

# The Rime

Volume 10 Number 1

September, 2004

## 2004 LCM NATIONALS - SAVANNAH, GA - AUGUST 12-15

by John Feinstein

One of the great things about being a part of The Ancient Mariners has always been the team's name. After all, calling a bunch of old swimmers, "Ancient Mariners," is certainly a tad more clever than something along the lines of, "Illinois Masters." Lately though, the name has become a bit too literal. The Ancient Mariners, it seems, are becoming, well, ancient.

Maybe we should re-name ourselves team MASH.

Consider this past summer's long course nationals, held in bucolic--and stormy--Savannah, Georgia, August 12-15. Once a summer meet held a short plane ride or lengthy car ride from the Washington area probably would have produced an ANCM turnout of at least 15 swimmers, perhaps as many as 20 to 25. The Savannah meet had a Mariner turnout of exactly six and most of them needed help to climb on to the starting blocks.

Among the ANCM six were Jeff Rod-

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John Feinstein being interviewed in Savannah

### FROM THE EDITOR

◆ Check out all the meet results and upcoming events on the Montgomery Ancient Mariners website at <http://www.ancientmariners.org>.

◆ Please send comments and suggestions to: [dbuch@mindspring.com](mailto:dbuch@mindspring.com)

## A FEW SIMPLE RULES FOR MASTERS PRACTICES

by Tom Denes

In light of all the lane squabbles and one near catastrophe, the coaches and I have come up with a few rules to help the practices run more smoothly. Most people don't need the rules but there are a few swimmers that need guidance. The rules aren't supposed to make practice less fun; we're just trying to make the practices better for everyone.

### DO NOT....

- ◆ Do not push anyone into the water- EVER! We nearly had a serious accident this summer when one swimmer pushed another into the pool virtually atop a third swimmer. There will be zero tolerance for this. We will lose our insurance coverage, and the Masters program will end. (As a corollary, do not jump or dive into the water anywhere near another swimmer.)
- ◆ Do not touch or obstruct other swimmers. If you need to pass someone, a light tap on the toes is permissible.
- ◆ Do not swim in a lane beyond your ability level. This means do not 1) use swim aids (fins, paddles, and pull buoys) or 2) turn before the wall or 3) sit out portions of sets in an attempt to keep up.
- ◆ Do not use swim aids for the entire practice. Swim aids have their place but should be used sparingly and with the guidance of the coach.
- ◆ Do not hit swimmers with your paddles. Too many swimmers have ended up with cuts from other swimmers' paddles. Some people have asked us to ban paddles from practice. A few more mishaps, and we will ban them.
- ◆ Do not show up late to practice and expect to swim necessarily in your regular lane. If you show up late, be

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## ALBATROSS OPEN- MARCH 20, 2004

by Jeff Roddin

On the afternoon of March 20th, 2004 the Montgomery Ancient Mariners hosted the 12th annual Albatross Open (SCM) at the MAC. This year four different swimmers set a total of 7 individual USMS and/or FINA Masters World records. The record setting swimmers traveled from as far south as Florida to as far north as Connecticut. The meet entrants included 182 swimmers ranging in age from 19 to 94. This year 41 ANCM swimmers entered the meet. In addition to the USMS and FINA records, 74 swims bettered existing Albatross meet records.

A special thanks goes out to all the Montgomery Ancient Mariners and their families and friends who helped with the running of the meet. All of the volunteer timers and helpers contributed to us having a successful (and profitable) meet for the participants to enjoy. And a tip of the hat to Doug (Marcoff) and Andy (Fraser) for another great social!

Joann Leilich of Virginia Masters led all swimmers with new marks in all three W65-69 Breaststroke events by astounding

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### MONTGOMERY ANCIENT MARINERS

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## ANCM PROFILES: OUR OWN UNITED NA- TIONS OF SWIMMERS

by Dottie Buchhagen

In the spirit of the Summer Olympics, with representatives from 201 nations around the world, I interviewed thirteen members of our team who have come from other countries. Our foreign-born ANCMs have varied swimming backgrounds and experiences. For many of them, swimming is only one of the sports they enjoy.

