

The Rime

Volume 4 Number 2

July, 1998

ALBATROSS OPEN

by Tom Denes

Another successful Albatross Open has come and gone. This year, Steve Jolles did a superb job as meet director. He was supported by Margot Pettijohn, Dave Harmon, Lisa Berger, Clay Britt, Barbara Clifford, Greg Wortman, Jennifer Arch, Kathy Kirmayer, CJ Hall, Mike Tarlov, and countless others.

One hundred-seventy swimmers entered the meet and several fast times were recorded. Wally Dicks (35-39) set two world records in the 50 m breast (28.82) and the 100 m breast (1:03.18). Anne Walker (80-84) set two national records in the 50 m back (57.70) and the 100 m back (2:07.19) as well as a world record in the 200 m back (4:35.24). Clay Britt (35-39) set a world record in the 100 m I.M. (59.28).

The Fastest Man/Woman on the Water Awards were won by Neill Williams (50 freestyle - 24.93) and Dori Kaufman (50 freestyle - 28.17). In addition, CJ Hall won the versatility award for her 200 I.M. swim.

And....we made about \$800!!

FROM THE EDITOR

This issue marks the inauguration of two (!) feature columns: *Coaches Corner* [inspiring messages from our leaders] and *Wall Time* [an advice column for the water-weary]. Feedback/questions/suggestions about either column or anything else are encouraged. Please give them to me at practice or email me: dbuch@mindspring.com

SHORT COURSE NATIONALS 1998

by Tom Denes

A large group of Ancient Mariners attended Short Course Nationals in Indianapolis this May. Dottie asked me to describe what Nationals is like. So

First scene: Picture a hotel bathroom. Dave Harmon stands in the tub with shaving cream on his back. I'm shaving his back with a disposable razor. Picture blood in the water.

Next scene: Picture a hotel room. Clay Britt lies on the bed muttering something about never going to Nationals again. Jeff Roddin stands in his underwear shaving his chest with an electric clipper. Penny Bates walks in.

Next scene: Picture a huge 50 meter pool divided into two racing areas. It's morning warmups. Each lane contains approximately 20 bodies of all different sizes, shapes, sexes, and ages. All of these bodies are moving through the water at different speeds. Picture frustration.

Next scene: Picture Mike Fell and Chip McElhattan, stripping off their warm ups to reveal enormous muscles. The horn sounds. They swim swim enormously fast.

Next scene: Picture Wally Dicks coming from behind to win the 200 breaststroke by a tenth of a second.

Next scene: Picture Margot Pettijohn squeezed into in a paper suit two sizes

(Continued on page 2)

THE FOUR MAJOR STROKES DEFINED [as seen through the eyes of a breaststroker]

FREESTYLE

Oh yes, let us begin with the aquatic F-word, freestyle. Truly a dull and unimaginative stroke. Left arm, right arm, left kick, right kick. We detect a pattern here. What kind of person finds intellectual stimulation in this sort of repetition? Clomp, clomp, clomp. Freestyle is an elephant's stroke, all apologies to elephants. It is a stroke for people who stop at yellow lights and excel at algebra. Informal polling has led us to conclude that, to a person, freestylers prefer Windows to Macintosh, Kenny G to Miles Davis and day to night. Coaches wanting to see eyes literally bug out of sockets need only move a freestyler to the breaststroke lane. Yes, Virginia, there is more to life than catch-up drills and flutter kick. Breaststroker's recommendation: Use this stroke for warmups only.

BACKSTROKE

We have many questions to ask of the world's backstrokers. First, what is the matter with you? That's right, you heard us. What is your problem? Do you not realize that you are upside down? Does light not shine in your sinister eyes? Are

(Continued on page 4)

MONTGOMERY ANCIENT MARINERS

Tom Denes, President
 Jeff Roddin, Co-Vice President
 Jill Roethke, Co-Vice President
 C.J. Lockman Hall, Treasurer
 Lisa Berger, Secretary
 Dottie Buchhagen, Editor
 Jeff Roddin, Recordkeeper
 Jennifer Arch, Registrar
 Coaches:
 Clay Britt
 Jeff Kostoff
 Stan Tinkham

SHORT COURSE

(Continued from page 1)

too small. Picture Margot cutting 6 seconds off her time and almost winning a national title. "Is my suit still on?" she asks.

