

The Rime

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WHAT'S INSIDE

Page 2: Braving The Chilly Waters of Australia

Page 3: Kirmayer's Open Water Log'd (Part 1)

Page 4: A Very Cold Swim from Alcatraz I Made It!

Page 6: Annual ANCM Board Meeting How did we do?

Page 7: 2010 ANCM Budget Annual ANCM Picnic

Page 8: Lane Chat Event Calendar

SO YOU WANT TO BE A MASTERS SWIMMER?

by Lisa Wolf

Hazy recollections of predawn workouts, monster sets, and two-a-days sometimes flit across my memory like a bad dream. I know it happened years ago (my parents are quick to remind me of the early morning part!) but as a parent of two teens (including one swimmer) and a Masters swimmer today, I no longer can make swimming my main focus. Life is complicated by a demanding job, family obligations, and an aging body that makes daily practices a thing of the past.

However, despite limited time in the water, the average Masters swimmer can make tremendous strides in cardiovascular status with the idea of training "smart", not "hard". Recent studies show that even athletes in their forties and older can continue to develop increased aerobic capacity and continue to reap the benefits of improved fitness. Think of Dara Torres.

If you are new to Masters swimming or returning to the team after a long layoff, a few common-sense tips can help ease your way back into the pool.

First of all, as you all know, a trip to the doctor for a physical check up is essential before entering into any exercise program. It can spot any potential issues that could impact or limit your training.

Now that you've got your doctor's approval, what next? If you're reading this, you probably have already decided to join the ranks of over 50,000 Masters across the U.S. Congratulations! I'm fond of quoting one fact I read years ago -- 1% of the population swims for exercise on a regular basis and only 1% of THAT population



POLAR BEARS MIGRATE TO WARMER WATERS AFTER FINAL FRIGID FROLIC

by Tom Denes

The polar bear frolic at the Bethesda pool came to an end on a cold, windy October morning.

Back in May, I wrote an article about ANCMs who braved the icy spring waters of the Bethesda pool. Little did we know that we would once again be dipping into frigid waters come fall.

As the summer session came to a close in August, we learned that the MAC would not open for the fall session. We were once again relegated to the Bethesda outdoor pool. Initially, the water temperature was not too bad, in the high 70s. However, the air temperatures were below normal for most of September. By the end of the month, the water temperature was in the low 70s or high 60s. Yet hardy ANCMs continued to show up—many without wetsuits.



Larry Demile-Wagman and Jeffrey Loman at the last outdoor practice at the Bethesda pool

Those hardy souls were: Mauricio Rezende, Paul Doremus, Elliot Rockler, Bob Huber, Stephen Godwin, Larry Demille-Wagman, Soma Chakraborty, Patricia Clifford, Jeffrey Loman, Kathy Levintow, Chris White, Casey Scace,

OFFICERS

Jeff Roddin, President
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 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/or waterproofcoach@gmail.com

(Continued on page 3)

(Continued on page 3)

BRAVING THE CHILLY WATERS OF AUSTRALIA

by Cathy Gainor

I am a mollusk.

My plan was to swim in the Pacific Ocean, on Manly Beach on Sydney's north shore. I had already swum in several pools (more on those later) and wanted to get in some ocean swimming.



But it was a gray day, maybe in the low 70s with a stiff wind — in other words, cold. So after sticking my feet in the water, seeing nobody in the ocean besides surfers in wet suits and thinking about the long, chilly ferry ride back to our hotel, I skipped the ocean and went to an indoor pool.

Several days earlier, Tom (Denes) and I had swum at the Bondi Icebergs Swim Club at the famous Bondi Beach. To join the Icebergs team, you must swim 50 meters every Sunday during the winter for five years, in water temperatures that drop as low as 55 degrees — without a wet suit.

The Icebergs' motto captures the ethos of the group: "Be a man, not a mollusk."

On the day I swam at Bondi, I had been a man. Well, a woman.

