

The Rime

Volume 15, Number 1

March 2009

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MD SENIOR OLYMPICS PROVIDES MOMENTS FOR A LIFETIME

by Kate Fisken

As I walked into the Germantown Pool this past Oct. 11, I was taken aback by all the gray- and white-haired folks dressed in Speedos and warming up to begin their heats. Some were over 90 years old, some were in their 50s, some limped, and some were rotund. But all had one mission in mind -- to swim as fast as they could to qualify for the Maryland Senior Olympic team and go to the Nationals at Stanford University in August. Among this crowd of about 200 swimmers were two ANCMs: Jeff Loman and me.

I learned about the Maryland Senior Olympics from the Montgomery County Recreation Department. This is the first year the competition was held in Montgomery County, and the Recreation Department publicized this event broadly. One Sunday this past summer, I happened to mention it to Jeff and some other ANCMs at swim practice. Jeff seemed interested, so I explained the two main qualifications: you had to be Maryland resident, and you had to be at least 50 years of age.

As a novice competitive swimmer, this meet sure sounded exciting to me. Other than a few open water competitions, I have only competed as an adult in our Albatross Open – where the meet crowds are much younger and faster. I visited the two websites, www.mdseniorolympics.org and www.nsga.com, and reviewed the rules and regulations. I learned that if you placed first, second or third in any of the swimming competitions (or met the event's minimum qualifying time), you would automatically be placed on the Maryland Team



ANCM CLUB DUES

by Jeff Roddin, President

Before the rollout of online registrations, ANCM swimmers filled out paper registration forms and turned them in to the team (via mail or to your coach). If you ever read the small print on the form, it indicated the \$49 fee was itemized as follows:

- \$8 to Swimmer magazine
- \$17 to United States Masters Swimming (USMS)
- \$12 to Potomac Valley Masters
- \$12 to ANCM

If you registered via a paper form this year, most of this will not apply to you. New this year is the ability to register/renew online through a secure USMS server. Many of you took advantage of the online system and were able to sign up much easier than in the past. The \$12 annual club dues, however, were not collected during the online process because USMS has not (yet?) agreed to collect these fees for us (you'll note if you paid online via credit card it was only \$37 to register). If you registered using a paper form, you paid \$49 and therefore paid your club dues.

Therefore if you registered online, you will have to pay the \$12 annual club dues separately (some of you have already sent in checks – thank you very much!). We have set up our webpage to include a Paypal link to make this easier for you.

Sending in a \$12 check will always be an option to those who prefer not to pay online. If you prefer to pay by check, please mail a check (payable to "Montgomery Ancient Mariners") to Jeff Roddin, 13548 Coachlamp Ln, Silver Spring, MD 20906. Alternatively, you may give your check to Coach Clay.

I know times are lean, but trust me that we can stretch your \$12 pretty far (newsletter, website, coach training, picnics, holiday parties, social outings, swim

OFFICERS

Jeff Roddin, President
 Peter Johnson, Vice President
 Kate Fisken, 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,
 Cathy Gainor, Debbie Kelsey

FROM THE EDITORS

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

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SWIMMING THROUGH INJURIES

by Tom Denes

If you swim long enough, you're sure to end up with an injury. Some swimmers take a break to rehabilitate an injury. Others cross train or work through their injury. Below are stories of three of these swimmers:

CJ Hall, 44, has been an ANCM swimmer and coach since the early 1990s. Her "loose shoulders," combined with time, swimming, and kids, contributed to increased shoulder instability and eventually constant pain.



Q: What are you doing to rehabilitate your injury?

CJ: I am committed to intense physical therapy three times per week at MZ Physical Therapy in Rockville. I spend two hours per visit on warm up, resistance exercises, targeted weights, stretching, and cool down. I could reap benefits with less time, but I want to give this my all so I can hopefully avoid surgery.

I was amazed at how much muscle I had lost and how my posture had deteriorated – and it's amazing how mentally and physically challenging this rehab is! I credit MZ's Margaret Conze and Brian Connelly and staff for their dedication, knowledge, and unfailing enthusiasm and for the entertaining atmosphere in their office – it's like Cheers. It keeps me going, especially on those tough, tough days.