**Mexico: Nick Olmos-Lau** (59) moved to the United States in 1969. His swimming background in Mexico was age groups (10-18 years), University (UNAM) and the Army of Mexico at the A National Level. He says he "was at the first practice of the MAC Masters group (Winter 1988-89) along with historian Gregg Wortman and 'More Yardage' Alan Pollin." He and his wife, ANCM Nancy Thomas, and daughter Lisa are "swimming enthusiasts." Nick is known for taking on, and completing, challenges such as the English Channel, Catalina Island crossing, Swim Around Manhattan Island, Swim Around Key West, and numerous others.



**France: Remi Coulon** (39) came to the United States 8 years ago. Although Remi never swam competitively in his native country, he has loved swimming with the ANCMs for the past 4 years. Remi is married, has 3 children (8, 10 and 12) and occasionally



runs.

**Poland: Gosia Klosek** (46) had been in this country half her life. She says that "after receiving the MS in Applied Mathematics from Warsaw Technical University (Politechnika Warszawska), I came here to continue my graduate work at Northwestern University. It was to be an adventure in a foreign country: I had planned to get the PhD degree, to experi-

ence America, to travel across the continent to see the Grand Canyon and Old Faithful, but hadn't thought that I would stay here for good. Then I was offered a first job, then a permanent faculty position, then tenure, and the half-life anniversary of my arrival is coming up this December."



Gosia did not participate in competitive swimming in Poland. She says that "somehow, I learned how to float, which gave me an edge when I signed up for a swimming class a few years ago at a local pool in the Milwaukee suburbs. I was inspired by a story of a friend of a friend (whom I've never met) who learned freestyle at a ripe age. After two three-month sessions I graduated with a recommendation: 'You can swim laps like this.' So I went to a swim meet; it happened that a strong swimmer was in the next lane, he was young, but it seemed to me that there was something else that made him so fast. A lifeguard told me: 'He has a rotation.' Since I never heard about the rotation, I realized that I had achieved the zenith of the abilities that these classes could offer to me. At about the same time my husband and I moved to the DC area and I decided to move up in the swimming world and join the Masters Program." She still considers herself to be a novice swimmer.

She says she has "a wonderful husband even though he doesn't like to swim." But they enjoy hiking together in the Grand Canyon, in Colorado, the Inca Trail to Machu Picchu, a couple of peaks in Europe, and the Mayan pyramids in the Yucatan.

**Morocco: Abdellatif Kabbaj** (30) has been in this country 25 years since the age of 4. He says "In my youth I swam recreationally in my native country mostly during summer vacations." He also played soccer, basketball, surfed and did Tae Kwando during those regular summer visits. He



notes that "my native country lacks quality swimming facilities which are widely available here in the U.S." He adds that

this also applies to many of the 30 other countries he has visited around the world. "Though it is easy to find pools in Morocco (at golf clubs, fitness centers, neighborhood clubs), they were often not designed/built with lap swimmers in mind." Abdellatif, a banker, also runs, cycles and does weight training.

**Canada: Greta Ober-Beauchesne** (42) and her husband, Stephan, moved to Washington, D.C. from Montreal in the Fall of 1990. Greta swam competitively when she was 13-16 years old. She says "My parents would get up early to drive me to the pool for those early morning swim sessions. When I was turning 16, I received my driver's license and a car. My parents were happy that they would no longer have to get up early to drive me. I quit swimming that year. With my drivers license and a car, I soon figured out that there were other places to go rather than the pool! For about 5 years after, I never even went into a pool. I started swimming again with a Master's program while in University. I swam with the McGill Uni-



versity Masters (MUM's) for a few years. The last time I entered any competitions was while I swam for MUM. Those competitions were held in some local pools, as well as the Montreal Olympic pool." She became an ANCM in 1991. "My daughter was born in December 1992, and I swam throughout my pregnancy and until just a few days before she was born. In August 2000, my son was born and I swam right up until the night before he was born! Pregnancy can generate a certain level of energy which is immediately gone after the baby is born. I'm now a Sunday morning only swimmer!"

I asked Greta to compare her swimming experiences in Canada and those here. "The team I swam with was very competitive, and incorporated weight training and land exercises along with 2-4 hours of swimming a day. We swam 5 days a week (mornings and afternoons), plus Saturday mornings. The coach we had was from Australia. He was very strict but did place some senior team members on the 1976 Canadian Olympic team. I don't believe there is the same caliber of swimming at the University level as there is in the U.S.