Next scene: Picture Carole Kammel being picked up in the warm-up pool by a champion flyer. Picture the champion flyer, now distracted beyond his imagination, not being able to complete the 100 fly. True love.

Next scene: Picture a group of Ancient Mariners in North America's only Tibetan restaurant enjoying such delicacies as Cajun shrimp and Japanese udon noodles.

Next scene: Picture Jeff Roddin being stopped by airport security because his medal haul sets off the security system. Picture Jeff looking sheepish as security personnel admire his winnings.



RELAY RESULTS

200 MR - Women 25+	2:00.57
Barbara Clifford (bk)	31.34
Carole Kammel (br)	34.34
Penny Bates (fly)	30.05
Kathy Kirmayer (fr)	24.84
200 MR - Men 35+	1:48.59
Keith Wilson (bk)	27.91
Mike Bartlett (br)	31.66
Tom Denes (fly)	26.75
Chip McElhattan (fr)	22.27
200 MR - Men 25+	1:34.49
Clay Britt (bk)	24.41
Wally Dicks (br)	25.39
Jeff Roddin (fly)	23.26
Mike Fell	21.43

200 FR - mixed 45+	1:53.20	Dave Harmon	55:10
Dave Harmon	25.93	Mike Abby	57:12
Mary Parker	32.24	Andy Fraser	56:59
Judy Lim-Sharpe	28.96	Mary Ellen Mess	58:17
Roger Leonard	26.07	Elliot Rockler	1:00:25
200 FR - mixed 25+	1:36.88	Atossa Shafa	1:27:56
Chip McElhattan	22.54	Matt Ellenburg (wetsuit)	51:45
Kathy Kirmayer	24.81	Gary Dick (wetsuit)	53:14
Penny Bates	27.46	Marci McCalley (wetsuit)	53:29
Jeff Roddin	22.07	Remi Coulon (wetsuit)	55:20
200 MR - mixed 45+	2:07.49	Roger Emch (wetsuit)	56.22
Roger Leonard (bk)	31.98	Jeff Richards (wetsuit)	57:36
Margot Pettijohn (br)	37.89		
Judy Lim-Sharpe (fly)	32.73		
Dave Harmon (fr)	24.89		
200 MR - mixed 25+	1:52.11		
Mike Fell (bk)	25.14		
Chris Laiti (br)	29.06		
Penny Bates (fly)	30.56		
Carole Kammel (fr)	27.35		
200 FR - men 35+	1:32.43		
Keith Wilson	23.83		
Chris Laiti	22.78		
Tom Denes	23.73		
Chip McElhattan	22.09		
200 FR - men 25+	1:26.40		
Jeff Roddin	22.45		
Wally Dicks	20.85		
Mike Fell	21.46		
Clay Britt	21.64		

RESTON LAKE SWIM

by Tom Denes

Twenty-four Ancient Mariners competed in the Reston 2-Mile Lake Swim on May 31st. Winning awards were Penny Bates, Brian Davis, Jeff Roddin, Chip McElhattan, Gerry Gray, Tom Denes, and Larry Curran. The official times were:

Brian Davis	44:03
Jeff Roddin	44:07
Chip McElhattan	44:23
Penny Bates	46:36
Gerry Gray	46:59
Tom Denes	47:17
Jason Krucoff	48:47
Dan Rudolph	49:03
Julie Andrews	50:34
Evan Parker	52:02
Mike Bartlett	52:39
Larry Curran	54:00

OTHER MEET AND SWIM RESULTS

by Dottie Buchhagen

Steve Jolles and I [Nick Olmos-Lau] managed to finish the Potomac 7.5 mile swim on May 30th which, due to the severity of the currents and difficulty, was closer to 8.5 or 9 miles. It took me 4 hrs., 24 min.; Steve came in at 4 hrs., 35 min. We came in 7th and 9th out of 15 participants, 2 of whom were unable to finish.