Additionally, I have become more appreciative of my one and only body and the importance of keeping it in its best condition.

Q: When will you be able to race again?

CJ: Most of all, I'm thankful that the quality of my daily life has drastically improved. Swimming-wise, I recently managed an easy 1500, mostly pain-free. If racing is in the future, so be it. If I can

be physically strong and comfortable for the rest of my life and enjoy moderate swimming, I'll be overjoyed.

Al Navidi, 49, has been an ANCM since 1999. He uses the swim practices to cross train for his true passion - triathlon. In 2008 Al suffered a torn meniscus in his left knee while training for the Boston Marathon. Al also has been suffering from a sports hernia for the past four to five years, but it wasn't until recently that the doctors realized it actually was a sports hernia and not another issue.

Q: How did you get injured?

Al: It was not a single event or action that caused me to tear my meniscus. My knee had started to hurt, and the pain gradually got so bad that I was forced to have an MRI, which in turn determined that the meniscus was, indeed, torn. My orthopedic surgeon informed me that the meniscus does not require a lot of effort to tear; a simple sudden movement can cause it to tear! In any case, I continued my training despite the injury and the pain and at the end of the season finally had it repaired via arthroscopic surgery.

With regards to my sports hernia, it is the repeated pounding action due to running. Not being your average runner due to my size (6'1", 190 lbs), my body suffers from wear-and-tear more than runners of smaller stature. This pounding action creates an inflammation of the pelvis, which makes it very painful to run. The only way to correctly address this issue is by having surgery, which I have put on the back burner for now.



Q: How do you train around your injuries?

Al: Cortisone injections in my pelvis helped ease the pain for sports hernia, and I took lots of ibuprofen for the knee injury.

Q: How did the injuries affect your performance in your races?

Al: The sports hernia affected my Boston Marathon performance in a major way, and I had one of my slowest times. The knee injury affected my Ironman Canada.

Paul Doremus, 48, has had shoulder problems for many years. However, he has had success slowly rehabilitating his shoulder.

Q: I understand you had two injuries to the same shoulder. What happened?

Paul: My first shoulder problem emerged in 2002. The underlying problem was a result of years of repetitive motion, which led to osteoarthritic conditions in the acromioclavicular (AC) joint of my right shoulder. It was severe enough at one point that I couldn't swim at all and was considering surgery. I ended up treating the problem through a single cortisone shot (which was not very effective) and a combination of Nonsteroidal Antiinflammatory Drugs (NSAIDs) and physical therapy (PT), which over time was very effective. In the process, I learned a fair amount about shoulder mechanics and the types of motion (usually involving specific overhead movements) that tend to set off my particular condition. I modified my strokes a bit, began spending more time warming up, and tried to maintain a reasonably consistent level of swimming over the course of the year (my shoulder problems tend to re-emerge after I've been out of the water for a while). With these adjustments, things were working out fairly well -- until last spring when I crashed in shallow water while water skiing, landing squarely on my right shoulder. This was a new level of trauma to the AC joint, but no bones were broken and no tissue ripped, so I went back to the same solution: NSAIDs and PT. After nine months, I'm about back to normal.

Q: How have these injuries affected your swimming, especially your competitions?

Paul: For a number of years now I've been competing almost exclusively in open-water events, so these injuries have been less disruptive than they would have been for an indoor competitive swimmer with a larger number of regular meets throughout the year. My initial injury started in the fall of 2002, after the local open water season had ended, and provided enough time for me to get back in the picture for the 2003 season. I didn't

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SWIMMING THROUGH INJURIES

(Continued from page 2)

swim many races, but I was able to compete in the 4.4-mile Great Chesapeake Bay Swim, which is essentially a benchmark swim for me. The second injury was



two weeks before the 2008 Potomac River Swim, which I was looking forward to swimming for the first time. I had to cancel out of that race, but was able to swim the Bay Swim four weeks after the accident. It wasn't comfortable, but I had gotten a green light from my orthopedic doctor ("I wouldn't do it," he said, "but you're not going to make the problem worse") and had become familiar enough with this type of shoulder problem that I was willing to swim through it. I carried on that way through the 2008 season and am just now getting to the point where I'm not worried about it too much.

