board, put a proposal together, and we created the Bar Beautification Committee. The board approved a starting budget, and with the guidance and get-’er-done spirit of Ray Zahnd, our building commissioner, the “BBC” went to work. Kim Peinado, Jim Bock, and myself were joined by Tina Voight and Joe Butler who contributed their design and architecture expertise, as well as getting their hands dirty. Our fantastic new club handyman, Jon Grunstad, was indispensable in getting the heavy lifting done, along with sanding, varnishing, painting and plumbing. The board of directors as a whole has been super supportive, with Dan McLaughlin contributing his knowledge of electrical matters and woodwork, and representing the handball players’ perspective along with Commissioner Jim Silla as well. Wayne Black has been instrumental in curating and refurbishing historic handball pictures to be mounted in the bar, as well as in some new photo galleries in the court bleachers. And Bill Wygant has calmly ridden herd on the whole shebang with a cool head, since doing anything at the South End causes a wee bit of commotion! We really do appreciate everyone being so patient as we move along, and so far your feedback has been overwhelmingly positive.

We’ve had some nice surprises along the way. The old red floor was thought by many to be unsalvageable, but has yielded the original floorboards finished to a beautiful honeyed color with an irreplaceable patina of age. The bar surface has turned out to be a rare, uncut single slab of mahogany with a deep golden glow like a tiger’s stripes.

The walls have been repainted in a complementary color chosen specifically to make the pictures and memorabilia really stand out, and the rough rear wall is now complete with matching beadboard. Jim Bock hand-built the nifty new porthole lights!

It’s been a lot of work. So far the volunteers have contributed over 250 collective hours of their time to make this project a reality. There’s plenty more to do, but the most disruptive aspects are complete.

Among the next steps are supplying a fully matching set of stools for seating, remounting the historic memorabilia, and changing out the old harsh fluorescents for more flexible and attractive lighting (that will make us look more attractive in the mirror too!).

Again, big thanks to everyone at the club who has pitched in, offered help, or simply given positive feedback. If you haven’t seen the room lately, stick your head in and take a peek!

Welcoming South End’s Newest Members: SERC’s New ‘Guide Dog’ Program
By Karina Marwan and Pat Cunneen, Membership Co-Commissioners

Do you remember when you first joined the Best Club on Earth? Think back ... feasting your eyes on the boats, the old-fashioned feel of the bar, the handball courts, the bay views, the hidden nooks and crannies ... ahh ... the mysteries of the South End. Did you wander in? Did you know anyone? Did it seem that everyone else felt like a family you longed to join?

Did you find yourself wondering things like “How do I join the [event]?” “Where can I find a [thing]?” “What’s the best way to [activity]?” or “How do I get the latest and greatest information?” Or the ever-popular “When, oh when, can I get a locker!” Pat Cunneen shares a related memory here we hope you’ll enjoy:

“One thing all really old South Enders will recall: We
had a very beloved boathouse captain named Ray Savigliano who handled our lockers. When asked about a locker, his most favorite saying was “The locker situation is very tight”—meaning there weren’t any. He was the guy who was always spot-painting all over the place. Some of his favorite colors were orange and blue. We have a boat named after him and there is a photo of him lying like a slab of meat in what was then called the Garden of Eden or Dante’s Inferno in our Day Room.”

OK... don’t hold your breath on the lockers, but the rest?

Calling all Dawgs!
Our president Bill Wygant had a dream ... well, not that one, but one that had our new members contacted, welcomed, buddied up, and guided a bit when they first joined until they felt more acclimated and got more involved. So that’s exactly what we did. Starting late 2014/early 2015, the South End Rowing Club’s Guide Dog Program was born. Bill reached out to a few members to kick this off. Those pictured below said “yes!” Pat Cunneen created a logo, pictured below, and each volunteer Guide Dog was given a special visor to wear as a thank you, and to signify “ask me!” to our newest SERC members.

New to the club? Be on the lookout for these folks and try to stump them with a question.

Our first group of Guide Dogs, pictured at right, includes (from top left): Our mascot, used on the visors; Robert Kane and Jim Bock (swimming); Tony Gilbert (rowing); Brenda Austin (running); Pat Cunneen (membership co-commish); Joe Butler, Cathy Harrington, Cathy Bump, Jane Koegel, Jeff Everett, and Nancy Iverson (swimming); and Jim Silla (handball, not pictured).

