

The Rime

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WHAT'S INSIDE

Page 2: ANCM Doggedly Swims Through Injury

Page 3: Swim Vacations Night Moves

Page 4: Potomac Valley Awards Colonies Zone Meet at George Mason

Page 5: Swimming for Health ANCM Picnic Strong Swims for Son of ANCM

Page 6: Event Calendar

COLONIES ZONE LCM CHAMPIONSHIPS - AUGUST 18-19

by Dave Harmon

The Colonies Zone Long Course Meters Championships were held at the University of Maryland, College Park, MD, this year. Nine ANCMs turned out for the competition. Margot Pettijohn turned in another good performance, besting her old team records in the 200 backstroke, 200 breaststroke, and 200 IM with times of 3:36.15, 3:29.62, and 3:17.69 respectively. Wally Dicks bested his times in the 50 breast and 100 breast with times of 31.17 and 1:09.20 setting new team records for both events.



Two other items of interest occurred. Kevin Strange returned to compete for the ANCMs after being absent for some time. He will be returning to practice with us this fall. I met up with my old college teammate Sandy Brown who has returned to Masters competition after a long hiatus.

Nancy Sundel W43

50 Free	35.90	4th
100 Free	1:21.71	2nd
200 Free	3:04.60	3rd
400 Free	6:41.44	3rd
50 Fly	59.60	3rd

Margot Pettijohn W62

50 Back	46.49	1st
100 Back	1:43.07	1st
200 Back	3:36.15	1st
50 Breast	45.09	1st
100 Breast	1:37.23	2nd
200 Breast	3:29.62	1st
200 IM	3:17.69	1st

(Continued on page 4)

ANCMs SWAM THE CHESAPEAKE BAY - JUNE 8

by Dottie Buchhagen

Several ANCMs swam in the Annual Toyota Great Chesapeake 4.4-Mile Bay Swim and 1-Mile Bay Challenge. The 602 swimmers in the 4.4-mile event swam from Sandy Point to Stevensville, MD. The course for the 350 swimmers in the 1-mile swim was a triangle that began and ended at the beach at the eastern end of the Chesapeake Bay Bridge. Conditions were good – not too much chop and a water temperature at a comfortable 78 degrees. Paul Doremus and Matt McShane finished within 9 seconds of each other in the 4.4-mile swim! Was this a buddy race?

4.4-mile ANCM swimmers:

Kathy Kirmayer 3/40 in (40-44) 1:54.13-3rd place
 Tom Vidano 24/76 in (45-49) 2:02:30
 Paul Doremus 15/76 in (45-49) 1:52:32
 Matt McShane 11/74 in (40-44) 1:52:41
 Doug Noll 23/76 in (45-49) 2:02:33
 Billy Jacques 40/70 in (35-39) 2:12:45
 Elliot Rockler 18/27 (55-59) 2:32.22

1-mile ANCM swimmers:

Geoff Pierce 16/18 in (45-49) 44:50
 Dottie Buchhagen 3/4 in (65-69) 48:32 - 3rd place
 Debbie Kelsey 5/13 in (55-59) 45:41
 John Pugh 20/20 in (50-54) 1:00:02

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FROM THE EDITORS

◆ Check out all the meet results and upcoming events on our website at <http://www.ancientmariners.org>
 ◆ Please send comments and suggestions: to dbuch@mindspring.com and WaterprfCh@



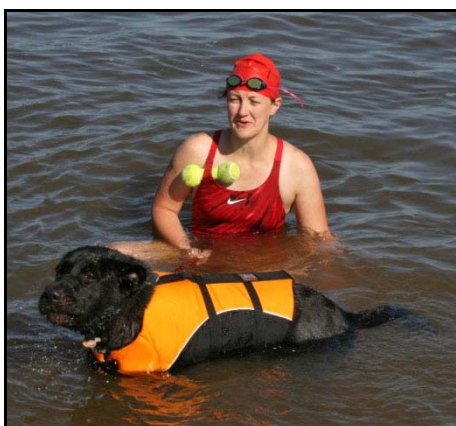
Joan Libby (MARY) and Dottie Buchhagen

ANCM SWIMMER DOGGEDLY SWIMS THROUGH INJURY

by Tom Denes

I beat a dog in a one-mile race.