Q: What have you been doing for treatment?

Paul: NSAIDs are the main thing, although I'm trying to use them much less frequently than in recent years. I also have a PT routine that works really well for maintaining shoulder strength and conditioning -- if only I could overcome the horrendous boredom of these exercises and actually do them. A regular swimming schedule and a constant focus on stroke mechanics have helped a lot. I also have become a bit more aware of what my PT called "consistent micro trauma"--things like workplace ergonomics and even sleeping positions.

Q: Are there things you still can't do?

Paul: Well, I've been telling my lane mates for years now that I can do only a limited amount of fly -- and I'm sticking with that story.

SENIOR OLYMPICS

(Continued from page 1)

and would be eligible to swim at Nationals. I pondered the decision to participate. I checked the qualifying times against my times and found one was competitive and the others were just "ok". So, once I filled out my application, I resolved to train harder to better my times.

As I sat on the bench waiting for my events, I met some very interesting people and developed camaraderie with a few. I met 91-year old Maritz Anderson from Parkville, MD. Maritz drove alone to the meet from his home north of Baltimore. He placed 1st in the 50-yard backstroke, 1st in the 100-yard breaststroke, and 1st in the 100-yard IM. Even though he had no competition in his age group, this was quite an accomplishment -- Maritz suffered a massive stroke five years ago and had to learn to speak, write, walk, and swim all over again! I



also met members from the Maryland LMSC masters team and was welcomed to join their Y team when they compete at the Y Nationals in Ft. Lauderdale in April. Not only will this meet be good practice for me in preparation for the Senior Nationals,

but I also look forward to spending some time visiting the International Swimming Hall of Fame.

Jeff won a gold medal in the 500-yard freestyle, and I won a silver medal in the 100-yard backstroke and two bronze medals in the 50-yard freestyle and 50-yard backstroke. We both left pleased and happy with our performances.

Yes, we are both training and planning to compete at Stanford this summer. And, for me, this will be a sentimental journey -- in 1967 I met my husband (my heart) in San Francisco.

ANCM 2009 BUDGET

September 2008 - August 2009

(Approved on 11/2/2008)

INCOME

CATEGORY	AMOUNT
Individual team dues	\$2,400
Interest income	400
Albatross Open	6,914
Total =====>	\$9,714

EXPENSES

CATEGORY	AMOUNT
Newsletter	
Copying	\$500
Mailing	277
Subtotal----->	\$777
National Team & Relays	
T-shirts	\$75
Meet relays	50
Subtotal----->	\$125
Miscellaneous	
Bank fees	\$250
Club filing fees	50
Video/DVDs	130
Website/bulletin board	150
Misc copying/postage	100
Misc supplies	50
Misc expense	100
Subtotal ----->	\$830
Other	
Coaching certification	\$200
Service Award plaques	250
Subtotal ----->	\$450
Socials	
Summer picnic	\$500
Local outing	200
Camping/travel trip	1,000
Holiday Party	1,500
Subtotal ----->	\$3,200
Albatross Open	\$6,132

Total =====> \$11,514

NET INCOME=====> (\$1,800)

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

MINUTES OF ANNUAL ANCM MEETING

by Kate Fiskén, Secretary

Date: Sunday, November 2, 2008

Place: La Madeleine Restaurant, Rockville, MD

Participants: Jeff Roddin, David Harmon, Clay Britt, Tom Denes, Kate Fiskén, Dottie Buchhagen, Cathy Gainor, Geoff Pierce and Peter Johnson.

The meeting was called to order by President, Jeff Roddin, at 11:00 a.m.

Nomination of Officers: A nomination was made from the floor to re-elect the existing officers and coaches, with the following changes: Debbie Kelsey will be an At-Large Board Member; Geoff Pierce and Lynn Wymelenberg were removed as At-Large Board Members. All nominations were accepted and the remaining officers and coaches were elected.