THANK YOU wonderful Guide Dogs!

So ... how is it going? I happened to call a new member the day she had gone for a swim and had left her suit in the sauna. I was able to retrieve it and put it in my locker for safekeeping. She was very happy to get a call welcoming her to the club. We are planning on meeting soon.

The new members really seem to appreciate the calls. I talked to a new member’s family member, who was very pleased I was calling and happy to know she is so welcomed. Some comments from the new members:

“I really appreciated the call; it was great to be able to get some of my questions answered right away.”

“I was surprised to get a call. That made me feel really welcomed.”

“I was able to get out with my Guide Dog and swim in the cove shortly after I joined. I felt supported and safe. Great program!”

Wanted! Wanted! A few more Guide Dogs!
Join us! The water is fine (so are the handball courts, the boats, and running trails for that matter)! Have you been a member for at least a year? Do you enjoy meeting and mentoring people? Taking people under your wing for a short while? Showing people the ropes (literally and figuratively)? Need a cool new visor? OK, that’s not a good enough reason to do this, but if you answered yes to the other questions, let your membership commissioners Karina Marwan and Pat Cunneen know by emailing us at membership@serc.com.
Handball News  
Submitted by The Scoop

St Patrick’s Doubles drew in 82 participants to battle on the South End Courts, enjoy the sunny weather, and sit down to an authentic Irish dinner on Saturday night. New South End Handball Commissioner Jim Silla did a great job both on and off the court, while Sue Crothers manned the desk throughout, and Wayne Black, Rory Moore, and an army of folks in the kitchen helped keep things running smoothly for the players.

Note!  
Bob Deltorre and Emmett Peixoto (of the Olympic Club) are collecting all your old gloves, goggles, and balls. They are bringing a large plastic collector to all the tourneys so remember to bring your old stuff. Or you can buy some new gloves and donate your current gear! They will be used and appreciated.

Men’s Open Finals:  
When the smoke cleared in the Opens, the effortless Anton Wilson, playing with the young gun from Sacramento, Tyler Martin, squared off against the Dream Team of Danny Solorio and Pro Qualifier George Garcia. Danny and George have not only survived but thrived in the handball wars at the South End. Danny’s power and hops, with George’s uncanny fist-shot accuracy and fitness, seemed unbeatable. But there are levels, more levels, and then ... there is Anton Wilson. The buzz is he hardly ever gets a chance to practice ... he simply plays one big tournament at St Pat’s and goes back into handball hibernation. Surely this prescription cannot hold up yet another year? It did. Wilson’s claim to fame is having beat every great Pro out there at least once. The list includes John Bike and David Chapman. He had also tried out for the Atlanta Braves as a youngster. With the capable, solid play from Tyler as point man up front, Anton glided and floated around mid-court, hitting passes and ceiling shots as easy as buttering a piece of toast. Then when players were moving and flailing, he’d see an opening. Everyone knew what would come next ... a flat, over-the-top kill shot that simply rolled out straight, or went sidewall-front wall to an open zip code. Solorio tried to read his hops ... George Garcia dove again and again ... but came short as a kill-pass clinic was in full gear.

Catching the action were San Francisco greats and HoFers Rudy Stadlberger and Bob Bourbeau. Back in the day, these guys beat the great Paul Haber in the semi-finals and the great Harry Packer in the Finals (circa early 1970s).

Men’s A Finals:  
Raul Jasso (San Jose) roamed the backcourt, and a fit Miguel Negrete (San Jose) owned the front as they beat the team of Juan Carlos Ocampo/Antonio Olvera (San Francisco). They started the tournament in the Opens, almost pulling an upset over finalists Danny Solorio/George Garcia. With Miguel’s family watching, even Anton Wilson commented on how good they look together. Look for this team to upset a few teams in the opens next year!

Men’s B Finals:  
In the Finals a much-improved Robert Deltorre (San Francisco) partnered with young gunslinger Denys Macias (San Jose) to defeat Watsonville standouts Jack Crick/Jeff Solinas. Jack played his usual steady game. Jeff tried some of his “hop-and-serve” shots, but the error-free play of Bob, coupled with the firepower of Denys, gave the more aggressive team the win.

