

The Rime

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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/or WaterprfCh@aol.com

TEN USMS AND WORLD RECORDS SMASHED AT ALBATROSS OPEN

by Tom Denes



Nearly 200 swimmers descended on the MAC on Saturday afternoon, March 21 to participate in the Albatross Open. This included 31 Ancient Mariners.

Ten records were set in the short course meters meet by seven swimmers. ANCMs set two of the records. Wally Dicks, 46, set a world record in the 50M breaststroke with a time of 30.06. Margot Pettijohn, 63, bested the USMS record in the 100M butterfly by sprinting to a 1:29.24.

Joann Leilich, 70, representing Woodlands Masters of Texas, shattered three records. She broke the 50M breaststroke USMS record by three seconds with a 44.32. She also broke the 100M breaststroke USMS record by seven seconds by swimming a 1:37.20. Her most impressive swim was a world record; she broke the 200M breaststroke world record with a 3:25.76. This time also beat the existing USMS records by an astounding 18 seconds.

Chris Stevenson, 45, swimming for Virginia Masters, broke two records. He stroked a time of 58.33 in the 100M backstroke to set a new world record. He also swam a 2:09.05 in the 200M backstroke to break the world record by three seconds.

Beth Schreiner, 68, of Virginia Masters broke the 50M freestyle USMS record with a swift 34.07. John Craig, 55, of New England Masters, flew to a new world record in the 200M butterfly with a time of 2:19.72. Finally Jim Dragon, 65, of the Garden State Masters, breathed fire and set

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A FOND FAREWELL TO CJ AND MICKEY

by Clay Britt

It is not often that you get to thank someone for 20 years of service, let alone for a job that requires you to give up your free time including waking up every Saturday at



CJ Lockman-Hall

7 a.m. Well, that is what I have the pleasure to do now that CJ and Mickey are moving to El Paso, Texas, for a new job that Mickey recently accepted.

I have known CJ forever. In fact, we lived next door to each other in the 1970s and swam on the Rockville swim team together. However, our true swimming involvement start 20 years ago when I had just moved back into the area and started swimming with the Masters at Rockville and she was the Masters coach. She showed so much enthusiasm that I really looked forward to those workouts.

In 1989, I started coaching a children's clinic for a local team, but after a year I wanted to branch out on my own and start my own swim clinic for kids. With CJ's help and most of the swimmers from her summer league pool, we started a weekly clinic for kids at American University. It was this clinic that was the beginning of my swim coaching business and that ultimately led to everything that I have done since. So you can blame CJ for me being the coach of the ANCMs, because shortly after we started the kids clinic the Montgomery County Recreation Department asked me to run the Masters program.

Early on, CJ was the only person I knew who could use a computer and,

(Continued on page 3)

A PERFECT DAY FOR A GRUELING SWIM

by Cathy Gainor

Before 600 swimmers began the Great Chesapeake Bay Swim on Sunday, June 14, race director Chuck Nabit announced that those unable to finish could flag down one of the dozens of support boats.



“No harm, no foul,” he said.

But then he explained that the boat would drop swimmers at the “did-not-finish pier” and they would have to walk back to the finish area on the Eastern Shore.

The “did-not-finish pier”?

That sounded like the “walk of shame” to me, further motivating me to make sure I finished my first 4.4-mile Bay Swim.

I did finish — in two hours, 12 minutes and 55 seconds, well within my goal of two to 2 1/2 hours. I placed 200th overall and 13th of 33 women ages 40 to 44.

It was a grueling swim. Although Nabit had said the current wasn’t that strong, I found myself drifting underneath the southern span of the bridge after the second mile, and had to swim at a diagonal for the rest of the race, trying to aim for the midpoint between the two Bay Bridge spans. I never did reach the middle, but I wasn’t disqualified for swimming outside the spans.

Not only was the current strong, but also the chop was rough. That affected how fast I could swim, how much water I swallowed (a lot) and how much I could keep my stroke technique together. It’s much more difficult to focus on rolling your hips and extending your stroke when swells are constantly washing over you.

Still, it was a warm, sunny day and the water was 74 degrees — perfect weather for a swim. As I worked my way across the Bay, I found myself singing the uplifting and fast-paced “Perfect Day”

from the “Legally Blonde” soundtrack.

I swam my first two miles quickly — 50 minutes. But then the chop and current picked up, and the third mile seemed to drag on forever. When I reached the orange buoy marking the third mile, I checked my watch while enjoying the view from the middle of the Bay — 33 minutes, which explained why that mile felt so slow. The next mile was even slower, 36 minutes. But once I swam into the cove on the Eastern Shore, protected from the chop and strong current, I was able to sprint to the finish line with surprising strength.