Alan Pollin did great in his Chester River swim on June 6th, but he was disappointed because the swim was shortened to 9 miles from the original 12! It took him just under 3 hrs. (2 hrs., 55 min.). He was flying! All three of us qualified and were selected to participate in the 15 km. Canadian National Championship on July 19th at Lake Memphremagog in Quebec, to be held the day following the 42 km International Marathon Series at the same site. This could be considered a distinction since only 15 swimmers are selected for the 15 km. event with full support (kayakers and boats) by the Canadians. I will attend and support the departure ceremonies of the US Marathon team in Newport, VT (US) on July 18th for the 42 km take-off. They should arrive in Magog, Quebec, Canada in about 10 hours.

Contributed by Nick Olmos-Lau

Thirteen Ancient Mariners (6 women and 7 men) participated in the 1998 Lox and Bagel Master Swim Meet at the Jewish Community Center of Northern Virginia on April 19th. With strong performances from all, our team won the meet trophy. Visit it on the bottom shelf of the trophy case at the MAC.

(Continued on page 3)

COACHES CORNER

by Clay Britt



What do I like about swimming? That's a question that I rarely ask myself since I usually want to get my workout over with as quickly as possible and get on with something else. But it is a good question to ask ourselves so that we never forget what we swimmers have.

So what do I like about swimming? If I spend a few days out of the water I begin to feel gross but when I swim a lot, I wonder how others can get by without exercise. When I see men that are in great shape at 50 to 60 years old, I see how I want to be when I reach that age. If I am in a lousy mood or stressed out after work, a cool swim will instantly refresh me and bring me back to normal. I know that without the goals I set for my swimming, I would feel a little lost and directionless. I can dive into a pool and turn the world off for just a while. When I compete in a close race, win or lose, I feel excited by the thrill of competing and going for it. I have made a lot of friends from my 32 years of swimming and still have my first swimming buddy as a friend. Swimming gets me out of the house a couple of nights a week to coach and it keeps me from becoming a total couch potato. I like to feel the camaraderie with the other swimmers at swim meets or before the Bay Swim. I know that when I coach, I can help other people realize their own goals in, and through, swimming.

I hope that swimming gives you exactly what you want out of it and if I can help you get a little more, please ask me. The greatest satisfaction from coaching is watching people improve their strokes and/or their speed and, more importantly, enjoy themselves. See you at the pool.

THE JOY OF SWIMMING

by CJ Lockman Hall, M.A.

Looking for a spark to reignite your passion for swimming? Check out Part I of the *Five Ways to Keep Your Joy*:

1) Indulge in a log book.

Bookstore shelves are bulging with them. Or create your own! Attach an inspirational picture to the front, and inspirational pictures, sayings, special dates, or goals to the pages.

What to write in your special book: workout date, time, and place; mileage and/or time; how you felt. Some athletes even track the weather, sleep patterns, food and drink, etc.

You will recognize patterns emerging which can enhance your joy of swimming. Perhaps you will notice that you do better on sprints, or on long, slower swims, after a mind-boggling day. Maybe you feel better during certain sets after a particular type of warmup, or depending on how often you stretch. You might find that you are sharper if you take a night off, or substitute a different activity at certain times. And using a log book can be invaluable for creating the best conditions possible for yourself on race day.

Realizing patterns can help you get the most out of "off nights", too. Major League Baseball 12-year pitcher Chuck Finley expresses a great perspective on this topic. After pitching a very good game, he commented: "... you wish every game could be like that game. But over the years, you learn it's just as important what you do on those days when your stuff isn't the best. ..."



Write in your log book **without judgment!** It's OK to say "I've felt better than I did today" but scribbling "I did lousy" will neither help you enjoy nor move forward. Our minds and bodies respond much more positively to encouragement than to harsh criticism. Congratulate yourself for the effort put forth and for the bright spots of the practice. If you feel improvement is possible, objectively decide what steps to take.

Watch the next *Rime* for four more ways to keep your "joy of swimming!"

Ancient Mariner CJ Lockman Hall finds herself quoting Chuck Finley quite often. For a free issue of the quarterly *Positive Performer* newsletter, send mailing address to micandcj@erols.com or Positive Performance, 1610 Forbes St., Rockville, MD 20851.

