

The Rime

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FYI

Feb. 21:

Presidents' Day

Feb. 25:

No practice at MAC

Feb. 26-27:

UMBC meet

Feb. 27:

Academy Awards

March 17:

St. Patrick's Day

March 19:

No practice at Olney

March 21:

First day of spring

March 27:

Easter; no practice

April 3:

Daylight Savings Time begins

April 9:

Albatross Open

April 22-24:

Colonies Zone Championships

Officers:

Tom Denes

Jeff Roddin

Lisa Berger

Mauricio Rezende

Geoff Pierce

John Feinstein

Dottie Buchhagen

Dave Harmon

Richard Sachs

Ancient Mariners go the distance

■ 22nd Annual Terrapin Masters 1000/1650 Yard Meet

By **RICHARD SACHS**

Heeding Captain Tom's order to swim more competitively, a relatively accurate sample of Ancient Mariner swimmers turned up at the University of Maryland on December 5 to swim in the Terrapin Masters 1000/1650 yard meet.

Eleven swimmers turned in podium performances and several set Ancient Mariner team records.

Swimming in women's 25-29, Sera Janson took third in the 1000; in the 1650, Erin Miller finished fourth. Amy Weiss won the 1000 in women's 30-34. In the 35-39 age group, Cathy Gainor placed first. In the women's 40-44 1000, Ellen Kuta finished third. Paulette Ladas and Sandra Marks finished first and second in the women's 1000 for the 45-49 age group. Lisa Berger won the



Photo courtesy of Tom Denes

Top row, from left: Sera Janson, Erin Miller, Tom Denes. Middle row, Amy Weiss, Cathy Gainor, Jeff Roddin, Lisa Berger, Richard Sachs. Bottom row: Ellen Kuta.

women's 55-59 1000, and in the 1650

Myriam Pero finished first. Myriam also set team age group records for the 500 scy at 7:13.34, the 1000 at 14:33.18, and the 1650 at 23:55.74. Myriam now holds five of the six team age group

freestyle records. Dottie Buchhagen won the 60-64 1000, and set a team age group record finishing in 23:41.21.

Among the men, Jeff Roddin won the 35-39 1000 free, and

See **DISTANCE**, Page 2

Colombian team places in top three

■ IV South American Masters Swimming Championship

By **MYRIAM PERO**

Myriam Peró joined her Colombian ACUACOLMasters Team to participate in the IV South American Masters Swimming Championship. For the first time, a Colombian team placed among the three best teams in an international meet.

More than 50 teams from South American countries attended this event at the Complejo Acuático del Campo de Marte in Lima, Perú. More than 500 swimmers participated.

Our team had 37 swimmers. Most of them live in Colombia, but a few of us traveled from the United States and even Germany.

Some of the best memories of this championship were meeting up again with my old teammates from the '60s and getting to know the younger group of Colombian

swimmers. This is probably one of the reasons why I love to participate in these events. This year was even more special, since my twin sister was also able to attend. She won a Bronze Medal, which for her was like winning 10 Gold Medals--especially since she is not as dedicated as many of our other teammates.

Once again, our most outstanding swimmer was Virginia Olano, who broke five South American

See **PERU**, Page 2

MEET THE COACHES

Tom Denes, MAC Fridays

Swimmer since: 1969

Ancient Mariner since: 1991

Most memorable swimming memory:



Swimming a 2:14 long course 200 freestyle at Masters Worlds in Montreal and cutting six seconds off my best time.

Favorite thing about swimming: Breakfast with the gang after a hard Sunday practice.

An interesting tidbit about you: I still rent.

Andy Fraser, Olney Tuesdays

Swimmer since: 1975

Ancient Mariner since: 1992-93, I'm not sure

which year.

Most memorable swimming memory: College



Winter break

workouts Swim at Florida International University Pool 1989. It was a cold winter and we were turning purple during and after workouts.

Favorite thing about swimming:

Swimming underwater and the weightless feeling you have – I guess it is the closest thing to being weightless on the planet.

Swimming pet peeve:

Difficult people — Life is too short. Relax and enjoy.

An interesting tidbit about you:

I just finished a one-year term as president of the Greater Silver Spring Chamber of Commerce.



Photo courtesy of Myriam Pero

Myriam Pero and her twin sister, Gladys de Gomez.

PERU

From Page 1

records. She won a total of five gold medals, three silver and two bronze. Our team won 23 individual gold medals and one in the 4 x 50 Mixed Freestyle Relay 120-159 age group.

Once the swimming competition was over, I flew to Machu Pichu with some of my teammates. It is an incredible site, and I am glad I was able to visit.