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## PROFILES: UN of ANCM

(Continued from page 2)

When I swam with MUM, we had arranged to spend a week at a training camp in Ft. Lauderdale (near the International Swimming Hall of Fame). That was a great experience." Greta says that with two young children and a full time job, she barely has time to swim once a week. She adds, "I hope it's not due to swimming during pregnancy - - - my children have no interest in learning to swim. I've given up on encouraging my daughter, but maybe there is still hope for my younger one. I've tried to encourage my husband to swim, but he does need to take care of the kids while I'm away at swimming. I work at the International Monetary Fund; my husband works at the World Bank. Our buildings are heavily guarded due to terrorism threats against our organizations. As we now pass through armed security, we are considering moving back to Canada. I'll have to move where I can be near a Master's team to keep on swimming!"

**Iran: Al Navidi** (45) has been in the United States 27 years. His father taught him how to swim. "I learned how to do the breast stroke at the age of 5-6 and that's why I feel much more confident doing that than any other stroke. I learned how to swim freestyle and back stroke after I joined the ANCMs in 1999. Unfortunately, I still can not swim the fly!! I never competed as a youngster and never had official training. My very first swim meet was the 2000 Albatross." Al competes in triathlons and duathlons on a regular basis. He was introduced to our team in 1999 by "a good friend and fellow Iranian triathlete Hamid Kazemi, who used to swim with us." He says he joined our Masters program "so I could learn to swim in a structured environment, to swim with a better form and also to swim faster." Al is also an avid skier. He has been married to Gretchen 11 years and has a 4-year old boy, Nicky, and a jet black Toy Poodle, Roxy. Al is an independent I.T. Consultant specializing in software development on government contracts.

**Colombia: Myriam Pero** (55) says "this

is my second time around in this great Country. I arrived the first time in approximately 1971. In 1980, I moved to Argentina and came back in 1990. With regard to her prior swimming experiences, she says "I did swim competitively, but I started very late -- I was 13 years old. I was on the national team and had a few national records. I represented Colombia in two South American Championships, one Central American Championship and one Central American Games." Although she never won medals in the international meets, she did earn many in local and national championships and was entered into the Colombian Album of Sports. She swam with the Terrapin Masters while her daughter was a student at the University of Maryland. She joined ANCMs in 1999. She says that "the masters community in the U.S is very well organized. In Colombia, we have just been able to organize ourselves -- the Asociacion Colombiana de Natacion Masters was created this year." Myriam has been married for 28 years and her daughter, Paola, is getting married next year.

**South Korea: Aloysius Yoon** (38) has been in the United States 27 years. He swam occasionally with the YMCA in Korea. Al is a recent addition to our team (April, 2004). He participates in a lot of other sports including road and mountain biking, running, skiing, windsurfing, wakeboarding, and snowboarding. When he is not doing one of the above, he is a software engineer and small business owner.

**Hungary: Petra Tanos** (24) has been living in the United States off and on for the last 16 years but spent long periods of time living in Italy and the United Kingdom. She says that she "was born and raised, and learned how to swim, in Budapest, Hungary. Swimming is a really popular sport in Hungary, and this was especially true in the late 80s when Hungarian swimmers were a huge force on the international circuit. But I didn't swim competitively until I moved to the United

States. I swam on my high school's team here in Montgomery County, then didn't go near a pool in college, but later found out about Master's swimming." Petra joined us for the summer session. In comparing swimming experiences here and in Hungary, she says "I think the single biggest difference ...is the facilities. There are some seriously nice pools in this area, compared to what's available in many other places. For example, the pool in London was a bizarre 33 yards long, had only 4 lanes, and did not have proper lane ropes. It also didn't have a filter system, so they cleaned it manually every Wednesday, but Tuesday night practices were super gross. Other weird comparative anecdotes include these: on my London team, we almost never did kicking drills in practice, but very often 10-20% of each session was devoted to pulling using pull buoys. And in Italy, they have this crazy rule that you are not allowed to go in the vicinity of water (much less swim a practice!) unless three hours have gone by after your last meal. It's hilarious. After eating, people won't shower, swim, or even go near a pool for three hours. They think you will die if you do this. Even a banana counts! Another major difference is the absence of organized sports teams in high school and college. They exist, but are not nearly as well developed as they are here in America. There is definitely no NCAA type thing!" Petra also indulges in recreational cycling. She is the only swimmer in her family. "My [numerous] attempts at getting other members of the family to swim have not been very successful."