The story goes something like this: I was riding my bike home from work in June when I crashed. Nothing spectacular. Not like former ANCM swimmer, Dan Rudolph, who hit a deer while descending a hill at 35 mph, splayed across the road, and suffered a cracked helmet and severe road burn. Nor like my friend Joey Dykes who was riding in tight formation on the Mississippi River levee in New Orleans, when the lead biker spied an alligator sunning itself on the road and hit his brakes — Joey veered off the levee, hit the ground and broke his pelvis. Nor like newly healed Joey Dykes, who was attacked by a dog and went down on the asphalt, now breaking his femur and earning a new titanium rod in his leg. (For those keeping score, the deer made it into the woods, the alligator slithered away, and the dog lived to attack another day.)



Keaton and owner Jen Werner

No, I hit a rut and fell over. Hard.

In normal biker fashion, I immediately scraped myself and my bike off the pavement and tried to walk it off. My right shoulder was feeling funny, so I stopped to examine it. I had a hump where I didn't have a hump before. As

my right arm was becoming increasingly useless and my head was beginning to spin, it became apparent that I wasn't going to ride home that day.

My fall had caused a shoulder separation. I had often wondered what it meant when this or that football player hobbled off the field with a "shoulder separation." I now know that it means that the business end of the collar bone is no longer connected to the shoulder blade. As my orthopod (former ANCM swimmer Danny Pereles)explained, I had completely torn all my ligaments so I would "never have to worry about arthritis in that shoulder." That was supposed to be good news. The other good news is that surgery isn't necessary; scar tissue will harden around the collarbone, holding everything more or less in place.

Danny assured me I could do "activity to comfort". Since I was unable to move my right arm more than a few inches, that pretty much meant I could do whatever I wanted to do with my left arm. I wanted to swim.

Now for the race with the dog.

My first night back at the pool, I did about 500 meters using a modified side-stroke. After a few weeks, I transitioned to a one-arm fly stroke with my right arm dangling at my side. I swam like a wounded whale. My new lane mates didn't know whether to pity me or find someone to harpoon me. But I could cover 2,000 meters in about an hour.

In mid-July, I was scheduled to accompany ANCM Cathy Gainor to the Swim for Life on the Chester River. Since Cathy was doing the four-mile swim and I wouldn't have much to do during her race, I decided to sign up for the one-mile swim.

The day of the race was clear and warm. More than 140 swimmers showed up to swim. The hard-core swimmers all selected the longer distance: two, three, four or five miles. The rest of us were in the one-mile swim. ANCM Kathy Kirmayer, co-director of the event, announced that Keaton would be swimming unless someone objected. Keaton turned out to be a lab mix who was outfitted with a doggie flotation device. I

vowed not to be beaten by a dog.

The starting area was a small beach, backed by a bar area. Kathy Kirmayer took off with her group of 16 five-mile swimmers, Cathy Gainor left with her group of 11 four-mile swimmers, ANCM swimmer, Matt McShane, took off with his group of 21 three-mile swimmers, and I left with a flotilla of 36 human one-milers. Plus Keaton.

I swam the first half of the race breaststroke and one-arm backstroke. I stayed mostly near the back of the pack. There was a light chop and some counter currents. After about 22 minutes I came to the orange buoy marking the halfway point. On the way back I reverted to my wounded whale one-arm fly. With a little help from the current, I made it back to the beach in about 15 minutes. There were even some one-mile swimmers behind me. (Editor's note: Tom came in 20th out of 37.)

The first ANCM swimmer to return was Matt McShane, who covered the three-mile distance in 1:14. Cathy Gainor came in next with a time of 1:54 for four miles. Kathy Kirmayer was next with a time of 2:14 for five miles.

And as for Keaton? He dragged his little doggie butt back to the beach after about an hour in the water.

It was a good day.



Cathy Gainor placed 3rd in the 4-mile swim at the Swim-for-Life.

JUST BECAUSE YOU ARE ON VACATION, DON'T BREAK THE SWIM HABIT

by Dottie Buchhagen

If you need a vacation and love open-water swimming, you can do both. At the same time. Several companies run swim vacations that last from one day to one week. The choice depends on the amount of time (and money) you have and how many consecutive open-water swims you think is fun.