Now we are getting ready to attend the next All Americas LatyCar (Latin American and Caribbean Championship) in Sao Paulo, Brazil (Oct 10-15, 2005). This championship will include the following disciplines: Swimming, Open Waters, Synchronized Swimming, Diving and Water Polo. I invite all of you to attend and enjoy the Latin flavor of these swimming competitions; you will all love it. You can visit www.latyCar.org for additional information.



Photo by Tom Denes

Lisa Berger and Richard Sachs face off before the 1,000 free.

DISTANCE

From Page 1

Captain Tom won the men's 45-49 1000 free.

Richard Sachs filled in the blank spaces on the team record listings with a 14:27.79 for the 500 distance and 24:54.83 in the 1000 distance.

The meet had a small field of total swimmers, less than 40, but it was sufficiently low key that everybody

Team Results			
1000-Women			
Name	Age group	Time	Place
Sera Jansen	25-29	13:20.76	3rd
Amy Weiss	30-34	11:51.03	1st
Cathy Gainor	35-39	14:08.74	1st
Ellen Kuta	40-44	16:07.52	3rd
Paulette Ladas	45-49	14:07.06*	1st
Sandy Marks	45-49	16:56.99	2nd
Lisa Berger	55-59	18:09.99	1st
Dottie Buchhagen	60-64	23:41.21*	1st
1000-Men			
Jeff Roddin	35-39	11:15.48	1st
Tom Denes	45-49	12:11.98*	1st
Richard Sachs	55-59	24:55.83*	3rd
1650-Women			
Erin Miller	25-29	22:20.02	4th
Myriam Pero	55-59	23:55.74*	1st

* Team records

seemed to enjoy or at least tolerate the competitive pressure, such as there was. Afterward, we ate pancakes.

Peter Haack, MAC Thursdays

Swimmer since: 1984

Ancient Mariner since: 1999

Most memorable swimming memory:

Being told by Lance Armstrong that I was tall for a swimmer.

Favorite thing about swimming: The Pain

Swimming pet peeve:

Kicking



CJ Hall, Olney Thursdays

Swimmer since: 1970

Ancient Mariner since: 1992

Most memorable swimming memory:

Lots of laughs

Favorite thing about swimming: It's glorious exercise.

Swimming pet peeve: None

An interesting tidbit about you: I've enjoyed swimming in nearly every type of swimming venue.



Peter Johnson,
MAC Tuesdays
Swimmer



since: I started organized swimming when I joined the ANCM in 1995

Ancient Mariner since: September 1995

Most memorable swimming memory: Swimming my first ever event at the Albatross Open in 1996, climbing out of the pool, feeling totally exhausted and Micky (Hall) asking me if I was tired.

Favorite thing about swimming: The challenge swimming offers to improve your technique and fitness

Swimming pet peeve: How easily you can lose your swimming fitness by taking a week or two off

An interesting tidbit about you:

I like to swim, run, sail, read and travel.

Marco Quinonez,
MLK Wednesdays
Swimmer



since: 1957
Ancient Mariner since: 1998 Coaching

Most memorable swimming memory:

The swim across the most beautiful lake in the world, Atitlan Lake, in 1962 with a record time.

Favorite thing about swimming:

I really love and enjoy teaching swimming technique to those swimmers who need it and making more friends.

Swimming pet peeve:

I get upset when a practice must be canceled due to fecal matter.

An interesting tidbit about you:

I like to walk for 30 to 45 minutes with my two predators "Lucky" and "Tyson"; they make me feel happy.

Transfatty acids hide in many food choices

BY BRONWYN LEWIS, M.S., F.N.P.

You have heard about trans fats (aka transfatty acids) in the news, from your neighbor and probably your healthcare provider. They are purported to be bad and likely one of the reasons your triglyceride level is elevated or that your LDL cholesterol is high. But what are they? How are they created? And WHY were they created?

Afat that is liquid at room temperature is an unsaturated fat, the kind you are supposed to eat. Some examples are olive, canola, corn, safflower, sunflower, flax, and peanut oil. They help reduce LDL cholesterol and raise HDL cholesterol.

Tropical fatty acids; palm and coconut, although plant based oils, are less healthy and actually raise LDL cholesterol. Afat that is solid at room temperature is a saturated fat, natural examples include butter and lard, while Crisco and margarine are man made examples.

Saturated fats increase LDL cholesterol. Transfatty Acids are fats that originated as vegetable oils (unsaturated fats) but have been modified. Crisco and margarine are good examples and are frequently listed on labels as partially hydrogenated fatty acids.