We had swum at the club, along the ocean -- the surf was too rough to try to swim anything that resembled a conventional workout, and I was concerned about three recent shark attacks around Sydney, including at Bondi.

So we went to the beautiful seaside pool, which felt like swimming in open water. The lane ropes were just that — ropes. They were there to keep swimmers from running into each other. The ocean waves crashed onto the rocks, up into the pool, making for a wavy experience. It was a 50-meter pool, which I hadn't swum in since the previous summer. I felt the difference quickly.

The water, since it was mostly ocean water, was cold. Not 55 degrees, but a chilly 71 degrees.

And there was the extra challenge of having to swim on the wrong side of the lane — because not only do drivers drive on the left in Australia, but swimmers swim on the left, too.

But I prevailed. I swam for an hour, about half of it without stopping, through the waves, around the other swimmers. With about eight lengths to go (400 meters), I began shivering as the sun dipped below the swim club building and my lane plunged into the shade. I thought about moving to the end lane, but that was next to the ocean — more waves. And the lifeguard had warned us to be careful if swimming in that lane, because periodically the surf would wash swimmers over the pool edge and down to the rocks and ocean below. I opted to be cold instead.

When I finished, my feet were unsteady on the side of the pool, and my body felt as if it were rocking from side to side as if I had been in a storm-tossed boat.

And I was shaking from the cold. Fortunately, Tom had finished before me and had staked out a sunny spot on the nearby pool deck where I could lie on the warm black asphalt and try to get warm. And then I found the sauna.

The Bondi swim was difficult but was

great training for the Bay Swim, which I completed in June.

Swimming on vacation in Australia is actually touristy, not a waste of valuable time. Australia is the only country in the world where swimming pools are listed in guide books as major tourist sites (and not just on the physical fitness pages), and all its Olympic swimmers — not just Ian Thorpe — are treated like rock stars.

So, in my efforts to be a tourist in training, I also swam in a 50-meter saltwater pool along the Sydney Harbor on a sun-drenched day, and swam three times at the underground Cook & Philip Centre Pool near our hotel, including once with the pool's masters swim team. That was a hard practice, especially because I'm not used to the 50-meter distance and my body was tired from spending the day walking all over Sydney.

There were other pools and beaches that we had planned to visit, but we ran out of time as the weather was far from ideal our last two days.

But over our 10-day vacation — including travel days and several days in the wine-making Clare Valley without a car or pool — I swam five times.

Cathy Gainor is the editor of The Washington Examiner's Personal Best page. Reprinted with permission from The Washington Examiner.



KIRMAYER'S OPEN WATER LOG'D (PART 1)

by Kathy Kirmayer

April 18: Tampa Bay Relay 2009 or "What Do You Expect From A Race Sponsored By a Place Called Whiskey Joe's?" 24 miles. Team: Grant "Oops there goes my cap and goggles" Johnston, Matt "Oops there goes my meniscus" McShane, Tommy "Oops, I signed on with a bunch of lunatics" Kaufman, and Kirmayer 3X (sisters Kathy, Melissa, Laura). Here's what we pondered as we made our way across Tampa Bay: Was the rental car man kidding when he said "Aren't you worried about the sharks?" "Do sharks have calendars and know they are not supposed to enter the bay until May 1?" If they're about four feet tall and white on top, are they still called "swells"? And what does "Team TBD" really stand for? We came in second, beat the reigning relay champs from Baltimore!



Tommy Kaufman, Grant Johnston, Sarah Swoch (kayaker), Melissa Kirmayer, Laura Kirmayer, Matt McShane, Kathy Kirmayer

May 3: Nanticoke 3-miler or "Find the Buoy." 3 miles in the Nanticoke River, Eastern shore. Gorgeous drive, beautiful setting, nice early season swim. This year: grey sky, pouring rain. Two laps of a triangular course, marked by three buoys, one-half mile apart. Respectable chop on the third leg, hard to see the difference between the sky and the water, and all orange buoys look the same. Kayakers apparently not instructed to keep the swimmers on course. As a result Paul Doremus swam 3.5 miles, most of the rest of us swam 3. It's possible that for a split second, mid-river, Paul actually lost his

preternatural cool, but there was no one there to witness it.