Men’s C Finals:  
Larry Pilgram/Richard Perez (Sacramento) vs. Eddie Hernandez/Peter Briceno. In a Scoop first, we have no eyewitnesses, heard no scuttlebut, and got no intelligence on this match. Safe to say the “better team” won?!

Men’s 50s Finals:  
The 50s were loaded with talented and accomplished veterans—in this bracket, truly there was nowhere to hide. Play ball!
50s newcomer Mike Mcdonald with the powerful Frank Vasquez struggled with the three-wall power serves of Agustin (“Augie”) Herrera and the strong lefty Tom McGrath in the semifinals.

Francis Breining/Mike Linnik had a nice win over Mark Reynolds and the 2013 National Champ Scott Spann in the Quarters, but in the semifinals could not muster enough strong handball to challenge the “Guitar Man” Gary Steadman and his partner Jim Silla.

In the finals, Tom McGrath played well on the left, and partner Augie hit tough three-wall serves with amazing power. All season long Gary Steadman has been on a roll, his precision unmatched, his footwork top notch, and his stamina allowing him to make crisp pass shots or bottom-board kills like the Open players. Partner Jim Silla made no hand errors, and dove on ball after ball to kill rallies. Although McGrath managed to scoop up many of Gary’s shots, the Steadman/Silla team kept firing away until they scored. In the second game, McGrath/Herrera managed a huge lead, then “something happened,” they got cold and Steadman once again “heated up.” Game, match, and victory to Gary Steadman/Jim Silla 21-15, 21-18. The only question remains … who partners with Gary next? (A: Francis at the Cinco de Mayo.)

Men’s 60s Finals:
Two unseeded teams emerged in the finals: Randy Badler (San Francisco)/Geoff Symth (Hayward) (who beat #1 seed Richard Polson/Roberto Chavez), and Mike Flores/Rudy Guzman (Fresno) (who beat #2 seed Lance Meyer/Jerry Jarrett). Mike Flores is a solid right-side player, a great digger, and kept the rallies alive. His partner Rudy Guzman is the gunslinger, whose quick wrists kill balls from all over the court. But Geoff Smyth is no stranger to the handball wars, has great stamina, and keeps the ball in play. Randy Badler is a former #1 player at the South End, is comfortable on the courts, and shoots the ball well. After long rallies, Rudy struggled with the back wall shots, and the sharp shooting Badler made his attempts for a nice win for Randy Badler and Geoff Smyth over the solid Fresno team.

Men’s 70s Finals:
#1 seeds Jerry Schiffman (San Jose)/Kevan Del Grande (Los Gatos) came into Sunday’s match fit and confident. Gary Zackovitch (Santa Rosa)/Jay Latona (Medford, OR) came together to play and the luck of the Irish fell their way today. The first game they played well and had a good win. The second game Jerry/Kev stormed back 21-19, bringing it to the tie breaker. Both teams struggled mightily, going back and forth to a 3-3 score, when a leprechaun touched “Zak” and gave him the gift. He served out, using hops, reverses, naturals. Game set match Zak and Jay.

Erin Go Bragh
(“Ireland Forever”)

Frigid Waters

Clasp me in irons
I cannot see
Clasp me in irons
Soft as can be
Let them straighten me out
And redden my skin
Let them calm me inside
And quiet the din
And when I throw them
Back off on land
My mind will rejoice
My heart will expand.

–Zina Deretsky
I always wondered how our swim commissioners did what they do. When I would think about volunteering I would usually just talk myself out of it because I am way too busy to do all that work. So far I am amazed about how much help I have had. You are all making the swim program look good!

I was able to swim Horseshoe Cove to Baker Beach. It was a great new Nutcracker swim. Thanks to Bob Roper and everyone that supported the swim. Keep an eye out for more Nutcracker long swim training and Sunriser swims. We are learning how to talk to the water. Who says we can't swim against the tide!

I would like to thank everyone who has done so much for the swim program this year!