Transfats are created by a process called hydrogenation. It means hydrogens are added to unsaturated fats changing the chemical makeup. The altered compound is more stable when heated so it is less likely to become rancid. Thus the shelf life of the food is increased.

Not so long ago, foods purchased in the grocery store were made with solid fats. However, it was discovered that these saturated fats were not healthy; they increased LDL cholesterol.

So, the food industry, knowing that foods made with unsaturated fats would spoil quickly, created a product that was not a saturated fat and would increase the shelf life of their products. The newly formed fat was called a transfatty acid and its effect was unknown.

Resources

- Clark, Nancy, MS. RD. Sports Nutrition Guidebook. 3rd ed. SportsMedicine Associates. Brookline, MA.
- Fogoros, Richard N., MD. Your Guide to Heart Disease / Cardiology.
- Tsang, Gloria. RD. online: www.healthcastle.com

We now know that trans fats increase LDL cholesterol and triglycerides and decrease HDL cholesterol. They do all the things that we don't want to happen. And they are EVERYWHERE! commercially fried foods, high-fat baked goods, fast foods, microwave popcorn, candy, and stick margarines just to name a few.

So, trans fats increase the shelf life of your food and increase your risk for heart disease.

Your Wonder Bread will stay fresh for a week or more while your favorite home baked bread goes stale in a matter of days.

Chips Ahoy are ready when you are, but your homemade Tollhouse cookies are hard two days after you spent an hour baking them!

So, I can't eat any more cookies? No, I did not print that although I should not have to tell you that fruits and vegetables are better snack choices. All things in moderation. Steer clear of the high-fat baked goods, snack crackers, fried foods, and things that list "partially hydrogenated" on the ingredient label.

And, yes, read the label. Some labels list trans fats. However, it is often hidden, so for a fool proof method add the values of saturated, monounsaturated, and polyunsaturated fats. If they don't add up to the total number of fats listed on the label, the difference is trans fats.

P.S. Peanut M&M's and Goldfish are trans fat free!

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Bernadette Visintainer,
MLK Mondays
Swimmer



since: Mid-80s
Ancient Mariner since: 2002

Favorite thing about swimming: Great workout.

Swimming pet peeve: Someone swimming right at my heels.

An interesting tidbit about you: I played water polo in college.

Amy Weiss,
Olney Saturdays
Swimmer



Most memorable swimming memory: Setting national record as member

of 9-10 girls relay (yes, it all went downhill after age 10!)

Favorite thing about swimming: I like everything about swimming except the practice times. When we were kids, they were too early, and now they're too late.

Swimming pet peeve: When the guys in the lane automatically assume they're faster than the girls.

An interesting tidbit about you: I'm a vegetarian and have been one for 10 years.

Kate Wood,
MAC Sundays
Swimmer



since: age 5
Ancient Mariner since: January 2004
Most memorable swimming

memory: Stalking David Fox at the U.S. Open.

Swimming pet peeve: People swimming near my feet.

An interesting tidbit about you: I was almost arrested.

KUDOS

■ Jenni Main and Eliot Waxman welcomed new baby, Paul Ari Waxman November 20, 2004. Paul tipped the scales at 9 lbs 6 oz and measured 22" long.

■ Maya Crone added a new member to the family with her new baby this winter

■ Kristen Podolak, won a silver medal in the 2005 World Freestyle Kayaking Championships held in New Zealand. Congratulations, Kristen.

SEEKING NEWSLETTER EDITOR

This newsletter was brought to you courtesy of Tom Denes and Cathy Gainer. The next newsletter will be put together by Lisa Berger and Cathy Gainer.

We would like to find a permanent editor. Please contact Tom Denes at waterprfch@aol.com if you are interested.

PARTY PICTURES

Clockwise from top right: Bernadette Visintainer, Kate Wood, Jessica Klotz and Tessa Weis; Casey Scace and Richard Seibert; party host Cathy Gainer; Angela Nevaldine and Geoff Pierce; Al Yoon receives his Most Improved award; Carole Kammel and Amy Weiss chat on Cathy's sofa; John and Kathleen Etzegdien and Lisa Berger; Tom Denes returns to his previous bartending job; Maryetta Andrews-Sachs and Den Ager.

Board plans for the coming year

■ Annual Board Meeting

Sunday, Nov. 7, 2004

By LISA BERGER

We're getting better and better at this board meeting stuff – we zipped through all the agenda items, corralled some volunteers and made important decisions all within an hour or so and while putting away piles of donuts and bagels. People who showed up at the home of Tom Denes: Jeff Roddin, Amy Weiss, Richard Sachs, Dave Harmon, Cathy Gainer, Steve Grossman, Peter Johnson, Geoff Pierce, Myriam Pero and Lisa Berger.