Kathy Kirmayer and her kayaker David Mood

May 30: Potomac River Swim or "Don't Look Now, We're Going Backwards." 7.5 miles across the mouth of the Potomac, from Hull Neck Virginia to Point Lookout, Maryland. Starts the night before with a pre-race meeting and spaghetti dinner in an old Parish hall, cooked by genuine Church Ladies. Next morning, I got to share a very early breakfast with Joe Stewart, and hear about how and why he started the PRS swim (and the Maryland Swim for Life) 18 years ago. Everyone assembles at Pt. Lookout and gets a lovely ride from the finish to the start in a skipjack loaded high with kayaks. Then, we're off. Three deceptive hours of fun swimming with the world's best kayak escort -- followed by 45 minutes of torture. One mile from the finish and stuck swimming in place (except for when I lifted my head to beg for mercy, and slipped backwards at about three mph). Tip: never let yourself say "I'm almost there" until you can actually feel the bottom with your feet.

June 6: Swim Around Key West or "How To Recruit a Kayaker In the Gulf of Mexico and Who Needs Gatorade Anyway." 12.5 miles, one lap around the island. 86 degree water, 90+ degree air, and very significant wave action on the Atlantic side of the island. Things I learned: (1) Swimmers can handle rougher seas than some kayaks. Grant Johnston is the guy you want to find if you discover yourself unexpectedly without an escort kayak at mile one of a 12 mile swim; (2) It is possible to swim in 12 inches of water without any part of your body touching the bottom and still make forward progress; (3) It is possible to swim for 10.5 miles on nothing more than two bot-

les of very warm water and three Gu packs; (4) It is possible to get totally seasick at mile 10.5, feed the fishes two bottles of warm water mixed with three Gu packs, and then actually keep swimming for another two miles to the finish; and (5) Long swims are like childbirth. The only thing more reliable than the mid-course "absolutely never, ever, again under an circumstances" is the post-swim "you know, it actually wasn't all that bad" a few days later.

POLAR BEARS

(Continued from page 1)

Cliff Bartlett, Tommy Kaufman, and Will Ferretti.

On a cold, windy October Sunday, the pool was opened for one last dip. Four polar bears (Bob Huber, Jeffrey Loman, Elliot Rockler, and Larry Demille-Wagman) showed up. The air temperature was 40 degrees. The swimmers noted that the water was not steaming, indicating that the water was not much warmer than the air. The official water temperature reading was 57 degrees. The swimmers lowered themselves gingerly into the water. Nobody lasted more than a few minutes. Jeffrey commented that the cold water made his head hurt like eating "a gallon of ice cream."



Elliot Rockler and Bob Huber at the last outdoor practice at the Bethesda pool

Ironically, as we moved indoors a few days later, the heater wouldn't shut off, driving the temperature to a sultry 91 degrees. Suddenly the Bethesda pool didn't look so bad after all.

Editor's note: If we left out your name, please let us know at: waterproofcoach@gmail.com

A VERY COLD SWIM FROM ALCATRAZ (2003)

by Ben Stubenberg

A typical grey fog hung over San Francisco as I and 450 other enthusiastic swimmers boarded a ferry that took us to the “backside” of Alcatraz for the South End Rowing Club’s annual Alcatraz Invitational Swim. I was one of the insane in a non-wetsuit (racing brief) category. At this point, however, I was wondering if I would survive the chilly ferry ride.

