

The Rime

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AN EXCITING OPEN WATER SEASON

by Dottie Buchhagen

Open water swimming has increased in popularity over the years. In this issue of The Rime, ANCMs share some of the exciting swims they enjoyed this past season.

Open water swimming is my thing – a moderate challenge, with just me against the elements and myself. Each swim is unique. Conditions change from year-to-year, even during one swim. I relax, keep stroking, and aim for the finish line. If the day is sunny and the water calm, the swim is joyful, but even clouds, chop, or a little rain can't ruin it.

I completed five open water swims along the East Coast this past season. The annual 2.4-mile Hurricane Man Rough Water Challenge was in St. Pete Beach, FL on Cinco de Mayo. This was my fifth Challenge in six years. Kathleen Extegoian and Angie Nevaldine tried it out in 2001. I joined them in 2002, and 2004-2007. Over the years, a shifting cast of ANCMs made the trek to Pass-a-Grille for the fun. This time I joined Kathleen, her husband Jon, Angie, Julie Knowles, Tom Denes, Cathy Gainor, and Lynn Wymelenberg. Sunny weather and not-too-cold, not-too-hot Gulf water propelled us to the bacon-and-eggs

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WHY DO WE DO IT!?!

by Matt McShane

Because it's there...

Why is it that some swimmers gravitate towards open water swimming? The question may drive us to the simple answer: Because it's there. I believe, however, that in addition to liking swimming, open water or off-shore swimming encompasses three different forms of competition all in one.

The first form of competition is Man v. Man (gender neutral). This brings into focus that which we knew from our early days of swimming in pools when we were little age groupers with our new Lycra Speedos or constricting Belgrad suits. I still hear, "Take your mark" in my sleep sometimes and have, on occasion, swum butterfly while sleeping, finding all my bed linens at the foot of the bed. Just like the days of swimming in the pool, off-shore swimming is usually divided into age groups by sex so that you compete against people like you. Here is where the similarities cease.

The second form of competition is Man v. Nature. Here is where open water swimming offers a very different form of challenge than swimming in a pool where conditions, for the most part, are uniform. In open water swims, conditions vary greatly. For example, for the past 2 years, I swam "The Bay". The first year, the conditions were tough with strong cross currents and chop. This year, the swim was downright enjoyable with little cross-current and relatively calm water. In both years, forget about visibility. You can't see your own hand underwater in The Bay. Conversely, a few members of our team just came back from Bermuda where we swam in the 10k Round the Sound swim. While it was a long swim indeed, it was like swimming in an

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OFFICERS

Jeff Roddin, President
 Peter Johnson, Vice President
 Kate Fiskén, Secretary
 Mauricio Rezende, Treasurer
 Dottie Buchhagen, Webmaster/
 Newsletter Editor
 Tom Denes, Past President/
 co-Newsletter Editor
 Jeff Roddin, Recordkeeper
 Clay Britt, Registrar
 At-large officers: Dave Harmon,
 Geoff Pierce, Cathy Gainor,
 Lynn Wymelenberg

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 or WaterPrfCh@aol.com



Angie, Kathleen, Lynn, and Julie on the beach in FL with the Don CeSar straight ahead on

THE LONG BRIDGE SWIM IN OREGON

by Polly Phipps

The Long Bridge Swim bills itself as the Northwest's Premier Open Water Swim and definitely lives up to its billing. I've completed this 1.76-mile swim across beautiful Lake Pend Oreille eight times, along with former ANCM Holly Dalton (now with DCRP). Each year, the sun has been shining, the air temperature about 80, and the water about 72 degrees. The location is spectacular -- Pend Oreille is a pristine lake about 45 miles long at the base of the Selkirk Mountains in northern Idaho -- 60 miles south of Canada and 75 northeast of Spokane, WA. Open water lake swimming doesn't get much better than this, in my opinion.

As with the Chesapeake Bay swim,

the conditions are slightly different each year: the wind can be with you or against you, and you can face up to two-foot swells. This year the USMS open-water championships ran in tandem with the swim, but as usual, I opted for my wet suit and the local race. Nearly 700 participants completed the two races, with times ranging from 34 minutes to two and a half hours. The swim attracts a diverse group: young (5 years), old (86 years), locals, and out-of-towners. At the finish, you are treated to huckleberry ice cream and blueberries, along with power bars and other food and drink. After the race, Sandpoint, a summer and winter resort town, is a fun place to hang out -- galleries, outdoor concerts, restaurants -- with local pubs offering huckleberry daiquiris or local microbrews for a celebratory drink of choice. More information at <http://sandpoint.org/longbridgeswim/>.