The first item of business was nomination of officers: President: Tom Denes; Vice President: Jeff Roddin; Secretary: Lisa Berger; Treasurer: Mauricio Rezende; Newsletter editor: Vacant; Record keeper: Jeff Roddin; Registrar: Tom Denes; At-large Members: Richard Sachs, Peter Johnson, Dave Harmon, Amy Weiss, and Geoff Pierce.

Old Business: The Albatross Open this year will be April 19th at the MAC. Cathy Gainer has offered to be meet director and Dave Harmon in charge of entries. The Holiday Party this year will be Saturday, December 11th, and Cathy Gainer has graciously offered to host it at her house. Lisa Berger and Peter Johnson are in

charge of planning the party.

Officers Reports: Tom says that we ended the year with 226 members. We have been losing members for the last few years: 2003 (238) and 2002 (257). Tom noted that on average people are paying to swim only twice a week. The fees for swimming once or twice a week are minimal and we are considering raising them.

Jeff reported on the USMS National meeting, which he and Myriam attended. He said that Swim magazine has been sold and although it is going to be revamped, masters swimmers will still get it free.

Upcoming national meets are going to be at Ft. Lauderdale and Mission Viejo, California. Also, scoring methods for teams according to size has been changed.

Treasurer's Report: Last year we took in \$14,170 and spent \$12,833, giving us a net income of \$1,587. We have \$13,541 in the bank.

New expenses for the coming year include repairing the pace clocks and stop watches, and purchasing swim caps (all swimmers get free team caps every January). We also agreed to set aside \$500 for coaches wanting to obtain certification from the American Swimming Coaches Association.

Newsletter editor report: After seven years of putting out a great newsletter, Dottie has stepped down. We do not have a replacement yet. Until then, the newsletter is on hold and waiting for vol-

unteers to be in charge of single issues or to serve as editor.

Budget: Our income comes from two major sources: team dues and the Albatross Open. Projected income is \$8,590 and projected expenses are \$8,105.

New Business: Tom suggested inviting former or alumni swimmers to our Holiday party. He says there are lots of people who used to swim with us and would like to come, the problem being we have no way of reaching most of them.

Amy Weiss said that the water temperature at the Olney pool is an average 86 degrees. She sent a letter to pool and county officials explaining the situation and pointing out that it was counter to county policy, which says pools should be around 84 degrees. She has received no reply so she will resend the letter and follow-up with a call to Doug Fox.

Another new item brought up by Amy was the sparse team turn-out at various swim meets. So the board decided to encourage members to compete more and asked coaches to talk up various meets, like the Terrapin Masters meet at the University of Maryland. Final item was team suits and Myriam agreed to look into the possibility of reordering them. In the past, the black Speedos with a yellow Ancient Mariner logo were available at Aardvark.

All officers and board members were re-elected, and we finished the meeting around noon.

The skinny on upcoming local meets

By JEFF RODDIN

Here are some meets you should consider entering:

Feb. 26-27: Two-day meet at UMBC. Very popular local meet with a fair amount of competition.

Not the best pool around (all shallow water) but easy to get to and we usually have a decent Ancient Mariner turnout. Considering the location this may be a good meet for our team to try to get as many people to go as possible. Entries due Feb 19. No deck

entries.

March 6: Sort-of out of town meet (Woodbridge, Va.). Small local meet. I went many years ago and remember the pool being decent. Entries due March 2. No deck entries.

April 9: Albatross Open. Our own meet at the MAC! If you only swim in one meet this year this will be the one for you. If you can't make a fool out of yourself in front of your own friends who can you? Entries due April 2. Limited deck entries.

April 22-24: Zones at GMU (Fairfax). Very fast pool typically with fast competition. Great end of short course season meet if you're not going to Nationals. Entries must be postmarked by April 8. No deck entries.

May 19-22: USMS Nationals at the International Swimming Hall of Fame in Fort Lauderdale.

Anybody may swim a minimum of 3 events without meeting any time standards, but after that you have to qualify. Entries due April 14. No deck entries.

2004 Holiday Party



Photos courtesy
of Tom Denes
and Dottie
Buchagen



MEET THE BOARD OF DIRECTORS

Lisa Berger

Swimmer since: August 18, 1990, which was the day after my high school reunion when I vowed not to get fat like the homecoming queen and so began swimming laps.