Once the optimum slack tide time was determined, race officials told everyone they could jump in and wait for the ferry whistle to blow that would signal the start. There was no way I was going to back out at that point. Even though I had practiced in the bay the day before and taken lots of cold showers to acclimate, the plunge was really, really bracing! Once in, there was no chance of getting back on the ferry. As you can imagine, 450 swimmers are going to tread 61 degree water for only so long while waiting until everyone hopped in. Several swimmers jumped the “gun,” and everybody followed in a mad rush. Nothing to do but swim hard to reach the shore 1.5 miles away—the same course that the Anglin brothers and Frank Lee Morris would have had to negotiate after they broke out from Alcatraz prison on the night of June 12, 1962 and jumped into the freezing bay.

All I could think about was beating the cold. About halfway through, my hands started to go numb, and then the forearms. The Jack London short story “To Build a Fire” flashed in my mind. London described how a smug, overconfident guy, unable to restart his fire in the Alaska wilderness, despairs as his limbs go numb before he freezes to death. At least it spurred me on.

Finally I reached the beach and wasn’t even tired. I knew that hypothermia would hit any moment. There was a sauna at the club, and I ran in to get warmed up. That took a full 30 minutes. Do I recommend this swim? Absolutely! Just knowing that I could have escaped from Alcatraz and lived to tell about it is a great feeling.

I MADE IT!

by Mauricio Rezende as told
to his son, Justin

“1, 2, breathe 1, 2, breathe.” I fell into a pattern defined by countless hours in the pool. The water was cold, but not unbearably so, much warmer than the so called “polar bear swims” I had endured to get here. I climbed over a swell and spied the other two thousand plus swimmers. “1, 2, breathe 1, 2, breathe.” I had swum away from the pack of swimmers whose efforts appeared more a water polo match than an Ironman. I spied the buoys ahead leading me onto land and my next challenge. I lowered my head and continued onwards. “1, 2, breathe 1, 2, breathe.”

Much later I heard shouting, popping my head up again I spied the shore, with a burst of energy I swam onto it. Knowing the grueling challenge ahead from my own 112-mile bike rides, I took my time changing. I recalled those rides in detail — not the actual ride, though, but my wife’s response. This caused me to grimace. One had to sacrifice much for their passions. Just to sign up online for this event I had missed my son’s soccer game. He understood, but whenever I gave something up he made me promise to



finish my race.

I mounted my bike and I was off. The wind was against me but I felt good. I kept one eye on my speedometer making sure I didn’t fall below 20 mph or allow others to pass me. I fell into my rhythm. “In through my nose out through my mouth. In..... Out...”

I swung around my turn and then: “twooooooo.” I heard the air rushing out of my front tire. I stopped, swore, and

spat.” I didn’t have time for this. I pulled one of my backup tires out and hurriedly swapped it with the busted one. I got back on and a short time later saw the city light marking the end of the bike-ride. All of a sudden the wind picked up and my muscles burned. Try as I could, I watched as my speed fell 19, 18, 17. Bikes started to zoom by and cold fear struck me for the run ahead was my weakest part. I finished. Exhausted, I collapsed in the changing room.

Moments later I set out. The pain in my right calf which had plagued me throughout my training, returned with a vengeance. I could find no solace in my ragged breathing or my limping stride so instead I turned inward for strength. I thought of the hours I had spent training, the man who gave his spot in the Marine Corps Marathon to me, the man who lent me his bike-case. Most of all, I thought of my family. They had supported me completely. (I prefer to call my wife’s criticism: constructive. Ergo supportive.) As the light dwindled, I found myself running in depressing darkness but still fueled from the inside. Finally I finished.

I completed my Ironman in 12 hours and 13 minutes with splits of 1:12, 5:34, and 5:09 for swimming, biking, and running, respectively. I had competed in one of the most competitive Ironman competitions in Panama City, FL, against 2,400 people. I had swum three times a week, biked and ran everyday for eight months. Although I enjoyed my bike-ride, suffered through my run, and completed my swim, I did so with one goal in my mind: to finish. I did finish 79/190 in my age group but first in the hearts of my family. Without a doubt I would do it again, and again, and again. Though I doubt my wife would let me.