**Peru: Ben Bachrach** (41) came to the United States from Lima, Peru 16 years ago. He learned to swim when he was 10 years old but did not swim competitively. He joined ANCMs about 9 months ago. Comparing his swimming experiences in Peru with those in the United States, he points to two major differences. "The instruction was very different, the focus, what was considered good form, etc. Second, the facilities here are significantly better than anything I ever saw there. Even the worst facility here is better than most in Peru." Ben also is a runner ("from 5K to marathons"). He points out that "ANCM offers a swimmer an in-

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## PROFILES: UN OF ANCM

(Continued from page 3)

credible opportunity that every swimmer should value. Not only is the group of people a remarkably varied and interesting one, but also the facilities are extremely good. At least that is the perspective coming from a third world country!"

**Germany: Katharina Levintow** (48) has lived in the United States for about 23 years. She was born in Germany, spent 23 years in France and Belgium (her father was with SHAPE/NATO) and most recently, two years in Nigeria. As to her prior swimming experiences, Kathy says "there weren't many sports available at my school, especially for girls. Competitive swimming was offered for the first time in my sophomore year in high school. Members of our swim team hailed from the various NATO member countries. That first year, I really had to learn to swim the strokes properly and remember finishing a consistent sixth (last!) place in any meet. The following year, I was voted "Most Improved" swimmer (there really wasn't any other direction to go...) and was made Captain of our school swim team my senior year in high school. I loved the camaraderie of swimmers then, as I do now with Masters swimming. I continued swimming competitively in college but the combination of challenging academics and practices was too much. I don't remember that we had goggles back then and I could barely focus or keep my eyes open for schoolwork after swim practice."



Kathy joined the ANCMs in 1993. It had been a long 17 years since she had done any serious swimming. But she says that in some ways her prior and current swimming experiences are similar. "The lane I currently swim in has swimmers from all over the world and no matter how difficult the set is or how I'm feeling that particular practice, my fellow swimmers always make the practice fun. We do get

away with a lot more now than I would dare to try with our coaches back in school." In addition to swimming, Kathy also runs and does strength training a couple of times a week. She adds, "It has been very satisfying for me to watch my children also develop a love of swimming, with its competition and camaraderie."

**Brazil: Mauricio Rezende** (49) was part of a swimming team from the ages of 10 to 15 in Sao Paolo, Brazil. "At that time, we spent most of the time training; we had about two or three meets per year. I swam free-style." Mauricio came to the United States in 1982. "After things settled down, I started running, two years after that I resumed swimming and biking with the goal of doing triathlons. In 1989 I did a full Ironman in New England in 11 hours and 45 minutes. In 1991, I



moved to Washington, D.C. For about 10 years, I was swimming without any specific training schedule. In 2002, I joined the ANCMs." Although Mauricio also runs during the week and practices yoga twice a week, he is aware that whenever he is having fun, his family (wife, Jenny, and two children 9 and 14 years old) has to arrange their lives and schedules around his activities. Mauricio is currently the team Treasurer.

**Netherlands: Dominik van der Veen** (26) has been in the United States nearly 17 years, but a member of our team for only seven months. He was born in Peru, but lived in Germany and the Netherlands, his parents' home countries, before coming to America. As to his swimming experiences, he says that all were "favorable, whether in the Netherlands,

Germany or the United States." He adds that he swam competitively for the Potomac Swim and Dive Club, which is part of the Montgomery County Swimming League and that he followed his older brother to the ANCM. Although the facilities here are newer than the ones in Europe, he notes that "once you



get in the water, it does not matter where you are." Besides swimming, Dominik windsurfs, surfs, kayaks, bikes and skis.

## RULES FOR PRACTICE

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- flexible-especially on Sunday mornings when it is crowded.
- ◆ Do not change the coach's sets without gaining consensus from the lane and the coach. The coach will do his best to accommodate you and your lanemates but remember, he is looking at the overall workout and not just each set. The freestyle loving triathletes on the team would do well to mix in some stroke work; it's great cross training and may help you avoid repetitive motion injury down the line.
- ◆ If you lead a set, do not modify the send-off interval given by the coach without first gaining a consensus from your lane mates. It's no fun to be the caboose and not know the interval.
- ◆ Do not show up at the first practice of the session without your payment and expect to swim. If you can remember your suit and goggles, you can remember your checkbook or credit card.