Ancient Mariner since: 1993

Most memorable swimming memory: Swimming in Tampa Bay right after the open water race and seeing a pod of dolphins cruise by.

Favorite thing about swimming: When the water feels like velvet.

Swimming pet peeve: Clueless people, especially those who get in the way of others by standing at the middle of the wall when swimmers are trying to turn.

An interesting tidbit about you: I like everything about fish – watching them, catching them, eating them.

Dottie Buchhagen

Swimmer since: I was a "civilian" swimmer most of my life.

Ancient Mariner since: 1997

Most memorable swimming

memory: My most memorable swimming events were the first time I did an open water swim in a lake (Reston two-mile, 1997) and the first time I did an open water swim in the ocean (Virginia Beach one-mile, 1997). I was afraid of deep water and the unknown creatures that lurked beneath the surface. But I finished both (slowly) and decided that open water is fun. I have since done many more open water events including several 2.4 mile swims.

Favorite thing about swimming: It is a good way to stay healthy. The coached workouts are usually fun (except when we are given a lot of stroke work!). I enjoy the camaraderie of other swimmers – both in and out of the pool. Anyway, it is always a good thing when someone else keeps track of the laps in a long set.

Swimming pet peeve: The occasional swimmer who creates a hazardous situation by not following swimming etiquette.



John Feinstein

Masters since: 1995

ANCM

since: 1996

Favorite

memory:

Sort of a two-for-one deal. Same weekend-nationals 2000 in Baltimore; swimming on the world

record breaking relay with Clay, Wally and Mike in the freezing cold rain on Friday night; then going 1:05.7 for the 100 fly (best time by 1.6 seconds then) on Sunday when I was simply hoping to somehow break 1:07. Felt almost like a real swimmer that day.

Favorite thing about swimming: The friendships. Probably most people say this but it is true. Swimming, like most things, is a culture. The people within it speak their own language and form bonds that are unique.

Pet peeve: People who blatantly lie on their entry times. My first nationals I swam the 800 next to a guy who entered in 11:28. He went 9:46! After I finally chugged in—having been LAPPED – he introduces himself and says, "Hey I'm a big fan of yours. I say, 'big fan my ass, what the hell kind of entered time was that!'"

A tidbit about me: That's printable? What comes to mind is this: the first day I got back in the water 10 years ago – after not swimming competitively for 19 years – I could NOT finish a 200 freestyle. I try to remind myself of that on days when I'm struggling to finish a workout.



Dave Harmon

Most memorable swimming

memory:

Tossup:

1. Good - My 400 IM at Nationals at Rutgers. I finally made it into the top 10.

2. Bad - Swimming for a half hour in one place in the middle of the Chesapeake Bay before being pulled out.

3. Ugly - My first 400 IM.

Favorite thing about swimming: To paraphrase something Will Rogers once said: "I never met a swimmer I didn't like." (No Tom, not shaving in the shower in Munich)

Swimming pet peeve: Having someone jump in my lane and do slow breaststroke when I'm doing a set at the Rockville pool.

An interesting tidbit about you: The only time I got mentioned in SWIM magazine was for the number of cuts I sustained when I did my first shavedown for a meet.



MEET THE DIRECTORS (cont.)

Geoff Pierce

Swimmer since: 1969

Ancient Mariner since: January

2004; I moved to Silver Spring from St. Louis, MO in summer of 2003. Swam with the St. Louis masters before moving here and the Wichita, Kansas masters before St. Louis.



Most memorable swimming memory: My false start on the 2nd leg of a 4X100 relay in which we were leading by a large margin. (I thought the swimmer in the water was coming in on his last lap but it was his second. :-)

Favorite thing about swimming: The big shoulders I get from swimming.

Swimming pet peeve: Cold water and butterfly

An interesting tidbit about you: I cross-train for rugby by swimming. I've played for a number of years now and play for the Maryland Exiles Rugby Club now.

I'm also a big motorcyclist, riding my BMW touring motorcycle when the weather cooperates.

Mauricio Rezende

Swimmer since: Age of 10

Ancient Mariner since : I think

it was in 2001.

Most memorable swimming memory:

When I was teenager, the coach used to give us a lunch when we were able

to reduce our time against the benchmark set up by him. We had a monthly timing session.

Swimming pet peeve: Hitting my knuckle with the someone knuckle's from the other lane.

An interesting tidbit about you: The approach of taking life in a relaxed approach.



Jeff Roddin

Ancient Mariner since: 1991

Most memorable swimming memory:

Setting 100y Fly USMS record at 1992 Nationals in Chapel Hill. Trophy was a bottle of special beer at the Brickskellar!

