



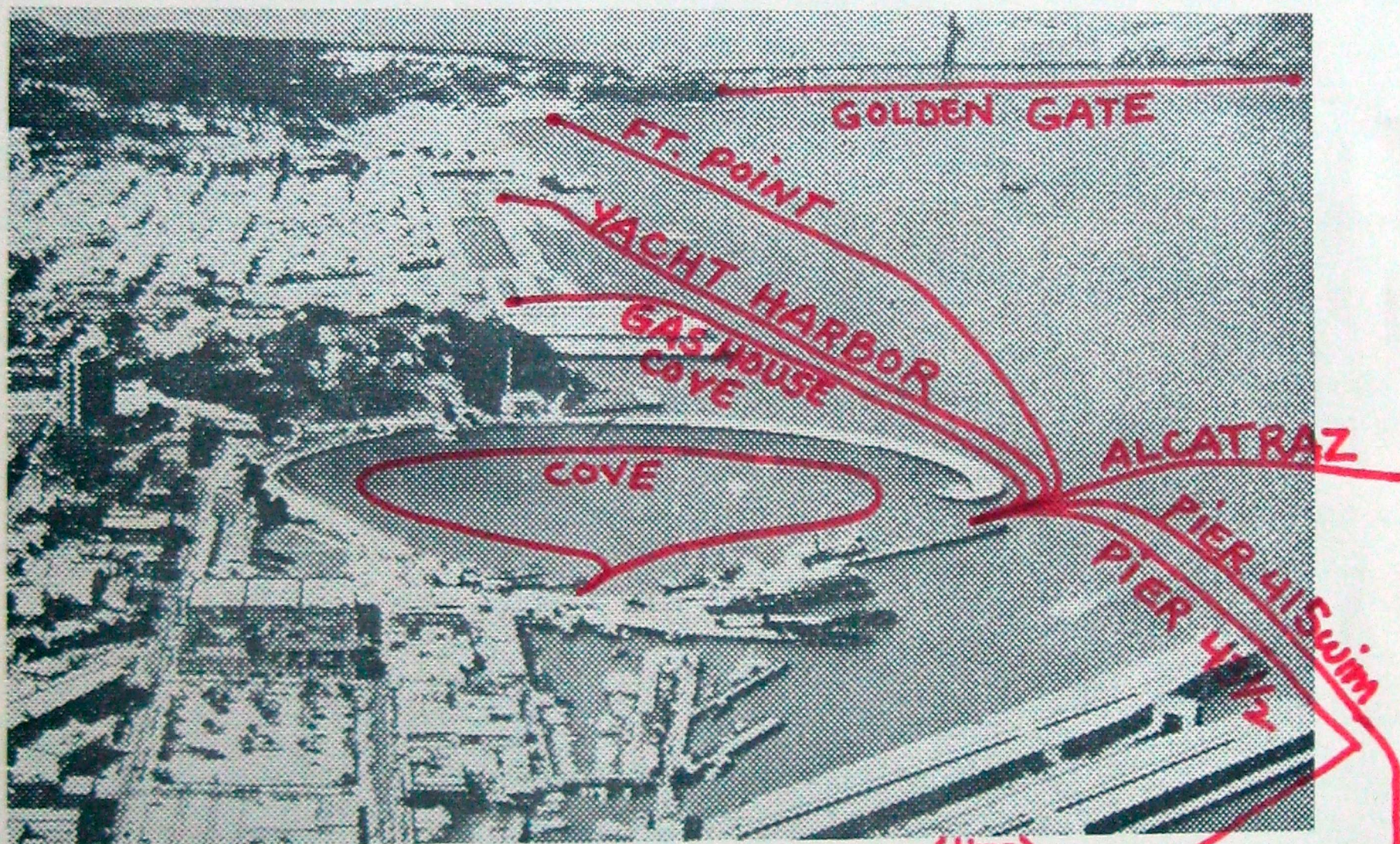
MASTERS

SWIMMING

MIKE GARIBALDI

1st Annual Invitational ROUGHWATER AQUATIC PARK COVE SWIM

South End Rowing Club
Dolphin Swimming & Boating Club



COVE OPEN SWIM - 16.01

HAWAII - 2 mile rough water swim 55:22
1st 25-29, 5th overall
10 mile relay - 200

San Francisco Bay

July 22nd, 1973

DISTANCE ONE MILE

OUR COVE

(+time)
COVE - 14.07

PIER 43 1/2 - 14.34

FT. POINT - 48.02

GAS HOUSE COVE - 17:10

YACHT HARBOR - 27:11

ALCATRAZ - 29:59

PIER 41 - 17:18 (2)

Entry Blank and Details on reverse

GOLDEN GATE - 21:39

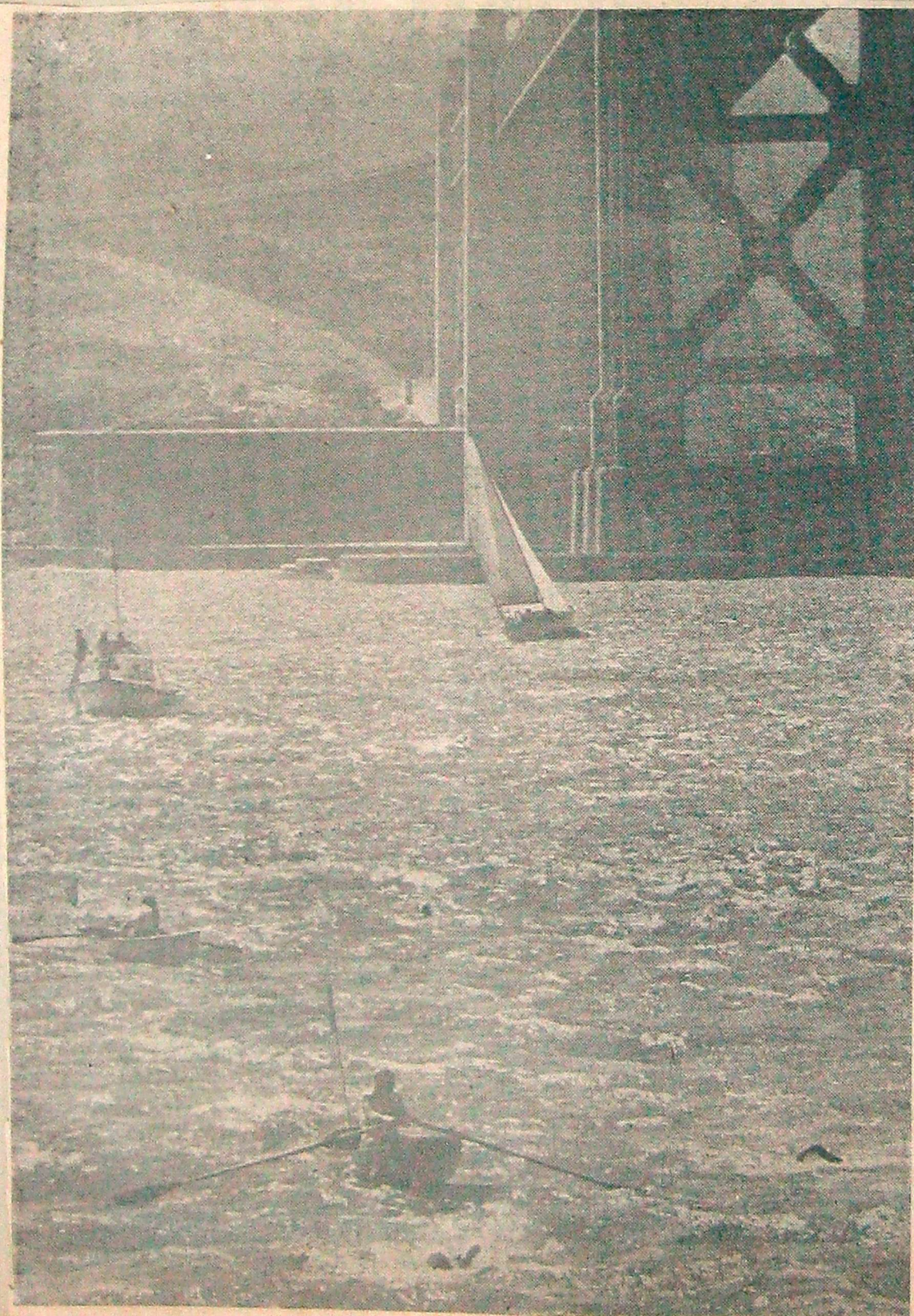
GOLDEN GATE '73



Garibaldi Wins Another Bay Race

SAN FRANCISCO (UPI) — Mike Garibaldi, 27, a swimming coach at Hartnell Junior College, won the annual Dolphin Club swim across the Golden Gate Sunday.

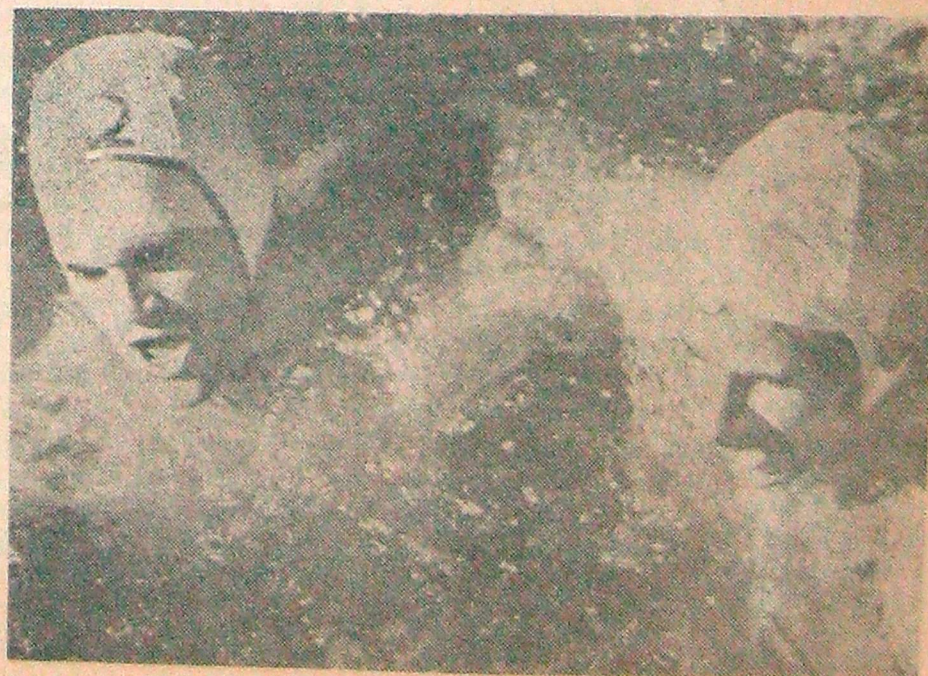
Garibaldi finished the swim, in heavy swells, in 21 minutes 39 seconds, leading 40 swimmers from Fort Point to Lime Rock.

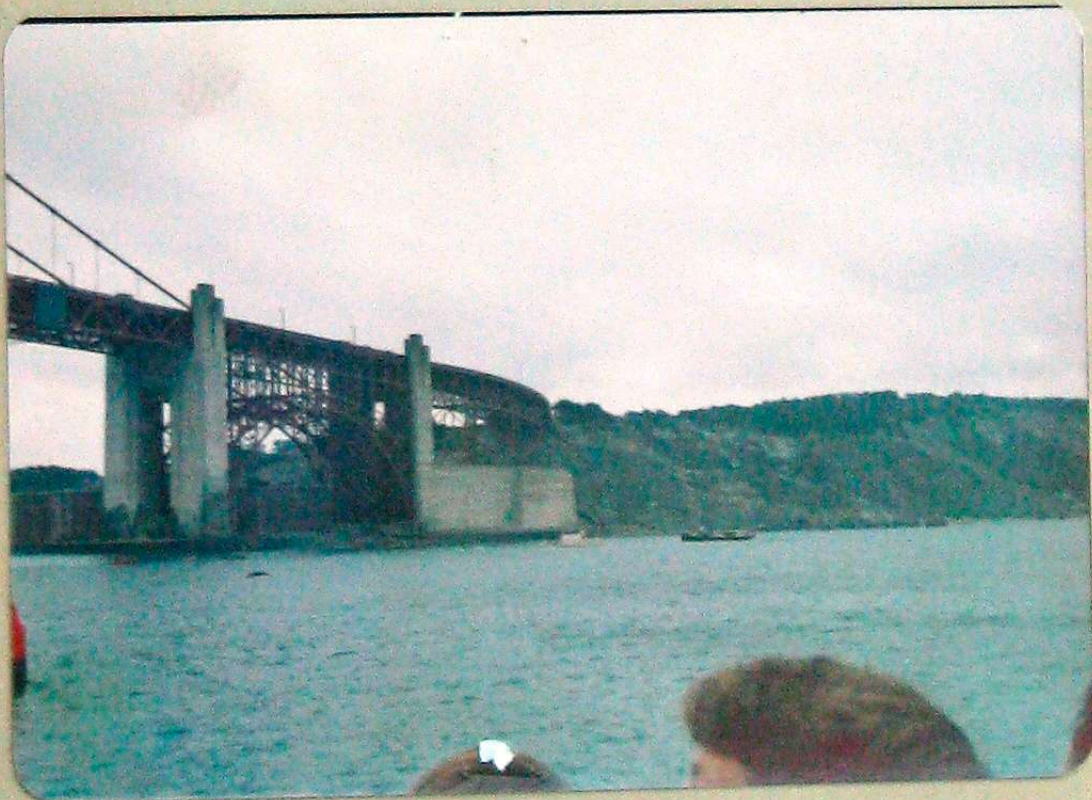
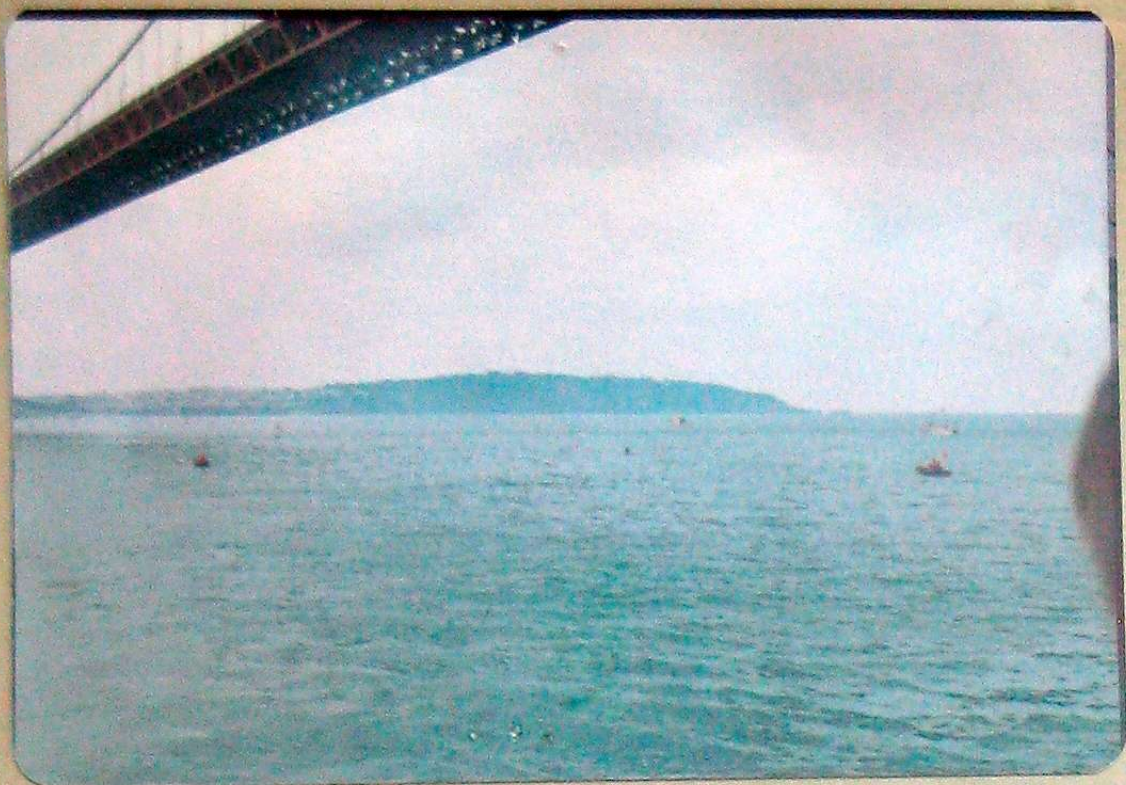


Dolphins Annual Swim Across Gate

Frolicking by the Bay, San Franciscans yesterday took to their boats, top left, tried balancing acts, below, and fished from the Fort Baker docks, top middle. The first day of fall brought out the fearless members of the Dolphin Club for their annual swim across the Golden Gate, right, while one gleeful girl, top right, evidently believes a fish in the hand is worth two in the water. Winning the Dolphin swim was Mike Garibaldi, 27, swim coach at Hartnell College, Salinas. He was followed by Ed Duncan, a Los Angeles attorney. Winning time was 21 minutes, 30 seconds.

—Examiner photos by Bob Bryant





Shark-Infested Swim

A dauntless Hartnell College coach swam through "shark-infested" waters for the San Francisco Dolphin Club at the Waikiki Roughwater Swim last weekend.

Mike Garibaldi, who doubles as Panther water polo and swimming mentor, also broke six Roughwater records.

Garibaldi first swam a 30-minute leg for the Dolphins in the nine-mile relay swim from Lani to Maui on Saturday. The next day, he broke the 25-34 age group records in the 50-meter freestyle at :27.1, the 100-meter freestyle at 1:00.7, the 200-meter freestyle at 2:16.0, the 1,500-meter freestyle at 20:17 and the 200-meter freestyle relay at 1:52.0.

Finally, on Monday, Garibaldi bettered the record for the two-mile long course round water swim in 52 minutes.

But then, any water that's "shark-infested" is rough on the record book.

Garibaldi Wins Swim

It was a great day for a dip in the Bay, so 60 swimmers, aged 20 to 69, did so yesterday in a mile-long AAU-sanctioned event at Aquatic Park.

The event was a joint venture of San Francisco's two old aquatic clubs — the Dolphin (founded in 1877) and the South End Rowing Club (1880) — and was billed as the first annual invitational rough water competition.

Thirteen women were in the water, and four former Olympians, and a blind man who swam the course while heeding shouted directions.

The winner among the men was Mike Garibaldi, 27,



MIKE GARIBALDI
Coach shows how

who is the swimming coach at Hartnell College in Salinas. His time was 16 min-

utes and one second — 25 seconds faster than second-place Bob Roper, San Francisco deputy sheriff and record holder for the Golden Gate and Alcatraz (round-trip) swims.

Swiftest swimmer among the women was Tina Summers, a physical education instructor at San Francisco State, whose time of 23 minutes 32 seconds bettered second-place Kathleen Bauer by a minute and 26 seconds.

It took Lou Gallic 34 minutes and 50 seconds to make the circular mile, but he was a proud winner too. Gallic, 69-year-old real estate man, led the field of oldsters.

Garibaldi Wins Bay Swim

Hartnell College swimming coach Mike Garibaldi, competing for the Dolphin Club, won the rough water 2-mile swim yesterday from Yacht Harbor to Aquatic Park in 27 minutes, 11 seconds. Bob Roper of the South End Rowing Club was second in 27:51.

Lou Nagy, 61-year-old Dolphin Club swimmer, finished eighth in 34:28.

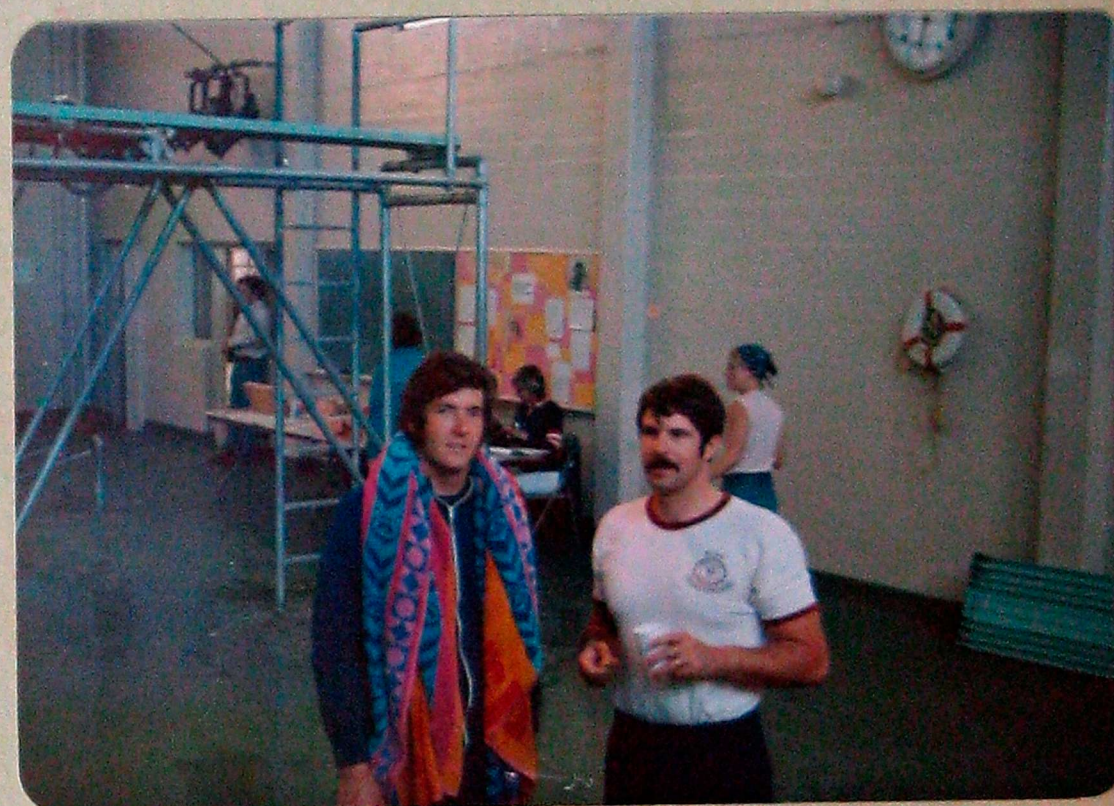
Swimming

Yesterday

ALCATRAZ TO AQUATIC PARK At South End Rowing Club

Annual 1 mile and three-quarter swim — 1. Mike Garibaldi (29 min., 50 sec.), 2. Lee Faust (32:08), 3. Bob Roper (35:25), 4. Frank Blair (38:29), 5. Denis Rice (39:56), 6. Tim Reid (46:02), 7. Phil Ward (46:29), 8. Norm Petersen (47:05), 9. George Farnsworth (48:01), 10. Don MacPherson (53:32).

★ ★ ★
1—Mike Garibaldi, DC, 27:11.0; 2—Bob Roper, SE, 27:51; 3—Rich Glass, SE, 29:22; 4 (tie)—Frank Blair, DC, Dennis Rice, SE, 30:37; 6—Dick Bee-ler, DC, 33:15; 7—Phil Ward, SE, 34:13; 8—Lou Nagy, DC, 34:28; 9—Norm Petersen, SE, 34:36; 10—Frank Coghlan, SE, 34:37; 11—Bud Jenkins, DC, 35:23; 12 (tie)—George Farnsworth, SE, John Moyes, DC, 36:16; 14—Bill Woodbridge, SE, 37:50; 15—George DiCossio, DC, 39:59.