### DO....

- ◆ Do listen to the coach. If she tells you to move to another lane, please do so without argument. If she tells you to remove your swim aids, do so. She is trying to make the practice flow smoothly.
- ◆ Do leave at least five seconds behind the swimmer in front of you.
- ◆ Do swim the entire set. If you have trouble making the set, you are in a lane that is too fast for you.
- ◆ Do welcome new swimmers into your lane. Remember, you were new at one time, too.
- ◆ Do check in with the coach at every practice. He has been assigned to take attendance.
- ◆ Do be nice to the coach. She is not coaching for the money; she is doing this because she loves the sport.

**For Sale:** In team colors of gold and black with ANCM logo: T-shirts \$11 and Swim caps \$3. Contact Tom Denes: 301-564-4234; WaterPrfCh@aol.com

## RUTGERS NATIONALS

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din, still recovering from shoulder surgery; new team member Mark Pugliese, on the mend from various and sundry ailments and Margot Pettijohn, who spent a good deal of the meet wondering why she felt sick to her stomach. Two team members actually showed up healthy--Myrian Pero and Lou Diamond and swam well enough that they may have their membership revoked. Then there was me. My slow swims were caused either by a bad elbow, a sore shoulder, old age or--most likely--a chronic and lingering lack of ability.

Roddin, the team's historian, pointed out that this may have been the first national championships since the team was formed in which no team member won a national title. The closest anyone came was third--Jeff in the 35-39 200 backstroke and Margot in the 55-59 400 IM. Not a single relay made it into the pool representing the team for reasons ranging from water skiing accidents (Jason Crist) to people feeling sick to, oh what the heck, Hurricanes Bonnie and Charley. Pick an excuse, plug it in and see if it works.

The good news about the meet was that the local organizers did a wonderful job under difficult circumstances trying to make the week enjoyable for everyone. The pool itself was less than ideal: The Chatham County Aquatic Center is an old bubble with a 50 meter course and a 25 yard warm-up, warm-down area. Like most bubbles, the air inside can make breathing difficult--in or out of the water. Since it was frequently raining outside, escaping that environment for fresh air wasn't easy. What's more, the last three heats of the 1,500 meter freestyle on Thursday night had to be shut down because of a tornado warning in the area. Eight swimmers who were just about halfway through the 1,500 were pulled from the water because the conditions--even indoors--had become dangerous. If it had been me, I would have insisted on being allowed to re-start the next morning at the point where I had left off.

It was, in short, a long meet. There were 1,084 swimmers entered and, to be honest, that's too many for one eight-lane pool. This is a repeat announcement but I'll make it again: USMS needs to look long and hard at finding facilities--not easy I know--with two courses for both short

course and long course nationals. That's a lot tougher to do for long course, but such places do exist. Why short course is going to Fort Lauderdale next spring rather than long course next summer when The Swimming Hall of Fame is one of the few places with two long course pools is beyond me.

Okay, back to Team MASH. The fact that Jeff Roddin even made it to the meet is worthy of a round of applause. (Insert clapping here). Jeff had major shoulder surgery last December and didn't get back in the water at all until late spring. He swam the 100 backstroke (fifth) and the aforementioned 200 and even though his times weren't close to what he would swim healthy, they were proof that he's headed back in the right direction. The same could be said of Pugliese, who may simply be too nice a person to swim on the same team with the likes of Crist, Feinstein, Dicks, Roddin, Fell and, of course, Clay Britt. Mark is almost unique among Masters swimmers; he never complains. He swam four events--50, 100 and 200 back and the 50 fly. He managed a gratifying third in the 100 back with a very solid 1:10.50 and finished sixth in the 50 back; seventh in the 50 fly and ninth in the 200 back. Like Jeff, Mark was nowhere near peak condition, but still swam very respectably. He was also voted Best Behaved Mariner. Feinstein and Roddin finished tied for last in that category.