ALBATROSS OPEN TO BE HELD ON MARCH 15TH

by Tom Denes

Start training now! Our flagship event, the Albatross Open swim meet will be held at the Montgomery Aquatic Center on Saturday, March 15. This is a great opportunity to compete in familiar surroundings along with your fellow lane mates.

For the past two years the Germantown Masters outpointed us in our home pool. Last year they beat us 2,205 to 1,977. Let's get a good turnout this time and show everyone how well we can swim.

If you would rather not swim, Meet Director Cathy Gainor is always looking for volunteers, particularly to help time.

Hope to see you at the meet.



Holly and Polly with other swimmers at The Long Bridge Swim

CLAY BRITT SWIM CLINICS

Swim clinics will be held on

January 26 - February 16 - March 15 - April 26 - May 17 - June 21

More information at <http://www.claybrittswimming.com>.

ANCM 2007

HOLIDAY PARTY

Everybody is invited: new swimmers, veteran swimmers, and even former swimmers with spouses, significant others, friends.

Sat., Dec. 15 7:00 - 11:00 pm

Jeff Roddin's House
13548 Coachlamp Ln
Silver Spring
301-603-0528

Catered by Red, Hot and Blue with their award-winning specialties and Southern-style fixings!

Food and drinks (beer, wine, soda, water) provided by the team.

STEPHANIE'S FIRST OPEN WATER SWIM

by Diana Sugg



Stephanie at the Cayuga Lake swim

The scene was beautiful that Saturday morning in upstate New York. All across Cayuga Lake in Ithaca, the silvery waters were full of women swimming in bright swim caps, with canoes and kayaks alongside them. On the shore, a few hundred people gathered to cheer on the swimmers, as a band played in the background.

It was Stephanie Sugg's first outdoor swim event. She and 250 other women made the 1.2-mile swim across Cayuga Lake, a 500-foot deep, clear lake in central Ithaca. At the start of the event, Stephanie was a little nervous to jump from the steamboat into the water, but once in, she enjoyed an easy, fun swim. The lake was about 70 degrees. At one point, she even broke into the butterfly!

Near the end, spotting her family on the shore, she started to shout from the water, raising her fist in the air, "I did it! I did it!" After climbing out of the water onto the pier, where organizers congratulated her, she took photos and reveled in her

accomplishment alongside swimmers who had come from as far away as California and Germany.

"I feel like I could swim to the other side!" she declared.

The event, a fundraiser for the local hospice, raised about \$180,000, and Stephanie raised \$500.

OPEN WATER RACING IN THE CAYMAN ISLANDS

by Ben Stubenberg

On a whim a couple of years ago I put myself on the email list of the Cayman Islands Amateur Swim Association. Every month or so I would get announcements of an 800 meter, one mile, 2.4 mile, 5K or 10K race along this gorgeous stretch of white sand called Seven Mile Beach on Grand Cayman, the most developed of the three islands.

I had never been to Grand Cayman, about 150 miles south of Cuba and 180 miles west of Jamaica, but as a lover of the Caribbean, I could easily shut my eyes and dream of swimming through window-pane clear turquoise water. So when the Flowers One Mile Swim on June 17

popped up in mid-March, I told my Lane 3 teammates, who were quite intrigued at the prospect of taking a long weekend to do this. After all, we had worked out hard all winter, and this would be our reward.

By the following week, Polly Phipps and Holly Dalton (formerly an ANCM) had made plane and hotel reservations, followed by Mike Boyle. As the one who had "discovered" this event, I could hardly sit on the sidelines, so I booked my flight as well. Tamara Zemlo and Chris White decided to come, too, and we had our team.