The following officers presented reports:

Jeff Roddin, President: Jeff discussed the pros and cons of the ANCM registration process and the USMS website E-Registration process. Much discussion took place regarding the fact that 11 out of 18 swimmers who E-Registered on USMS's website did NOT pay their 2008 ANCM club dues, despite being contacted more than once to pay them. The Board discussed how best to resolve the un-paid dues and what future process worked best for ANCM. The following dues collection process was instituted. At the end of each month, Jeff will send an e-mail to those who have not paid the ANCM club dues. After 30 days, Tom will send a letter asking for payment of the unpaid ANCM dues. At present, it was passed by the Board to continue the paper process again this year, but it was noted that sooner or later the E-Registration process will become the most preferred method by our membership. Thus, ANCM discussed establishing an E-Registration process for paying our USMS dues AND our ANCM Club

dues. It was noted that a future meeting will be held soon to process and ready for mailing the 2009 USMS paper registration renewal forms. To begin ANCM's electronic process, the Board discussed setting up and installing a "Pay Pal" link on our website for paying our club dues. Clay said he would take charge of this effort. *Subsequent to the meeting, it was learned that Potomac Valley will not support paper renewals as the primary renewal option.*

Peter Johnson, Vice President: Peter discussed the ANCM caps supply. He said we have about 200, which should be sufficient to pass out for our new session beginning in January 2009.

Kate Fiskén, Secretary: Nothing to report.

Mauricio Rezende, Treasurer: Mauricio was absent. Jeff Roddin presented ANCM's 2008-2009 Budget as summarized below and reported our account balance as of 8/31/08 to be \$20,170.60.

Clay Britt, Registrar: The registration process is in good shape and there were no coach changes expected. 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 online with the Montgomery County Recreation Department website, it was explained that their information will be sent to Clay.

Dottie Buchhagen, Webmaster & Co-Newsletter Editor: Dottie discussed that she will be adding more ANCM club documents to ANCM's website: the Articles of Incorporation, the By-Laws and the 2008-2009 Budget. She also noted that she will be using a new FTP software program to post photographs. Dottie also mentioned that she hoped that next year she would be able to issue more newsletters. The Board expressed its appreciation and thanks to her for the high quality of the newsletters and for her time spent in this effort.

The next agenda item:

Holiday Party: The ANCM Holiday Party will be held Dec. 13, 2008, at Cathy Gainor's home. The Board dis-

cussed having the food for the party catered again by Red, Hot and Blue. The drinks will be handled by others.

Proposed Budget: ANCM's 2008-2009 Budget was reviewed, line by line. Jeff noted that our revenue was based on the same amount as last year, 200 members. After that discussion the revenue (Individual dues, Albatross Open registrations, etc) were reduced. After the Board's review and adjustments, a motion was passed to accept our 2008-2009 budget to be a deficit of \$1,900. **The Board noted a new reimbursement policy: All receipts need to be submitted to the Treasurer within 30 days of the event. If they are not, they may be disallowed.**

Albatross Open: The date for the 2009 swim meet was set for March 21 at the Montgomery Aquatics Center (MAC). The fees and surcharge would remain the same as last year.

Old Business: There was much discussion regarding ANCM's 2007-2008 goals for spending some of the cumulative net assets amount of approximately \$19k. Tom discussed the past year's accomplishments:

1) **Video Library:** Clay is in charge of the ANCM Video library. An announcement will be made regarding swim videos available for "check-out."

2) **Award Plaques:** This issue was not addressed during the past year. Peter and Tom said they would try to accomplish getting the Award Plaques engraved this year for the 2000 to 2008 Service Awards.

3) **Coach Financial Support:** One coach was given financial support for certification and was thankful of our support. The Board agreed to continue this program.

4) **More Social Activities:** The Board discussed sponsoring a "Bowling Night", providing transportation to a swim meet, and subsidizing part of the Stoudt's camping trip. No decision was made at this time.

5) **ANCM Bulletin Board:** The Bulletin Board is being maintained by Debbie Kelsey.

The meeting was adjourned at 12:50 p.m.