MASTERS SWIM EVENT

Marlins Retain U.S. Title

The San Mateo Marlins Swim Club set eight national records in defending its team title at the second annual Masters Shortcourse Swimming Championships in Santa Monica over the weekend.

The Marlins topped the 96-team field with a mammoth 592½ points, besting runner-up Riconada Masters of Palo Alto by more than 230 points.

Both the San Mateo men and women's contingents, numbering more than 54 swimmers, swept to victories, with the men totaling 244 points to San

Fernando Valley's 209 and the distaffers easily besting second-place Riconada Masters 348-267.

Zada Taft, 53, shattered national records in the 50 butterfly (45.0) and 100 fly (1:45.2) and also broke the meet record in the 200 individual medley with a 3:32.6 clocking.

Thompson Mann, 30-year-old former Olympic Games backstroker, set national marks in the 200 back (2:07.4) and 100 back (57.0) while Dr. Hal Weatherbee, 56, smashed U.S. Master's records in the 200

back (2:56.6) and 100 back (1:18.2).

Pat Bresse, 37, cracked national marks in the 100 free (1:04.2) and 50 free (28.2) and captured first in the 100 IM (1:14.1).

Meet records were also set by San Mateo swimmers Jeri Orosco, 50, in the 100 breaststroke (1:45.4) and Bernice Wayne, 62, in the 100 breast (2:14.8).

Other winners for the Marlins were Mike Garibaldi, 26, in the 200 free (1:53.3) and Paul Thompson, 33, in the 500 free

(time not available). Marlins' relay teams won four first places and nine seconds in the competition, which had 500 entries from throughout the continental U.S., including Hawaii, Alaska and Canada.

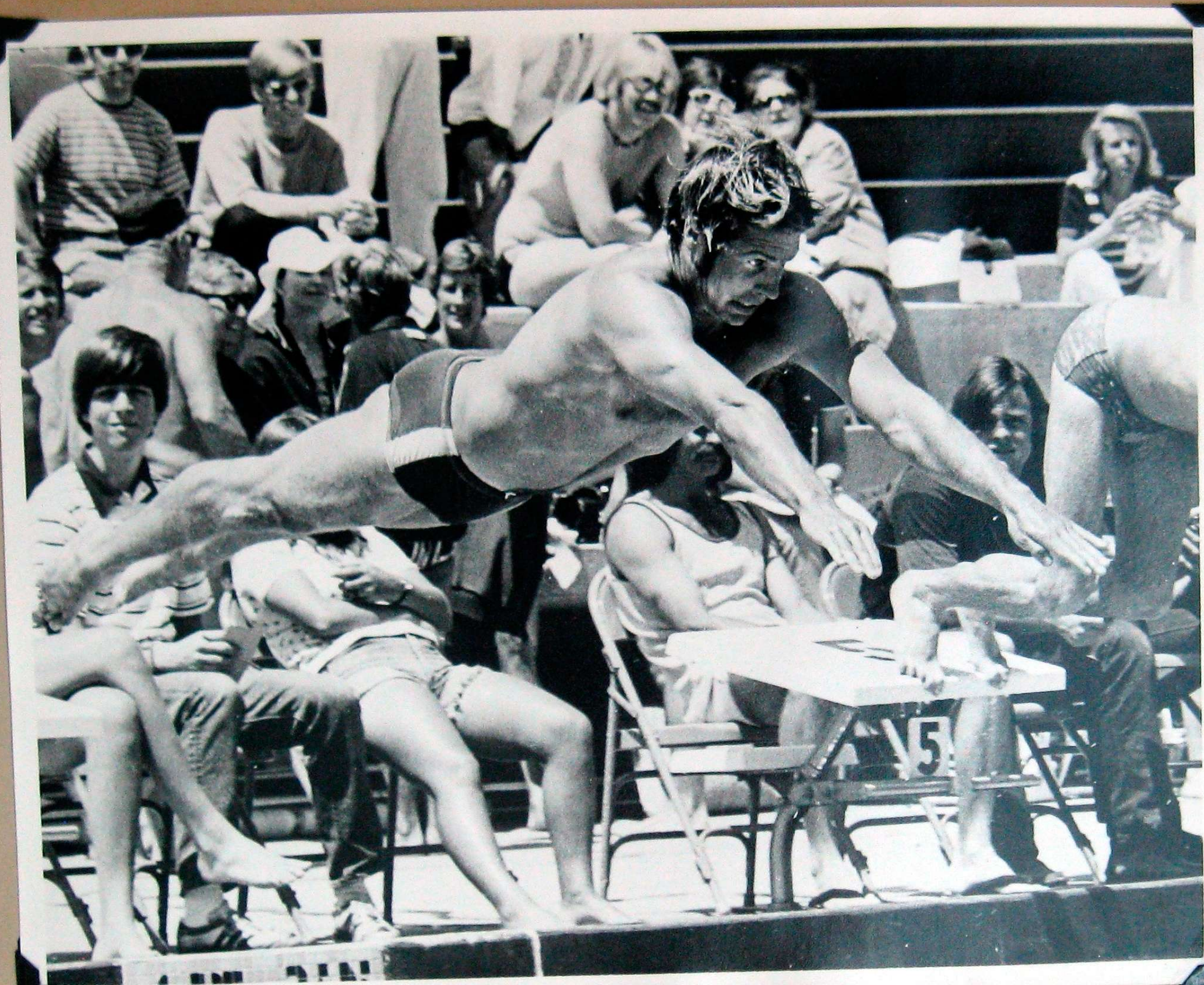
San Mateo, which captured its first national title last year at College of San Mateo, will compete next at the Marin Aquatic Club in Larkspur June 9-10.

To qualify for Masters competition, swimmers must be 26 or over.

EVENT	TIME				
		'72	'73	'74	'75
50 FREE	23.2	23.1	22.7	22.5	
100 FREE	52.2	51.1	49.8	49.4	
200 FREE	1:56.6	1:53.3	1:51.2	1:50.2	
500 FREE	5:26.4	5:18.5	5:07.4	5:04.	
1650 FREE	19:16.3	18:52.0		17:31.	



ROUND TRIP ALCATRAZ - AUG. 25, 1974





DOLPHIN - SOUTH END - OLYMPIC CLUB COVE SWIM JUNE 3, 1973



Award of Merit

presented to

MIKE GARIBALDI

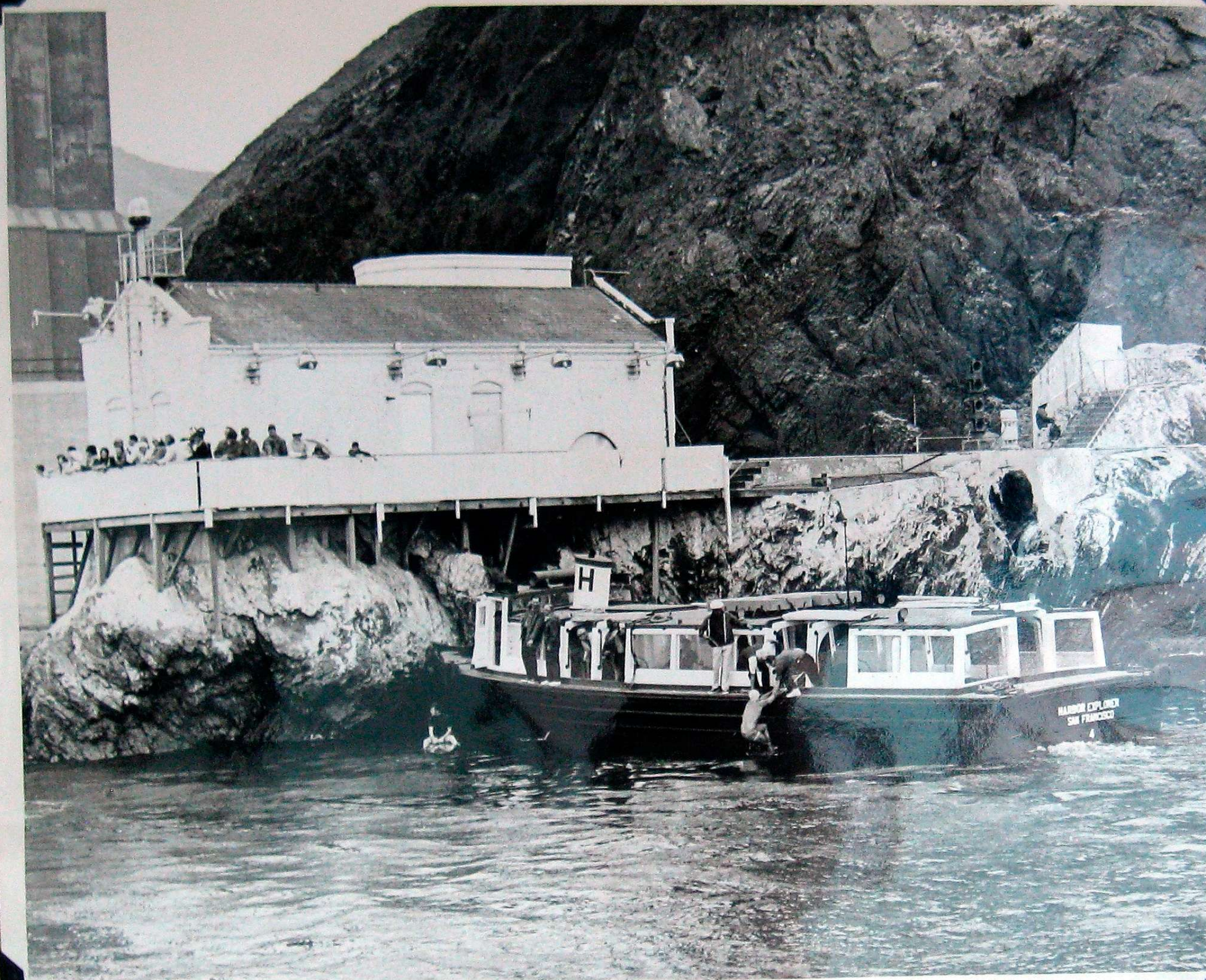
San Mateo Marlin Masters

1973 NATIONAL AAU SWIM CHAMPIONS

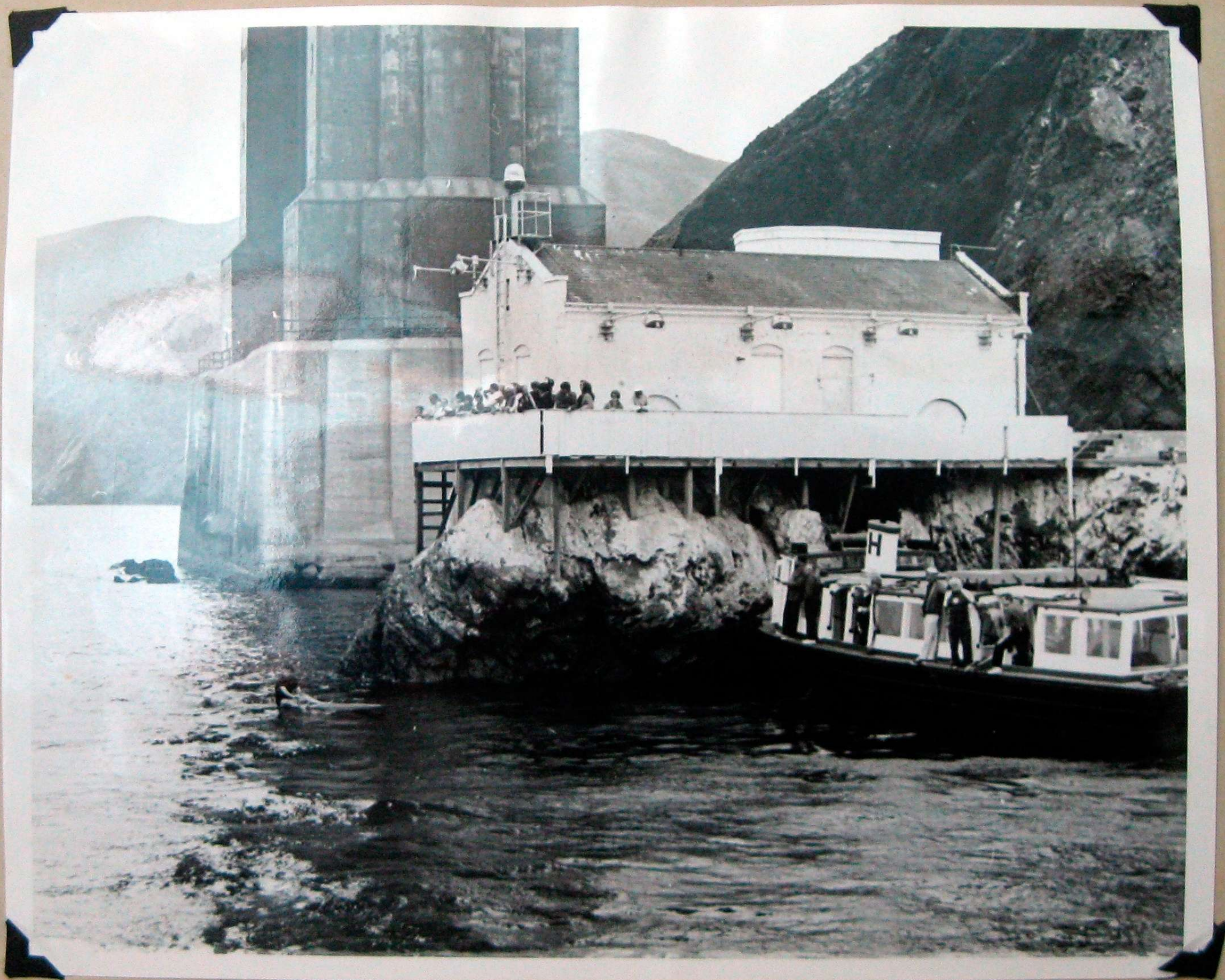
SANTA MONICA, CALIFORNIA



San Mateo Chamber of Commerce



1973 GOLDEN GATE SWIM





DOLPHIN SWIMMING AND BOATING CLUB, INC.

Organized 1877 • Incorporated 1888

502 JEFFERSON STREET • AQUATIC PARK • SAN FRANCISCO, CALIFORNIA 94109 • 474-9629

PRESS RELEASE

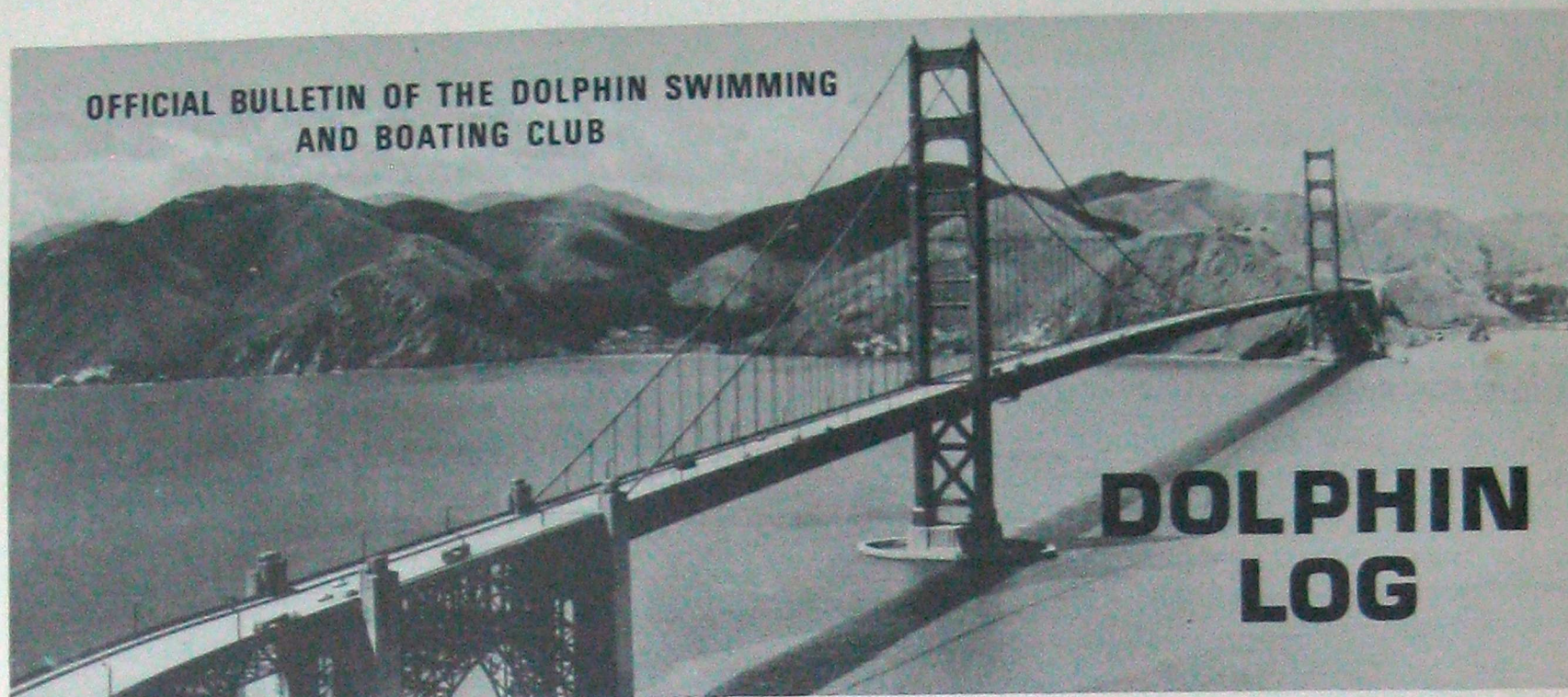
DOLPHIN CLUB SWIM RECORDS

				Times for	
				1973	1974
COVE	ED DUNCAN	1965	13:00	14:09	15:20
YACHT HARBOR	LEW COOK	1968	25:59	27:11	27:24
ALCATRAZ	ED DUNCAN	1966	27:28	29:59	
PIER 43 1/2	MIKE GARIBALDI	1973	14:34		
RACoon STRAIT	JIM BAIRD	1964	12:47		
GOLDEN GATE	ED DUNCAN	1968	18:42	21:39	
FT. POINT	JIM BAIRD	1964	44:19	48:02	
RICHARDSON BAY	LEW COOK	1967	19:16		
GASHOUSE COVE	ED DUNCAN	1965	17:54	17:10	15:20
JOINT GASHOUSE	LELAND FAUST	1972	16:22		14:55
COVE					
(D.C. & S.E. R.C.)					
PIER 41	MIKE GARIBALDI	1974	15:20		

NOTEWORTHY CLUB RECORDS

FARRALLONES SWIM STU EVANS AUGUST 27-28, 1967
 CLUB TO ALCATRAZ AND RETURN BILL MC IVOR 1 HR. 47 MINS. 1954
 SAUSALITO TO CLUB WALT SCHNEEBELI 3 HRS. 6 MINS. 1960
 WALLY SMITH SWAM IN FIRST GATE SWIM 1917-15 TILL ACTIVE SWIMMER.
 PAUL SYLVESTER HAS MOST GATE SWIMS COMPLETED. STARTED IN 1930
 HAS BEEN IN EVERY SWIM SINCE (NO SWIMS DURING WAR YEARS).

COMPILED BY
 JERRY HAWRYLUK



502 Jefferson Street

Bill Walden, Editor

Organized 1877

S.F. Examiner-Chronicle — August 6, 1972
NEW CHAMP IN ALCATRAZ 2-MILE SWIM

Frank Blair withstood the last-minute challenge of Lew Cook yesterday in San Francisco Bay to win the annual two-mile Alcatraz swim by three seconds.

Cook, last year's winner of the Dolphin Club-sponsored event, swam through the rough currents to Alcatraz in 43:25. Nobody else came within a minute of the first two finishers. The standings:

1. Frank Blair	43:22	12. Buck Swannack	77:45
2. Lew Cook	43:25	13. Joe Carroll	80:10
3. Joe Flahaven	45:10	14. Jack Bettencourt	83:05
4. Dick Beeler	48:08	15. Dick Leonard	86:02
5. Conrad Liberty	48:30	16. Bob Rose	91:10
6. Pierre Hathaway	52:20	17. Bill Powning	97:05
7. Bud Jenkins	52:35	18. Paul Silvester	101:20
8. Armin Poes	66:03	19. Paul Melee	110:30
9. Jerry Cullen	68:30	20. George Tracy	120:00
10. Jim Moreno	71:30	DNF Nick Zoller	

FORT POINT SWIM — AUGUST 26, 1972

Flat water — high fog — push at end of swim.

1. Frank Blair	49:14	6. Jerry Cullen	58:45
2. Joe Flahaven	49:42	7. Pete Bianucci	60:09
3. Dick Beeler	50:35	8. Joe Carroll	61:20
4. Bud Jenkins	54:47	9. Joe Bruno	61:55
5. Armin Poes	56:20	10. Bill Powning	65:09

Good Pilot coverage:

Emilio Massucco	Bill Schwartz
Bill Walden	Fred Herms
Bob Katurich	Ed DeCossio
Frank Drum	Jim Glafkides
Jim Mayall	Harry Cordellos
Hans Kramer	Jack Bettencourt

Chef: Peter Sturiale

Timekeepers: Jack Gordon
 Bill O'Brien

Assisting Pilots: 1 boat from South End
 2 boats from Mariposa Boat Club

The Maui News — Tuesday, September 5, 1972

FRISCO TEAM DROWNS WAIKIKI

Frank Blair and Lew Cook earned well-deserved

applause for their performance in the Hawaiian Lanai to Lahaina relay race, a 7.8 mile course.

GOLDEN GATE SWIM — SEPTEMBER 17, 1972

DUNCAN WINS GATE SWIM

Ed Duncan, Thousand Oaks attorney, won the Dolphin Club's 42nd annual Golden Gate Swim, one mile across the Gate from South Tower to Lime Rock on the Marin shore.

Results:

Place	Name	Time	Place	Name	Time
1.	Ed Duncan	24:15	20.	Rudy DeMay	46:35
2.	Frank Blair	27:43	21.	Joe Bruno	47:09
3.	Lou Cook	27:44	22.	Joe Carroll	47:15
4.	Nick DeMay	27:50	23.	Buck Swannack	51:27
5.	Jim Baird	28:50	24.	Bob Rose	51:27
6.	Joe Flahaven	30:14	25.	John Beale	51:49
7.	Jim Cotton	30:39	26.	Bill Greer	54:25
8.	Dick Beeler	30:45	27.	Walt Schneebeli	55:23
9.	Lynn Fritz	31:58	28.	Dick Leonards	56:30
10.	Conrad Liberty	33:33	29.	Jack Bettencourt	58:11
11.	Art Octavia	35:33	30.	Cliff Quist	58:57
12.	Bud Jenkins	35:47	31.	Don Warto	59:20
13.	Bob Bricca	39:32	32.	Jim Glafkides	62:45
14.	Bill Watson	40:16	33.	Ken Crutchlow	63:53
15.	Armon Poes	41:29	34.	Nick Zoller	65:56
16.	Jerry Cullen	42:12	35.	Bill Powning	75:20
17.	Cliff Hathaway	42:45	36.	Pete Bianucci	87:31
18.	Pierre Hathaway	42:48	37.	Paul Melee	94:06
19.	Jim Morino	45:16			

Unofficial Entry: Mike Garibaldi

DNF Bill Walden	DNF George Tracy
DNF Lou Gallic	DNF Mac McCaleb
DNF Harry Cordellos	DNF Paul Sylvester

Jim Baird swam in memory of Steve Cuthbert who was shot down in Vietnam and is listed as missing.