On the evening before the event, my USMS contact on Grand Cayman, Bill McFarland, invited us to join him and his friends for an after-work mile swim along the harbor that spills into happy hour at the popular Sunset Bar and Restaurant. I could get used to that real fast. One of Bill's buddies on the swim turned out to be Mike Barrowman of Rockville, Olympic gold medalist in the 200-meter breaststroke at Barcelona in 1992. He now lives on Grand Cayman and coaches the Masters program.

The next day 546 racers along with at least twice as many on-lookers gathered on the stunning beach. Swimmers came mainly from Canada and the US, but the Cayman Islanders

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Holly, Polly, Mike, Chris, Tamara, and Ben in the Cayman Islands

OPEN WATER SEASON

(Continued from page 1)

and margaritas at the finish line. A little post-swim betting and imagine our surprise when we won the Kentucky Derby trifecta. Quite a feat for a bunch of novice railbirds who never even made it to the track!

The next venue for me was the Chesapeake Bay on the far end of the Bay Bridge for my fifth 1-mile challenge on June 10th. Short, fun, with conditions considerably better than last year. Still with a current, but not as rough. I was one of a number of ANCMs who finished the 4.4- and 1-mile swims.

July 28th found me in Westport, CN for my ninth annual 1-mile Point-to-Point swim sponsored by the local YMCA – my chance to combine swimming in Long Island Sound with a visit to relatives. Another sunny, fun-filled weekend. The water in the Sound is fairly calm but with enough of a current to present a challenge in the homestretch. At least there were no jellies this year.

On September 1st of Labor Day weekend, I went to Atlantic City, NJ for my second (and the 78th) Pageant Swim (remember the Miss America Pageant that used to be held in that city?) The 1.5-mile swim is the oldest continuous open-water swim in the U.S. – the first one was held in 1929! Several of this year's swimmers have been participating for 40 or more years. No wonder they know the course so well! We began by swimming straight out towards France (the biggest challenge is getting through the surf), then made a sharp right to go around the end of the Steel Pier, and continued down along the shoreline. The swells were gentler than last year when the remnants of Hurricane Ernesto eroded most of the beach and forced a two-day postponement.

My open water swimming season ended on September 22nd with the last-gasp 1-mile September Splash in Wildwood Crest, NJ. Salt-water Sunset Lake and the weather were still plenty warm. And the ocean beach was clean,

comfortable, and nearly deserted for pre- and post-swim relaxation.

These were all fun swims that I plan to repeat for many more years. But I am always on the lookout for other interesting ones. Can't wait for that open water season to begin!

CAYMAN ISLANDS

(Continued from page 3)

had their own best swimmers entered—few in number but high in quality, as we later found out. The water was as clear and warm as I had imagined, maybe better. The buoys were laid out every quarter of a mile for a straight shot along a curving beach, making the navigation easy. The organizers knew what they were doing.

Anyone who has done these open water swims knows how pumped up everyone is and the spontaneous creation of an excited community of swimmers. This was a water start where we all stood shoulder to shoulder in water up to our hips. The horn blared, and we lurched forward to find our space in the thrashing (but polite) mass of humanity that gradually spread out. The sea was delightful even if a little choppy from winds and a horrendous rainstorm the night before. We got into a pace of regular strokes that took us through this idyllic scenery of parrot fish and a few rays skimming along the bottom.

The top male and female finishers, Brett Fraser and Heather Roffey, both Cayman Islanders, raced through the chute to clock in at 17:56 and 19:01 respectively. These swimmers are really good. Look for them representing the Cayman Islands in the 2008 Olympics. As the rest of us emerged on the beach, lovely ladies placed ribbons with medals around our necks while calypso music filled the air from boom boxes. Energy drinks and water re-hydrated us, but a beach bar conveniently located a few steps from the finish line allowed us a well-deserved beer as we settled in to swap stories with our fellow swimmers. The practice paid off and we can be proud—all ANCMs finished in the top 20%.

The awards ceremony featured all the top business and government leaders, including the Governor, who made clear that the Cayman Islands aims to be *the* destination for open water swims in the world. They certainly make a great case for that honor. Then, just to sweeten the event for all the participants, they proceeded to draw over 100 prizes totaling \$100,000 for the participants. One in five won something and one in twenty won an airline ticket to places like Rio, London, and back to the Cayman Islands.

This swim is definitely on the calendar for next June!

WHY DO WE DO IT?!