Other Results

(Continued from page 2)

Numerous MAM team members finished the Great Chesapeake Bay 4.4 mile Swim on June 14th. Penny Bates came in first in her age group with a time of 1:38:53 and Clay Britt was fifth in his at 1:36:44.

Ancient Mariners were prominent in the listing of the 1997 USMS Potomac Valley Short Course Top Ten. Those who ranked were: Women: (25-29) Jeri Ramsbottom [5 events] and Kelly Appler [1 event]; (50-54) Margot Pettijohn [3 events]; Men: (19-24) Geoffrey Schaefer [2 events]; (25-29) Jeff Roddin [4 events], Michael Hall [2 events], and Robert Burholzer [1 event]; (30-34) Wally Dicks [1 event]; (35-39) Clay Britt [2 events] and Jason Crist [3 events]; (40-44) Griff Thompson, Tom Denes, and John Feinstein [1 event each]; (60-64) Marshall Greer [3 events].

Nick Olmos-Lau won first place in his age group (50-54) at the Charlottesville, Virginia 2-mile Cable Swim on July 11th with a time of 52:40.

Lisa Berger took first place in her age group (50-54) in the Jack King Virginia Beach 1-mile Ocean Swim on June 21st.

AMUSEMENT PARK TRIP

Jeff Roddin is planning a camping trip to Cedar Point in Sandusky, Ohio. Cedar Point is a huge amusement park that makes Kings Dominion look like an elementary school playground. The trip is tentatively scheduled for the weekend of August 29th. You will need to take off work either that Friday or that Monday, but not both (trip itinerary has not been set yet). See Jeff for more details or email: jroddin@mail.hst.nasa.gov

STROKES

(Continued from page 1)

you reptiles with a second pair of eyelids, opaque in nature, that protect you from the sun's rays? Speaking of eyes, what about the ones in the backs of your heads, allowing you to spot the wall? Is it true that you can see through Speedos? And what of your start...crouched in front of the blocks as if praying to your "god." Who sent you to Earth? What have you done with Elvis? And why, when you grab at our private parts in practice, do you pretend that it is an accident? Breaststroker's recommendation: Skip this one altogether; it is wholly unnatural.

BUTTERFLY

Good Lord. When will this most violent of strokes be committed to an insane asylum? With a recovery that emphasizes arms outstretched and hurling dangerously through the air, we wonder how many more breaststrokers have to be smacked across the face by an errant flier's paw before this experiment gone awry is canceled. Butterfly is a bad seed, borne out of breaststroke and mistakenly given its own place in the medley relay. The loud uncle of swimming, butterfly boorishly hogs the remote control, making all the other strokes watch football on Thanksgiving Day. We cannot help but think that witnessing butterfly is like babysitting a spoiled child who constantly screams, "look at me!"

Enough, butterflyers, enough. It's time to grow up. You are making a scene. You are hereby grounded to your room, where you shall consume copious amounts of Ritalin and think about the turbulent waves your savage dolphin kicking has caused decent, hardworking breaststrokerS. Breaststroker's recommendation: Swim this stroke only if you want to scare little kids out of your lane.

BREASTSTROKE

Breaststroke is all that is noble and good in this cruel world. Many deities, including God, Allah, and John F. Kennedy Jr, enjoy the solitude of this most subtle of strokes. Unlike its neanderthal brethren, breaststroke has refined tastes. It reads the New Yorker and paints abstracts with oil. It hates both Demi Moore movies and the first half and last fourth of the IM. Breast-

stroke, we suspect, enjoys a martini now and again. (Contrast this with the alcoholic butterfly, which pounds Budweisers from cans, shoplifted from a 7-11). It soothes the inner beast and acts as a gentle tonic on a troubled heart. In fact, whenever we use our upgrade coupons to fly first class, just thinking about breaststroke drowns out the moaning of the rabble back in coach.