Tom Linthicum (aka Reptile)
South End Swim Commissioner

2015 Swim Schedule

Club Swims
7-11-15 Club Alcatraz, jump 0930. 1021S 0721M 2.1F
9-26-15 SERC vs. DC Tri (be there!)
10-3-15 Pier 7, jump 0715. 0558S 0848 2.3E
11-26-15 Alcatraz, jump 0630. 0648S 0934M 2.9F

Nutcracker Swims
8-9-15 Round-Trip Alcatraz, jump 0745. 0438S 0710M 2.1E
10-24-15 Angel Island to Aquatic Park, jump 0800. 0517S 0803M 3.1F

Alcatraz Invitational
9-13-15 jump TBD. 0825S 1059M 2.8F
* See the website for updates *

Ice Swimming
By Ranie Pearce

“Swimmers take off your clothes.” “Swimmers, get in the water.” Tweet! And we’re off. It’s 3:00 pm, it’s almost dark, the air temperature is -25C, and there are four of us in the “lanes” of this “pool” cut into the ice in a river in Siberia! That’s right, I went swimming in Siberia. To top off the most adventurous year of my life, I went to the 2014 Tyumen Open Cup, an International Winter Swimming competition.

We swim year round in the SF bay, but the water here rarely gets below 48F. Winter swimming or ice swimming is all about 40F and below. The sport is a long-standing tradition in Eastern Europe, a growing sport in Europe, and a fledgling extreme sport in
the US; USWSA held its first international event this February 21–22 in Newport, Vermont.

Tyumen was my second foray into the ice. This past August I was invited to join the IWSA (International Winter Swimming Association) on a ten-day expedition to Argentina. We swam in ever-increasingly colder water with our final swim in a beautiful glacier lake in Patagonia. I could never have imagined that masters swimming would take me so far afield. From a small masters workout near Potrero Hill I have gotten to experience cold water around the globe.

Tyumen is beautiful, sparse, burgeoning (there is a lot of development due to oil and natural gas money), and cold. The people are friendly, though few speak even a word of English. Our hosts were over the top in their hospitality. We were flown from Moscow to Tyumen, but didn’t arrive until past 9:30 pm. Not to be burdened, they drove us to our host’s huge and impressive dacha, situated at the end of a gated driveway, on a private lake with a covered dock and a section of “open” water (kept ice free with a bubbler system).

Though we didn’t arrive until around 10:30, the first order of business was for all 35 of us to go for a swim! Alexi was so happy for us to see his favorite swimming hole that we all had to experience it. Jet lag and exhaustion be damned, a swim would fix anything! And the people who would make even such a trip as this were easy to convince. We all, to a person, went swimming; several of us went in three times (about 150 meters total). Then a walk through the snow to the saunas, get dressed and up to the house for a raucous cocktail hour and fabulous dinner party! The food was delicious, the best of the trip, there was beer and wine but mostly there was vodka, and it was COLD! It was the nicest welcome and reunion.

Most everyone there had already met on the previous trip to Argentina, and those few who were new to the group were acquaintances on Facebook. It truly is a small and intense community. A lot of people can make themselves swim in and even enjoy 55F ocean water, but not many will get in below 45F. It’s a small club, and everyone feels a strong camaraderie.

People ask me, “Why would you ever want to do something so crazy?” The best answer I’ve heard to this question was from a Swede, and he said, “If I have to explain it, you won’t understand…” And he has a point, I can’t explain it, except for that special bond we forge, and that spark that lets you feel most truly alive.

The swimming: I wish that I had trained a bit for the notion of a “race.” My swimming to date has never been with a starter’s whistle or off a block. I should have practiced that part. My adrenalin overwhelmed my common sense and I panicked in the shorter distances. I have seen photos of my first swim and I can see panic in my eyes. But as the distances got longer and I reminded myself to breathe out and lengthen my stroke, I began to relax. By the time I swam the 200 freestyle, I was actually speeding up on back half. I was very happy to get second place. I got to stand on the podium with the American flag!

I keep coming back to the notion of how I see myself—an overweight, over-50 suburban housewife, which is all true, but I am also a world-class athlete. Sure, I am not very fast, but I can go the distance and I can survive the cold! I am very proud to have been the only Californian in attendance and one of only four Americans. That’s twice now that I have had someone invite me to a foreign country and pay for most of my expenses to participate in an international event. Who would have ever guessed that that would be my story!

Applications being accepted for the South End office manager position; send inquiries of interest to president@serc.com by July 31st, 2015.
HAPPY 90TH NORM PETERSEN!

By Tony Gilbert

One of the most fun rowing regattas at the South End is the “Norm Petersen Regatta,” held every year around Norm’s birthday. Do you know many people who have a great athletic event named in their honor? Probably not many! Norm Petersen doesn’t need an introduction at the South End Rowing Club, his reputation and panache precede him. He’s quick with a smile and handshake, and inspires rowers to keep rowing and enjoy this amazing gift of the bay that we share.