(Continued from page 1)

enormous aquarium with unbelievably beautiful fish and coral. There was very little chop, but the salinity left us all a bit "fat tongued" at the end of the swim.

The third form of competition is Man v Himself. Clay Britt once told me before my first bay swim, "that's just a long time to be inside your own head". In some swims, like "The Bay", although you are in the water with about 600 of your craziest friendly participants, after the start, you rarely see anyone let alone

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Matt finishing The (Chesapeake) Bay Swim

BERMUDA “ROUND THE SOUND” SWIM 2007

by Kathy Kirmeyer

Open water swims are journeys to another planet. Sometimes – as with the Bermuda “Round the Sound” swim – they are several journeys to several different planets. Sort of like the adventures of the Little Prince, after he left Asteroid B-612 in search of a sheep

... Anyway, there were 6 of us searching for what is essential and hoping to find it in Harrington Sound on October 21. Prof. Doremus (a succulent humanist, we later learned), a Shane and a McShane, both larger than life, Kirmeyer2x, and a Why-Not-Melenberg. A motley crew for sure.

With any space mission, advance planning is a life or death matter. And plan we did. It was the longest swim any of us had attempted: either 7.5 K or 10K, depending on how much false confidence each was able to muster. (Is it true that we spent most of the pre-race meeting not listening to the rules, but instead scanning the crowd, searching out everyone who was fatter, older and otherwise looked less likely

to make it than we were?)

Equipment-wise, we were ready. We had AquaSpheres. We had Bullfrog and zinc for the lips. We had BodyGlide (but then that oddly aggressive woman with the huge tub of Vaseline persuaded us to let her slap big gobs of it in various places we hadn't even considered, all the while muttering that our swimsuit was a size too big). Even though we knew we couldn't wear them, we had packed our wetsuits like so many favorite “blankies,” just because it seemed reassuring to have them on the island with us. We had bookmarked to the Bermuda weather website weeks before, and so we even were ready for the storm predicted for race-day: we had Dramamine and ginger tablets, and we bluffed and puffed about “real waves” we'd conquered before. (Later, days later, the real waves got the better of Why-Not ...but that's another story).

And of course we had Gu: with and without caffeine. McShane said “no fruit flavors; they don't mix well with the salt water” (well, that's an edited version of what he said, anyway.) So we had espresso love and vanilla bean. Dozens of them. 6.2 miles, optimistically 180-200 minutes, Gu every 45 minutes, plus an extra or 2 for emergencies. We had studied the course

map, calculated times and distances, and marked “X” where we'd choke back each one. We had discussed when to go espresso, when to go vanilla. We were ready. But here's the rub (literally), the one we did not foresee and for which Vaseline could not prepare us: it was game-time, and now there they were, 6 Gu packs, spread out on the ground in front of us . . . but where to stow them? Under the cap? Only so much room there. Behind the goggle strap? Chop might knock them free. In the suit? Where in the suit? Would they stay reachable? Would they migrate southward? Ouch-y. Well, the answer was all of the above. We found places for all, but we looked like we had little fatty tumors in unexpected spots, here and there. Dignity be damned; this was true carbo-loading.

And yes, our planning had included training. Lots of it, almost all imagined but vigorous and impressive nonetheless. Well-meaning people kept saying “how do you train for a swim that long ...how much yardage do you need to do?” To which we replied with cryptic smiles and shrugged shoulders, intended to suggest highly researched and technical land -and water-training programs far too complex to relate in response to such a casual question. But really, we had no clue. We tried not to swim “frantically” (thanks, CJ), and

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WHY DO WE DO IT?

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hear words of encouragement. Everyone I have talked to who has swum The Bay has said the same thing. At some point you start hearing the demons in your own head screaming, “Why am I DOING this?!”. Having swum competitively year round from the time I was nine until I graduated college, I don't think I ever heard that level of challenge from inside any swimmer.

Open water swimming is growing in popularity in part because swimmers are looking for different challenges over and above short course and long course distances and, I believe, because it is just plain fun!



Shane McKeon, Lynn Wymelenberg, .Paul Doremus, Kathy Kirmeyer, and Matt McShane

BERMUDA

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practiced being bored ...very ...very ... very....b...o...r...e...d. Lap after lap. Some of us gave up, announced that such a swim was “basically all mental,” and trained accordingly.