Though my tendonitis-inflicted left shoulder came out of the swim OK, my right shoulder did not fare as well. With about a mile and a half left, every stroke began to hurt. But I could not stop — there was no way I was going to be dropped off on the “did-not-finish pier.”

Now I have had to stay out of the pool to give my shoulder time to recover. Fortunately, it’s time to try to overcome my sore knee and start training for my first triathlon — or at least train for my second aquabike, which is a triathlon without the run, for those of us with bad knees and ankles. So I’ve been riding my bike and hitting the treadmill.

The enormity of the Great Chesapeake Bay Swim didn’t really hit me until I was driving over the Bay Bridge to go home Sunday afternoon, after a celebratory lunch of crab cakes and a margarita.

Looking down on the water, I reviewed the highlights and lowlights of my 4.4-mile swim, and realized just how far I had gone.

I can’t wait to do it again.

Cathy Gainor is an editor for The Washington Examiner’s Personal Best page and wrote a series of columns chronicling her training for the Great Chesapeake Bay Swim. Reprinted with permission from The Washington Exam-

From the Editor:

A number of other ANCMs completed the Chesapeake Bay swims. Sarah vanderSchalie must have found the 1-mile Chesapeak Challenge to be a real challenge - she was 5-months pregnant at the time! Congratulations to all!

4.4-mile Great Chesapeake Bay Swim (25-29)

Tommy Kaufman	1:48:16	3/19
(30-34)		
Kurt vanderSchalie	2:11:05	11/28
Erin Miller	2:14:59	7/18
(40-44)		
Cathy Gainor	2:12:55	13/33
Michael MacDonald	1:54:36	5/73
Glenn Rempe	2:53:59	61/73
(45-49)		
Kathy Kirmayer	2:06:43	5/24
Leslie Anchor	2:12:31	7/24
Paul Doremus	1:57:08	13/71
Matt McShane	1:59:37	15/71
Doug Noll	2:00:14	16/71
Tom Vidano	2:01:46	18/71
(50-54)		
Wendy Friedland	2:43:19	7/15
(55-59)		
Larry Demille-Wagman	2:03:57	4/41
Mike Boyle	3:03:49	38/41
(70-74)		
Bob Benson	3:45:28	2/2

1-mile Chesapeake Challenge (30-34)

Sarah vanderSchalie	37:52	7/13
(45-49)		
Elizabeth Deal	29:22	1/29
(50-54)		
Colleen Doremus	37:53	4/13
David Siskind	34:26	5/14
(55-59)		
Susan Blum	48:56	7/10
(66-69)		
Dottie Buchhagen	51:49	3/3

ANCMs - USMS NATIONALS - FRESNO, CA - April 24-26

Kauls, Laura J	F61		
50 Free	34.88		13
50 Breast	47.52		11
100 Free	1:24.59		15
Roddin, Hugh J	M67		
400 IM	5:37.52		3
100 Back	1:10.48		5
200 Back	2:32.30		3
100 Fly	1:06.99		4
200 Fly	2:38.88		2
50 Back	33.24		6
Roddin, Ruth A	F66		
50 Fly	44.93		5
50 Free	36.31		8

(Continued from page 1)

more notably, a word processor so that we could make flyers to advertise the clinics. We branched into clinics for Masters at the same time. She was always there checking people in, videotaping, or helping swimmers with their strokes. We were a large group who did the clinics at that time. We took advantage of everybody being together at the clinics to socialize afterward. We loved doing the clinics together, and they would not have been as fun or have happened without CJ's help.

As an ANCM, CJ held numerous positions throughout the years and has always been a very positive presence on the team. She started coaching the team when I needed someone to take over one night a week for me years ago, thus giving me a needed night off back when I was coaching four days a week. Later, she moved to Olney and has been there for more years than I can remember.

Now she and Mickey are moving to El Paso. I am sure that she will quickly become involved in swimming there. Our loss will be El Paso's gain. For me, it feels like a chapter is closing as a new one opens for them.

And I think I can speak on behalf of the entire team by saying, "Thank You" for all you have done for us over the years. We will miss you – and Mickey, too!

BETHESDA OUTDOOR POOL FOUND TO BE SWIMMABLE

by Tom Denes

From the Editor: This report was filed on May 21, 2009, our first week of practice at the Bethesda outdoor pool.

Tonight was the second night of Masters practice at the Bethesda outdoor pool. The number of swimmers doubled from Tuesday night when only five swimmers showed up.