Lou Diamond slipped in and out of town almost un-noticed, but managed to place quite well in all four events he swam, finishing fourth in both the 50 and the 100 breastrokes in the 65-69 age group, while coming away with a seventh in the 200 free and eighth in the 200 breastroke. Myrian and Margot were both in the 55-59 age group but managed not to cross each other's path during the meet. Their age group was one of the deepest and most competitive in the meet and the fact that they placed in all their events was the result of some very good swimming. Myrian swam every freestyle event except for the 800--choosing the 1,500 as her distance event--and proved herself just as competitive at sprints as long distance. Her best finish was a fifth in the 1,500 but she was remarkably consistent regardless of distance: sixth in the 50 free, the 100 free and the 400 free; seventh in the 200. Margot was also a model of consistency. In addition to her third in the 400 IM, she was fourth in the 50 breast, the 200 breast and the 200 fly, and fifth in the 100

breast. The case can be made that Margot swims the three most grueling events in the sport at every nationals--400 IM, 200 fly, 200 breast (Myrian might argue that the 1,500 belongs on that list) and always swims well and places high. This time she did it feeling sick almost the entire weekend.

For those who care (my family? No, not really) I felt sick almost the entire weekend too. Specifically, I felt sick after each of my swims. I managed to top ten in all five events--seventh in the 100 fly; eighth in the 100 back; ninth in the 50 back and 50 fly and tenth in the 800 free with paramedics standing by at the finish--only because my age group, 45-49 wasn't nearly as deep as normal. The highlight was finishing dead last in the fast heat of the 100 backstroke and being so far behind the leaders that I could hear the meet announcer screaming about a world record--when I was about 20 meters from the wall. At least I didn't get a sympathy clap when I finally finished.

In all, the best news about the weekend was that both hurricanes only nicked the Georgia coast. The company was good, the food was good. Scott Rabalais, the meet director, is one of swimming's true good guys.

Maybe next year will be healthier for Team MASH. Right now though, my shoulder is killing me.



Myrian Pero in Savannah

# ALBATROSS OPEN

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ing margins. Her first event was the 200 Breast. Just prior to her heat I asked her if she ensured there were three backup timers in her lane and she said, "Oh, no need to make a fuss - I don't even know what the record is." She proceeded to break the USMS record by nearly 25 seconds with her 3:17.44! She later lowered the USMS records in the 50 Breast by over a second and the 100 Breast by over 9 seconds with her times of 43.16 and 1:32.37, respectively. Her 100 and 200 times were also new FINA Masters World records.



Paul and Margie Hutinger

Paul Hutinger of Florida Maverick Masters blazed into town with his wife Margie with his eyes set on new marks in the M80-84 dorsal events. The recent International Swimming Hall of Fame inductee did not disappoint: Paul used the 200 Back as his warm up and then set new USMS records in both the 50 and 100 Backstroke events with times of 42.16 and 1:33.27, respectively.

John Craig of Connecticut Masters established a world record in the 200 Fly when he was in the 45-49 age group. Just aging up to 50 he continued the trend. John broke the published USMS and FINA marks in the grueling 200 Fly by over a second with his 2:19.56 time. Except he didn't make it look so grueling with his last three 50s being fairly even. That can't be said for the rabbit next to him...

Robert Goldbloom of Metro Masters (New York) returned to his Montgomery County childhood stomping grounds in glamorous fashion. Robert narrowly missed the M45-49 100 IM USMS record by just 3 tenths of a second (set last year at the Albatross Open by Greg Oxley) but he lowered the published USMS record in the 50 Fly by 8 hundredths with his 27.00 clocking.

Outside of USMS and FINA, several other governing body records were set. Lynn Wymelenberg of the Montgomery Ancient Mariners set two new American Records for swimmers with a disability. Competing in the S10 class she broke the

record in the 100 free by over a second. Less than an hour later she lowered her own existing record in the SB9 class of the 200 Breast. Frank Byskov of Virginia Masters, also representing Denmark, set new Denmark Masters records in the M25-29 age group in the 100 Fly (58.25), 200 IM (2:12.26) and 200 Free (1:59.44).

Troy Johnson of Virginia Masters won the Fastest Man in the Water award and Emily Groome of Germantown Masters won the Fastest Woman in the Water award. They earned these awards by virtue of their overall winning times in the Men's and Women's 50 free (23.89 and 28.54, respectively). Jeri Ramsbottom was not in attendance and was therefore unable to defend her title of Fastest Woman at the Social...