INTO THE RIVER AND THROUGH THE WOODS — THE AQUABIKE EXPERI- ENCE

by Cathy Gainor

Three ANCMs started autumn trying our first multi-sport race: an aquabike at Naylor’s Beach, Va., on the shores of the Rappahannock River. Dottie Buchhagen, Katiuchia Sales and I competed in the aquabike, as did Dan Rudolph, who has since rejoined the ANCMs.

An aquabike is a triathlon without the run, for those of us with knee issues. Aquabike is a growing sport, but many of those races are half-Ironman or Ironman length — a little long for newbies. Naylor’s Beach was the perfect distance — an Olympic distance triathlon, allowing us to swim for a mile before the harder (for us swimmers) bike.

Tom Denes, still recovering from his separated shoulder, competed in the full Naylor’s Beach Triathlon, which featured a 10K run as well as the 1.5K swim and 26-mile bike.

The race also offered a swim-run, called an aquathlon, for those who didn’t feel like carting their bike gear more than two hours away from home.

Race day Sept. 27 started off rainy and gray.

A full week of cold rain had set us off into a panic about the water temperature. Two weeks earlier, Dottie, Debbie Kelsey and I trekked to Naylor’s Beach to ride the bike course — and see how steep and long the hills were. Dottie and I to get over our fear of the unknown, Debbie because she thought it would be a good training ride and to keep us company.

That day, we dipped into the Rappahannock, which was a lovely 75 degrees. But by race day, the water was down to 68. Time to hunt down some wetsuits — fortunately, Kathy Levintow loaned me hers the day before the race.

The swim course was basically three

sides of a rectangle, with a small current. After we smushed ourselves into our wetsuits in the drizzle, we all handled the river swim well --- including Tom, who, while one-arming his way through the mile course, got run over by a female swimmer who shall remain nameless.

Then, on to the bike, which was unfamiliar territory after a swim. It took the beginning, flat part of the course for our legs to adjust after the swim. But then we peddled furiously, making sure to save some energy for the end. The bike course was lovely — it wound inside and around wildlife refuges, along the river, through forest and farmland. Most of the course was relatively flat, but the four hills were



Cathy Gainor and Katiuchia Sales

tough — especially the second, which was steep and could knock you off your bike (and leave you stuck walking up the hill) if you hadn’t shifted into a low gear quickly enough. Fortunately, Dottie and I learned this during our test ride, and Katiuchia is a great cyclist who had no problems with the hills — despite her prostations to the contrary.

The rain stopped for most of the one-and-a-half to two hours it took to finish the bike ride, but it picked up near the end, making the race a bit more difficult for cyclists wearing prescription sunglasses.

The 26 miles ended over a series of eight speed bumps in a neighborhood along the Rappahannock. Unfortunately,

the speed bumps meant we couldn’t sprint to the finish line at the Naylor’s Beach campground -- not that we had much energy to sprint, anyway.

But we all managed to end strong, achieving our moral victory of finishing our aquabikes before Tom finished his 10K run in the triathlon.

UPCOMING TRIATHLON/ AQUABIKE EVENTS

Richmond Multisports hosts a series of Olympic- and sprint-distance triathlons that include aquabikes and aquathlons (www.richmondmultisports.com).

This year’s schedule:

- **May 17:** Rockett’s Landing Triathlon. 1.5K river swim, 40K bike, 10K run. Aquabike and aquathlon.
- **June 28:** I Love the Tavern Triathlon. 750-meter river swim, 18.8-mile bike, 5K run. Aquabike only.
- **Aug. 9:** Pink Power Sprint Triathlon. 400-meter pool swim, 20K bike, 5K run. Aquabike only. Women only.
- **Sept. 27:** Naylor’s Beach Triathlon, 1.5K river swim, 26-mile bike, 10K run. Aquabike and aquathlon.

ANCM CLUB DUES

(Continued from page 1)
caps, kickboards, DVD library...!)

(Please note this is unrelated to the fees you pay Montgomery County Recreation Department to swim masters at the county facilities — that is completely separate from ANCM/USMS fees which give you annual membership to ANCM/USMS. Your annual membership also provides you with insurance coverage that is mandatory to swim with the team.)