SwimTrek (www.swimtrek.com) bills itself as the "world's leading swimming holiday operator, running swimming tours to the Mediterranean, Caribbean, Middle East, and Northern Europe." They have 10 one-week tours including an Egyptian Red Sea Winter Safari in January and February, the Virgin Islands or the Greek Cyclades in most months, and the Croatian Dalmatian Coast, and Gozo, Comino, and Malta from May through October. The tours feature swimming from one island to the next over a period of 6 days. Individual swim distances range from approximately 0.5K to 4K. The swims are paced for fun, not competition, and you can hop on the escort boat if you just want to take a vacation from the swim vacation. The company is based in London with the rates quoted in pounds. The final costs depend upon the exchange rate, but they begin at \$1,000 or so, not counting airfare to the point of departure. SwimTrek also offers Training Tours and Coaching for open-water swims, has 6-day Bavarian Lakes swims in Germany in June and July, and has weekender 2-day lake-hopping tours in lakes in Europe, England, and Scotland, and a downriver swim in the River Thames with stops at pubs along the river before ending up in the North Sea. Two Special Swims are the 3-day Hellespont swim from Asia to Europe once a year, and a 1-day Alcatraz swim.

Speaking of Alcatraz, Swim-Art (www.swim-art.com), based in San Fran-

cisco, sponsors several open-water swimming programs in San Francisco Bay (including an Alcatraz swim, a Golden Gate Bridge swim, and a Bay Bridge swim). Their program includes Open-Water Swimming Clinics, Advanced Clinics, weekend trips to Tahoe, a one-day trip in the Bell Marin Keys in Marin County, CA, and 20 expedition swims. Their season runs from March through October. Fees range from \$10 per swim to \$90-\$110 for the special bay swims, \$150 for the Lake Tahoe swims, and \$25 or \$40 for the clinics. So, if you are planning to spend time in the SF Bay area and want a fun experience, check out Swim-Art.

Farther south in Santa Barbara, CA, Ocean Ducks (www.oceanducks.com) features ocean swimming excursions in California, the Caribbean, and Central and South America. Founded in South America before moving to California, the company offers swims in Glover's Reef, Belize, as well as in Baja California, Mexico and Zapallar, Chile. The swims in the bay in Zapallar range from 1 to 6 miles. Transportation to and from Santiago and accommodations on the bay for one week (including food) cost \$1,750 per person.

And, closer to home, SwimVacation (www.swimvacation.com) has 7-day all-inclusive swimming adventures in the British Virgin Islands. Eight to ten guests are put up on a 65-foot trimaran sailing yacht and participate in guided ocean swims. All meals and beverages are provided. The swimming pace is set by the swimmers and can range from leisurely to competition. Some swims are explorations of coral reefs. Stroke clinics are a part of the package. Other activities include running, snorkeling, water skiing, kneeboarding, wakeboarding, sand castle building, shopping, hiking, and napping. Arrangements can be made for scuba diving. Bikes can be rented for triathletes in training or non-triathletes who just happen to like to bike. Prices start at \$2,300 per person.

Any of these trips sound like a great adventure. And, you won't feel guilty that you missed the swim practices back home.



NIGHT MOVES

by Kathleen Etxegoien

"Ain't it funny how the night moves?" Some like the clear crystal water of the pool. Others prefer the expanse and freedom of the sea ... in the light of day. But what of the night?

Swimming at night is mysterious, even in the pool. Swim to the bottom and the quiet eeriness envelopes you. Swim in the sea at night and the quiet eeriness of the dark swallows you whole! The annual Hurricane Man swim in Pass-A-Grille, Florida in May comes with the traditional nightly swim, sans clothing. Eight years running.

After dinner on the eve following the 2.4-mile swim, after the wine (especially the wine), and after the dancing, we disrobe, don our beach towels and neon bracelets, and head for the beach. Flashes of white skin quickly make way into the depths. One time under and the frightful darkness takes hold, "what the hell am I doing?" A few more times under and you've left this world.

What do you hear? What do you think you hear? What do you see? What do you think you see? Is that a distant light or the flash of a fish? Oh my, it's a light. A very bright light. Heck, it's a bloody search light! Beach Patrol? Marine Police? Bob and Betty looking for a treasure? Dive. I don't think they should see us. Be quiet. Be very quiet. Dive underwater. It's dark with your eyes wide open. Here it comes again, dive! Oh, crap!

Once all is quiet and peaceful again, the reality of the dark water takes hold. We've survived. Let's get out before something dangerous happens. More skin and a prayer that your towel is the closest. Ain't it funny how the night moves? Sweet sleep.