Full results of the meet can be found at [www.ancientmariners.org](http://www.ancientmariners.org).



Registration desk



Jeff Roddin



Sarah Wolcutt



Mickey, Torie, and CJ



Tom Denes and Emily Groome, Fastest Woman in the Water



Ray Toy, who sang the National Anthem, and Tom Denes



Warming-up



Training the timers



Mary Lathram



Margot Pettijohn and official



Doug Marcoff ran a successful social



Allison Reardon served as head timer

## COACHES CORNER: Kate and Bernadette

by Dorothy Buchhagen

ANCMs are privileged to have a number of talented coaches; some are relatively new, others have been with us for awhile. Each brings to practice his or her own perspective on the "ideal" workout. Below is an introduction to two of our "newest" coaches, Kate Wood and Bernadette Visintainer. Their biographies, as well as those of most of the other coaches, — Tom Denes, CJ Lockman Hall, Marco Tulio Quinonez, Peter Johnson, Andy Fraser, Peter Haake, and Amy Weiss — are posted on the ANCM website ([www.ancientmariners.org](http://www.ancientmariners.org)). The pools and practices for all of the coaches as well as schedule of workouts also are on the website.

**Kate Wood** grew up in Austin, Texas and swam year-round at Longhorn Aquatics for 11 years. She attended Bucknell University where she swam all four years and specialized in distance freestyle, 200 fly and the 400 IM. Kate took a few years off from swimming and, after finishing graduate school at GWU, finally made her way back to the pool. She started swimming for ANCM in 2004 and she coaches both ANCM and RMSC year-round. Favorite food: stuffed avocado from Trudy's. Favorite movie: (this month) *JAWS* (the rest of the time) *War Games*.



**Bernadette Visintainer** was a water rat before she could walk; even as a baby she loved the water. During high school, in addition to swimming with her school team and a club team, she taught swim lessons. Bernadette decided to take a break from swimming when she started college, but couldn't stay away from the pool. To feed her chlorine addiction, she joined the Penn State Women's



Water Polo Team. She continued to teach swim lessons during the summer. After graduating from college and moving to the DC area, she took a year off, but once again the draw of the water was too much to resist. She returned to swimming with the ANCM and water polo with the Rockville Water Polo team. Although she has had to take another break from water polo, she continues to swim. She began coaching ANCM during the spring of 2004 and hopes to continue swimming and coaching for many years.

## I'M HANGING UP MY PEN AND MOUSE

by Dottie Buchhagen, Editor

Seven years is a long time, but it goes by quickly when you are having fun. And I had a lot of fun during the time I was editor of *The Rime*. Since 1997, I have had the opportunity to get to know so many ANCMs. One of my goals as editor was to keep everyone informed of past and upcoming events. Additionally, I tried to feature as many swimmers as possible. There is so much talent on the team – in and out of the water. I only wish I had been able to interview everyone.

Many, many thanks to all the team members who agreed to be interviewed, submitted photos and information, wrote articles, and, of course, swam well and often. This was truly a team effort.

Although I am retiring as editor, I will continue to be webmaster. So, keep sending those photos!

And, by the way, we are looking for a new editor, so if you are interested...

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## CLAY BRITT SWIMMING CLINICS

**Dates:** October 23, November 13, January 22, February 12, March 12, April 16, May 14, June 18 **Time:** 4:30 to 7:30pm (1/2 hour longer this year) **Location:** Lab School in Washington DC. New this year: 1) Available Instructional DVD. 2) Underwater video on DVD instead of VHS tape. 3) Optional pool instruction only available for a lower price (no Video), 1/2 hour more time than last year. 4) More stroke drills. **Info:** [www.claybrittswimming.com](http://www.claybrittswimming.com) **email:** [clay@claybrittswimming.com](mailto:clay@claybrittswimming.com)

## CJ LOCKMAN HALL RECOGNIZED FOR SERVICE

by Tom Denes

CJ Lockman Hall received the Montgomery Ancient Mariners Service Award at the Albatross Open held on March 20, 2004. CJ joined the Ancient Mariners in 1991 and has been training and swimming with the team ever since. She began coaching the Ancient Mariners in 1995 and still coaches weekly at the Olney Swim Center. She was the team Treasurer from 1995 to 1999 after which she became the Potomac Valley Treasurer. CJ has placed at several Masters Nationals competitions and holds six team records. In addition to her service to the Ancient Mariners, CJ served for five years as the Treasurer of the Potomac Valley LMSC.