James Rosenthal said, "It's pretty cold," but kept swimming nonetheless, throwing in some butterfly to keep warm. Coach Clay Britt told him to keep moving, then asked, "Are you numb yet?"

Peter Johnson jumped into the water and announced, "It's refreshing."

Andrew Shipman was also unfazed by the cold water and said, "I've swum in colder. It's like the Pacific Ocean."

Polly Phipps, who grew up in the Northwest, said, "It's great. I grew up swimming in Idaho Lakes."

Pam and Dan Blumenthal showed up sporting black wetsuits. As Pam climbed into hers, she said, "I'm excited about using the wetsuit after 11 years." However, after 100 meters in the water, she announced, "I'm frozen." But she kept going.



Dan and Pam Blumenthal

Peter Chang also showed up with a wetsuit that made him look like an action hero. He jumped in without hesitation.

Andrius Masedunskas, who hails from Lithuania, said, "The Baltic Sea is much colder than this."

Katiuchia Sales also jumped in the water and said it reminded her of Brazil in the winter-time.

How cold was the water? The thermometer showed 70 degrees. Pool Manager Peter Haack didn't agree and said that his "thermal gun" showed it to be closer to 64.

Patricia Clifford showed up sweating from a run on the Crescent Trail. She was one of the



Peter Chang

five who swam on Tuesday and said, "It was much colder on Tuesday," and guessed it was maybe 60 degrees. And she said that the air temperature was much colder, perhaps 50.

In the interest of journalistic integrity, I got in and tested the water. Coach Clay told me to swim a 200 to get a true feeling. The verdict? Not that bad. I think I could easily have done another 100.

See you in the pool next week.

ANNUAL ANCM PICNIC

SATURDAY,
AUGUST 29

SENECA CREEK STATE
PARK
BUCK PAVILION

BRING FRIENDS, KIDS,
SIDE DISHES, AND
DESSERTS

MEAT AND BEVERAGES
PROVIDED

NEWS AND NOTES

ANCM President Jeff Roddin and Julie Oplinger of Fairfax Masters are engaged. They met at the 2007 Albatross Meet.



ALBATROSS

(Continued from page 1)

a new world record in the 50M fly with a time of 29.52.

ANCM Jeff Roddin, 40, reclaimed the title of Fastest Man in the Water--which he last won in 1999--with a time of 25.20. Jennifer O'Reilly, 30, of Reston Masters, was honored as the Fastest Woman in the Water for the second year in a row.

In the team standings, Health Unlimited Hurricanes bested all the women's teams, while Germantown Masters led the men's teams. The winner of the combined team scores was Germantown Masters followed by the ANCMs and Reston Masters, respectively.



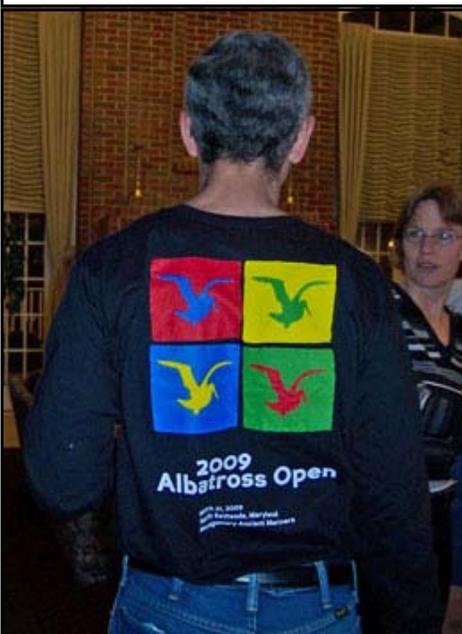
Margot Pettijohn



Jeff Roddin receives Fastest Man in the Water Award from Tom Denes



Team Award given to Germantown Masters coach Dyann Charette Dancy



MAURICIO REZENDE HONORED WITH 2009 ANCM SERVICE AWARD

by Tom Denes/Cathy Gainor

Mauricio Rezende won the ANCM Service Award for 2009. Mauricio has been our team treasurer since February 2003, a mostly behind-the-scenes job that many are not even aware of — until they want to be repaid for a team expense. During his six years as team treasurer, he has been responsible for the financial operations of the team including making deposits, making disbursements, creating year end financial statements (income, balance sheet, and cash flow), filing taxes (federal income, state income, and personal property), purchasing certificates of deposit, and balancing the checkbook. Most recently, Mauricio set up a Pay Pal account to collect team dues. Mauricio is a fixture at the team picnics and donated tasty Brazilian steaks that he specially grilled for the team at our first annual summer picnic in 2005.

The ANCM Service Award will be formally awarded to Mauricio at the team picnic this summer (August 27).