The day before, we had climbed onto a boat with 30 or so other lambs for a cruise around the course. Everyone was so cheerful (could it have been swizzles and Dark n’ Stormys?). It was sunny and beautiful and only the teensiest bit ominous when our guide declined to explain why a seemingly innocent little stretch around a few islands was “the challenging bit” of the swim. “The locals need some advantage,” he grinned. We’d remember that later, as it turned out. And that guy posted the fastest time for a male (but only slightly faster than our own Prof.).

The pasta-loading dinner that night was also a sign that we were about to leave our world for another. At our table it was our jolly crowd of 6, and an odd fellow whose most recent swim apparently had been around the entire country of New Zealand, during which, he informed us, he achieved an internal body temp of 91. We ran into him during the swim the next day; he seemed oddly angry and disoriented then ... perhaps the 78 degree water was baking his brain, or maybe it was still addled from the New Zealand experience. It was at this same dinner that we think Green 701 made her fatal mistake . . . but we didn’t know it then. Food poisoning and open water swimming are an unpleasant mix, even if the locals let you use their bathrooms. A lot.

And then, it was Sunday morning. With Why-Not and Green 701 dropped off at their start for the 7.5K; the rest of us scooted to the 10K start. The feared wind and rain seemed to be holding back, but no one really believed it would last. Gu loaded, lube applied, final psych tunes pumped into our brains in the hope they’d stick there and keep us occupied for an hour or two. Then, in the water and whoa -- it just started. Unceremoniously. Suddenly. We just slipped out of this world and into

another.

And truthfully, there is nothing like that swim in this world. For three hours (more or less), we visited planet after planet, as we ticked off the stops and the landmarks (Cockroach Island, Shark Hole, No-Name Rock . . .). We hunted like lost tourists for little billboards with big red arrows pointing the way around this island or that one. We lost track of each other, and of time. The landscape, the conditions, the challenge, our prospects, and our mood changed constantly. We swam in giant schools of silvery minnows and smiled as they darted away. We saw darker shadows down low and tried not to look too close. We swam in clear, calm water so shallow we could almost touch bottom, but we forgot to look for the magic green bracelets that would earn us chocolate bars. We swam for what seemed like hours in big, dark, stormy waves that smacked us around, drove us apart and then crashed us together, knocked our goggles off, and left us shouting at kayakers for directions and at each other for support. Giant ghostly jellyfish (official pre-swim party line: “we really

leg or jelly through our fingers. We knew we were losing it when we looked forward to the next little buzzing sting. At one checkpoint, as we treaded water and tried not to get smashed up against the barnacle-encrusted dock, we shouted up to the little girl and her mother handing down little cups of water: “when will this rough water end?” A split second before the mother could shout out her answer (“soon!”), the girl earnestly blurted out “tomorrow.” We laughed and swam away. At the next checkpoint, we were not so lucky and so we stuck our feet in the air to be sure our toes were still attached after their brush against the coral. Then, suddenly, the doldrums . . . a bizarre calm for the last 2K, and we understood why sailors go mad. With the finish in sight we shouted out loud that we were “too [expletive]-ing bored!” to keep going. But we did, and it was surreal and trippy. Simply amazing. And as we finished, the rain came down, finally, and we all huddled under a tent, and Green 701 wondered if her hero might need rescuing. But we all made it back to earth.

And yes, we’re all doing it again next year.



Lynn, Kathy, Matt, Shane, and Laura Kirmeyer with four wahoos and a barracuda

haven’t seen more than 1 or 2 on the whole course”) would appear out of nowhere, and every now and then we felt a little stinging buzz across our neck or

IN CASE YOU WERE PLANNING TO DO THE CHESAPEAKE BAY SWIM IN 2008 ...

The 4.4-mile swim lottery officially closed November 20. There are no more openings for the 720 slots.

The 1-mile Bay Challenge will open on Monday, December 10, 2007. It will close out at 450 entrants. No lottery for this swim. Entry fee is \$50.

For further details, go to <http://www.lin-mark.com>.