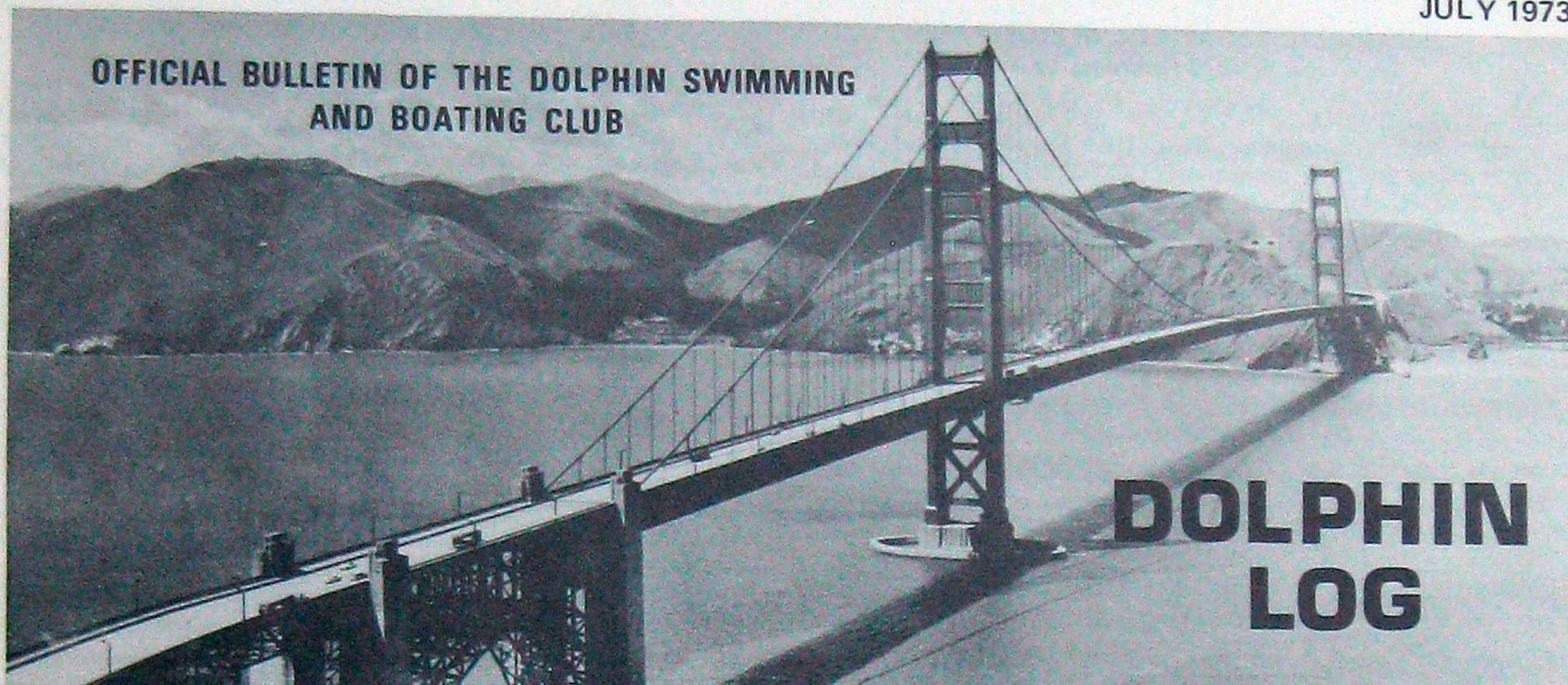
Jim won the Golden Gate Swim in 1963.

Hector Stephen, All-American, organized a tremendously successful lunch after the Golden Gate Swim. Many of the members' wives assisted. Nick Galousin, Charles

(continues)

JULY 1973

OFFICIAL BULLETIN OF THE DOLPHIN SWIMMING AND BOATING CLUB



DOLPHIN LOG

502 Jefferson Street, S.F. CA 94109

BILL WALDEN, EDITOR

Organized 1877

DOLPHIN CLUB — SOUTH END CLUB — OLYMPIC CLUB JOINT COVE SWIM — JUNE 3, 1973

On Sunday, June 3, 1973, the three clubs held their Annual Cove Swim. Participation from the three clubs was very good. Water conditions were ideal and all but three swimmers finished the race.

Many thanks to the pilots, timers, cooks, and all those who helped make this swim a success.

Order of Finish

GROUP 1

1. Mike Garibaldi, D.C.	14:07
2. Lee Faust, O.C.	14:19
3. Bob Roper, S.E.R.C.	14:25
4. Denis Rice, O.C.	16:30
5. Rich Glass, S.E.R.C.	16:48
6. Bill Foehr, O.C.	17:00
7. Frank Blair, D.C.	17:09
8. Mick Lavelle, O.C.	18:34
9. Pierre Hathaway, D.C.	18:40
10. John Bricker, S.E.R.C.	19:36
11. Frank Coghlan, S.E.R.C.	20:00
12. George Farnsworth, S.E.R.C.	20:19
13. Mark Haskell, S.E.R.C.	20:44
14. Phil Ward, S.E.R.C.	21:42
15. Skip Ohlson, D.C.	22:09
16. Mike Dower, S.E.R.C.	22:13
17. Rod McLeod, D.C.	22:23

GROUP II

18. Jim Morino, D.C.	23:56
19. Phil Rourke, D.C. (1st gp.)	25:09
20. Joe Bruno, D.C.	25:18
21. Nick Zoller, O.C.	26:29
22. Don Kiernan, D.C.	26:41
23. Modesto Lanzzone, D.C.	27:00
24. Carl Thiele, S.E.R.C.	27:27
25. Bill Greer, D.C.	27:48
26. Bob Hoff, D.C.	27:56
27. Jim Robertson, O.C.	28:45
28. Vince Canizzaro, D.C.	28:51
29. Pat Cunneen, S.E.R.C.	28:56
30. Bill Powning, D.C.	29:17
31. Buck Swannack, D.C.	30:18
32. Ken Crutchlow, D.C.	30:55
33. Jack Bettencourt, D.C.	31:30
34. Lou Gallic, D.C.	32:01
35. Dan Padilla, D.C.	33:10
36. Dave Weill, D.C.	34:11
37. Paul Melee, D.C.	37:35
38. Frank Drum, D.C.	39:36
39. George Tracy, D.C.	43:31

D.N.F. Walden, Mayall & McGuire

PIER 43½ SWIM, SUNDAY, JUNE 24th 1973

Record Broken by Mike Garibaldi, Dolphin swimmer.

Time	Place	Name
14:34	1.	Mike Garibaldi
15:12	2.	Bob Roper (Guest)
17:19	3.	Frank Blair
17:55	4.	Bob Girvin (Guest)
18:36	5.	Pierre Hathaway
19:30	6.	Dick Beeler
21:36	7.	Skip Ohlson
23:59	8.	Jim Morino
24:14	9.	Jerry Cullen
24:18	10.	Don Kiernan
24:19	11.	Joe Bruno
24:40	12.	Buck Swannack
25:00	13.	Cliff Hathaway
24:44	14.	Modesto Lanzzone
25:50	15.	Joe Carroll
26:32	16.	Nick Zoller
27:09	17.	Jack Bettencourt
27:35	18.	Jim Mayall
27:59	19.	Andy Burleigh
27:59	20.	Lou Gallic
28:00	21.	Ken Crutchlow
28:18	22.	Dan Padilla
31:25	23.	Mack McCaleb

Timers: Bev Bettencourt
Skip Swannack

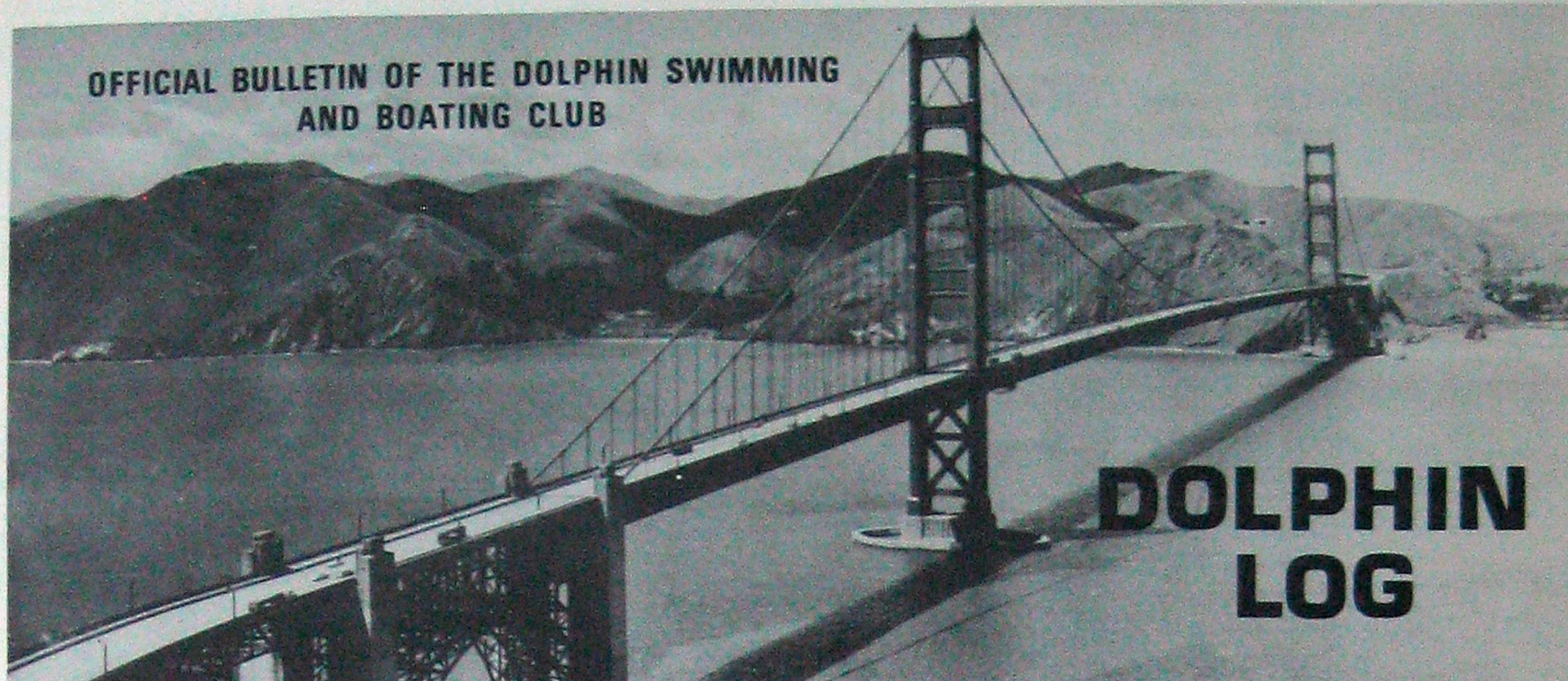
Pilots: Herman Zahler
Emilio Massucco
Frank Mennucci
Bob Katurich
Freddie Herms
Walt Shiel
Jerry Kafka
Eugene Lanzzone
Bill Walden
Dan O'Neil
Norm Patersen
Carl Thiele
Joe Davis
Sal Reina
Mel Trowbridge

Refreshments and Victuals:
Peter Sturiale

In Memoriam

Sid Foster, life-member of the Dolphin Swimming and Boating Club died Monday, June 18, 1973 at the age of 80. Sid Foster was a member of the Club for 60 years. He crossed the Golden Gate many times and once swam to Alcatraz, around the island and returned to the Club. He named his 21' sloop 'The Dolphin' and sailed it for 30 years, helping to pilot our swims. He was the winner of the Golden Gate Swim one year during the early 1920's. One of our sliding-seat Whitehalls was named the Sid Foster in his honor. Now it is in his memory. His obituary notice in the Bay Area newspapers mentioned his fondness for the Club and his many years of membership. As he had requested, his ashes were strewn in the waters of the Golden Gate where he always felt at home.

SEPTEMBER 1973



502 Jefferson Street, S.F. CA 94109

BILL WALDEN, EDITOR

Organized 1877

ANNUAL GOLDEN GATE SWIM

Sunday, September 23, 1973

Spectator Boat leaves Pier 43½ (tickets \$1.50) 10:00 A.M.
Golden Gate Swim starts 10:30 A.M.
Lunch and Refreshments at the Club 1:00 P. M.
Awards Ceremony 2:00 P. M.

Mail your check for Boat Tickets now or pay any Officer.

SWIM QUEEN Joan Cook
SPECTATOR BOAT HOST Hector Stephen
GRAND MARSHAL OF COURSE Lawton Hughes
BEVERAGES COORDINATOR Gordon Cook
MAITRE D'HOTEL Hector Stephen
AWARDS CHAIRMAN Rudy DeMay
ADMISSIONS CONTROLLER Will Debrunner
PILOT BOAT CAPTAIN Dino Landucci, Sr.

SWIMMING COMMISSIONERS:

George (Skip) Ohlson
Gordon Cook
Pete Bianucci
Rudy DeMay

TIMERS:

Sheila Bianucci
Gigi DeMay
Dianne DeMay
Skip Swannack
Bev Bettencourt

Observer for British Channel Swimming Association: Jack Gordon
Director of Public Relations: Robin Kinhead

SWIMMERS REGISTERED TO DATE:

Buck Swannack	Pete Bianucci
Dick Beeler	Paul Silvester
Skip Ohlson	Jim Morino
Bill Powning	Pierre Hathaway
Rod MacLeod	Cliff Hathaway
Modesto Lanzone	Joe Bruno
Lou Gallic	Nick Zoller
Bud Jenkins	Walt Schneebeli
Tom Lyons	George Kiskaddon
Mike Garibaldi	Rudy DeMay
Bob Colyar	Tom Robb
Lou Nagy	Joe Carroll
Ed Duncan	Larry Murphy
Frank Blair	Joe Weiss
Don Kiernan	John Davis
Dan Padilla	Jim Mayall

REGULARS NOT YET REGISTERED:

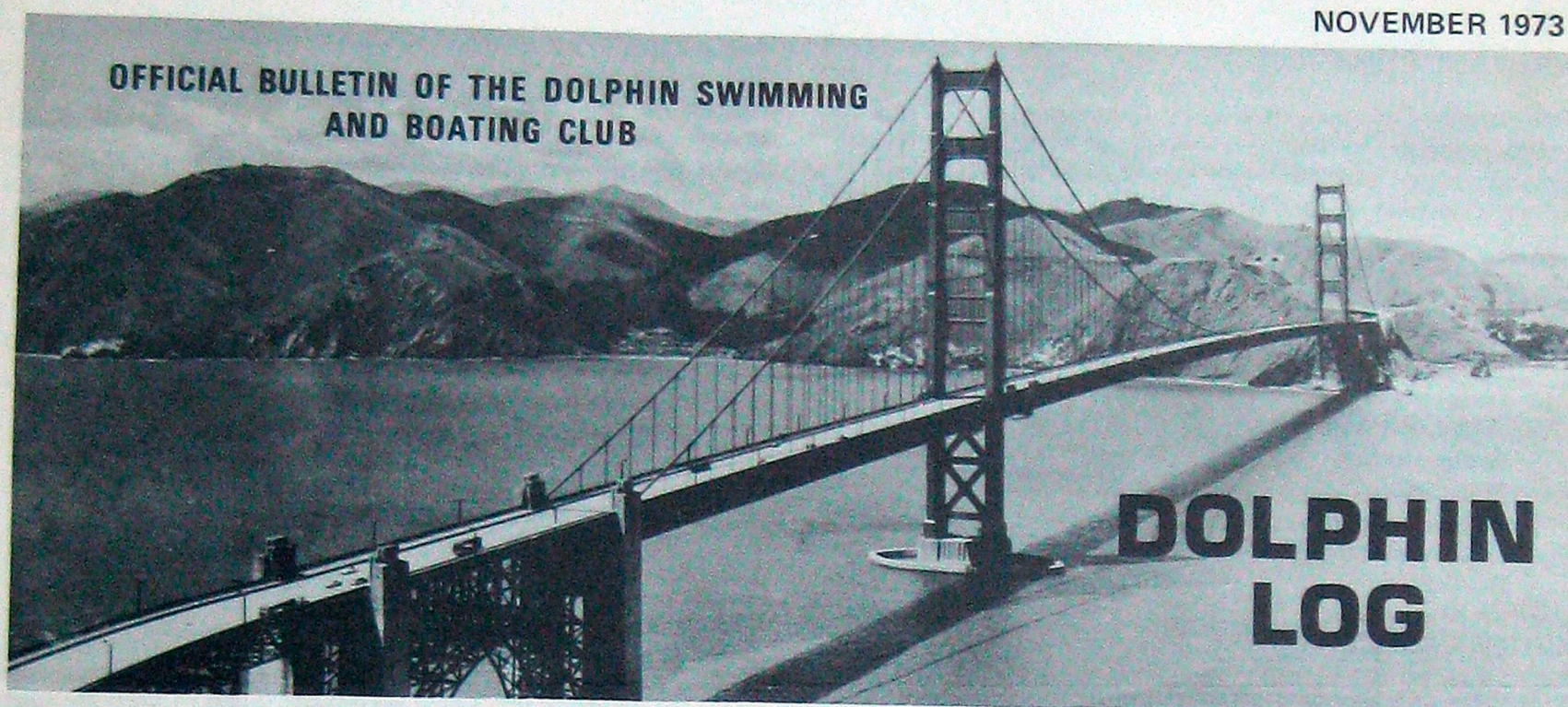
Herb Barthels	Cliff Quist
Lew Cook	John Beale
Bob Rose	Jack Bettencourt
Joe Flahaven	Jerry Cullen
Bill Greer	Don Watto
Armin Poes	George DiCossio
Bill Harlan	John Beale
George Tracy	Ken Crutchlow
Harry Cordellos	

PILOTS:

Al Burke	Jim Keely
Herman Zahler	Jerry Kafka
Frank Drum	Bob Katurich
Jim Mayall	Ed Barrett
Charles Yeager	Bill Walden
Phil Rourke	John Klein
The Horse	Tony Browne
Tom Troneum	Frederick Herms

Official Photographer: Jerry Hawryluk

Culinary Consultants: Pete Sturiale • Sam Parisi



Organized 1877

Culinary Consultants: Pete Sturiale • Sam Parisi

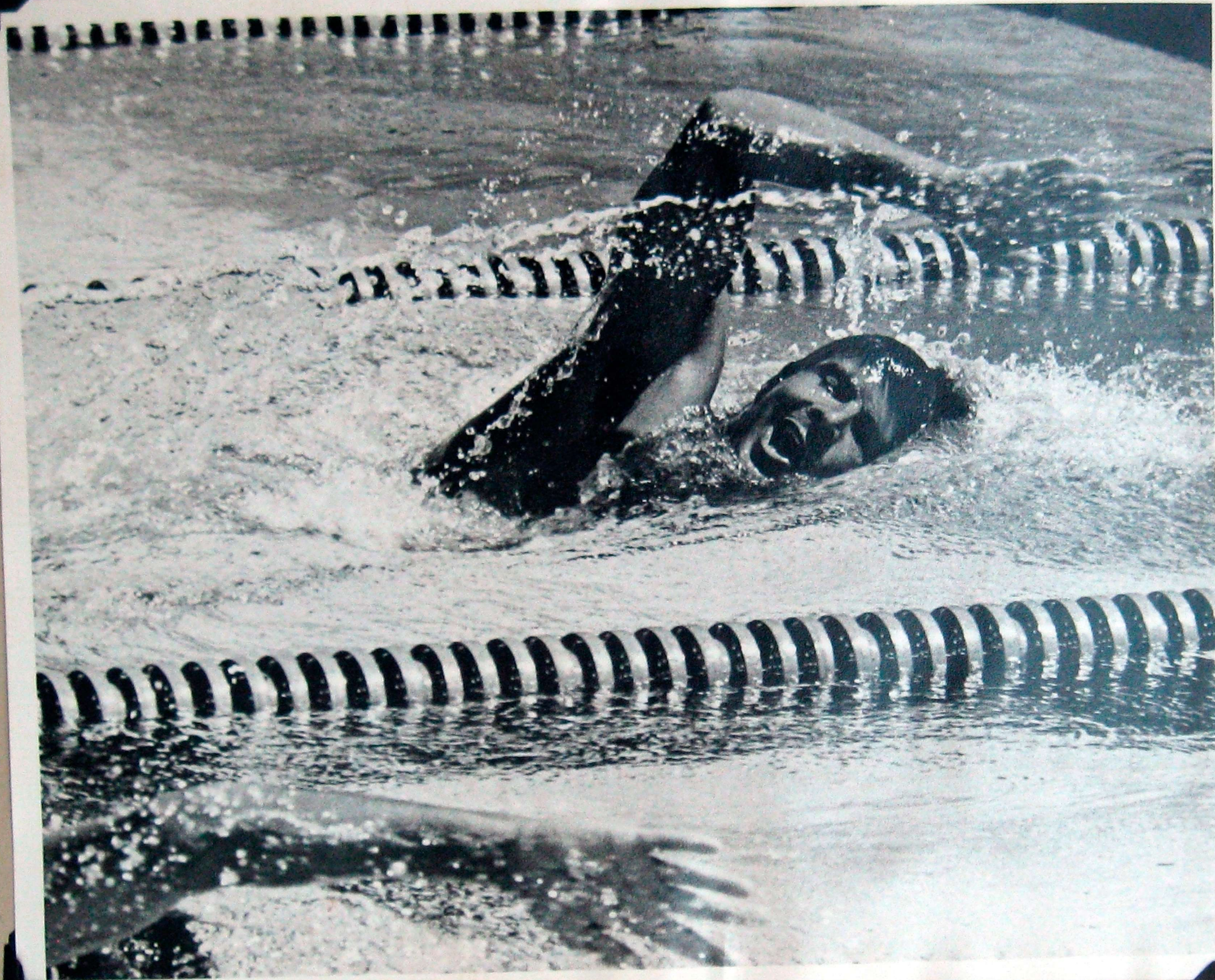
LONG COURSE Swim Times

Garibaldi Sets New Swim Mark

Mike Garibaldi, swim coach at Hartnell JC, yesterday clipped three minutes off the record in winning the fifth annual Dolphin Club one-mile Memorial Day swim from Pier 41 to Aquatic Park. The time of 15:20 eclipsed Ed Duncan's mark set a year ago.

A field of 18 competed. Mike McElliott finished second four minutes and one second behind the winner and only two seconds in front of third-place Mike Lavelle. Lou Nagy, 62, finished fourth in 20:13 and Dick Beeber was fifth in 20:23.

	<u>50</u>	<u>100</u>	<u>200</u>	<u>400</u>	<u>1500</u>
1973-	27.1	1:00.9	2:15	—	20:19
1974-	26.0	:58.3	2:11.5	4:40.1	19:33
NATIONAL CHAMPIONSHIP	26.3	:57.7	2:07.	4:33.	18:47
1982 -	200IM 2:37.0	400IM 5:33.0	2:11.0	4:40.0	18:48
1977-	26.6	59.0	2:08.8	4:35.5	18:29.