COLONIES ZONE

(Continued from page 1)

Kevin Strange M38		
50 Free	39.09	4th
100 Free	1:26.28	4th
200 Free	3:23.22	2nd

Jeff Roddin M39		
100 Free	59.77	1st
800 Free	10:28.97	1st
100 Fly	1:02.79	1st
200 IM	2:28.34	1st

Harushige Ozaki M41		
50 Free	27.39	5th
100 Free	1:00.24	3rd
200 Free	2:21.02	3rd
400 Free	5:02.78	2nd

Anthony Rowedder M45		
50 Free	30.40	5th
100 Free	1:06.63	5th
400 Free	5:52.62	4th
800 Free	12:15.34	3rd

Wally Dicks M45		
50 Breast	31.17	1st
100 Breast	1:09.20	1st

Jeff Loman M51		
50 Free	35.57	6th
100 Free	1:22.80	6th
400 Free	6:50.66	4th
800 Free	13:38.78	3rd

David Harmon M59		
50 Free	31.03	6th
100 Free	1:08.93	4th
200 Free	2:36.34	6th
200 IM	3:01.60	2nd
400 IM	6:45.94	4th

A CLEAN SWEEP FOR ANCMs IN ANNUAL POTOMAC VALLEY AWARDS

At the Colonies Zones LCM Championships held at the University of Maryland, College Park, MD, ANCM Margot Pettijohn (62) was given the 2007 Potomac Valley Swimmer of the Year awards for both Short and Long Course Meters.

ANCM Jeff Roddin (39) received the 2007 Potomac Valley Swimmer of the Year award for Short Course Meters, while Mark Pugliese (56) received the 2007 Potomac Valley Swimmer of the Year award for Long Course Meters.

Congratulations to all three ANCMs!

STRONG SWIMS FOR SON OF ANCM



ANCM Warren Friedland reported that his son, Eric, did well in the Olympic trials held in Omaha from June 19th through July 3rd. He placed 31st in the 100-meter breaststroke with a time of 1:03.19 (he was seeded 65th) and 16th in the 200-meter breaststroke with a time of 2:15.81 (he was seeded 25th). Eric's 200-meter breaststroke time was the best for any male born in 1990 or later and qualified him for the National Youth Team.

He went on to represent the United States at the Fina Youth World Swimming Championship in Monterrey, Mexico, in the week following the Olympic Trials. There, he tied for 6th place in the 100-meter breast, placed 4th in the 200-meter breast and placed 15th in the 50-meter breast. He also placed 3rd in the 400-meter relay.

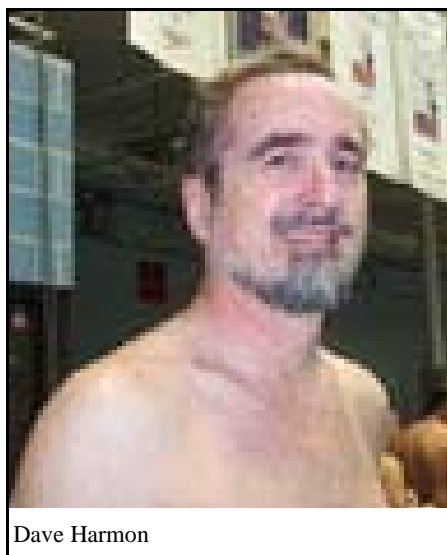
After Eric came home, he broke two Montgomery County Swim League records in the 100-meter breast and 100-meter IM. Way to go, Eric!

COLONIES ZONE SCY CHAMPIONSHIPS - APRIL 11-13

by Jeff Roddin

Nearly 500 regional swimmers competed in the Colonies Zone Short Course Yards Championships at George Mason University in Fairfax, VA. The meet has grown to become a mini Nationals with two competition courses going simultaneously and lots of deep, quality competition. As an example, there were 9 men in the 55-59 age group alone who broke a minute in the 100 free!

Unfortunately, only 13 Ancient Mariners swam in the meet this year (down from almost 20 last year). But a whopping 21 team records were broken this year (record breakers included Clay Britt, David Cheney, Tom Denes, Dave Harmon, Roger Leonard, Mark Michael, Margot Pettijohn, Mark Pugliese and Jeff Roddin). Furthermore, Colonies Zone Meet Records were set by Mark Pugliese (4 events), Mark Michael (3 events) and Jeff Roddin (1 event). Team records are posted on the ANCM website.