JOINING MYRIAM PERO'S COLOMBIAN SWIM TEAM AT THE SOUTH AMERICAN MASTERS CHAMPIONSHIP

by Ben Stubenberg

Isla Margarita—doesn't it just glide off the tongue like an ice-cold drink on a tropical beach where you smell those shrimp, they're beginning to boil, and you haven't a clue where you got that brand new tattoo? Just off the coast of Venezuela, Margarita Island also happened to be the venue last month for the 8th South American Masters Swim championship, where our former ANCM Myriam Pero brought her very talented Colombian Masters Swim team ACUACOL for seven fabulous sunny days of competition in long course pool and open water events.



Myriam and Ben at Isla Margarita

When Myriam kindly invited me to join ACUACOL and swim against the best Masters swimmers of South America, I didn't hesitate for a minute. Her Colombian team mates could not have been nicer and immediately took

me in as one of their own. They were extremely competitive and came to win, but also to have a great time. These guys and gals of all age groups knew how to swim fast and party hard. Indeed, it didn't take them long to find the island hot spot, Senor Frog's, where they danced salsa and merengue into the wee hours. But that didn't slow them down as the team racked up numerous gold, silver, and bronze medals and scored enough points to earn third place among the mid-sized teams. Myriam swam away with an impressive four gold medals in the 800 free, 400 free, 400 IM, and 3 km open water, three silver in the mixed free relay, women's free relay, and women's IM relay, and three bronze in the 200 free, 100 fly, and 100 free. And she was awarded the second place trophy for her age group. *Felicitaciones!*

The *aguas abiertas* (open water) event was held in Bahía Pampatar, a sapphire colored bay bounded by low rising hills that is also a popular spot for locals and visitors. Over 200 swimmers gathered for a beach start. We could see right away that the race would present a navigational challenge because of the small buoys and lengthy spacing between them well in excess of open water Masters standards. The first half of the race was pretty smooth, even if the sea had a whiff of diesel fuel from the small fishing boats. A rough current and chop over the second half of the race added to the challenge. Still, everyone finished, even swimmers in their seventies.

Myriam arranged for the team to stay in a hotel that was just a stone's throw from the island's most prominent and famous beach, Playa El Agua. Well away from the main town of Porlamar and its mega shopping malls, Playa El Agua is the perfect beach with miles of clean white sand, gentle waves, and thatched roof cafes. A cold beer could be had for 60 cents and a fresh seafood lunch to go with it might set you back \$4.00. Undoubtedly, it's the last inexpensive place left in the Caribbean and probably as close as it gets to Jimmy Buffet's Margaritaville.

But swimming in paradise has its price as getting to and from Margarita can be awfully difficult. Almost

everyone experienced delays and missed flight connections, particularly on the returns. Myriam had to wait five days in Caracas before finally getting a flight to Bogotá! I had my own flight delays to contend with, but the extraordinary swimming experience and wonderful friendships I made far outweighed the hassles.

ANNUAL MEETING - NOVEMBER 4, 2007

by Kate Fiskén, Secretary

Place: Lynn Wymelenberg's Home

Participants: Jeff Roddin, David Harmon, Clay Britt, Tom Denes, Kate Fiskén, Dottie Buchhagen, Cathy Gainor, and Lynn Wymelenberg.

The meeting was called to order by President, Jeff Roddin, at 11:05am.

Nomination of Officers: A nomination was made from the floor to re-elect the existing officers and coaches, with the following changes: Dottie Buchhagen and Tom Denes will share the Newsletter Editorship; Lynn Wymelenberg will be an At-Large Board Member. All nominations were accepted and the remaining officers and coaches were elected.

The following officers presented reports:

Jeff Roddin, President: Jeff discussed the ANCM registration process and the new USMS website registration "beta testing". The Board discussed what process worked best for ANCM. Tom Denes & Cathy Gainer volunteered to head a committee to send out our 2008 USMS registration renewal forms. Tom and Cathy suggested beginning the process at the next breakfast get-together at Mosaic restaurant, after Sunday's swim team practice.

Vice President: Peter was absent. The Board discussed the ANCM caps supply. It was decided to ask Peter to distribute the remaining caps to all coaches as soon as possible.

Kate Fiskén, Secretary: Reported along with Tom Denes on the feedback from ANCM's membership of "Excess Funds". See feedback summarized

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below.