HARTNELL COLLEGE - 1974-75





TIMERS 1973 COVE INVITATIONAL

**AMATEUR ATHLETIC UNION
OF THE UNITED STATES**



THIS IS TO CERTIFY THAT

MIKE GARIBALDI

PARTICIPATED IN THE

1972 NATIONAL AAU MASTERS

SHORT COURSE SWIMMING CHAMPIONSHIPS

HELD AT SAN MATEO, CALIFORNIA

MAY 19, 20 & 21, 1972

John B. Kelly Jr.

**PRESIDENT
NATIONAL AAU**

John R. Spannueth

**AQUATICS ADMINISTRATOR
NATIONAL AAU**

Donald T. Kline

**PRESIDENT
PACIFIC AAU**

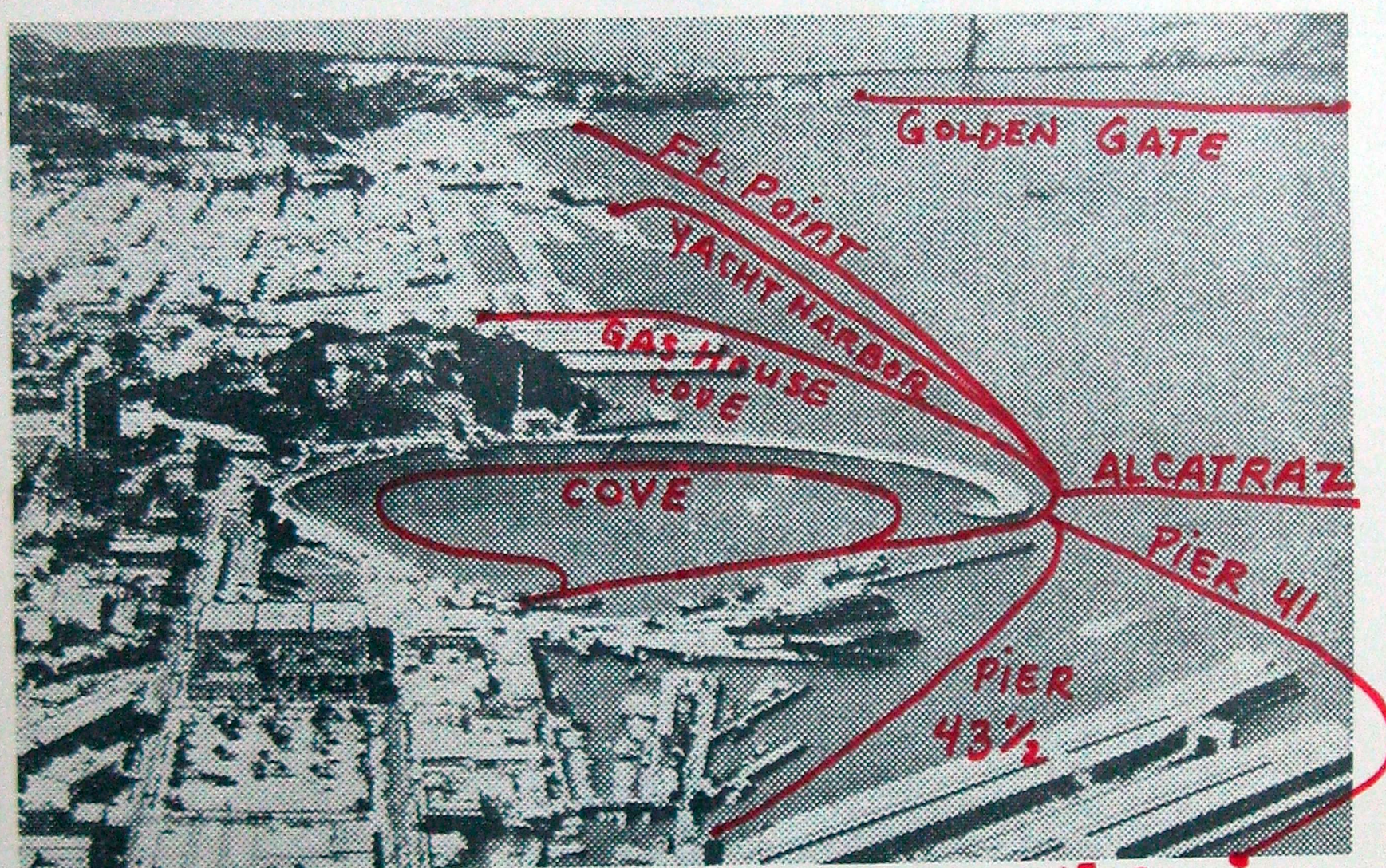


NATIONAL CHAMPIONSHIP 1973 SHORT COURSE



NATIONAL RECORD SETTING RELAY 1973

2nd Annual Invitational ROUGHWATER AQUATIC PARK COVE SWIM South End Rowing Club Dolphin Swimming & Boating Club



GOLDEN GATE -
ALCATRAZ Round TRIP - 1 hr. 14 min.
NEW RECORD

San Francisco Bay
July 28th, 1974

DISTANCE ONE MILE

OUR COVE
COVE - 15:20
41 - 15:20
43 1/2 -
GAS HOUSE - 14:55
YACHT HARBOR - 27:24
FT. POINT - 25:25 NEW RECORD
DID NOT SWIM

Entry Blank and Details on reverse

Garibaldi Wins One-Mile Swim

Mike Garibaldi of the Dolphin Club registered a convincing victory yesterday in the one-mile swim from Gas House Cove to Aquatic Park, outdistancing Leland Faust of the South End Club by nearly four minutes.

1. Mike Garibaldi, Dolphin Club, 15:20. 2. Leland Faust, South End Club, 19:20. 3. Rick Guss, SE, 18:45. 4. Greg Lane, Myers, Dolphin, and 5. Bob Fager, SE, 19:02. 6. Dick Beecher, Dolphin, 19:03.

Garibaldi Wins Fraternal Swim

Dolphin Club swimmer Mike Garibaldi paced a field of 38 in yesterday's fifth annual inter-fraternal race with South End, covering the route from St. Francis Yacht Club to Aquatic Park Beach in 27 minutes, 24 seconds.



One of the joys of sailing is getting those astonishing Bay's-eye views of The City. In this aerial photograph, T. R. Scurman shares his perspective from thousands of feet above the Bay, which reduces the Bay Bridge, downtown, the Embarcadero and the broad avenues of the Marina to the proportions of a toy town.

New Swim Mark By Garibaldi

Mike Garibaldi, 28, swimming coach at Hartnell JC in Salinas, yesterday set a Dolphin Swim Club record for a swim from Aquatic Park around Alcatraz when he covered the 3-mile distance in 1:14, wiping out Bob Roper's mark of 1:28 set two years ago.

Alcatraz swim mark broken

Mike Garibaldi, swimming and waterpolo coach at Hartnell College in Salinas, set a world record of 1 hour, 14 minutes in the 3-mile Alcatraz Island round trip swim yesterday. The old record of 1 hour, 28 minutes, was set by San Francisco deputy sheriff Bob Roper in 1972.

Salinas duo claims wins at masters' swim meet

SANTA CLARA — Hartnell College swimming coach Mike Garibaldi splashed his way to a pair of first place finishes and Hartnell Aquatic Club member Joel Wilson finished in the running twice at the AAU Masters National Swimming Championships over the weekend.

Garibaldi, 28, claimed the top prize in the 100 meter and 200 meter freestyle races in the 25-29 age category with times :57.7 and 2:07.2, respectively.

In other freestyle events Garibaldi finished second in the 400 meters, in 4:33; third in the 1,500 meters, with an 18:47 clocking, and fourth in the 50 meters in :26.3.

Wilson, 25, who is a substitute teacher in the

Salinas City School District, finished fifth in both the 400s and 1,500 meter freestyle events. His times were 4:57 and 19:13, respectively.

The championship meet, which drew some 250 contestants, concluded the masters' season for both swimmers, but Garibaldi has his eye on an individual swimming test in the Pacific Ocean during the first part of October.

Garibaldi said he will try to break the San Francisco Dolphin Club record for swimming from the north side of the Golden Gate Bridge to the south side, and back again.

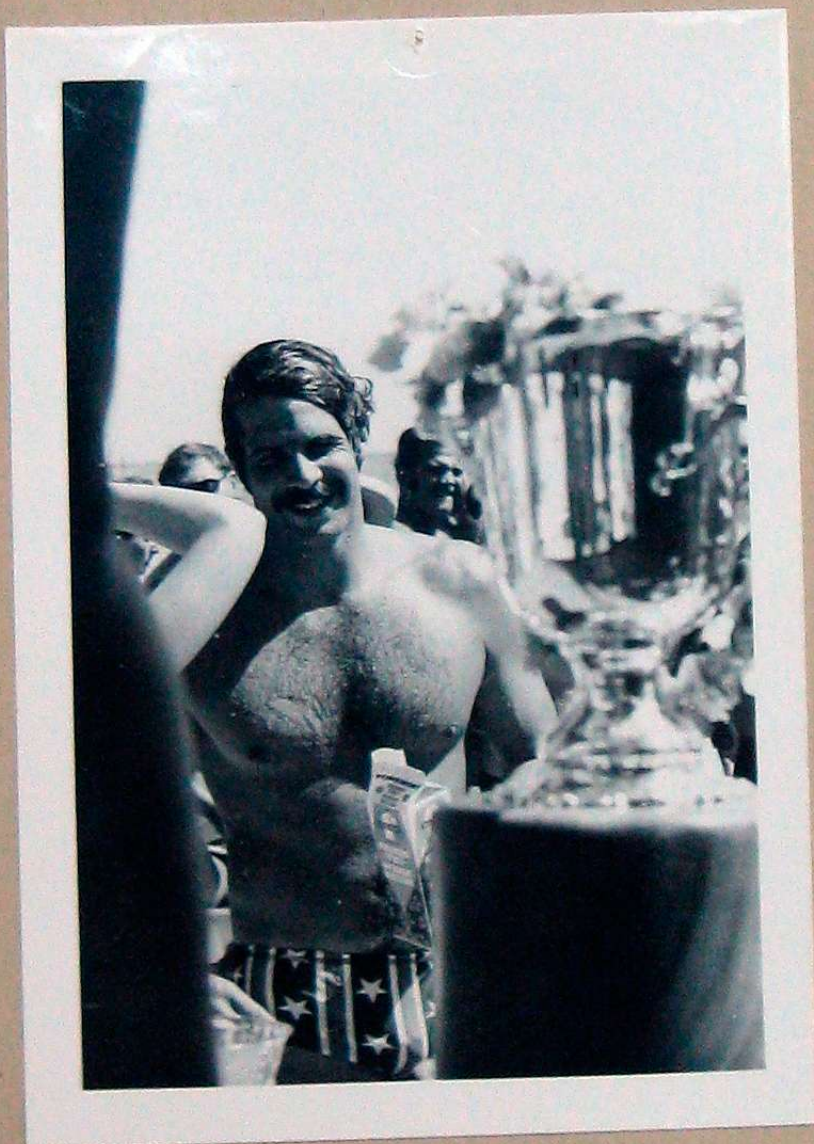
Garibaldi said the eight-year-old record is about 35 minutes, and rated his chances as "pretty good" for topping it.



DOLPHIN CLUB - 1974 GAS HOUSE COVE



HAWAII 1973 5TH OVERALL 1ST 25-29





ROUND TRIP ALCATRAZ SWIM - NEW RECORD 1 HOUR 14 MIN. FRANK DRUM - PIOL





ALCATRAZ FINISH - AUG. 25, 1974

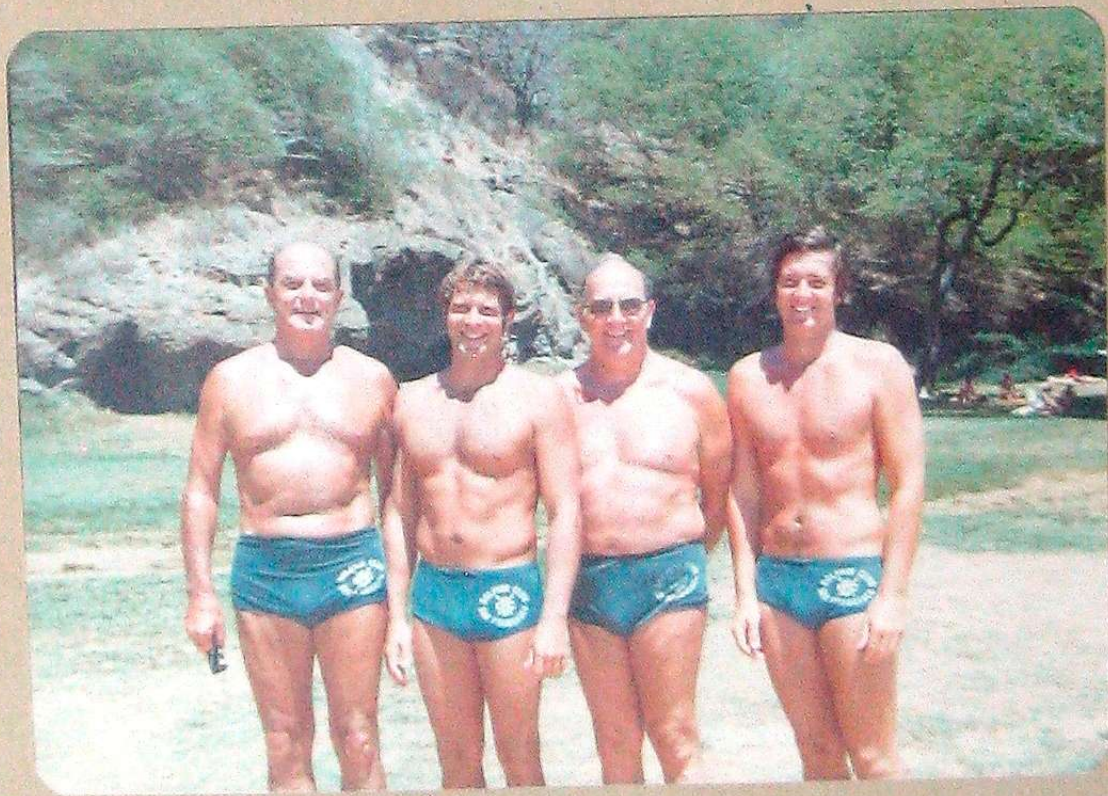
GEO. FARNSWORTH



INTER-ISLAND RELAY 1974 2 PLACE



HAWAII - LANAI TO MAUI





5th ANNUAL
WAIKIKI-ROUGHWATER-SWIM

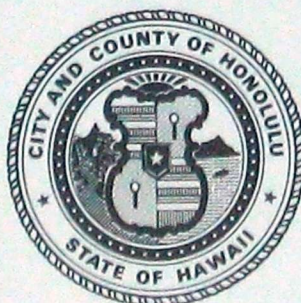


*KA POOKELA AWARD
OF EXCELLENCE

to

MIKE GARIBALDI

for Outstanding Achievement in the City &
County of Honolulu's Fifth Annual Waikiki Roughwater Swim
on September 2, 1974.



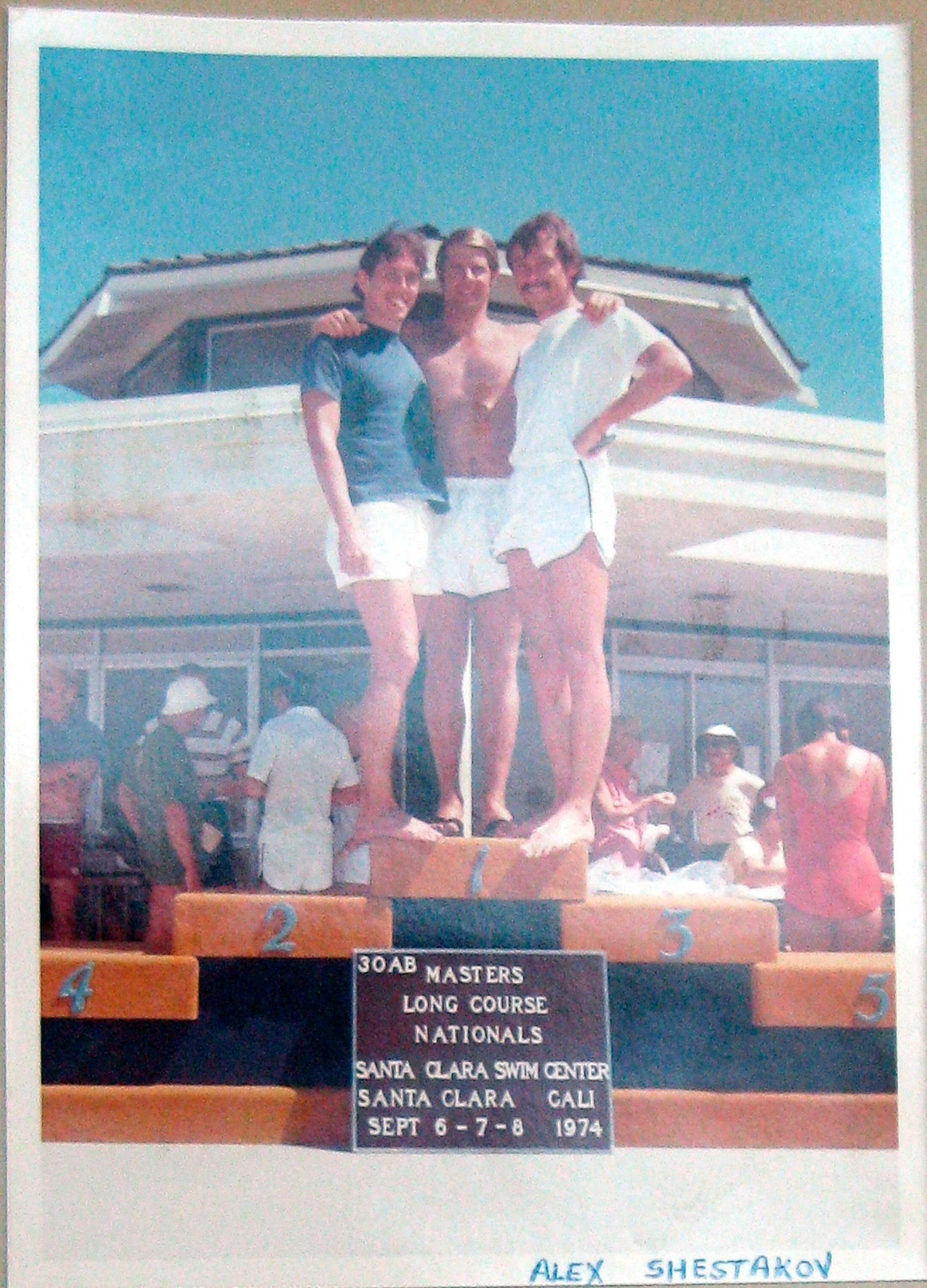
Joseph M. Sitar
Joseph M. Sitar, CHAIRMAN

Frank F. Fasi
Frank F. Fasi, MAYOR

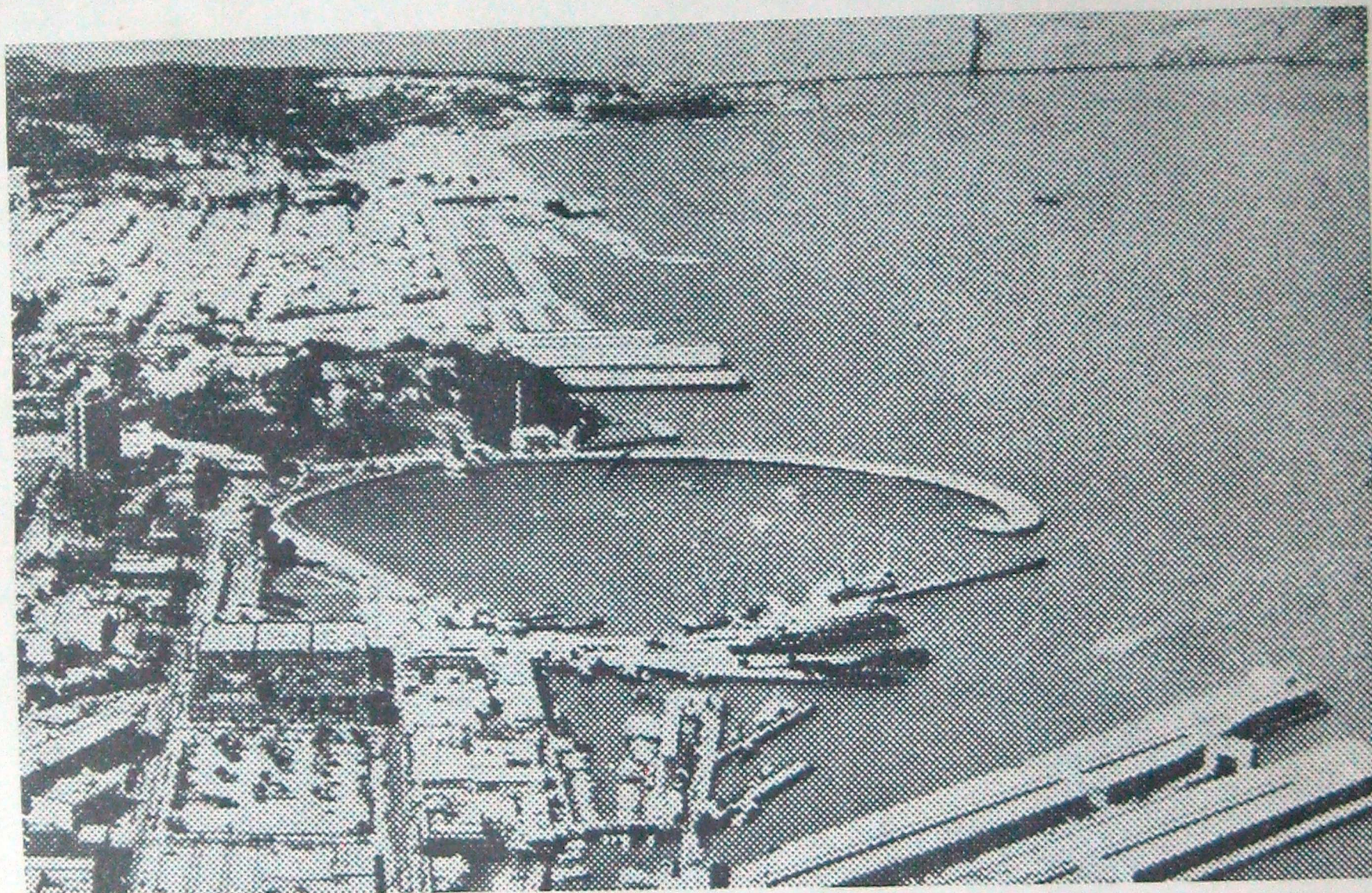
THE PEERLESS







2nd Annual Invitational
ROUGHWATER
AQUATIC PARK COVE SWIM
 South End Rowing Club
 Dolphin Swimming & Boating Club



HAWAII - 2 mile rough water 53:33
 3rd 25-29, 8th overall
 10 mile RELAY - 3:44.29 2nd

OUR COVE PIER 41 - 15:20 NR*
 COVE - 15:20

GAS HOUSE COVE - 14:55 NR*

San Francisco Bay
July 28th, 1974

DISTANCE ONE MILE

YACHT HARBOR-27:24
 YACHT HARBOR-25:25 NR*
 ALCATRAZ ROUND TRIP - 1 hr. 14 min. NR*
 GOLDEN GATE - 23.47

Entry Blank and Details on reverse



GOLDEN GATE SWIM 1975

Shark-Infested Swim

A dauntless Hartnell College coach swam through "shark-infested" waters for the San Francisco Dolphin Club at the Waikiki Roughwater Swim last weekend.