Note from the Webmaster: the Registration Page is accessible from the Home page or the Bulletin Board on our website - www.ancientmariners.org

STAYING FOCUSED IN THE POOL

by Cathy Gainor

Tom calls me “obsessive.”

I prefer “focused” or “disciplined.”

Offered the chance of going to a movie Wednesday night, which would mean skipping my planned nonstop swim of one and a half hours, I initially said no.



I typically do those swims on Saturdays to prepare for the 4.4-mile Great Chesapeake Bay Swim in June, but a bunch of local pools were closed or had limited lap lanes Saturday because of high school swim meets. So I

needed to rearrange my schedule to swim Wednesday night. Now, “date night” with someone who is a more obsessive swimmer/athlete than I am was cramping my plans.

So Tom and I reached a compromise: an hour swim Wednesday morning before work. I am not a morning person, so this was a major sacrifice on my part. But on the other hand, we saw “Milk,” which I had been insisting on seeing solely because it was nominated for an Oscar and I try to see as many Oscar-nominated movies as possible — especially those nominated for Best Picture (another “obsessive/compulsive” thing I do, according to Tom).

This laser-beam focus is what keeps me coming back to the pool week after week to do these solo swims, in which I add five minutes every week with the goal of reaching two hours without stopping. I expect swimming across the Bay in June to take me between two and 2 1/2 hours, so I’m trying to build up my endurance. The purpose is twofold: to get used to the repetition and boredom, and to strengthen my tendonitis-afflicted shoulder to reduce the toll on it from the Bay’s choppy waves and currents.

I also swim three times a week with my masters swim team, the Montgomery Ancient Mariners. The combination of

workouts gives me a nice mix of distance training, sprint training and work on strokes other than freestyle (backstroke and breaststroke, for example).

I have increased my mileage to about 11 miles (18,000 yards) a week with my four workouts. I had planned to be swimming five times a week by now, but I think my current schedule is plenty — especially because I feel worn down most of the time. As I, my arms and my psyche adjust to the extra yardage, I’ll start adding a fifth workout in late March-early April. And I plan to swim 10,000 yards for time near the end of my training, which should take about 2 1/2 hours.

I find it’s easier to get through my long-distance swims if I think of them as workouts — for example, five 1,000-yard (40-length) swims, with 100-yard backstroke in between — instead of an hour and 20 minutes. The time goes by fairly quickly, and it’s easier to wrap my brain around 40-length increments than a 220-length chunk.

Keeping count is the hard part. But I have adopted a discipline that I use with almost all my swimming, whether I’m racing or training: Every fourth length, I count how many strokes I take, which helps me count laps and also helps me ensure that my stroke doesn’t fall apart as I get tired.

Also, I spice up the swim a little with a hard length every 20 lengths. Well, I try to swim hard, but by the end of the swim, I’m pretty tired and not able to muster much energy. At that point, my speed varies between “slow” and “less slow.”

I’m hoping my speed will pick up — soon — as training progresses. The Bay is only four months away. But my lane mate Peter made an excellent point last week when I told him that I had reached 90 minutes straight but was trying to reach two hours.

“You’re up to an hour and a half. The rest is adrenaline.”

This article appeared in the Feb. 15 issue of The Washington Examiner. Cathy Gainor is an editor for the paper’s Personal Best page and is writing a column chronicling her training for the Great Chesapeake Bay Swim on June 14. Reprinted with permission from The Washington Examiner.

SWIM IN THE NEW YEAR

by Dottie Buchhagen

On Dec. 31, the Terrapin Masters held their annual “Swim in the New Year” at the University of Maryland. Between 10:00 a.m. and 3:00 p.m., you can swim a variation on the theme of multiples of the coming year. Some choose 2, 3, 4, or more times 2009 yards, others do multiples of 20 x 100 (plus 9 yards). There are no rules — just have fun. This has been my annual ritual since 1997. Here are some of the ANCMs that I and my swimming buddy Debbie Kelsey met at the pool.