Mauricio Rezende, Treasurer: Mauricio was absent. Jeff Roddin presented ANCM's 2007-2008 Budget as summarized below and reported our account balance as of 8/31/07 to be \$19,259.05.

Clay Britt, Registrar: The Montgomery County and the ANCM/USMS registration processes were discussed. It was noted that ANCM will continue having all registration slips and payments sent first to Clay, who will then send the registrations to Jeff and the checks to Mauricio. For those members who register on-line with the Montgomery County Recreation Department website, it was explained that their information will be sent to Clay.

Dottie Buchhagen, Webmaster & Newsletter Editor: Dottie discussed the need for better "photo" software, so that all members can have better access to ANCM's website photographs. A motion was made and Board approved that we make this needed expenditure. Dottie also mentioned that the next newsletter would focus on open water swimming and encouraged all interested members to send her their articles or comments on this topic.

The next agenda item:

Holiday Party: The ANCM Holiday Party will be held on December 15, 2007 at an ANCM member's house. Jeff volunteered his home in the event that no other home could be arranged. He also voiced the need to streamline the clean-up process, since last year it was a real chore for him the next morning. The Board discussed formalizing the clean-up process by appointing a Clean-Up committee via an email solicitation. It was decided that this committee should be organized well in advance of the party date. It was also suggested that the Board provide plastic containers to the party attendees so that leftovers could be doled out as they leave. The Board discussed having the food for the party catered. Red, Hot and Blue was suggested. The drinks will be handled by others. Jeff said he would follow-up on the catering and suggested that we see what kind of catering might be available

for the same price as last year. Subsequent to the meeting, the party location was set to be Jeff's house.

Proposed Budget: ANCM's 2007-2008 Budget was reviewed, line-by-line. Tom noted that our revenue would go down if we lose registered members and suggested reducing the forecasted members to be 200. After that discussion the revenues (individual dues, Albatross Open registrations, etc) were reduced. The following "swim club supplies" were discussed: kickboards- should be 0-; Swimming DVD expenditure was increased to \$150; the Website/Bulletin Board expenditure was increased to \$200. After the Board's review and adjustments, a motion was passed to accept our 2007-2008 budget to be a deficit of \$269. Note: this amount includes all adjustments made in Old and New Business items detailed in these Minutes.

Albatross Open: The date for the 2008 swim meet was set for March 15, 2008 at the Montgomery Aquatics Center (MAC). The fees and surcharge would remain the same as last year. Meet Director Cathy Gainor discussed the need to arrange in advance the necessary swim meet timers and officials and a future planning meeting will be held.

Old Business: There was much discussion regarding ANCM's cumulative Net Assets amount of approximately \$19k. Tom and Kate had worked on this issue over the past year by soliciting feedback from our team members. Tom collated the ANCM membership feedback and reported the results. The following illustrates how the ANCM's membership thought the excess funds should be spent:

- 1) **Recruitment** was the choice of 8 members
- 2) **Video Library** was the choice of 5 members
- 3) **Price Reduction** for T-shirts and Registration for Albatross Volunteers was the choice of 5 members.
- 4) **Award Plaques** to ANCM Outstanding Service members was the choice of 4 members.
- 5) **Coach Financial Support** to further their training and/or certification was the choice of 4

members.

6) **More Social Activities** was the choice of 4 members.

All feedback was discussed at length and the following resulted:

- 1) The Board made no decision on the **Recruitment** idea.
- 2) The Board would investigate the pros and cons of a **Video Library**, logistics being a major concern.
- 3) The Board did not think the **Price Reduction** idea was a good one and would not set good precedent.
- 4) The Board decided to move forward on **Award Plaques** for ANCM volunteer members who have provided Outstanding Service to our organization.
- 5) The Board decided to award \$100 to each coach for **Coach Financial Support** to their further training and/or certification if they attend ASCA type training sessions.
- 6) The Board discussed **More Social Activities** such as, a "Bowling Night" and subsidizing part of the Stoudt's camping trip.