Mike Garibaldi, who doubles as Panther water polo and swimming mentor, also broke six Roughwater records.

Garibaldi first swam a 30-minute leg for the Dolphins in the nine-mile relay swim from Lani to Maui on Saturday. The next day, he broke the 25-34 age group records in the 50-meter freestyle at :27.1, the 100-meter freestyle at 1:00.7, the 200-meter freestyle at 2:16.0, the 1,500-meter freestyle at 20:17 and the 200-meter freestyle relay at 1:52.0.

Finally, on Monday, Garibaldi bettered the record for the two-mile long course round water swim in 52 minutes.

But then, any water that's "shark-infested" is rough on the record book.

Garibaldi big winner in senior swim meet

Mike Garibaldi, premier swimmer of the Hartnell Aquatics club won five events Sunday in the Senior AAU short course swim meet at Hartnell's pool.

Garibaldi won the 25-29 age group 500, 200, 100 and 50 freestyle events plus the 100 yard butterfly.

Laura Austin, making her first competitive appearance for the Hartnell team, won the women's 30-34 year old 50 yard back stroke, was second in the 50 freestyle and third in the 50

breaststroke.

Joel Wilson, former North Salinas high and UC Berkeley swim star placed third in the 25-29 men's 500 freestyle and 10th in the 100 free.

Garibaldi said the meet attracted 50 swimmers, from 20 years old to 72-year-old Bill Trask of Montclair, who holds every national AAU record in the men's 70 and older class.

Sylvia Bailey, 68, of Palo Alto was the oldest female competitor.

Spring sports parade

Garibaldi sets records

MISSION VIEJO — Mike Garibaldi set three National Master's 30-34 age group swim records last weekend at a three-day Orange County meet.

He won the 200-yard freestyle in a record setting time of 1:49.7, 500 free in 5:01.3 and 1650 free in 17:45.6. Garibaldi is the Hartnell swim coach.

Garibaldi also placed in two sprint events. He finished fourth in the 50 free in 22.5 and fourth in the 100 free in 49.6. His three record setting performances are faster times than school records at Hartnell.

Garibaldi was a member of the Foothill Junior College swim team that was national champion in 1964-65. He was the national record holder that year in the 400, 800 and 1650 frees events. He was the Western Athletic Conference record holder 200, 500 and 1650 frees while at Utah University.

freestyle stopping the watch at 17:45.6.

Garibaldi also placed in the 50 freestyle with a time of 22.6 for a fourth and a sixth place finish in the 100 freestyle at 49.6.

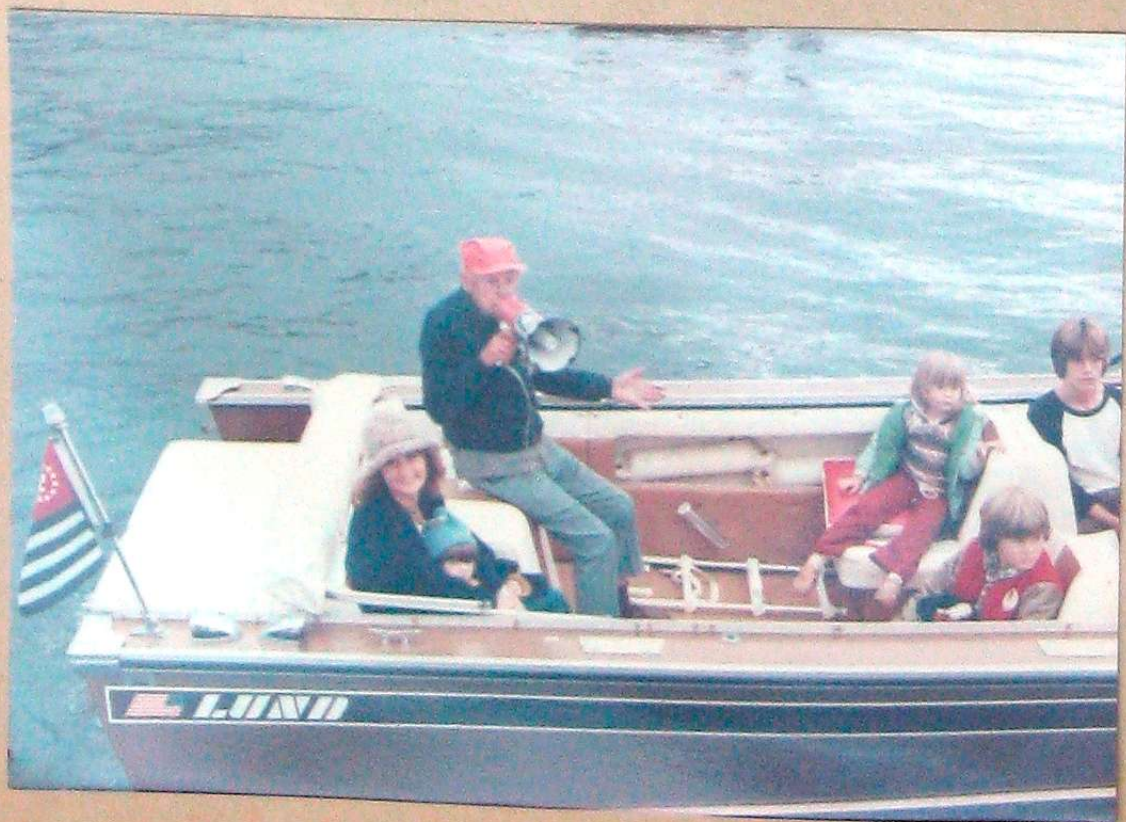
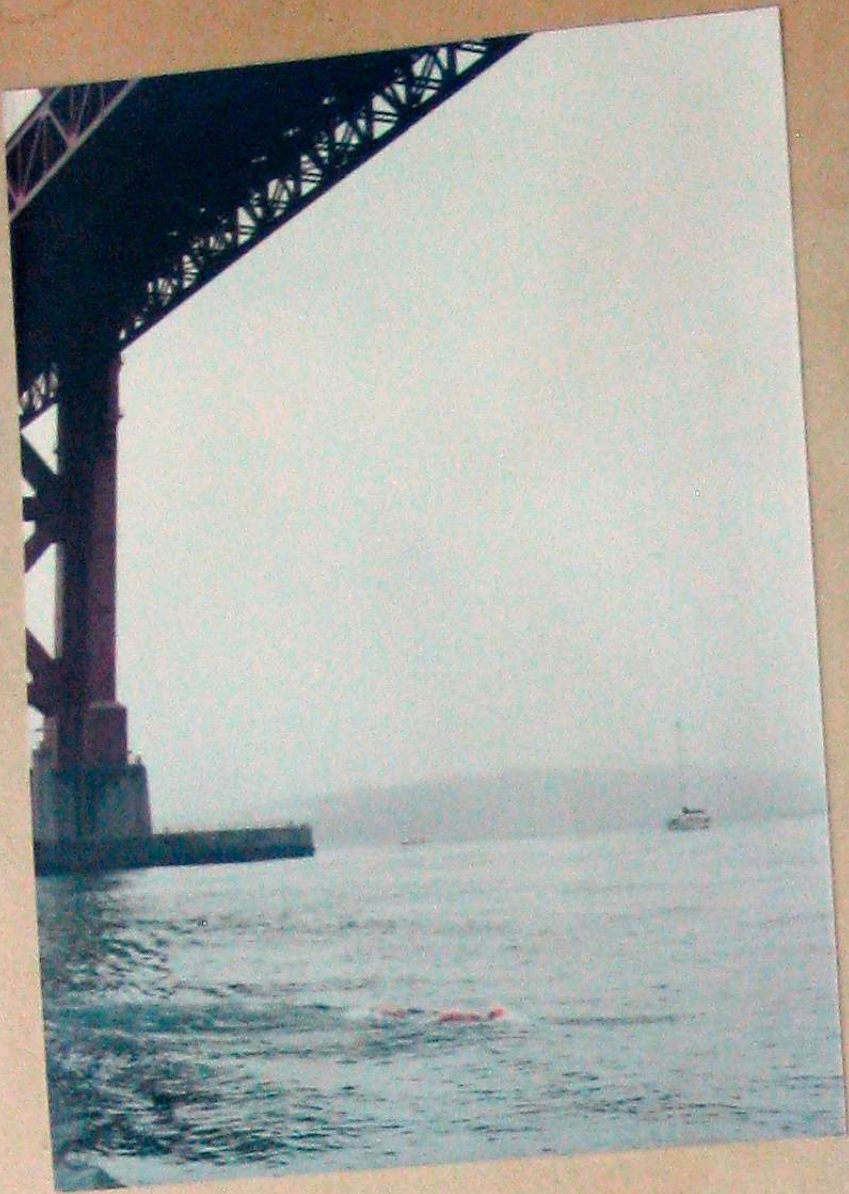
Garibaldi sets three swimming records

Hartnell swimming and diving coach Mike Garibaldi set three national senior swimming records in a recent national meet at Mission Viejo, California.

Garibaldi won the 200 yard freestyle with a time of 1:49.7, breaking the previous mark by nine-tenths of a second.

The 500 freestyle was Garibaldi's next win, breaking the old mark of 5:09.0 by 7.7 seconds with a time of 5:01.3.

Garibaldi took a whopping 40.4 seconds off the record in the 1650



Garibaldi Ties Mark, Wins Wharf Swim

Dolphin Club member Mike Garibaldi tied Dave Scott's Wharf Swim record of last year in winning the 1977 event Sunday sponsored by the Santa Cruz City Beach Lifeguards.

Garibaldi covered the one mile route around the wharf in a time of 19:04, exactly the same time as Scott's winning effort of last year.

Paul Thompson of the Livermore Masters swim club was second in 19:35, while Robby Case of the State Center swim club was third at 19:44. Garibaldi is 31 years old, Thompson 36 and Case a scant 14.

Judy Reuter of the Davis Masters won the women's open division with a time of 22:30, followed by Heide Radach of the Santa Cruz Aquatic Team, who stopped the watches at 22:32.

The oldest winner was 76-year-old Jow Weiss of the Dolphin Club, who completed the swim in 44:00.

Some 150 swimmers raced in the event this year, up from 118

in 1976 and 85 in 1975. The water? A cool 58.5 degrees. Results:

MEN'S OPEN DIVISION
1. Mike Garibaldi (Dolphin Club) 19:04; 2. Paul Thompson (Livermore Masters) 19:35; 3. Robby Case (State Cntr Swim Club) 19:44.

MEN'S 12-24 DIVISION
1. Robby Case (State Cntr Swim Club) 19:44; 2. Dave Scott (Davis Masters) 20:58; 3. Dennis Bedolla (U of Utah) 21:00.

MEN'S 25-29 DIVISION
1. Alek Shestakov (Livermore Masters) 20:10; 2. Laurence Phippin (S.C. Aquajocks) 21:45; 3. Larry Markal (Los Altos Masters) 22:09.

MEN'S 30-34 DIVISION
1. Mike Garibaldi (Dolphin Club) 19:04; 2. Ed Rudloff (Olympic Club) 21:15; 3. Leland Faust (Olympic Club) 21:20.

MEN'S 35-39 DIVISION
1. Paul Thompson (Livermore Masters) 19:35; 2. Hugh Winn (Unaff.) 21:20; 3. Brian Foss (S.C. Port Dist.) 21:40.

MEN'S 40-44 DIVISION
1. Peter Van Dyke (S.C. Aquajocks) 28:34; 2. Bill Wilson (So. End Rowing Club) 33:22; 3. Bob Hultzen (Santa Barbara Masters) 33:27.

MEN'S 45-49 DIVISION
1. Robert Cunningham (San Mateo Marlins); 2. J. Brockway Clark (La Jolla Masters) 26:07; 3. Dick Frenzel (So. End Rowing Club) 28:14.

MEN'S 50-54 DIVISION
1. Norm Peterson (So. End Rowing Club) 29:29; 2. Dr. Bill Blade (Dolphin Club) 29:50; 3. Verne Scott (Davis Masters) 32:36.

MEN'S 55-59 DIVISION
1. John Richards (Los Altos Masters) 33:04; 2. William Powning (Dolphin Club) 38:57.

MEN'S 60-64 DIVISION
1. Ed Blackledge (Riconada Masters) 29:18; 2. George Farnsworth (So. End Rowing Club) 29:22; 3. Bert Capps (So. End Rowing Club) 32:24.

MEN'S 65-69 DIVISION
1. James Mayall (Dolphin Club) 34:38; 2. Vern Loudon (Unaff.) 36:45; 3. Garrett Estle (So. End Rowing Club) 40:33.

MEN'S 70-74 DIVISION
1. Joe Carroll (Dolphin Club) 36:30; 2. Perry Pond (S.C. Swim For Lunch Bunch) 40:20; 3. William Greer (Dolphin Club) 42:13.

MEN'S 75-OVER DIVISION
1. Joe Weiss (Dolphin Club) 44:00.

WOMEN'S OPEN & 12-24 DIVISION
1. Judy Reuter (Davis Masters) 22:30; 2. Heide Radach (SCAT) 22:32; 3. Margaret Brown (Los Altos Masters) 23:39.

WOMEN'S 25-29 DIVISION
1. Brooke Camner (S.C. Aquajocks) 23:20; 2. Diane Campbell (Los Altos Masters) 26:52; 3. Susan Geller (S.C. Aquajocks) 29:09.

WOMEN'S 30-34 DIVISION
1. Susan Redinger (S.C. Aquajocks) 27:04; 2. Leslie Sims (Los Altos Masters) 27:54; 3. Nancy Michael (Los Altos Masters) 31:34.

WOMEN'S 35-39 DIVISION
1. Lorna Stark (Davis Masters) 32:34; 2. Lani Lira (Primo Masters of Santa Clara) 32:36; 3. Patricia Cullum (Walnut Creek Masters) 34:05.

WOMEN'S 40-44 DIVISION
1. Betty Talbot (Long Beach Swim Club) 33:54; 2. Sally Scholer (Riconada Masters) 36:00.

WOMEN'S 45-49 DIVISION
1. Elma Sandeman (S.C. Aquajocks) 38:30; 2. Mary Reeves (Walnut Creek Masters) 38:33.

Garibaldi wins SF Bay swim

SAN FRANCISCO — Hartnell swim coach Mike Garibaldi won the San Francisco Dolphins' 69th Golden Gate swim yesterday in a record time of 20 minutes, 17 seconds over the 1.8 mile course.

Garibaldi, who holds numerous club records and three AAU masters' swim titles, was competing against 60 club members yesterday.

He won the race for the fourth straight year. Garibaldi has competed in the event for the past five years.

The 30-year-old San Francisco native also holds club records in the round trip Alcatraz swim, Pier 41 and 43 swims and hasn't been beaten in a club race in three and a half years. Garibaldi holds national masters' records in the 200, 500 and 1650 meter freestyle races for 30-34 age group.

An alternate on the 1964 U.S. Olympic water polo team and state junior college most valuable swimmer in 1965, Garibaldi said that yesterday's race had the roughest and choppiest seas since he has been competing in the race.

Men swimmers ranging from 21 to 71 competed in the annual club race. Youngest swimmer was 21-year-old John Moyes, a former student of Garibaldi's at Hartnell, and the oldest was 71-year-old Bill Gear.

Garibaldi will defend his round-trip Alcatraz swim title Oct. 16. The club will also sponsor the women's Golden Gate swim Oct. 16 and former Hartnell swimmer Claire Shackelford will be defending her title.

Garibaldi sets national mark

SPOKANE Wash.— Hartnell College swim coach Mike Garibaldi set a national record and placed in several events Sunday in the National Masters Longcourse Swim Championships.

Garibaldi set a national best time in the 1,500 freestyle for the 30-34 age group. His time was 18:29.4. Garibaldi also took first in the 400 free (4:35.4), second in the 200 free (2:08.8), third in the 100 free (59.0) and fifth in the 50 free (26.6).

Local swimmer 2nd

SAN FRANCISCO — Hartnell College swimming instructor Mike Garibaldi finished second in the Dolphin Club's Alcatraz-to-Shore Swim in the San Francisco Bay Sunday.

Garibaldi was one of four people out of an original 38 Dolphin Club members to complete the 1½ mile swim.

"Thirty-four people had to be pulled out," Garibaldi reported. "And some of them were top masters swimmers in the nation." The swimmers were stroking against flood tides and strong currents sweeping into the Bay from the ocean. Hugh Wynn of San Francisco won the race in 53 minutes. Garibaldi finished in 57 minutes.

Tuesday, August 16, 1977 SALINAS CALIFORNIAN—21

Garibaldi wins mile pier swim

SANTA CRUZ — Mike Garibaldi of Salinas won the 5th annual Santa Cruz One Mile Pier Swim in record-tying fashion Sunday.

Garibaldi, 31-year-old Hartnell swim coach, was first in a field of 150 men and women. He tied the swim record by covering the distance in 19 minutes, 4 seconds.

David Scott set the mark during last year's race. Scott was sixth this year.

Garibaldi competes in the National Masters Long Course Swimming Championships Aug. 24-28 in Spokane, Wash. He is entered in the 500 and 1,500 meter freestyle events.

Weekly preview

Tonight

The Oakland Raiders test the Kansas City Chiefs in Monday Night Football . . . the Oakland A's also travel to Kansas City and meet the Royals in an important three-game series starting Tuesday.



Raiders-Chiefs tonight

Inside

Hartnell swim coach Mike Garibaldi swam around the Golden Gate again yesterday . . . the Vikings and Rams played five quarters but nothing was decided . . . the Cincinnati Reds are one game away from sealing the National League West division title.

This week

A closeup of the area city high school and junior college cross country teams which begin competition soon . . . the Hartnell Panthers will be looking for their first win of the season in the home opener against Reedley Saturday night.

Sportswaves

RADIO TONIGHT

TIME OUT — iwhf Bob Squires daily KTOM (138 AM).

TELEVISION TONIGHT

MONDAY NIGHT FOOTBALL — Oakland Raiders at Kansas City, 6 p.m. (7-11-13).

Garibaldi defends^{5/77} two national titles

Ft. LAUDERDALE, Fla. — Hartnell College swim coach Mike Garibaldi added more accomplishments to an already impressive list while successfully defending two national titles during the National Master's Swim Championships held last weekend.

The former Foothill College All-American swimmer represented the San Francisco Dolphin Club Saturday and Sunday and won the 1650-yard freestyle by breaking his own 1976 record and the 500 free one-

tenth of a second short of his record.

Garibaldi swam the 1650 in 17:38, breaking his own 30-34 age group record of 17:45. He also took the 500 free in a 5:01.5 time, short of his 5:01.4 record set last year.

The 32-year-old Garibaldi holds several Dolphin Club records, including the Alcatraz Island and Golden Gate swims. Garibaldi also claimed second in the 200 free (1:49.9), fourth in the 100 free (50.0) and fifth in the 50 free (22.8).

Garibaldi defends^{10/77} Golden Gate title

Hartnell swimming coach Mike Garibaldi defended his Golden Gate Bridge swim title Saturday, winning the event for the fifth year in a row.

Garibaldi finished first in the 60th annual swim sponsored by the San Francisco Dolphin Club with a time of 26 minutes, 30 seconds. Taking second was Ed Duncan of Los Angeles with a 27 minute, 45 second clocking.

Ninety Dolphin Club members started the race, with 10 pulling out during the race due to strong currents.

Garibaldi has competed in six of the Golden Gate swims.



Maui News photo by Roy Nickerson

Channel swim

The seventh annual Maui Channel Swim from Lanai to Lahaina saw the Olympic Club of San Francisco topple defending Waikiki Swim Team, holders of the title for the past two years. Waikiki came in second, two minutes after Olympic Club, followed by the Outrigger Canoe Club. Eighteen Hawaii and Mainland teams participated.

Olympic's time was four hours, 14 minutes, more than an hour slower than last year's winning time. Said one swimmer, "Last year the water was like glass. This year it was rough and it slowed us down."

Olympic Club members pictured are, from left: Edward King, Michael Garibaldi, John McNellis, Tom McCarthy, Thomson Mann and from Lahaina, crewmen aboard the escort ship Viajero, David Aicher and Doug Elden. Team captain Leland Faust is not shown.

Front Street

by ROY NICKERSON

Lahaina Bureau



ple set by the Lahaina Shopping Center. A uniformed guard is enforcing three-hour parking there, too. The real reason The Maui News wasn't able to report on the full results of the annual Maui channel swim from Lanai to Lahaina last Saturday was, the member of the Oahu team who was supposed to be in charge of the event and provide the information was so upset that his team didn't take first place, he not only refused to pose for a picture with the winning team, but he also stomped off without giving out the scores. Ah, the sport-life!