Favorite thing(s) about swimming: feel for the water, being physically fit, wearing next to nothing among friends!

An interesting tidbit about you: in 1991 I proved experimentally and analytically that shaving body hair does not reduce drag forces and theorized that a somewhat rough surface would induce turbulent flow which would actually reduce drag forces. If only I had acted on that speculation, I would be more famous than Clay Britt (10 years later Speedo came out with the Sharkskin suit which does exactly this)!



Richard Sachs

Swimmer since: 1950. I was

a five-year-old wonder when I swam from one side of a neighbor's pool to the other.

Ancient Mariner

since: 1994 when I quit playing tennis for good. Lisa Berger kicked me out of Lane 2 and I cut my swimming teeth in Lane 1 and eventually worked my way back to Lane 2 where I have since languished.

Most memorable swimming memory: Traveling on a Lane 2 field trip to St. Pete Beach the last two years to swim the Hurricane Man Rough Water Swim. Special thanks to Martha for saving me from hypothermia last year when I spent most of my time in the water swimming to Texas.

Most favorite thing about swimming: Slacking and not having to run wind sprints.

Swimming pet peeve: Failure of the MAC to turn on the whirlpool for the last 15 minutes of practice.

An interesting tidbit about me: In the three years I played on my college's tennis team I was undefeated. The team never lost a conference match and won the Yankee Conference (since deceased) each of the three years I played. Then the team got bumped up to Division I and languished until the university president got rid of the team completely last year. One year (1967 to be precise), on the spring break trip to Florida, I took a set off Jamie Presely who was a nationally ranking junior at the University of Florida. I dropped the next two sets at love.



TIPS FROM TOM

■ Keep those elbows up on freestyle.

■ Don't forget to scull at the beginning of your stroke.

■ Don't swim flat freestyle; make sure you roll.

■ Don't throw your head completely out of the water when you breathe.

■ Stay streamlined off the walls.

■ Flip your turns.

■ Be kind to your lane mates.

■ Make sure to give your lane mate in front of you 5 seconds before starting.

MASSAGE IS MUSCLE THERAPY

Don't forget that we have our very own professional, certified massage therapist on the Ancient Mariners.

Call Jennifer Round at 301-675-2130 for appointments. Or visit her at 4804 Montgomery Lane, Suite 101, Bethesda, 20814.

And remember, many personal trainers say that periodic massages are good for loosening sore muscles and improving blood circulation.

2005 Pool Calendar

(Provided courtesy of Cheryl Wagner)

- Feb 26-27: **28th Annual Winter Meet** UMBC Catonsville, MD Info: Karen Tucker (410) 203-2890 Email: ktloves2swim@msn.com Web: <http://www.pvmasters.org>
- March 6: **VMST 4th Chinn Aquatics Swim Meet** Woodbridge, VA <http://www.pvmasters.org>
- April 9: **ANCM Albatross Open** Montgomery Aquatic Center in Bethesda, MD Info: Tom Denes waterprfch@aol.com Web: <http://www.pvmasters.org>
- April 22-24: **Colonies Zone SCY Championships** GMU Aquatic Center in Fairfax, VA <http://www.patriotmasters.org/>
- May 22: **2005 USMS Short Course Nationals** - Ft. Lauderdale, FL Info: Stu Marvin 954-828-4580, smarvin@fortlauderdale.gov Web: <http://www.usms.org>
- June 19: **Terrapin Cup LCM Meet** UM Campus Rec Natatorium, College Park, MD. Info: Michael Lee phone: 301-474-1178 (H) or email: korthain@yahoo.com Web: <http://www.crosslink.net/~cherylw>
- July 10: **Terrapin Masters 800/1500 LCM Meet** – UM Campus Rec Natatorium, College Park, MD Pre- and Deck entries. Info: Dave Diehl phone: 301-946-0649 (H) before 9pm please or 301-314-5372 (W) or email: dd119@umail.umd.edu Web: <http://www.crosslink.net/~cherylw>
- July 22: **World Masters Games** - Edmonton, Alberta, Canada SCM; www.2005worldmasters.com
- Aug. 10-14: **USMS Long Course National Championships** - Mission Viejo, CALCM; Mark Moore, 949-233-6521, m.w.moore@cox.net; www.mastersmvnswim.org
- March 12, April 16, May 14, & June 18 **Clay Britt Swim Clinics** contact Clay H 301-320-4694, email clay@claybrittswimming.com or visit www.claybrittswimming.com