Dave Harmon

CLAY BRITT SWIM

Get dates and times at <http://www.claybrittswimming.com>.

FREE

All registered ANCMs can receive a free swim cap. Contact your coach.

HEALTH BENEFITS OF EXERCISE

by Dottie Buchhagen

It probably will not come as a surprise to any ANCM that swimming is one of the best ways to stay healthy. In her April 19th Personal Health column in the New York Times, Jane Brody said that regular exercise “can lower the risk of heart attack, stroke, hypertension, diabetes, obesity, depression, dementia, osteoporosis, gallstones, diverticulitis, falls, erectile dysfunction, peripheral vascular disease and 12 kinds of cancer.” Moreover, regular moderate exercise can help to combat the symptoms of several diseases, including rheumatoid arthritis, multiple sclerosis, Parkinson disease, congestive heart failure, and osteoarthritis. The key to these benefits is supplying the body with blood rich in oxygen and nutrients. The outcome is better endurance, mobility, brain function, and longevity. The endorphins released during exercise also can help fight depression, stress, and anxiety. A combination of resistance training and aerobic exercise is even better. So, instead of just going to the pool, visit the gym, bike, walk, or run. Or do all of them. These benefits are what keep us coming to practice week after week, month after month, year after year. Nothing wong with growing older more slowly and having fun doing it.

ANOTHER FUN ANCM PICNIC

by Dottie Buchhagen

On Sunday, August 24th, ANCMs gathered with their friends and family at the Buck Pavillion in Seneca Creek State Park in Gaithersburg for the Fourth Annual ANCM Picnic. More than 60 people ate a lot of hamburgers, hot dogs, and sausages, grilled by Master(s) chef Margot Pettijohn and her husband Ken. We all helped polish off the side salads and dishes, and made some headway into the desserts. Greg and Casey Scace, as usual, brought the keg of beer. A generous roster of teammates helped in the setup, eatup, and cleanup. Thank you Peter Johnson, Tom Denes, Cathy Gainor, Dave Harmon, Amy Wiess, Kathy Kirmayer, Katiuchia Sales, CJ and Mickey Hall, and Dottie Buchhagen. This year there were more kids running around, climbing on the playset, going down the slide, and drenching each other with water. The start time of 3 p.m. (after the Colonies Zone Meet) was a good choice for a sunny day. If you missed the fun, plan to join us next year!



2008 ANCM TEAM



Photo credits: Debbie Kelsey - p. 1; Dottie Buchhagen - pp. 3, 4, 5, 6; Kathy Kirmayer - p.2; Warren Friedland - p.4

FALL SESSION BEGAN SUNDAY, SEPTEMBER 7

All registrations are now online. For information and links to the Montgomery County Recweb Online Registration, go to our website at <http://www.ancientmariners.org/bull>.

ANCM BULLETIN BOARD IS ON THE MAC LOWER LEVEL

EVENT CALENDAR

2008

- 10/18: Swim Series #1 - UMB, Catonsville, MD <http://www.mdusms.org>
- 10/26: Sprint Classic, George Mason University Aquatic Facility, Fairfax, VA <http://www.patriotmasters.org>
- 11/1: UMD Club Meet, University of MD, College Park, MD <http://www.terrapinmaster.org/matt-weaver-08-meet2.htm>
- 11/8: VMST 28th Annual Fall SCM Meet, Virginia Beach, VA <http://www.vaswim.org>
- 11/15: Swim Series #2 - Salisbury, MD <http://www.mdusms.org>
- 12/6-7: Colonies Zone SCM Championships; Rutgers University, Piscataway, NJ <http://www.usms.org>
- 12/14: Swim Series #3 - Howard County YMCA, Howard County, MD <http://www.mdusms.org>
- 12/31: Swim in the New Year, University of MD, College Park, MD



2009

- 1/17: Swim Series #4 - Arundel Olympic Swim Center, Annapolis, MD <http://www.mdusms.org>
- 2/1: Tropical Splash, Alexandria, VA <http://www.alexandriamasters.com>
- 2/7: Swim Series #5 - Severna Park Woods Community Center, Severna Park, MD <http://www.mdusms.org>
- 3/28: Swim Series #6 - Big Vanilla, Pasadena MD <http://www.mdusms.org>
- 4/24-26: Colonies Zone SCY Championships, George Mason University, Fairfax, VA <http://www.patriotmasters.org>