* NEW RECORDS

- 1979 -

2nd Annual Invitational ROUGHWATER AQUATIC PARK COVE SWIM South End Rowing Club Dolphin Swimming & Boating Club

TRUE GATE opening
SAUSALITO TO CLUB
MAUI CHANNEL 3:28 1st
THANKSGIVING DAY ONE 14:58 1st
WAIKIKI - 1st 30-34 5th OVERALL 5:35
SANTA CRUZ PIER - 1st 30-34 18:05

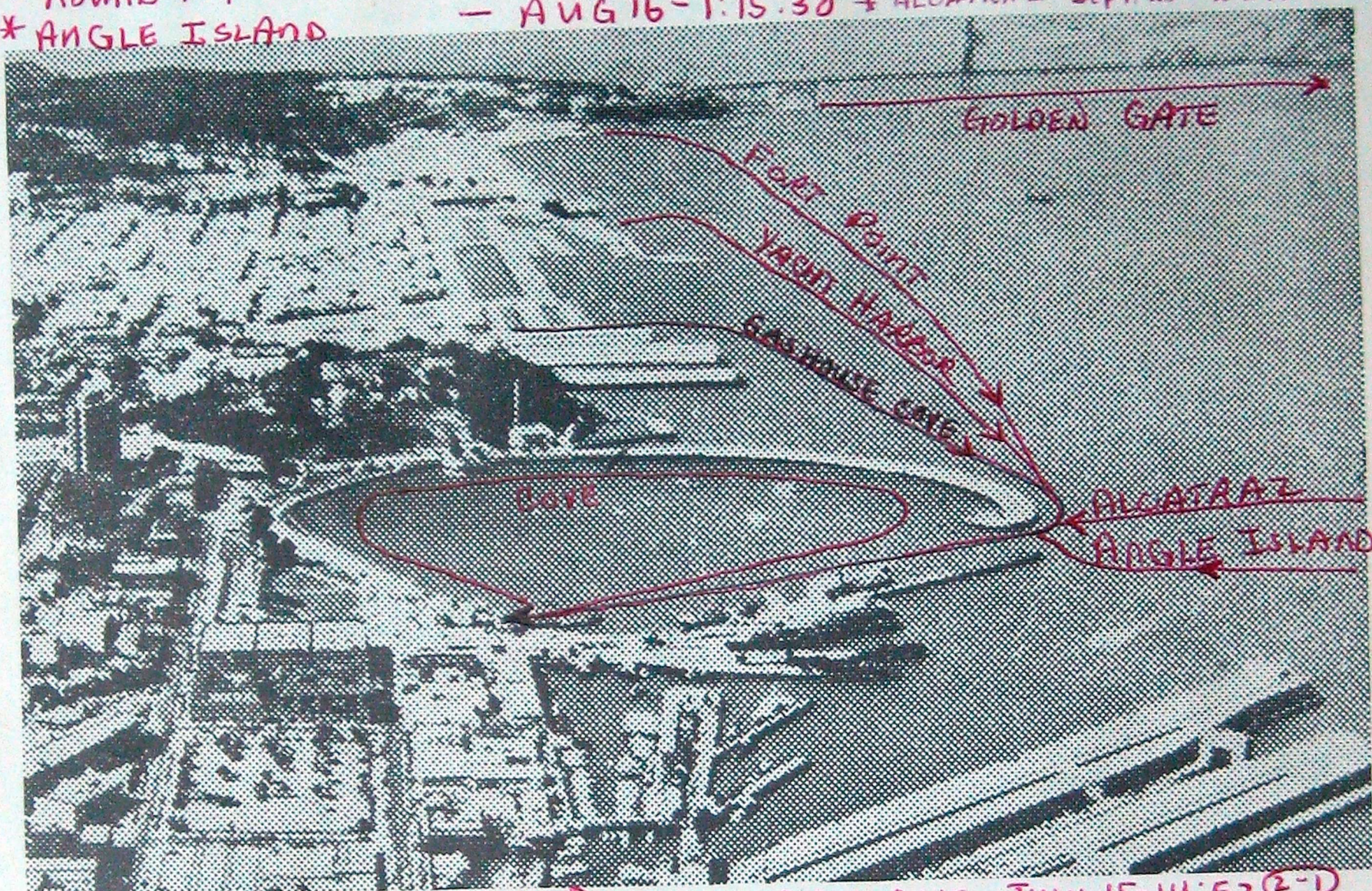
* ROUND TRIP ALCATRAZ - AUG 1 - 1:12.0

FT. POINT - AUG 19 - 43:42 ①

GOLDEN GATE - OCT 15 - 21:58 ①

* ANGLE ISLAND

- AUG 16 - 1:15.30 * ALCATRAZ - SEPT. 23 - 24.10 ①



GAS HOUSE COVE - MAY 20 - 15:43 ①

OUR COVE

A.A.U. COVE - JULY 15 - 14:52 (2-1)

* YACHT HARBOR - JUNE 23 - 24:29 ①

* LAKE TAHOE RELAY - JULY 28 - 3:34

DOUBLE COVE - JULY 8 - 26:10 ①

SANTA CRUZ PIER - AUG 11 - 18:05 (3-1)

MASTERS SWIM TEAM IS SMALL BUT POWERFUL

Individual Swimmers place high in Pacific Association finals

by Charles Raven

A SMALL but powerful Olympic Club Masters swimming team put in a strong performance in the Pacific Association Championships held in Davis on the weekend of April 7.

First place medals were won by Bill Barthold (30-34) in the 100 yard individual medley, 100 yard backstroke, and the 50 yard freestyle. Bill also placed well in four other individual events, and appears to have an excellent chance to repeat as National Champion in the upcoming Nationals. Mike Garibaldi (30-34), who has made a truly remarkable recovery from an accident two years ago which threatened to leave him partially paralyzed, garnered three seconds (200, 500, and 1650 freestyle), three thirds (100 butterfly, 100 and 50 freestyle), and one fourth (50 butterfly). Mike should also be a serious challenger for a national championship.

In the 40-45 age group Philip Gay with one first (50 backstroke), and two seconds (100 individual medley, 100 freestyle), and Charles Raven with three firsts (50, 100, and 1650 freestyle) dominated their age group.

Ron Rawson, competing in the youngest Masters age group (25-30), garnered a first, second, third, and fourth in the 100 backstroke, 200 backstroke, 50 backstroke, and 100 individual medley respectively. Ron has improved his times considerably this year and should also be a productive point getter at the Nationals. At the other end of the age scale (60-65) Bill Loughborough, as is his custom, swam practically every event (50 freestyle, breaststroke, and butterfly, 100 freestyle, and individual medley, and the grueling 200 individual medley). Bill placed within the top three in every event and won the fifty freestyle and breaststroke.

NINE MAN MASTERS SWIM TEAM WINS SEVEN NATIONAL TITLES

Places in top five among 92 competitors

Back row: Ed Rudloff, Ed MacKay, Mike Garibaldi, Bill Van Horn, Bill Barthold.
Front row: Charles Raven, Bill Loughborough, Alan Cartwright, Philip Gay.



A NINE man Olympic Club team traveled to Dearborn, Michigan to compete in the 1979 U.S. Masters Long Course Swimming Championship. The team ended up with 326 points and finished among the top five of 92 men's teams entered. The Dearborn meet was significant in that for the first time many swimmers from Europe, South America, and Canada came to the United States to compete in the National Championship meet, twelve teams in all.

The Olympic Club won seven individual national championships. Bill Barthold (30-34) as usual, dominated his age group in contributing 3 first place medals, two seconds, and one fourth. Barthold is one of the few swimmers in Masters competition who have won events in different strokes at the same National Meet. Bill's firsts came in the 100 and 200 back and the 50 freestyle. Bill Van Horn (40-44) gets the most improved award as he lifted himself out of the garbageman category and became a "star," winning the three longer distance freestyle events (200M, 400M, and 1500M) while also finishing fourth in the two sprint events (50M and 100M). Mike Garibaldi (30-34) contributed the seventh "gold" (the 400 freestyle) and, as usual, picked up many points by placing well in the four other events in which he competed (a second in the 1500M, a third in the 200 free-

style, a fourth in the 100 freestyle, and a fifth in the 400 individual medley).

Allan Cartwright (35-40) swimming the best times of his career, unfortunately ran into Tim Garton who proceeded to break every national record in all the races in which he competed, and therefore placed second in four separate events. Allan also was able to place well in the 200 breast stroke and the 200 back.

Charles Raven (40-44) led the garbagemen in point totals (35) and managed to garner two thirds, two fourths, a fifth, and a sixth. Philip Gay (45-49) was touched out in the 50M Freestyle (half a body length) for a second, took a third in the 100M freestyle and, after threatening for 15 yards, a fourth in the 50 fly. Ed Rudloff (30-34), in an heroic attempt to pick up garbage points, swam freestyle, fly, backstroke, and the individual medley and placed in all events entered. He plans to add the breaststroke to his repertoire for the next Nationals, and has been appointed team captain of this segment of the team.

The senior citizens' duo of Ed McKay (70-74) and Bill Loughborough (65-69) contributed greatly to the overall team totals. Ed placed no lower than fifth in any event he entered, getting two thirds, two fourths, and a fifth. Bill Loughborough, swimming with a very bothersome shoulder, was still able

to pick up two fifths, one sixth, and two sevenths.

The 25+ medley relay team (Rudloff, Barthold, Cartwright, Garibaldi) placed 4th in their age group. The 35+ freestyle relay team (Cartwright, Gay, Van Horn, Raven) placed second, while the 35+ medley relay team (Gay, McKay, Raven, Van Horn) placed 8th.

The Olympic Club beer relay team (names withheld to protect the guilty) scored a major upset in winning the "open" (no age limit) event against a field of 36 thirsty teams in a new national record. The prize, ceremoniously announced at the Masters Banquet, was a \$154 beer tab.

The Club's rough water swimmers finished third in this year's Maui Channel Swim. The team of Leland Faust, Tim McDonald, Ed King, Bill Barthold, Ed Rudloff, and Tom McCarty covered the 10 mile distance between Lanai and Maui in 3 hours 34 minutes, finishing 6 minutes behind this year's winners, the Dolphin Club, and only 2 minutes back of the host Waikiki Swim Club. A team of lifeguards from the San Diego area finished fourth in the 8th annual swim across the channel.

The seas were a little rough this year, and two of the Club's swimmers had to fight sea sickness as well as the other teams' swimmers. Other teams participating in this popular event were from San Mateo, Davis, and Los Angeles.



1979 CHAMPIONS
LAKE TAHOE
MAUI CHANNEL
D. GRAY
P. WATTS
M. GARIBALDI
B. VAN HOAN
D. SCOTT
H. WINN



Dolphins dominate Lanai-Maui swim

By ANNE RAY
Staff Writer

LAHAINA — The Dolphins Swim and Boat Club of San Francisco had the fastest relay swimmers in Saturday's ninth annual Lanai-Maui Channel Swim.

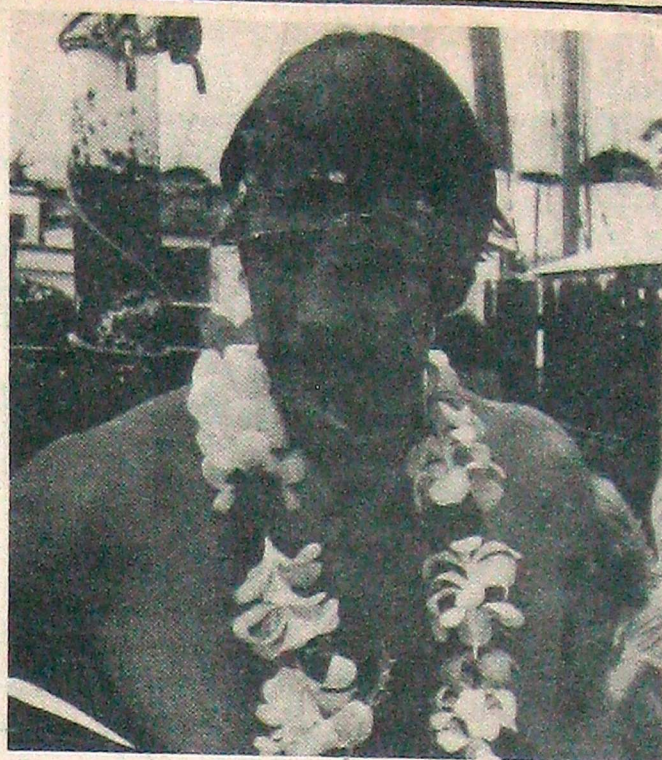
The Dolphins men's team clocked the fastest swimming time — 3:28, which was 11 minutes shy of the race record set by the Waikiki Swim Club. The six members of the Waikiki Club came in second at 3:33, followed by last year's winner, the Olympic Swim team of San Francisco, at 3:35.

The teams left Lahaina Harbor for Lanai early Saturday. The race

got under way at 8:30 from Manele Bay with the first swimmer, Mike Garibaldi of San Francisco, reaching Lahaina about noon.

The Dolphins women, who won last year's relay, led the ~~three~~ ^{four} women's teams entered in Saturday's race with a time of 4:09.

The other teams and times were: the San Diego Life Guards, 3:50; Davis Aquatics team of Sacramento, 4:17; the Waikiki Women's Swim team, 4:34; the Abalone mixed swim team, 4:40; the San Mateo Marlins Women's team, 4:41; and the Friends of Fishes mixed team, 5:02.



MIKE GARIBALDI

Maui News photo by Anne Ray

S.F. Swimmers Win in Hawaii

Honolulu

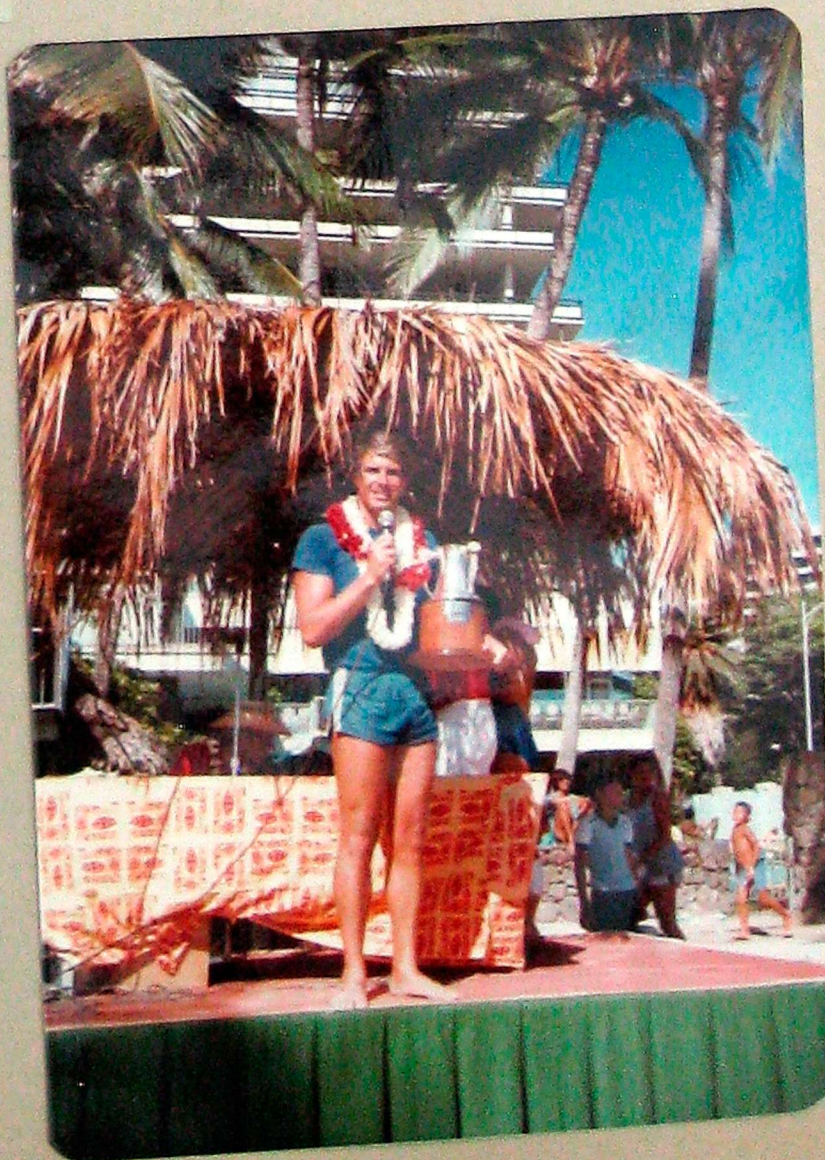
Davis Scott of the Dolphin Club of San Francisco won the Waikiki Rough Water Swim yesterday in 50 minutes flat.

Mike Garibaldi, also of the Dolphins, was second among the more than 500 starters in 53:35 and also won the 30-35 age group. Mary Anne Brems of the San Mateo Marlins won the women's division in 57 minutes flat.

The six-member Dolphin Club relay team beat out nine other teams Saturday to win the ten-mile Maui Channel swim from Maui to Lanai in 3 hours and 28 minutes. The Dolphin's women's team also won in a course record 4:08.

United Press

1980 WAIKIKI - CHAMPION





1980 LAKE TAHOE RUNNER UP
 B. COLYAR P. WATTS D. GRAY D. SCOTT
 M. GARIBALDI A. LICHTNER



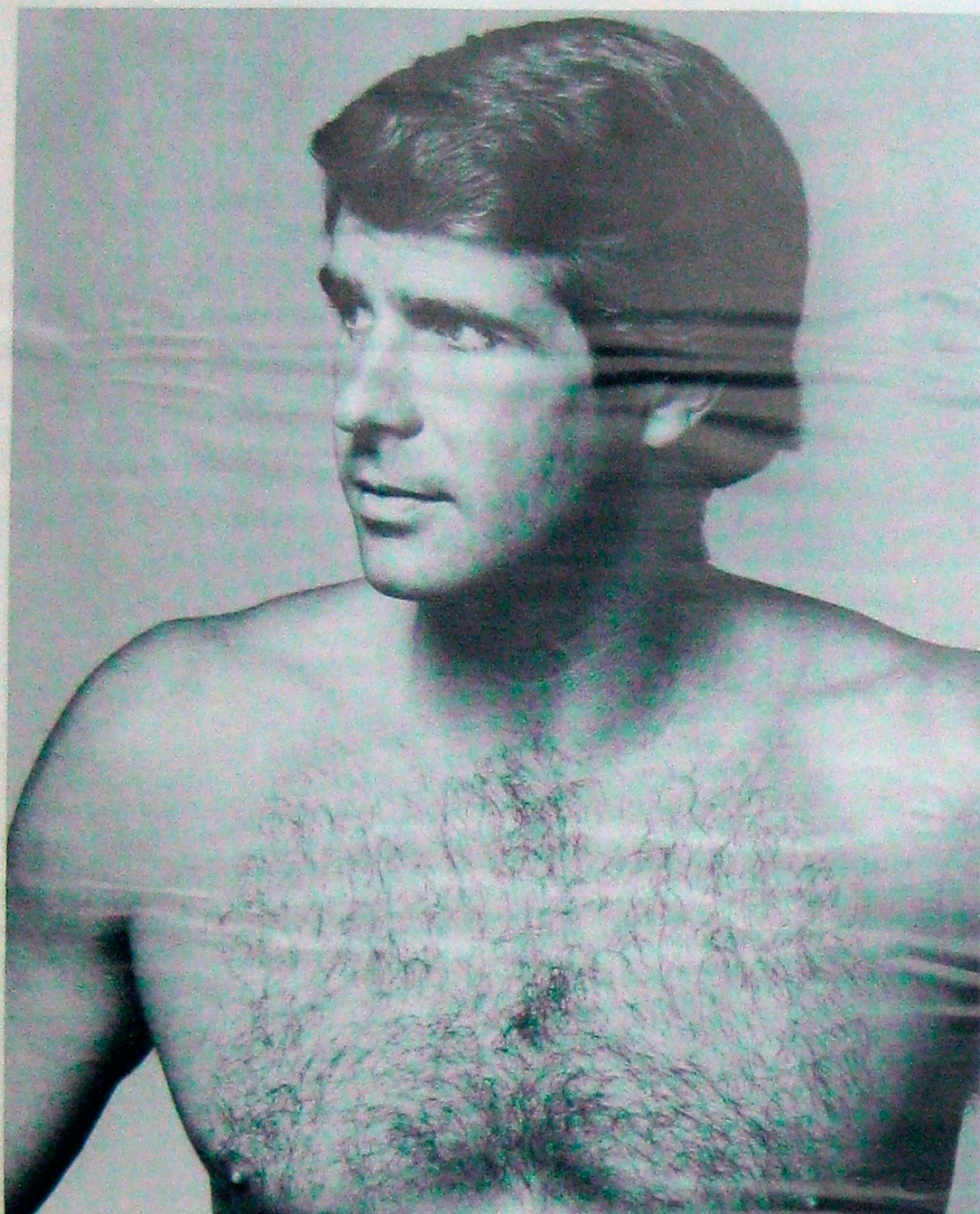


1980 SAUSALITO TO SAN FRANCISCO 1:55.0 NEW RECORD 6/13/80
PILOT DAVE HINTON AND FRIEND



Swimmers

personalities and perspectives



Michael Garibaldi

Look for the dashing gent in the leather outfit in September's *Gentlemen's Quarterly*—he's the same one behind O.J. in a Hertz commercial, not to mention some soon-to-be-released Bache stockbroker and Cadillac commercials. He also happens to command such a dynastic role in swimming in the San Francisco Bay that the record books are his virtual monopoly. Most recently, Mike Garibaldi, 34, plunged into the 58-degree water stretching between Sausalito and San Francisco and powered his way successfully 5.5 miles through the currents in one hour and 55 minutes, demolishing the old record of three hours that had stood for 20 years.

He plans to plow through the 7½ miles of choppy water from San Francisco to Angel Island and back in the fall, as well as the

four-mile stretch from Treasure Island to San Francisco. If past statistics are any indication, there will be new records for those swims.

Mike did not always concentrate on the ocean record books, however. His ten-year career as a coach and extensive participation in pool competition and water polo was cut short by a spinal injury three years ago that at first left his legs paralyzed. His excellent physical condition was largely responsible for his near-complete recovery. "All the turns required in pool swimming intensified the pain," he says. "They still do. Also, the colder water in the ocean seems to offer some relief. Besides, I'd been involved with pool swimming for so long, I needed a change."

Mike Garibaldi is no stranger to the *Top Ten Times* listing. Ranked second in the 400-freestyle behind Don Schollander while still at St. Francis High School in Mountain View,

Mike went on to post the national Junior College record in the 400-freestyle at Foot-hill College in California, and later achieved NCAA All-American ranking in the 200, 500 and 1650-freestyle while at the University of Utah. As a Masters freestyler between 1972 and 1978 Mike posted a 1:49.02 in the 200-yard, 5:01 in the 500-yard, and 17:31 in the 1650-yard, ranking in the top or second spot consistently in those events between 1971 and 1974.

"Even though I plan to concentrate on ocean records for now," says Mike, "I'll always be around the pool. It's the only way of gauging your conditioning accurately. You have the clock to watch and there are less variables than in the ocean."

Still, Mike decided to participate in the Maui Channel Swim rather than the Long Course Nationals at the end of August, adding, "They were happening on the same day. Why miss a trip to Hawaii? I can drive to Santa Clara any day."

Despite the time required by his burgeoning career as an actor, Mike manages to work out religiously twice a day—3,000 yards in the pool and two miles in the Bay, maintaining the rigorous pace he has kept for years. There are not many San Francisco Bay records left for Mike Garibaldi to break, and at this rate a clean sweep of the books is not out of the question.