Tom presents CJ with ANCM service award

## SCHEDULE AND COACHES

Go to the website ([www.ancientmariners.org](http://www.ancientmariners.org)) to get a full listing of coaches for each session. The focus of each session is:

MAC: Tu - freestyle (distance, middle distance & sprints); Th - Stroke/I.M.(middle distance & sprints); Fr - Drill/Sprint Stroke & freestyle); Su - Freestyle/Stroke mix  
MLK: M - Stroke/I.M. (middle distance & sprints); We - Distance freestyle

## BULLETIN BOARD

♥ Meredith and Brian Davis welcomed Clayton Todd Davis on April 29, 2004 at 11:58 a.m. Clayton tipped the scales at 6 lb 13 oz and was 20.5 in.

♥ ANCM Hugh J. Roddin, wife of ANCM Ruth Anne and father of ANCM Jeff Roddin, was honored by his swimmers and school district in Yandotte, MI, by naming the pool in his honor — the Hugh J. Roddin Natatorium. Hugh has been coaching swimming at Roosevelt High School since 1967. The presentation was made at the Fall Sports Awards Banquet on December 1, 2003

♥ Andy Fraser and Suzanne Ryan were married on August 8.



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## 2004 ANCIENT MARINERS - A SUNDAY MORNING PRACTICE



**REMEMBER TO GIVE YOUR USMS  
REGISTRATION DUES AND SWIM FEES  
TO ONE OF THE COACHES.**

### FREE

All registered ANCMs are eligible to receive a free swim cap. Contact Tom Denes at 301-564-4234 or by email Water-PrfCh@aol.com if you have not gotten yours.

**HAPPY BIRTHDAY TO YOU....  
VISIT OUR WEBSITE FOR BIRTHDAYS OF ALL TEAM MEMBERS  
(<http://www.ancientmariners.org>)**

### SCHEDULE OF EVENTS

**10/31:** Patriot Masters Sprint Classic - George Mason Univ, Fairfax, VA; Cheryl Ward, 4207 Univeersity Dr, Fairfax, VA 22030, 703-359-5366, [cherylaward@yahoo.com](mailto:cherylaward@yahoo.com)

**11/2:** Virginia Masters Fall Invitational - Newport News, VA; Charles Cockrell, 107 Lilburne Way, Yorktown, VA 23693, 757-865-6250, [cockrell@usms.org](mailto:cockrell@usms.org)

**11/14:** JCCNV 8th Annual Lox and Bagels meet Fairfax, VA <http://www.pvmasters.org>

**11/20-21:** VMST 24th Annual Fall Invitational, Newport News, VA <http://www.pvmasters.org>

**12/5:** Terrapin Masters 1000/1650 Meet UM Campus Rec, College Park, MD Info: Dave Diehl [ddiehl@umd.edu](mailto:ddiehl@umd.edu)

**12/31:** Swim in the New Year (informal fun swim) UM Campus Rec, College Park, MD Info: Cheryl Wagner [cherylw@crosslink.net](mailto:cherylw@crosslink.net)

### 2005

#### March or April 2005 - ALBATROSS OPEN

**5/29:** Jim McDonnell 1 & 2 Mi Lake Swims - Lake Audubon, Reston, VA; Entry information available January 2005; [www.restonmasters.org](http://www.restonmasters.org)

**6/4:** Potomac River 7.5 Mile Swim, Point Lookout State Park, MD; [www.crosslink.net/~cherylw/pr20005i.htm](http://www.crosslink.net/~cherylw/pr20005i.htm)

**6/12:** The Great Chesapeake Bay 4.4 Mile Swim & 1 Mile Challenge - Baltimore, MD; Lin-Mark Computer Sports, 7 Westwood Dr, Mantua, NJ 08051, 856-468-0010, [lin-mark@lin-mark.com](mailto:lin-mark@lin-mark.com)

**THESE ARE ONLY SOME OF  
THE EVENTS SCHEDULED  
CHECK THE ANCM WEBSITE (<http://www.ancientmariners.org>) FOR A COMPLETE LISTING**