Mauricio Rezende



A NICE DAY IN PARADISE - HURRICANE MAN SWIM

by Dave Harmon

A dozen ANCMs journeyed to Tampa, FL, on the weekend of May 9th to compete in the annual Hurricane Man 2.4-Mile Rough Water Swim at St. Pete's Beach. There were several veterans of the swim – for Kathleen Etxegoien and Angela Nevaldine, it was their ninth year competing and, for Dottie Buchhagen, her seventh year. There were three newcomers to the race - Pam and Daniel Blumenthal and Dave Harmon. Weather conditions on the day of the race were almost perfect with the water temperature in the low 80s.

The currents were with us at the beginning of the race with – all reported that the massive Don Cesar hotel went by faster than usual. The second half of the race proved to be more challenging with a pickup in the shore current and wave action. All in all, though, it was a success for the ANCM competitors.

That night the ANCMs celebrated their triumphs at the Brass Monkey restaurant. A special thanks goes out to Kathleen Etxegoien for her generous hospitality in open-

ing up her beach house to us and for hosting a dinner on the eve of the race.

(40-44)		
Cathy Gainor	1:04:48	4/17
Paulette Brown	1:21:44	13/17
Pam Blumenthal	1:23:24	15/17
(45-49)		
Dan Blumenthal	1:25:22	20/22
(50-54)		
Kathleen Etxegoien	1:45:30	15/16
(55-59)		
Dave Harmon	1:09:17	4/13
Polly Phipps	1:18.33	2/10
Angie Nevaldine	1:26:59	6/10
Debbie Kelsey	1:34:05	8/10
Susan Blum	1:36:26	9/10
Julie Knowles	1:41:15	10/10
(65-69)		
Dottie Buchhagen	2:04:00	1/1



Paulette Brown, Polly Phipps, Cathy Gainor, Dave Harmon, Dottie Buchhagen, Debbie Kelsey, Susan Blum

MEDITATION MUSINGS (OR HOW NOT TO DROWN)

by Kathleen Etxegoien

I am a swimmer. I love to swim. I love the water. Mother, mother ocean. I don't push too hard and so am mostly slow and usually in Lane 2. I started yoga last year. I like it; I feel the physical benefits already. Even when I swim. It's the chatter about releasing your heart and lighting your fingers that I don't quite comprehend. My heart isn't going anywhere and energy doesn't shoot out of my toes or fingers. Purposefully. Or so I thought. Until practice on Sunday. And then I felt it. As I was swimming backstroke, I felt my chest extend far back and my arms reached for the wall and my heart ... well my heart shined bright to the ceiling and I wondered if that was the release I was supposed to find. I was zooming and smiling oh so brightly. I could feel the pull and the glide and the freedom. And I thought, surely this is it. This is my heart releasing, this is nirvana, the zone. And then I realized there was REALLY no energy in my toes. None. I needed to kick to stay afloat and kick rapidly to avoid drowning during my enlightenment.

And so it goes. I'm seeing that yoga has clearly improved my upper body strength. The improved flexibility is helping to improve the mechanics of my stroke. Unfortunately, there is no energy firing from my fingers or toes, though, and I still haven't located my Third Eye. Maybe I should swim more often.



Kathleen Etxegoien, Debbie Kelsey, Dan Blumentahl, Dottie Buchhagen, Susan Blum, Pam Blumenthal, Julie Knowles, Angie Nevaldine, Cathy Gainor

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2009 ANCM TEAM PHOTO



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, and our “Swim Drills on Video” DVD and a copy of your swim on DVD with voiceover critique. The next Single Day Clinic is scheduled for August 1.

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

Photo credits: Dottie Buchhagen - pp. 1, 2, 4, 5, 6; Tom Denes - p.3; Jeff Roddin - p..3.

SUMMER SESSION BEGAN SUNDAY, APRIL 19th

EVENT CALENDAR

2009



- 7/18:** Ocean City Masters Swim, Ocean City, NJ www.lmsports.com
- 8/6-10:** USMS Long Course Nationals, Indianapolis www.usms.org/comp/nations.php
- 8/15:** USMS 2-mile Cable Championships, Mirror Lake, Lake Placid, NY www.usms.org
- 9/12:** Brooklyn Bridge Swim, 1k, New York, NY www.nycswim.org
- 9/26:** September Splash 1-, 2-, and 1/4-mile, Wildwood Crest, NJ www.lmsports.com
- 9/26:** Little Red Lighthouse Swim, 5.85-mile, New York, NY www.nycswim.org
- 10/10-18:** 2009 FINA World Masters Games, Sydney, Australia www.2009worldmasters.com