2005 Long Distance/Open Water Calendar

- May 29: **Jim McDonnell 1 & 2 Mile Lake Swims** - Lake Audubon, Reston, VA www.restonmasters.org
- June 4: **Potomac River 7.5 Mile Swim** - Point Lookout State Park, M <http://www.crosslink.net/~cherylw/pr2005i.htm>
- June 12: **The Great Chesapeake Bay 4.4 Mile Swim & 1 Mile Challenge** Baltimore, MD; Lin-Mark, 7 Westwood Dr, Mantua NJ 08051, 856-468-0010, Online Signup: 2/2/05 lin-mark@lin-mark.com. Web: www.lin-mark.com
- June 18: **Maryland Swim for Life** - Chestertown, MD OW; Dawson Nash 202-686-2150, swimmerdn4321@aol.com ; Benefit swim for people living with HIV/AIDS and The Chester River Association; www.swimdcac.org

2005 Local Multi-Sport Calendar

- April 18: **Bethesda Triathlon** – Bethesda, www.cantriathlon.org
- May 22: **Columbia Triathlon** - Ellicott City, MD www.tricolumbia.org
- June 12: **Eagleman Half Ironman** - Cambridge, MD www.tricolumbia.org
- June 18: **4th Annual Escape from Fort Delaware** Delaware City, DE www.lin-mark.com
- June 19: **1st Annual Wilkes Barre Duathlon** Wilkes Barre, PA www.lin-mark.com
- June 26: **City of Philadelphia Triathlon** West River Drive, Philadelphia, PA www.lin-mark.com
- Aug. 7: **Wilkes Barre Triathlon** Penn State Campus, Lehman Twp., PA www.lin-mark.com
- Aug. 14: **5th Annual Lums Pond Triathlon and Lums Pond Duathlon** Lums Pond State Park, Bear, DE, www.lin-mark.com.
- Sept. 24: **Make-a-Wish Sea Colony Triathlon**, Bethany Beach, DE. www.tricolumbia.org.

2005 ALBATROSS OPEN (SCM)
Saturday April 9, 2005
Montgomery Aquatic Center, 5900 Executive Blvd., North Bethesda, MD
WARM-UPS: 2:00-2:45 P.M. MEET: 3:00-7:45 P.M.
Hosted by the Montgomery Ancient Mariners

Sanctioned by Potomac Valley LMSC for USMS, Inc. #105-003

On Saturday afternoon, April 9, 2005 it will once again be the *Tyme of the Ancyent Mariners' Albatross Open*. We will host the meet in the Montgomery Aquatic Center. The pool will be configured as a **25-meter course**. The water depth varies from 7-18 ft deep making it a very fast pool. Dozens of USMS National and World Records have all been set at this meet!

ENTRIES: Entries are limited to the **first 200** individuals. Deck entries will be accepted **as space permits**. To be seeded, entries must be in the hands of the entries chair by **April 2, 2005**. Entries received after April 2 will be charged the deck entry fee. Deck entries are **due by 2:15** on the day of the meet. Due to time constraints, **swimmers are limited to four events** exclusive of relays. We are limiting the **400 Individual Medley** to three heats. Please remember that your age for purposes of USMS swimming is your age as of **12/31/05**.

RULES: Current USMS rules apply. All swimmers must be registered with USMS and include a photocopy of their USMS registration card with their entry. Entry forms sent in without a copy of the USMS card attached will be rejected. Deck entrants must bring their USMS cards.

If you are not registered you may obtain a USMS registration form by going to www.pvmasters.org/reg.htm
Or, contact Jeff Roddin, PVLMSC Registrar, at 240-464-3982.

SEEDING: Events will be seeded slow to fast. Men and women will be combined, except in the 50 freestyle. *Please enter with a seed time even if it is an estimate.* "No time" entries and deck entries will be seeded in the slowest heat(s).

RELAYS: 200 and 400 "choice" relays will be swum at the end of the meet. Relay entry deadline is 5:30 p.m. on the day of the meet.

FEES: \$5.00 per event plus a \$5.00 meet surcharge. Relays are \$8. No refunds after April 2nd. Deck entries are \$7.00 per event plus \$5.00 surcharge.

AWARDS AND RESULTS: Awards for first through third places; special awards for USMS National or World Records (one per relay) and the man and woman recording the fastest time (regardless of age) in the 50 freestyle. Some special awards will be presented at the post-meet party. Results will only be mailed out by request. Results will be posted on www.pvmasters.org.