Breaststroke, you see, is in harmony with the universe; its pull and kick chase one another in playful symmetry. And if that weren't enough, breaststroke also boasts the crown jewel of competitive swimming, the pulldown. Comprised of a long sinewy pull followed by a spry frog kick, the pulldown is a holy moment of shrouded watery silence. Breaststrokers go to chapel during the pulldown, (often giving thanks that they are not backstrokers), and break to the surface only when their brave lungs are nearly burst. We have yet to see the fishkick or streamline that invokes such spiritual repose. Breaststroke is Yin and Yang, Rum and Coke, and the Captain and Tennille. Man does not go to breaststroke, man waits for breaststroke to come to him. Amen, brothers and sisters. Breaststroker's recommendation: Join us.

Thanks to Julie Andrews for finding this article.



WALL TIME

Tips and Advice from Flo Tation

This issue marks the debut of Florence R. Tation, an astute observer of the swimming scene and rituals at the wall. In her many years of paddling about the pool, she has seen it all — deft drafters and lane ragers, stunning gropes and gorgeous strokes. She has marveled at swimmers whose workouts consist of three bathroom breaks and two visits to the drinking fountain and seen many

succumb to "lane envy" as they inched their way toward the faster lanes.

This being her first issue, the questions she is tackling here are those she has heard floating about. She hopes that in future issues you will send her your burning concerns and delicate queries (via email to Dottie), so that she doesn't have to keep eavesdropping on those whispered exchanges in the showers. So here goes . . .

Dear Flo (yes, you may call her Flo), One of the nice things about swimming is that you don't have to buy a lot of expensive gear, and I like to get as much use from my suit as possible. But how do I know when my suit has become a little too transparent and needs to be thrown out? Signed, Saggy Speedo.

Dear Saggy, There are a couple of telltale signs: Can you see your hand through the material? Does it droop toward your knees? Is it impossible to distinguish between the suit pattern and your body blemishes? And my ultimate litmus test is butt bubbles — if your suit's floating upward while you're stationary, give it the heave-ho.

Dear Flo, Every now and then, someone comes to practice with a bad case of garlic breath. They hang on the wall and blast you with the remnants of Alfredo fettucini It's awful. What do I do? Signed, Wilting Wallhanger

Dear Wilt, Manoeuvre such people to the end of the lane, off the wall and on to the lane line. Here they'll only breathe on other line huggers.

Dear Flo, As you know, Clay makes us do lots of backstroke. During these sets, I am often groped from someone with a wide wing span. How can I distinguish an innocent swipe from an impertinent grope? Maybe I should be copping a feel myself! Signed, Excited.

Dear Excited, While I suspect that mid-set gropes are as close to a sex life that some of us get, they are not to be discouraged. However, if it bothers you, here's how I know if there's something personal in those wandering hands: Do

(Continued on page 5)

THE BULLETIN BOARD

KUDOS

by Tom Denes

● Environmentally Challenged: Alan Pollin has been communing with nature during his open water training. On a recent swim he made fun of a bird that turned and attacked him. That same day, he claims a beaver bit him!

● Emily Marie Hwu was born to Pat and Kate Hwu on the 8th of June. Congratulations!

HAPPY BIRTHDAY TO YOU....

Thomas Bartley	July 2
Peter Engelstad	July 5
Nancy Thomas	July 6
Alvin Russell	July 8
Zoran Avramovic	July 10
Atossa Shafa	July 12
Matt Ellenburg	July 17
Garret Sern	July 17
Larry Curran	July 21
Connie Ewart	July 23
Lisa Berger	July 28

John Feinstein	July 28
Margot Pettijon	July 28
Michael Kingsbury	July 31
Penny Bates	August 4
Bill Rimm	August 4
Philippe Kozub	August 6
Kathleen Costello	August 7
Jonathan Martel	August 8
Steven Jolles	August 10
Colleen McCloskey	August 10
Lisa Olmos	August 12
Brain Craig	August 16
Marshall Greer	August 18
Charles Glass	August 19
Jeff Kostoff	August 19
Kathy Levintow	August 21
Nancy Tresser	August 25
Carol Urban-Pastore	August 26
Thomas Delaney	August 28

Den Ager	September 1
Tatsuya Kanai	September 2
Robert Ramin	September 2
Tom Denes	September 6
Meredith Lorch	September 6
Gretta Ober-Beauchesne	September 6
Dan Rudolph	September 7
Anne Johnson	September 8
Gerry Gray	September 9