—Katherine Vaz

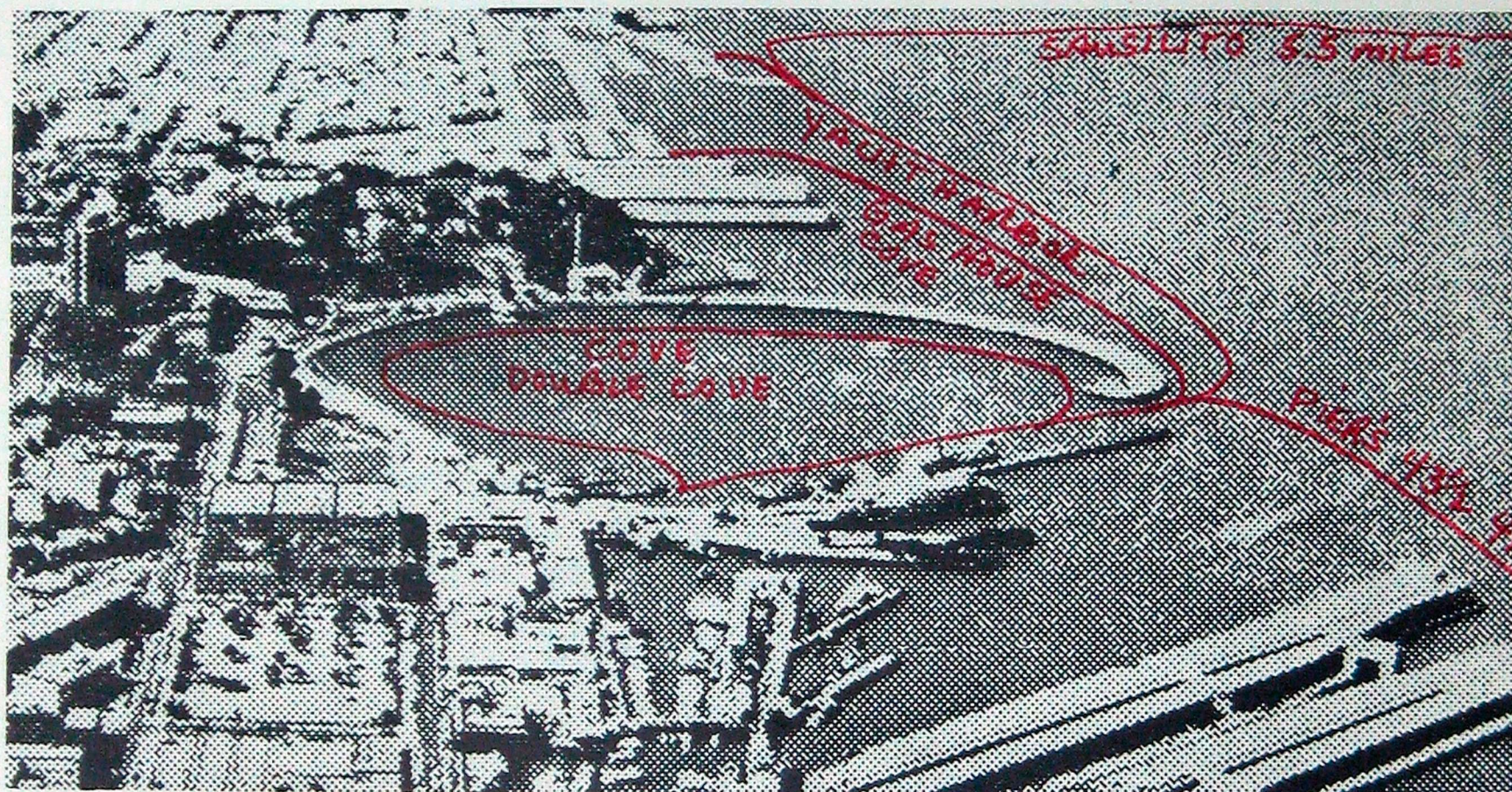
JUNE 13 SAUSILITO 1:55 NEW RECORD *
 SEPT. 17 ANGEL PT. 2:42 NEW RECORD *

MARCH 22 - SPRING COVE 13:45 1st
 APRIL 13 COVE RELAY — 1st
 APRIL 27 GAS HOUSE 18:16 1st
 — 3 CLUB GAS HOUSE 16:39 1st
 JUNE 1 COVE HANDI. 15:29 1st
 JUNE 29 DOUBLE COVE 28:55 1st
 JULY 19 AAU 17:01 2nd 1st
 JULY 20 PIER 39 23:37 1st

EIGHTH ANNUAL INVITATIONAL ROUGHWATER

AQUATIC PARK COVE SWIM

South End Rowing Club
 Dolphin Swimming & Boating Club



OUR COVE

PIER 39 23:37 1st

SAN FRANCISCO BAY
July 19th, 1980

DISTANCE ONE MILE

TAHOE RELAY - 3:15 2nd
 SANTA CRUZ PIER 17:01 3rd 1st
 MAUI CHANNEL - 3:42 3rd
 WAIKIKI - 52:44 2nd 1st
 DONNER LAKE - 1:01:45 2nd 1st
 SAN LEONARD
 RELAY - 4:42 3rd
 ALCATRAZ - 30:35 1st
 GOLDEN GATE - 21:26 1st

Entry Blank and Details on Reverse



1980 GOLDEN GATE Swim

Page 2 Section B ★★★★★ Nov. 23, 1980 S.F. Sunday Examiner & Chronicle

Dolphin Club suddenly rowing against the tide after

By Russ Cone
Examiner Staff Writer

The long, hard row is just beginning for the historic Dolphin Rowing and Boating Club, which sustained a costly fire Friday night.

What lies ahead for the venerable association of about 800 rough water swimmers and oarspersons is an unprecedented expenditure.

Club members yesterday put aside this problem, momentarily however, to entertain renowned University of Indiana swim coach James Sculls, who led some of them in a swim from Alcatraz to Pier 39 and then back to the fire-damaged clubhouse.

Sculls coached two American Olympic swimming teams and last year became the eldest, at 58, to swim the English Channel. His time: 13 hours and 7 minutes.

The Fire Department estimated the fire in buildings once occupied by the defunct San Francisco Rowing Club and the Dolphin destroyed \$1.2 million worth of building.

Savas Araboglou, concession manager of the Recreation and Park Department, says the Dolphin Club recently spent about \$100,000 on both

old buildings to install sprinklers, safe wiring and a new roof.

This was required by a 49-year lease signed a year ago with Rec-Park. The lease also requires the club for the first time to pay rent — 10 per cent of its gross. This amounted to about \$30,000 last year for the Dolphin and the South End Rowing Club, another boxy relic next door to the Dolphin, but untouched by the fire.

Araboglou says the Dolphin Club must re-build or forfeit rights to the beach site, appropriately enough, on Beach Street, which the Dolphin, the San Francisco Rowing and the South End clubs occupied for 40 years without paying a penny's rent.

Deputy City Attorney Burk Delventhal, who prodded the brawny swim club veterans into integrating their membership by accepting women, recalls that the wooden clubhouses began as squatters on the muddy shores of China Basin.

Around 1900, he says, the clubhouses were barged to the foot of Van Ness where, once again, it seemed polite to let them roost, rent free on city shoals. Firemen, some police and the wharf-working stiffs of North Beach com-

prised the rather fraternal groups which competed among one another without fanfare for years.

In 1930 The City wanted to construct the municipal fishing pier off Van Ness and it agreed to move the boat houses to the present site, on the beach, between Hyde and Larkin Streets. It took until 1938 to achieve a written agreement whereby The City agreed to find a permanent accommodation "on a fair and reasonable basis."

Meantime, the clubs paid no rent. In the post World War II years, first, Ghirardelli Square, then, the Cannery and many other developments proliferated in the area, creating one of America's prime tourist meccas and escalating real estate values. Yet, The Examiner disclosed in 1968 that the clubs were still paying no rent and were taxed on their real estate a total \$194.55 a year.

Tanned and barrel-chested club members wandered and swam curiously around the old ferryboat which showman Barney Gould beached perilously near their clubhouses in 1955.

When the state moved into the area to create an old ship exhibit at the Hyde Street Pier, officials complained

that the old swim clubhouses were an eyesore and prevented tourists from spotting the ship display.

Crusty clubmembers wielded oars when three bare young representatives of the Sexual Freedom League tried to climb a club wharf in August, 1965.

In 1976 attorney Sandra Terzian

upset the status quo by suing to force the clubs, occupying municipal property, to integrate, specifically, to allow female members. Delventhal advised the Rec-Park Commission to comply and in 1978 it adopted regulations requiring integration in all such operations on Rec-Park land.

Delventhal notes it was necessary

Swimmers undaunted in first transbay swim meet

by Scott Kong

It was a dark, cold, overcast sky when we started out early last Saturday morning from Oyster Point Harbor in the 32-foot cruiser, Lou's Lady. A slight, brisk ocean breeze chilled the air as the 20 minute ride across the bay to the entrance of the San Leandro Harbor seemed to take forever.

A voice over the cruiser's citizen's band radio announced that the swimmers had entered the water, signaling the start of the "First Annual San Francisco Trans-Bay Swim."

The 10.5-mile relay swim is sponsored by the South San Francisco Parks and Recreation Department in conjunction with the San Francisco Dolphin Club.

The swim began as a member from each of the 16 six-person teams swam the first 2.5-mile leg from the San Leandro Marina to the end of the channel, where his respective mother boat waited in anticipation.

From then, each swimmer would swim at 15 minute intervals, rotating in the same order under the honor system, each team member responsible for touching the next swimmer. The race would culminate at the entrance to Oyster Point Harbor.

The team I was with, the Dolphin "A" Club, had some

of the fastest rough-water swimmers in the contest, as lead-off swimmer Mike Garibaldi stroked out of the channel in a third place position behind team three, the Davis Aquatic Masters from Los Altos in second position, and team seven, the Primo Masters team from Santa Clara in third.

Giribaldi, 35, is one of the top Northern California rough-water swimmers, and has an extensive array of titles to his credit. Among them, the record in the Alcatraz round trip swim, Angel Island swim, and the Golden Gate swim, the latter of which he has held the title for the last six of eight years he competed.

He also coached swimming and water polo at SF State from 1970-1973, was a member of Foothill College's water polo team which took the junior college national championships in 1965-1966, a member of University of Utah water polo team taking the Western Athletic Conference title, and a member of the U.S. Olympic water polo team in 1964.

Excitement filled the air as Mike, the team captain, neared our boat, and Dave Grey, the second swimmer, jumped in for the next fifteen minute swim.

"The water felt good, said an exhilarated Mike who looked like he just jumped out of the shower, not even phased by the long, cold swim, which took 51 minutes.

The Davis team was pulling away slowly ahead of the rest of the teams. Mike's strategy was to follow them for direction.

When Dave came in and Paul Watts, the third swimmer, swam the next leg, he complained about the increasing size of the chops and had to adjust his stroke to the worsening conditions.

"I couldn't see anything out there," Dave said and added he had to follow the boat for direction. John Selmer, another team member, said you can't focus on anything when in the water, and added you have to pick a big object to swim to making it easier to get a general direction of where you're going. Mike said the team concentrated on a notch in the San Bruno mountains for direction.

Now the rest of the boats started to lag behind in the distance. Mike noticed the Primo Masters team's swimmer was starting to lose his sense of direction and began swimming completely off course.

As our boat eagerly overtook the Primo team, members on board laughed as Mike sang out through the megaphone, "Do you know the way to San Jose?" But soon the Primo team recovered and was back on course, about 75 yards behind our boat.

Paul came in as John took the next leg. The water was still choppy and as Paul attested he too had to change his stroke to accommodate the higher chops.

A radar tower sighted in the distance meant we were on course. Each team entered in the relay swim was randomly assigned a mother boat through the cooperation of the Oyster Point Yacht Club and its members, and paid a \$60 fee to cover the boat owner's expenses.

The next swimmer, Alex Lichtner, continuously stretched his streamlined body before replacing John, who didn't need a towel because of the "warm water," which was about 58 degrees, he said. Normally, the bay's water during the winter season gets down to the 40s, he added.

It was already 10 a.m. as behind us, the armada of boats were making little progress and seemed farther away than before. The Davis team had also pulled 25 yards further in front of us, although directly behind us the Primo Masters team was steadily keeping pace by about 75 yards.

The next swimmer, Suzanne Heim, was the only woman on the Dolphin A team, and eagerly took the sixth leg as Alex climbed on board and said the current was starting to pick up. The ideal time to swim in the bay is during a slack tide, when the ebb tide and flood tide come together creating dead, flat water according to a member.

The second round of relays began as Suzanne came in and Mike started swimming with a distinguishable overhand stroke, powering his way through the wind-blown chops as we approached "Windy Gulch," named appropriately so because of the high winds there, according to captain Lou, who said it was the mid-point of the bay.

Lou said the current picks up in the deeper part of the channel causing the boat to drift south and stray off track, and also shifting the swimmers off course.

The Davis team had pulled even farther away and seemed uncatchable, although the Primo Masters team was steadily keeping up with us. The rest of the teams were barely visible behind us, and it seemed like a three team race at this point, as the Coast Guard on the CB informed us that one team had dropped out.

Suzanne reflected on jumping in the cold water. "When you first enter the water, it takes your breath away, shocking your whole system for the first two minutes like a cold shower."

At 12:30, the sun broke through for a few minutes only to recede back into the clouds. Candlestick Park was sighted in the distance, exciting team members as they neared their destination. However at 1:15 p.m., the CB announcer said the Davis team crossed the finish line winning first place.

We were about two and a half miles from the finish at Oyster Point when the Primo Masters team started to make their move. Amid cheering and shouting from their

Above left: Dave tags John for the next 15-minute leg.
Above right: Paul (with bottle), Suzanne and John after the race, spirits somewhat dampened, but still strong.

Above middle: mother boat leaving Oyster Point Harbor en route to San Leandro Marina.
At left: Suzanne helps Paul come aboard as he finishes his leg.



meet

SEPTEMBER, 1980
GOLDEN GATOR
NEWSPAPER
S.F. STATE UNIV.

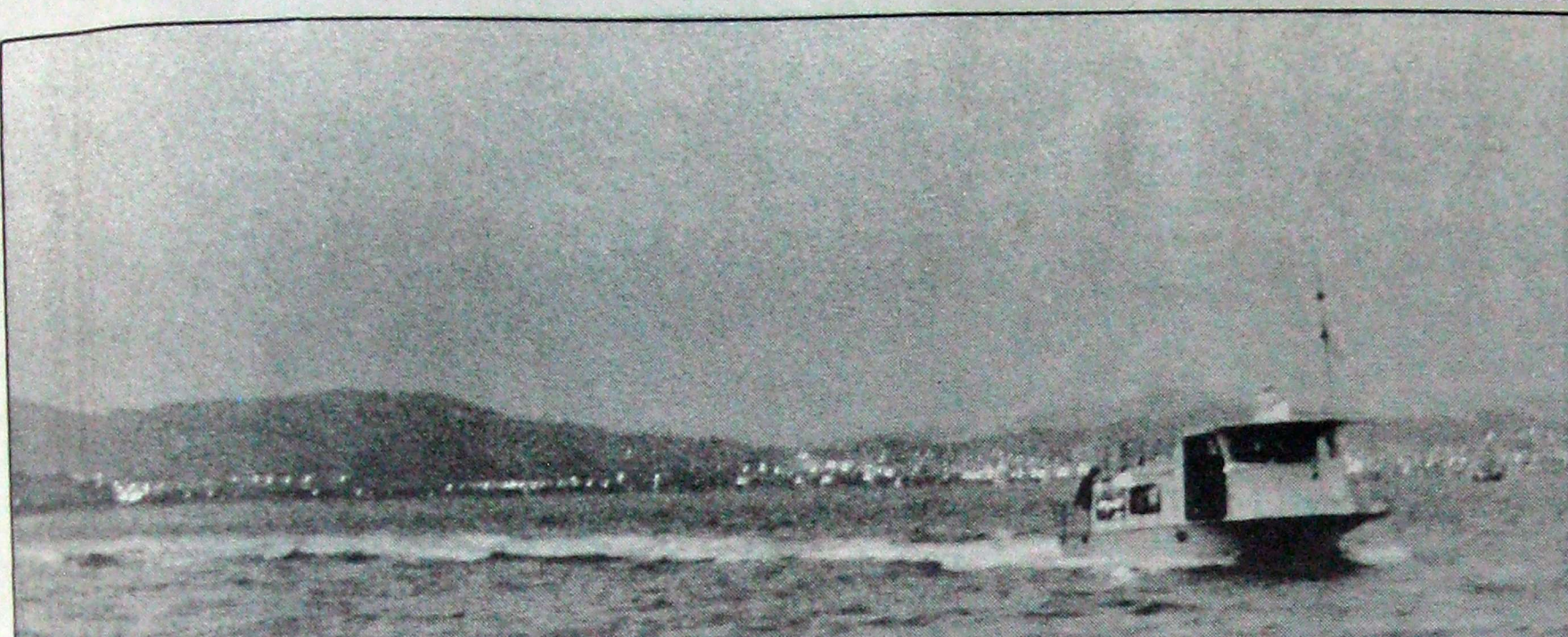
"It's more of a challenge in the ocean," Garibaldi said. "I like the feeling of being healthy and the competitive spirit."



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crew, it appeared their swimmers were drafting—following directly behind the stern of their boat—which in effect made the choppy water calm, giving the swimmers an easier time with their strokes.

At first the Dolphin team didn't realize the Primo team was strong enough to swim neck and neck at the pace they were swimming. But many of the Dolphin members swam against Primo's swimmers in pool competition, which is much easier than ocean swimming, and had beat the Primo team badly. Still the Primo team kept up the pace and continued to slowly creep up.

At 1:10 p.m., the Primo team was 25 yards behind and 10 minutes later they were neck and neck with Paul, who was swimming.

There were some assertions from the Dolphin team that the Primo team was actually pulling their swimmers with a rope. It seemed uncanny, and they couldn't understand Primo's fast pace. But when the Primo team finally passed the Dolphin club, we saw the real reason behind their quickness.

The Playmate, the Primo Master's mother boat, had an

extremely wide stern from which a swimmers ledge was attached flat with the surface of the water. This fact together with the assumption that they had a larger motor with larger propellers than Lou's Lady led the Dolphin team to the conclusion the draft created by the wide stern created suction, pulling swimmers along.

At this point, Alex was in the water and Suzanne was getting ready for the next leg. There were about three legs left to the finish, and the Primo team was slightly ahead by about 10-15 yards.

Mike planned to also try to swim in our boat's draft, hopefully catching the Primo team at their own game.

Alex jumped on board as Suzanne started swimming in the boat's draft. But it appeared that Lou's Lady's smaller stern and smaller engine and propellers didn't create enough suction to advance Suzanne to catch the Primo team who were already a full 20 yards ahead. Alex got on the megaphone and shouted to the Primo team, "why don't you let your swimmer swim the last leg in open water up and up with our swimmer?" But the Primo club just stared and gave no reply.

Mike swam next giving a full-on performance, followed by Dave and Paul, who equally gave a valiant last ditch effort.

At 1:40, the Primo Masters team crossed the finish line, placing second as three large cruising boats greeted them with horns and cheers from spectators.

Paul finished the race giving the Dolphin team a third place standing, although at 2:00 p.m. the Coast Guard asked the remaining teams to discontinue the race and come into the harbor.

The Dolphin team was bitter at the close finish, and felt they were taken underhandedly.

"There are no rules that say you can't do that," said Mike referring to drafting, but added, "it should be an up and up race."

"You might as well tie a rope around him and pull him along," he added.

"They (Primo team) didn't have that great a group of swimmers, proven by the first take-over by our team," Dave said. "We knew something was fishy."

"This adds a bad taste to the whole thing," John said.

"We know how fast those swimmers are—we were fast enough to know they couldn't accelerate as fast as they did."

"It's unfair," Mike said. "You've got to let the swimmer work against the elements alone without any interference."

At the next Trans Bay meeting, Garibaldi will touch on the subject of drafting, suggesting the practice be banned from future races.

"Swimmers swim in open water swims, basically for physical fitness," said Mike.

"It's more of a challenge in the ocean," he said and added there are many variables involved such as the wind, navigation, tides, currents, chops. "Also I like the feeling of being healthy and the competitive spirit."

Photos by
Ken Shipley

At left: Dave taking advantage of the draft created by Lou's Lady.
At right: Suzanne warming up after swimming her leg.



11-21-80



Firefighters battled the fire that destroyed the S.F. Rowing Club and gutted the Dolphin Club

Fire Destroys Rowing Club, Damages Dolphin Club in S.F.

By Birney Jarvis

The historic San Francisco Rowing Club at the Hyde Street Pier was destroyed last night in a five-alarm fire that severely damaged the Dolphin Club next door.

All 30 people inside the Dolphin Club, an organization of swimming enthusiasts, escaped safely when the blaze broke out at 6:42 p.m. Three firemen were treated for smoke inhalation and one for minor burns. One of the firemen was hospitalized for his injuries.

Damage to the city-owned buildings was estimated at \$1,200,000.

While tourists emerged from restaurants and stores to line the sidewalks and watch, 150 firemen battled the blaze for two hours before it was contained.

Investigators believe the fire may have been started by a "beach bum" who, according to a caretaker of the 108-year-old rowing club, has been living under the rear deck of the building.

According to an officer at the scene, the man —

described as about 28 years old, thin, with long blond hair and blue eyes — was arrested last June for trespassing when he was discovered beneath the deck with a sleeping bag and personal effects.

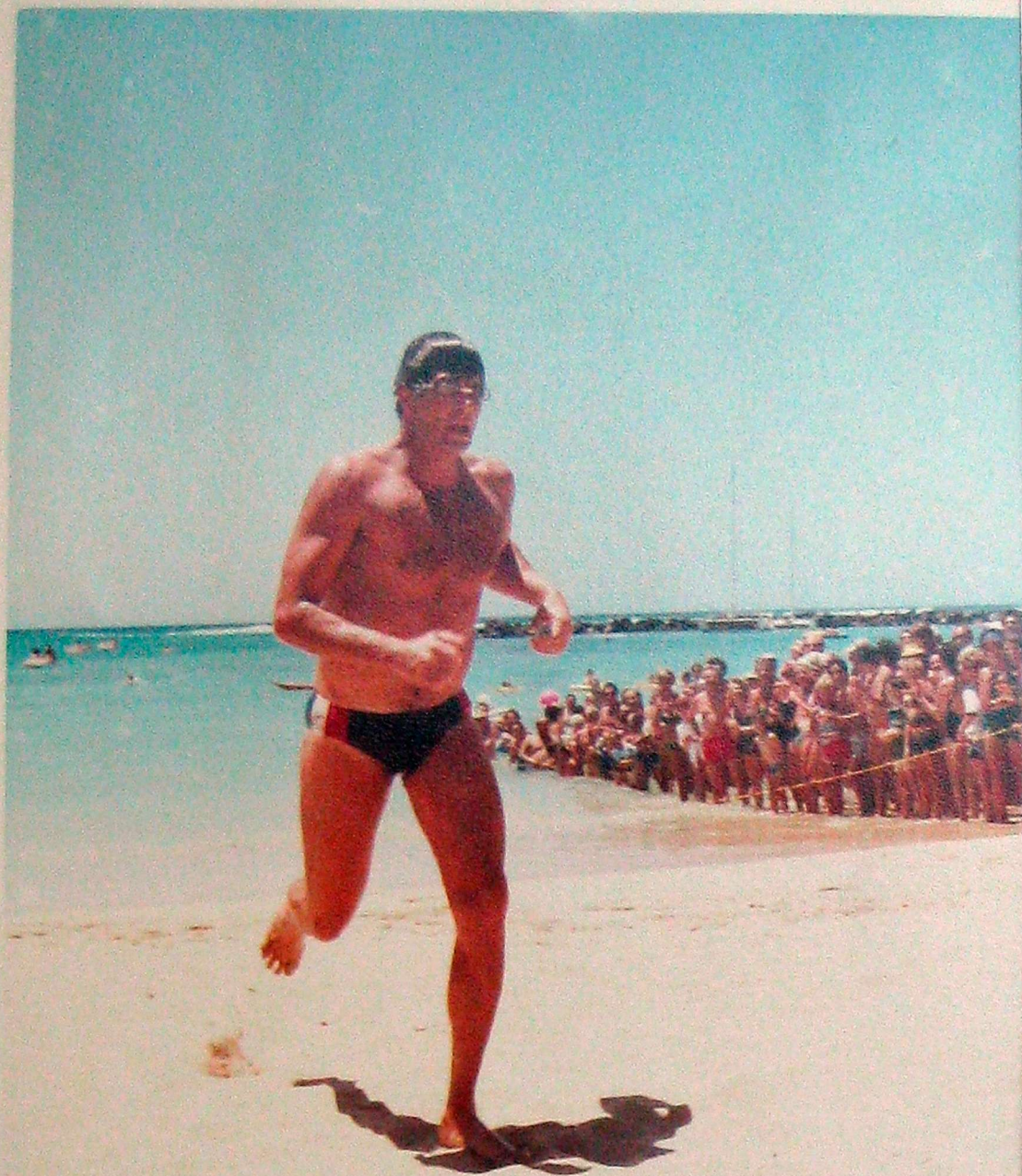
The same man was seen in the vicinity 30 minutes before the fire broke out, police said.