On Sunday, April 12, the 2015 Petersen Regatta welcomed dozens of rowers who came together to compete and celebrate, including guests from as far as Santa Cruz, and our next-door neighbors, the Dolphin Club.

Together we rocked for Norm’s 90th birthday, and what better way to celebrate a South End birthday than with rowing, laughter, beer, and cake. Special T-shirts were ordered to commemorate this year’s Petersen Regatta, and printed on the back of each shirt, in big bold letters, were the words “DO IT LIKE NORM.” Which sounds like a pretty good mantra.

Event directors for the Petersen Regatta planned the day from scratch down to the last details, and kept things running smoothly. Special thanks to Nancy Sorrell, Vanessa Marlin, and Christine Corral for leading the day.

Here are the details from race director Nancy Sorrell, thank you volunteers and rowers for a great day!

Pilots: Bonnie and Jeff Brown

Resident photographers: Joe Boone and Elizabeth Glass

Timers: Kim Howard and Paula Moran

Chefs: Al Jaurique and Krista Gaeta

Cake: Diane Davis

Clean-up crew: Al Lapp, Cy Lo, Janie Bryant, Jefferson Reiken

RACE RESULTS:

First Maas Men's Double: Tim Huebner and Patrice Rioux 41.28 (Santa Cruz)

First Maas Women's Double: Diane Davis (SERC) and Rachel Perry (DC)

Men’s Maas 24 Singles:

Thomas Lemmin (DC) 45.49

Dan Marshall (SERC) 48.35

Dave Lee (Maas) 48.45

Women’s 24s/flyweights:

Nancy Sorrell–fly (SERC) 49.10

Laurel Condro–24 (SERC) 51.22

Brenda Austin–fly (SERC) 1.00.12

Men’s Aero:

Doug James (DC) 1.07.43

Women’s Aero:

Anna Sojourner (SERC) 57.41
Runner’s Corner
By Brenda Austin, SE Running Commissioner

Swimmers, rowers, and handball players often scratch their heads in wonder and ask, “Why run?” I started running in my early 20s mostly for fitness and cross-training, and then the distance and endurance bug bit me. Now, I crave 15–18 milers. Ms. Pross and I tackled the beautiful Big Sur Marathon in April and agreed that it was the hardest we’ve done yet. Tom Wilhelm let us know afterwards that it’s also the hardest he’s ever done—I guess he’s including Antarctica in that? Now let’s get ready for the Interclub Tri! Start practicing now for the Fort Point run! But don’t take my running word for it, here’s what a few other South Enders say:

“Because I can. Because of the awesome. Because it’s one of the few sports where you can just put on a pair of shoes (and appropriate underwear) and go for it. Because it’s faster than walking but slower than biking. You get to see a middle range of detail. Because it makes me feel strong. Because it clears my head. Because it’s outside. Because it’s good for my heart (and thighs). Because it brings inner peace. Because I love it. Plus more.”
–Joy Hollenback

“I think I initially got into running because no one except myself believed that I could do it. I ran my first marathon on 13 days of training spread out over one month. I had never run over 10 miles before that marathon. Even after I had finished it people doubted that I was telling the truth. Also regarding my first marathon, my mom and dad came out to see me. They were both at the 18-mile mark right near their house. Later I saw my mom at about mile 23. After the race I asked where was Dad at mile 23? She said he stayed in the car to read the newspaper telling my mom that she was wasting her time. ‘He’ll never make it.’
–Tom Wilhelm

“Be happy, Stay fit Because I can (whenever I can!)”
–Stephanie Duhau
Welcome, New Members!

Asha Allen  
Lisa Amorao  
Gary Barrett  
Patricia Ann Card-Farrell  
Berke Cetinoneri  
Katy Chamberlin  
Van Cornwell  
Kevin Dooling  
Robert Emery  
Patrick Engler  
Liam Faherty  
Oliver Gajda  
Ashley Horne  
Rachel Jackson  
William Le Ferrand  
Sian Llewellyn  
Michael J Lynch

Rebecca Margulies  
Matthew McKenna  
Rita Meehan  
Vannee Pho  
Eric Platt  
David Rothwell  
Bill Schecter  
Beth Schulz  
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