Dave Harmon	September 10
Jane Wasser	September 10
Emia Oppenheim	September 12
Roger Emch	September 19
Greg Wortman	September 19
Dottie Buchhagen	September 20
Elliot Rockler	September 21
Emery Freeman	September 22
Greg Scace	September 22
Hamid Kazemi	September 23
Gary Dick	September 27

Christy Adelman	October 1
Jeff Dubin	October 1
Theresa Keys	October 3
Carole Kammel	October 5
Jason Lee	October 10
Brad Miller	October 10
Barbara Clifford	October 11
Therese Kominski	October 12
John Hoge	October 22
Remi Coulon	October 24
Miguel Carrion	October 31
Kara Permisohn	October 31

SCHEDULE OF EVENTS

- 1/1/98-12/31/98: Check Off Challenge; PST [See <http://www.usms.org>]
- 7/26/98: 1/2 & 1 Mi Ocean Swims - Seaside Heights, NJ; OPN; Seaside Heights Recreation, 800 Ocean Terrace, Seaside Heights, NJ 08751; 908-830-7260
- 7/26/98: LC Meet - Catonsville, MD; LCM; Katherine Branch, 111 Smithwood Rd., Catonsville, MD 21228 (410) 719-7312
- 8/1/98: 1 Mi Ocean Swim - Ocean City, NJ; OPN; Darren Hickman; 609-399-4341; E-mail: ochick@aol.com
- 8/2/98: 2.8 Mi Hudson River Swim - New York, NY; OPN; Manhattan Island Foundation's Great Hudson River Swim, c/o HRPC, 141 Fifth Ave., New York, NY 10010; E-mail: ncyswim@aol.com; Send 2 self addressed mailing labels; Web Site: <http://www.nycswim.org>
- 8/2/98: DC Long Course Meet-PG Community College; Teresa Martin, 1905 Clayton Pl., Alexandria, VA 22308; 703-660-6379
- 8/8/98: 2 Mi Island Beach Swim - Greenwich, CT; OPN; Kathy Salvo, 95 Columbus Place #1, Stamford, CT 06907; 203-322-6162; Web Site: <http://members.aol.com/gswim98>; Sanctioned by CT LMSC
- 8/8/98: Ken Killian New York City Ocean Mile; Ken Killian Ocean Mile; PO #189; Ft. Tilden NJ 11697
- 8/16/98: 1 Mi Ocean Swim-OPN; Seaside Heights Recreation, 800 Ocean Terrace, Seaside Heights, NJ 08751; 908-830-7260
- 8/21/98: Atlantic City 1 mile swim sponsored by Atlantic City Beach Patrol. (609) 347-5303
- 8/23/98: 2.5 Mi Bay Swim - Ocean City, NJ; OPN; Polly Caffery, PO Box 850, Pomona, NJ 08240; 609-404-1591
- 9/98: Annual End of Summer Party, home of Tom Denes; 301-564-4234
- 9/5/98: Cape May, NJ Scholarship Sea Splash (1.3 mi) 6PM. Cape May Beach Patrol; Beach Dr & Grant St; Cape May, NJ 08204
- 9/5/98: 1.3 mi Ocean Swim-Cape May, NJ; OPN; Beach Patrol HQ, Capt. Buzz Mogck; starts at 6 PM at Beach Dr. & Grant St.
- 9/6/98: 1.5 Mi Miss America Ocean Swim -Atlantic City, NJ; OPN; Bill Brooks, Atlantic City Beach Patrol, 3716 Boulevard Ave., Atlantic City, NJ 08041; 609-344-0809; E-mail: hompie217@aol.com
- 9/13/98: Chinn Aquatics Invitational - Woodbridge, VA; SCY; Kathy Karlen; 703-590-4036; Sanctioned by VA LMSC#129-0001
- 9/26/98: 1 mi Bay Swim - Wildwood Crest, NJ; OPN; L & M Computer Sports, 89 Park Dr., Berlin, NJ 08009; Wildwood Crest Beach Patrol; 609-729-3038; WebSite: www.lin-mark.com 10/11/98 - DCAC Columbus Day Classic. Ken Beier (202) 387-5061.