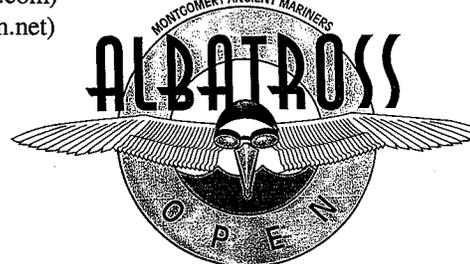
FACILITY: The Montgomery Aquatic Center is an indoor 50-meter, 8-lane pool with non-turbulent lane lines. The pool will be configured in a **25 meter course with full electronic timing**. An area will be available for continuous warmdown.

POST-MEET PARTY: A fully catered dinner including dessert and drinks (both alcoholic and non-alcoholic) will be featured at the post-meet social at a cost of only \$15.00. A limited number of tickets will be available at the meet for \$18. The social will be held near the pool.

DIRECTIONS: From I-495 (Capital Beltway): Take Old Georgetown Road (Rt 187) exit North. Go approximately 2 miles. Turn right on Nicholson Lane. Turn left at next traffic light onto Executive Blvd. Take first left into the parking lot for the Montgomery Aquatic Center. From DC: Take Wisconsin Avenue north through Bethesda. The road turns into Rockville Pike (Rt 355). Take a left on Marinelli Road (Metro stop on the corner) and continue straight into the Montgomery Aquatic Center parking lot. From the Metro: The Montgomery Aquatic Center is one block west from the White Flint Metro stop. **PARKING:** Limited parking is available at the Montgomery Aquatic Center. Nearby street parking is available on Executive Blvd and Wood Glen.

QUESTIONS: *Meet Director:* Cathy Gainor 301-681-6090 (cgainor@washingtontimes.com)
Entries Chair: Dave Harmon 301-972-1417 (David.C.Harmon@Verizon.net)

No calls after 9 p.m. please.



ALBATROSS OPEN MEET ENTRY FORM
Montgomery Aquatic Center, North Bethesda, MD
April 9, 2005, Warm-Ups: 2:00 P.M., Meet: 3:00 P.M.

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DEADLINE: April 2, 2005

MAIL TO: Dave Harmon
12831 Climbing Ivy Drive
Germantown, MD 20874

If you are a registered USMS Swimmer, you must enclose a copy of your USMS Card. If any parts of the copy are unreadable, please fill out the box below or your entry will be rejected.

Place Copy of USMS Card Here (Trimmed & stapled, please.)		
USMS Number	Team	
Name & Address (Name as it appears on USMS Card):		
Birth Date	Age (as of 12/31/05)	Sex



RELEASE OF LIABILITY BY PARTICIPANT:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____ Date _____ Phone _____ E-Mail _____

CIRCLE EVENTS YOU WISH TO ENTER AND INDICATE SEED TIMES IN SHORT-COURSE METERS

(Enter no more than four events exclusive of relays. Please enter no more than two 200 events.):

- | | |
|--------------------------|------------------------------------|
| 1) 100 Butterfly _____ | 10) 100 Indiv Medley _____ |
| 2) 100 Freestyle _____ | 11) 50 Butterfly _____ |
| 3) 200 I.M. _____ | 12) 100 Breaststroke _____ |
| 4) 200 Back _____ | 13) 50 Backstroke _____ |
| 5) 200 Breast _____ | 14) 50 Freestyle (women) _____ |
| 6) 200 Fly _____ | 15) 50 Freestyle (men) _____ |
| 7) 50 Breaststroke _____ | 16) 400 I.M. _____ |
| 8) 100 Backstroke _____ | 200 Choice Relay <u>Deck Enter</u> |
| 9) 200 Freestyle _____ | 400 Choice Relay <u>Deck Enter</u> |
| --10 minute break-- | |

Fees:

Individual Events	_____ x \$5.00	\$ _____ (Deck entries are \$7.00 per event)
Relays	_____ x \$8.00	\$ _____ (payable at meet - limited to 16 entries for each event)
Catered Social	_____ x \$15.00	\$ _____ (\$18.00 on day of the meet)
T-shirts	_____ x \$13.00	\$ _____ <u>small</u> <u>medium</u> <u>large</u> <u>x-large</u>
Surcharge		+ \$ <u>5.00</u>
TOTAL		\$ _____

MAKE CHECK PAYABLE TO: Montgomery Ancient Mariners

YOUR ENTRY FORM HAS BEEN REJECTED: No copy of USMS card Attached; Can't read USMS Card; Did not sign USMS Waiver; Entry Fee in error _____; Other _____

Montgomery Ancient Mariners
c/o Tom Denes
4522 Everett St.
Kensington, MD 20895