New Business: Dottie reported that the ANCM Bulletin Board at the MAC has been established. It is located in the lower level next to the entrance to the men's locker room. The bulletin board was set up by Debbie Kelsey, and she will also maintain it. Dottie noted that the Bulletin board provides an opportunity to advertise ANCM membership to other MAC non-member swimmers, as well as to keep our general membership informed of news and latest events. The Bulletin Board will post team photographs. The ANCM Outstanding Service Award plaque will be mounted on the wall next to the Bulletin Board. Dottie requested a budgeted amount to aid in the cost of reproducing photos for the Bulletin Board. An increase of \$50 was approved by the Board.

FREE

All registered ANCMs are eligible to receive a free swim cap. Contact your coach.

**ANCM BUDGET FY08
(Sept 07-Aug 08)**

2007 ANCM TEAM

by Mauricio Rezende, Treasurer

INCOME

CATEGORY	AMOUNT
Individual team dues	\$2,400
Interest income	\$350
Albatross Open	\$7,000
ANCM Gear Sales	\$100
Total =====>	\$9,850

EXPENSES

Newsletter	
Copying	\$529
Mailing	\$271
Subtotal----->	\$800

National Team & Relays

T-shirts	\$ 75
Meet relays	\$ 75
Subtotal----->	\$150

Miscellaneous

Bank fees	\$50
Club filing fees	\$100
Video	\$150
Website/bulletin board	\$200
Misc copying/postage	\$100
Misc supplies	\$100
Misc expense	\$300
Subtotal ----->	\$1,000

Other

Coaching cert	\$200
Service Award plaques	\$250
Subtotal ----->	\$450

Socials

Summer picnic	\$600
Bowling trip	\$250
Camping trip	\$100
Holiday Party	\$1,500
Subtotal ----->	\$2,450
Albatross Open	\$5,269

Total =====> \$10,119

NET INCOME=====> (\$269)



2007 ANNUAL PICNIC



LANE CHAT



Elizabeth Anne Britt

◆ On July 1, in Thai Nguyen, Vitenam, Clay and Mary Britt received their four-month-old baby girl Nguyen Thi Quy, after a nine-month adoption process. They renamed her Elizabeth Anne. Her parents report that Elizabeth Anne is a happy little girl who has adjusted extremely well to her new home and parents. As far as swimming goes, Clay says it looks like she will be a breaststroker!

◆ Andy Fraser and wife Suzanne welcomed baby Alex on July 10.



Alex Fraser

Photo credits: Dottie Buchhagen - p.1, p.9; p.10; Polly Phipps - p.2; Diana Sugg - p.3; Ben Stubenberg - p.3, p.7; Matt McShane - p.4; Kathy Kirmeyer - p.5, p.6.

WINTER SESSION BEGINS SUNDAY, DECEMBER 30

Registration for the Spring session (December 30, 2007 - April 19, 2008) is underway. 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>.

VISIT THE ANCM BULLETIN BOARD ON THE LOWER LEVEL OF THE MAC

EVENT CALENDAR 2007-2008



2007

12/7-9: Colonies Zone SCM Championships hosted by Jersey Area Masters

12/16: 25th Annual 1000/1650 "AutiSwim" Meet at Fairland Aquatic Center, Laurel, MD. <http://www.terrapinmasters.org/meet1000.htm> ; Diana Corbin diana_m_corbin@hotmail.com or Cheryl Wagner cherylw@crosslink.net

12/31: Swim in the New Year 2008: Univesity of Maryland Natatorium, College Park, MD; <http://www.terrapinmasters.org>

2008

1/18-22: IGLA Championships UM Natatorium, College Park, MD; <http://www.swimdcac.org/>

1/27: ALEX Tropical Splash (entry not yet available)

2/9: Carol Chidester Memorial Swim Series; Severna Park, MD <http://www.pvmasters.org>

3/15: ALBATROSS OPEN, Montgomery Aquatic Center, N. Bethesda, MD

3/29: Carol Chidester Memorial Swim Series; US Naval Academy; Annapolis, MD <http://www.pvmasters.org>

6/18-22: IGLA Championships hosted by DCAC at UMD in College Park, MD <http://www.swimdcac.org>

6/28: USMS 1-mile Open Water Championships, Long Island Sound, Madison, CT

7/12: USMS 2-mile Cable Championships, Chris Greene Lake, Charlottesville, VA

10/19: World Championship Trials and Prequalifying for Olympic Trials, 10K, Fort Meyers, Florida Website: <http://www.usaswimming.org>