Minutes after the fire started, two women members of the Dolphin Club — whose members swim in San Francisco Bay — emerged from the water, dashed into the club and grabbed their purses, but were unable to retrieve their clothes.

The women, Joni Beemsterboer and Katie Maloney, stood shivering in borrowed sweaters across from the fire.

Patrick Kelley, a caretaker of the Rowing Club, was cooking dinner in the kitchen when the fire broke out. He said he "heard some noises coming from beneath the floor" in the area where the beach bum lived.

"Everything I own is going up," he said glumly, standing on the sidewalk and watching flames shoot through the roof of the Rowing Club.



WAIKIKI ROUGHWATER SWIM
September 1, 1980

Picture Man



WAIKIKI ROUGHWATER SWIM
2.384 Miles
September 2, 1991

The Picture Man

VISUAL IMAGE

Thurs., June 25, 1981

★ San Francisco Chronicle 55

Swimming

• Former Cal star Mike Garibaldi broke an 18-year-old record by swimming the three miles from Treasure Island to Aquatic Park in 42 minutes, 13 seconds. The 37-year-old Garibaldi shaved seven minutes off the old mark set by Jim Baird in 1963.

3861 Washington Street
San Francisco
California 94118
415 386 1200

Thurs., June 25, 1981

★ San Francisco Chronicle 55

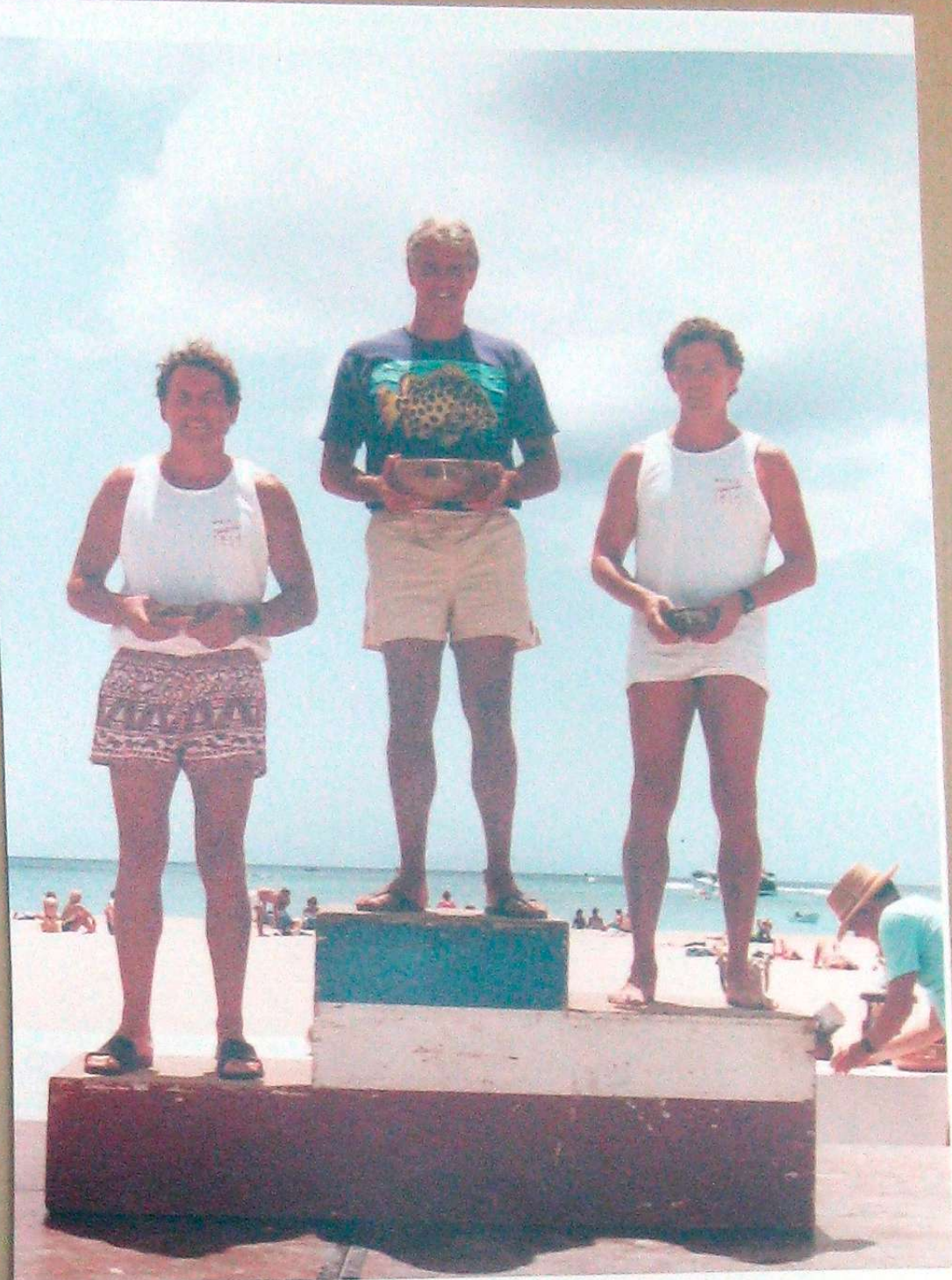
Swimming

• Former Cal star Mike Garibaldi broke an 18-year-old record by swimming the three miles from Treasure Island to Aquatic Park in 42 minutes, 13 seconds. The 37-year-old Garibaldi shaved seven minutes off the old mark set by Jim Baird in 1963.

congratulations!
warmest regards
Pamela



1981 GOLDEN GATE SWIM - 8th WIN



WAIKIKI ROUGHWATER SWIM
2.384 Miles
September 2, 1991 *The Picture Man*

Dolphins dominate Lanai-Maui swim

By ANNE RAY
Staff Writer

LAHAINA — The Dolphins Swim and Boat Club of San Francisco had the fastest relay swimmers in Saturday's ninth annual Lanai-Maui Channel Swim.

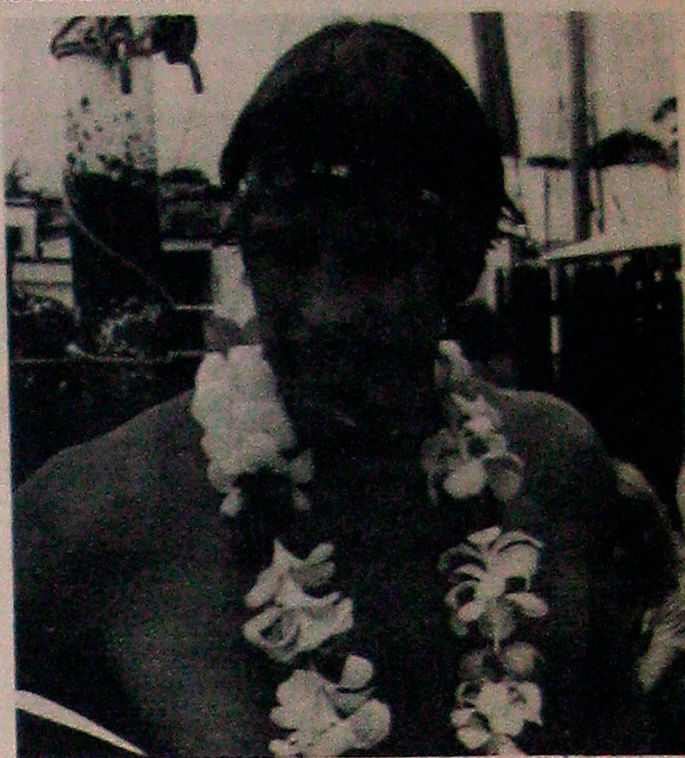
The Dolphins men's team clocked the fastest swimming time — 3:28, which was 11 minutes shy of the race record set by the Waikiki Swim Club. The six members of the Waikiki Club came in second at 3:33, followed by last year's winner, the Olympic Swim team of San Francisco, at 3:35.

The teams left Lahaina Harbor for Lanai early Saturday. The race

got under way at 8:30 from Manele Bay with the first swimmer, Mike Garibaldi of San Francisco, reaching Lahaina about noon.

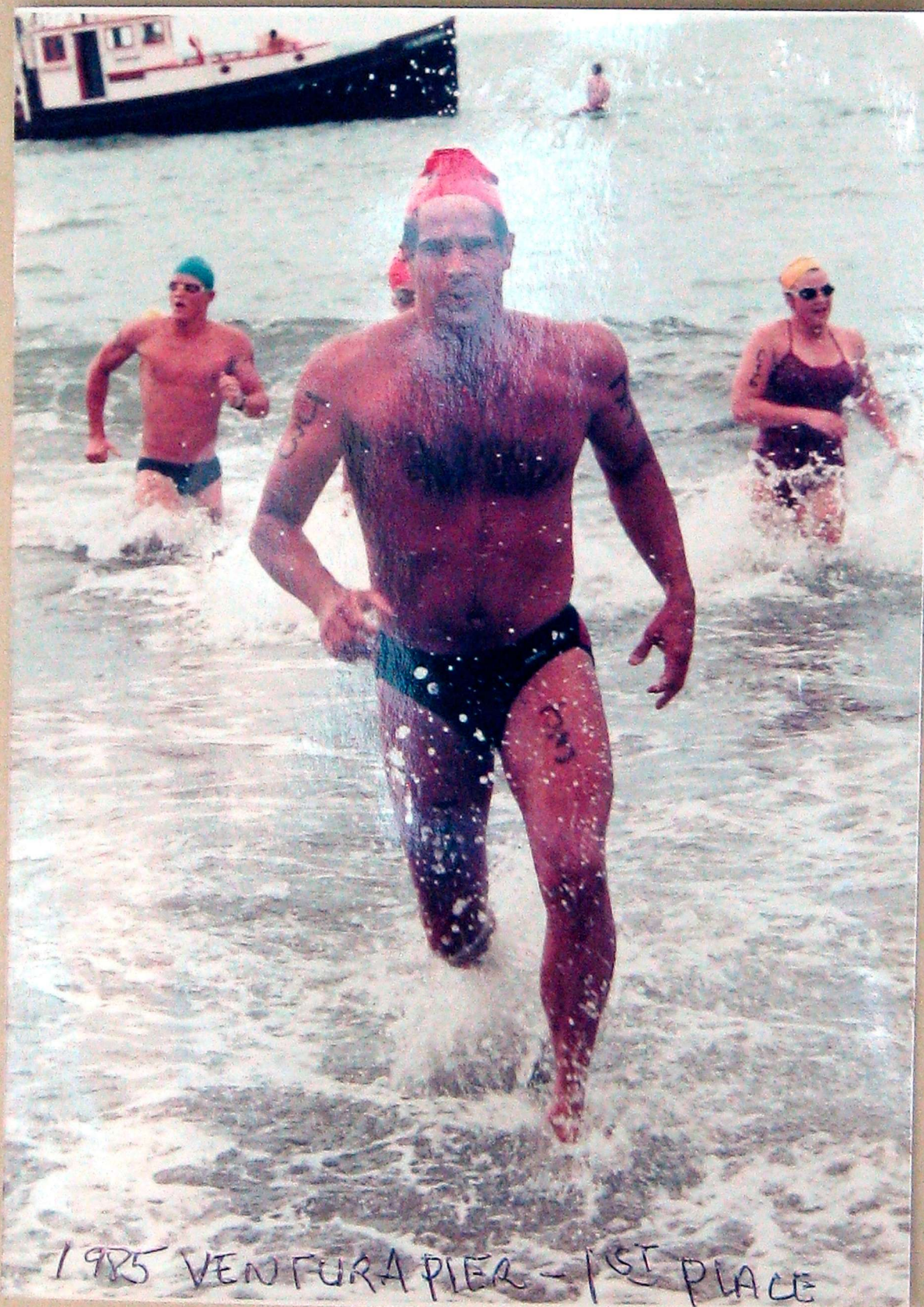
The Dolphins women, who won last year's relay, led the three women's teams entered in Saturday's race with a time of 4:09.

The other teams and times were: the San Diego Life Guards, 3:50; Davis Aquatics team of Sacramento, 4:17; the Waikiki Women's Swim team, 4:34; the Abalone mixed swim team, 4:40; the San Mateo Marlins Women's team, 4:41; and the Friends of Fishes mixed team, 5:02.



Maui News photo by Anne Ray

MIKE GARIBALDI



1985 VENTURA PIER - 1ST PLACE



lake tahoe and
maui channel relay champions 1979



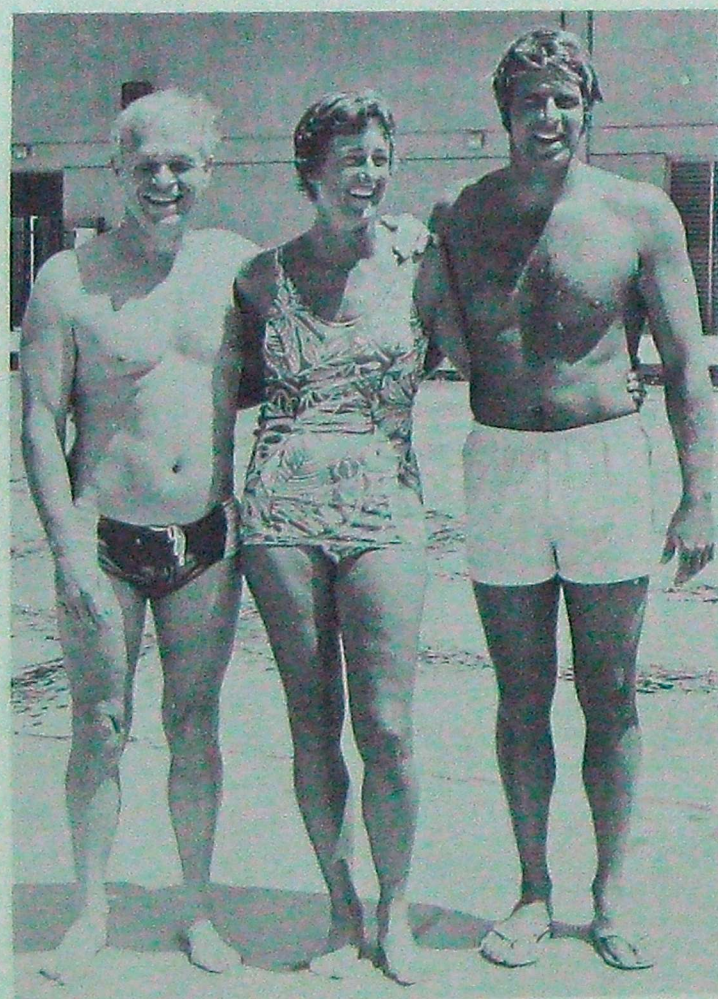
JUNE 3, 1973 COVE SWIM GARIBALDI 1ST FAUST 2ND ROPER 3RD

swim today

You'll LOOK better.

You'll FEEL better.

You'll BE better...healthier,
more alert and alive!



MASTERS SWIM COMMITTEE
Ted Haartz
155 Pantry Rd.
Sudbury, MA 01776

"Swim . . . for the health of it"

swim today . . .

Dive right in! Thousands already have and are now part of the smart set who know that fitness (even on a modest scale) pays substantial dividends in a better, more comfortable and healthy life.

That's what Masters Swimming is all about. It's easy, too. Devote as much time and energy to your swimming as you like. Add a little discipline. And, if results make you as enthusiastic as they have made the rest of us, you'll soon find yourself enjoying the competitive aspects of Masters - - regardless of your age!

The "over 25" design. The Masters Swim Program is designed as a fun and physical fitness program to encourage adults over 25 to swim regularly to gain the many important physical and mental health benefits.

Among those benefits are:

- Improved cardiovascular and respiratory efficiency
- Help in preventing coronary disease
- Lower blood pressure
- Relief from the normal tensions accumulated during the day
- Improved muscle tone, and general physical appearance and posture
- Aid in weight reduction and control programs

Yes, swimming is one of the most beneficial - - and yet enjoyable - - exercises, ideal for those of us past the age for more vigorous and demanding exercises.

Watching paint dry. Exercise can be about as exciting as watching paint dry. But it doesn't have to be. . . And, for Masters swimmers, it isn't! Here's why:

As a Masters swimmer, you are registered with the Amateur Athletic Union and soon meet many others in your community and around the nation who, like you, are swimming for the health of it.

They enjoy the comradery and matching times and distances with each other. They'll get almost as excited as you will as you mark improvement.

Some began Masters swimming even before they could **complete** one lap, let alone **compete!**

The competition. Compete? That's right. The Masters Swim Program is divided into five year age classes in four basic strokes at several distances.

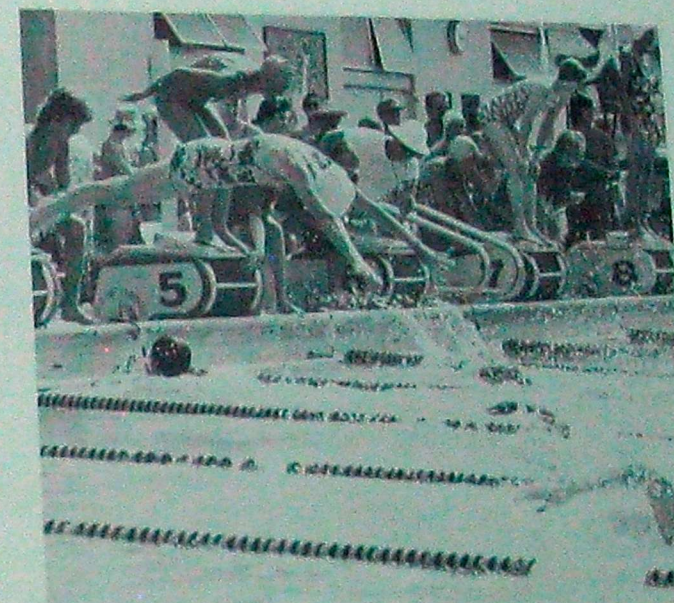
These five year groups start at 25 and go right up to age 80. (Those over 80 are included, too - - in a class all by themselves!)

Just as important as swimming against others is the competition of swimming against yourself. As you progress into physical fitness from a novice to an accomplished swimmer, you'll be proud each time you improve your time.

Who are we? We're a cross section of America. . . We're as young as we feel, though our ages range from 25 to 93, and we see ourselves as stronger, more durable, better looking, more relaxed and just generally happier than we were before we started.

We earn somewhat less than \$10,000, though some of us take a year to do it and others do it in a month or so. Some of us have not completed high school and others have several advanced degrees. Most are somewhere in the middle of that range.

We're a combination of novice swimmers and former competitors who know that the competitive aspects of Masters are important, but not as important as the self-improvement we all gain.



For the health of it. Masters swimmers swim whenever and wherever we can, together and individually, in home, club, Y, community, park and school pools.

It's your option. Swim alone. Join a Masters Club. Or spark the formation of one.

The first thing to do is call around town to locate a Masters club. If you get no results, contact the AAU representative in your area, the AAU National office or the Masters Swim Committee.

Subscribe to our newsletter, "**Swim Master,**" to check dates and locations of meets. Then drop in on one near you and get acquainted.

If there is no club, don't give up. Many of us swim "Unattached." Others start a club. . . and discovered that it was easy to spark the natural interest and enthusiasm of others.

You'll need a coach to help motivate the team and the individual swimmers, and to provide helpful tips on stroke improvement, fitness regimens and organization continuity. Check with the local high schools, colleges and swim clubs.

Most of all. Remember: Swimming is fun. And beneficial.

Through Masters swimming, you will soon discover as thousands of us already have that it's never too late to atone for the over-indulgence and under-exercise of the past.

So have fun now! "**Swim . . . swim for the health of it.**"

MASTERS SWIM TESTIMONIALS

"Once I hit that water and start pouring on the steam, that headache is gone and I can feel the tension melt away." -- John Zager, 47.

"I'm essentially lazy. If I can do it, anyone can." Ginny Stephanos, 35, mother of four.

"...swimming seemed to be the only really useful sport or exercise that was functional as well as a lot of fun." -- Herb Kern.

"My doctor is so enthusiastic over my general health improvement he wants me to send him some Masters literature." -- Grace Deal.

"I am slowly working out of my formerly lethargic, stagnate, go-to-work, do housework etc., etc. syndrome...and I'm feeling much better." -- Lynn Bailey.

"...swimming even presents the possibility of helping to prevent coronary artery disease." -- Ranson J Arthur, M.D.

"I swim because it's a good way to keep physically fit, keep the circulatory system going and the heart beating." -- Betsy Jordan.

"When I started I weighed 190 and had only one decent meal a day. Now I weigh 171 and eat three meals a day. Boy! This is great." -- Hal Weatherbe

Just because I'm a grandmother doesn't mean that I can't keep moving and having a good time... I never swam competitively in my life (and) we have some people in the group who didn't even know how to swim before they joined -- Doris Hogan, 75.

"We just want to get people together because it's fun." -- Peg Pickens, 53.

"...we've got members doing thousands of yards a day who could hardly swim a stroke when they came in." -- Masters Team Coach.

"...swimming could hammer, literally hammer, the fat and weight off." -- Ed Neilson, 57.

"Masters has to be the most significant program the AAU has ever fostered." -- Buck Dawson, Swimming Hall of Fame.

"I intend to go on swimming competitively until I'm 100. I've never had so much fun in my life." -- Bernice Wayne, 63.

"The positive benefits of swimming are very important to the President." -- William Lukash, M.D., White House Physician.

"The many physical changes brought about through training...are actually the closest thing to an anti-aging pill available." -- Paul Huting, M.D.

TO: SWIM MASTER

2308 N.E. 19th Avenue
Ft. Lauderdale, FL 33305

swim today

■ Let me in on the next 9 issues of "SWIM MASTER," the official newsletter of the AAU Masters Swim Program.
■ Enclosed is my \$7.00 to cover this one-year, 9 issue subscription.

Name

Address

City/State

Zip

Zip

For additional information:

• **For AAU information.**

MASTERS SWIMMING
Amateur Athletic Union
3400 W. 86th Street
Indianapolis, IN 46268

or

One of local AAU representatives in 60 areas across the country. Check the white pages of your phone book.

• **For Medical information.**

Manuel Sanquily, M.D.
200 S. Broadway
Tarrytown, NY 10591

• **For swim meet & "Swim Master".**

Mrs. June Krauser
National AAU Masters Swim Committee
2308 N.E. 19th Avenue
Ft. Lauderdale, FL 33305

Start swimming for health today.

Here's how:

- First two weeks...swim 100 yards each day in four, 25 yard swims.
- Next six weeks...swim 200 yards each day in two swims of 100 yards each.
- Six to 16 weeks...swim 400 yards each day in four swims of 100 yards each.
- 16 to 24 weeks...swim 600 yards each day in three swims of 200 yards each.
- 24 to 32 weeks...swim 800 yards each day in either four swims of 200 yards each or two swims of 400 yards each.
- At 32 weeks...swim at least 800 yards a day either as eight 100 yards, four 200 yards, two 400 yards or one straight 800 yards.
- Thereafter tailor any type of work-out you are physically able to perform.



swim today
...swim for the health of it!

Mike -
Look what I
found!
Steph