Kathy Kirmayer and Carole Kammel



Alvin Russell



Eliot Rockler

ANNUAL ANCM HOLIDAY PARTY - DECEMBER 13, 2008



ANCMs MAKE NEW YEAR'S RESOLUTIONS

Cathy Gainor – to do the Great Chesapeake Bay Swim on June 14.

CJ Hall – to have a lot of ANCMs participate in the 2009 Go-the-Distance Event that is offered online for USMS swimmers at www.usms.org/fitness/content/gothedistance.

Mauricio Rezende – to do the Ironman triathlon in Panama City, FL in November.

Tom Denes – to swim 50 meters of fly.

Nanci Sundel – to do a better job of staying on my side of the lane during practice. I have been accused of being a lane hog!

Jeff Roddin – to spend less time on technology (email, cellphone, etc.).

Kathleen Etzegoien – to swim a 50 fly in the Albatross Open (same unfulfilled resolution as 2007 and 2008); to focus on the journey, not the destination; to perform a yoga wheel with ease and confidence; and to complete two graduate Nuclear Engineering classes (also with ease and confidence).

Many ANCMs (who wish to remain anonymous) – lose weight while having fun swimming.

Joe the Swimmer – to swim from Alaska across the Bering Strait to Russia (I can see the finish line from the starting point).

Clay Britt Single Day Clinics

To help you swim faster. The clinics include classroom discussions, underwater videotaping, our “feel for the water” tools, and in-the-water instruction from Clay and his experienced coaching staff. You will receive a list of swim drills, techniques, our “Swim Drills on Video” DVD, and a copy of your swim on DVD with voiceover critique. May 16, June 20

Clay Britt *New* Clinic Series

To improve your swimming through a progression of steps. This clinic consists of three two-hour sessions that build on the previous session. You will be videotaped and critiqued and will receive a copy of all the taping at the completion of the clinic. March 15, April 19, May 10.

For more information: email clay@claybrittswimming.com or visit www.claybrittswimming.com

Photo credits: Dottie Buchhagen - pp. 2, 6, 7; Al Navidi - p.2; Tom Denes - p.3; Kate Fischen - p.3; Katiuchia Sales - p.5

SPRING SESSION BEGAN SUNDAY, DECEMBER 28

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

ANCM BULLETIN BOARD IS ON THE MAC LOWER LEVEL

EVENT CALENDAR

2009



3/15: 1st Annual Spring Swim Meet, Warrenton, VA www.warrentonmasters.org

3/21: ANCM Annual ALBATROSS OPEN at the Montgomery Aquatic Center, North Bethesda, MD.

3/28: MD-LMSC Carol Chidester Swim Series meet in Pasadena, MD www.mdums.org

4/24-26: Colonies Zone SCY Championships; George Mason University www.patriotmasters.org

5/7-10: USMS Short Course National Championships, Fresno, CA www.usms.org/comp/scnats09

5/9: Hurricane Man Open Water Challenge, 2.4-mile and 1,000 meters, St. Pete Beach, FL www.stpetemasters.org

5/24: Jim McDonnell Lake Swims, 1- and 2-mile, Lake Audubon, Reston, VA www.restonmasters.org

5/24: Beach-to-Beach Power Swim, St. John, U.S. Virgin Islands, www.friendsvinp.org/swim

5/30: 7.5-Mile Potomac River Swim, Point Lookout, MD, Info: cherylw@crosslink.net

6/14: Great Chesapeake Bay Swim and Chesapeake Challenge, Sandy Point, MD www.lin-mark.com - **BOTH EVENTS ARE NOW CLOSED**

7/11: USMS 2009 Open Water Championships, 2-mile, Canadainua, NY www.usms.org

7/11: Swim for Life, Chestertown, MD www.swimdcac.org/Home.html

8/6-10: USMS Long Course Nationals, Indianapolis www.usms.org/comp/nationals.php

8/15: USMS 2-mile Cable Championships, Mirror Lake, Lake Placid, NY www.usms.org

10/10-18: 2009 FINA World Masters Games, Sydney, Australia, www.2009worldmasters.com/