Editor’s note: Mauricio completed his Ironman in Panama City, FL, on November 7.

STIMULUS SPECIAL
ANCM SILICONE CAPS
REGULAR PRICE \$10
NOW ONLY \$5.
SEE YOUR COACH

SO YOU WANT TO BE A MASTERS SWIMMER?

(Continued from page 1)

swims with a Masters team. You are one of the elite.

Next is your practice schedule. Remember, Rome wasn't built in a day and you are not going to turn into Michael Phelps overnight (and most likely never) so a gradual increase in time in the pool and yardage is paramount to avoid burnout and injury. The rule of thumb is no more than a 10% increase in training per week. Two or three workouts a week should be a good start for someone who has been out of the water for an extended period of time and twice a week for those new to the program. Time in the water should also gradually increase -- if you can only make 45 minutes of a workout, try to slowly increase it to an hour. Use your coach to help. Remember that every 4-6 weeks you need a "down" week- lesser yardage, to allow your body to recovery from your increasing workouts. Generally, the workouts are planned according to a training cycle for the entire season, and they can help guide you to improving your yardage. If you miss a workout (or even several consecutive workouts) do not fret. Just get to the pool and get back in. If you travel for work, look up other Masters teams on the USMS website, www.usms.org. Teams welcome visiting swimmers all the time, and it's a fun way to see other teams in action and to experience other coaches' workouts.

Monitoring your heart rate is a great training tool. The general rule of thumb is 220 minus your age is your maximum heart rate. When starting an exercise program, aim at the lowest part of your target zone (50 percent of your maximum heart rate) during the first few weeks. Gradually build up to the higher part of your target zone (75-80 percent of your maximum heart rate). Don't go into the "red zone" (over 85 percent of your maximum heart rate); if you find yourself in the red zone, back off your speed to recover into the proper zone. Your coach may sometimes give you a percentage for a set, and you should try to stay or reach that range. (You can train in the red zone for short periods of time and you may be asked to do so as you progress.

This is called anaerobic training, and your body is being asked for all out effort for a burst of speed — probably a 25 or 50 yards on a short set. The goal is to deplete your glucose store and train your body to function on limited oxygen and glycogen.)

If you find yourself hitting the red zone too often, take it down a notch but do NOT sit out. Active recovery is a term used to describe teaching your body to recover while still swimming. You slow down your pace to moderate and allow your heart rate to lower. It's not a "dawdle" swim- it's moderate. One of the worst things you can do is to be zooming along, reaching for the red zone and stop suddenly. First of all, it's debilitating to your cardiovascular system, and it doesn't help you learn to swim through a tough set.

Open water swimming is a situation where training for active recovery will be useful. For example, take our famous Great Chesapeake Bay Swim or a triathlon with a river, lake, or ocean swim. It means you will have a crazy wave start in which you will need to sprint until the crowd thins out and you can relax a bit, but you will then be swimming with and against the current for at least part of the swim. If you can learn to sprint and then swim with active recovery, you will increase your chances of a successful swim and decrease your chances of panicking to the point of dropping out.

Endurance (or the ability to last an entire workout) is hard won. Challenge yourself in different ways periodically. Interval work is key to increasing your aerobic capacity. If the set is 8 x 100 on 1:40 and you have problems for the last 4, then skip a 50 at the end of one and then plow back in. I call it the "reset" button, as it gives you a chance to lower your heart rate (a bit!), to catch your breath, and to loosen your muscles to allow you to regain your stroke. The same goes for longer distances. If the set is 500s, then skip a 50 periodically to allow yourself to recover. However, that doesn't give you carte blanche to continue this practice indefinitely! It's just a way to get you in shape to do the full set!

Now you've finished a great workout and the last minutes of practice are approaching. You feel awesome and pretty

pleased with yourself, right? Well, don't ruin it by suddenly getting out of the pool to talk to your friends or to drive back home. You need to properly warm down (also called cool down). You need to do a few laps (preferably at least a 200) at the "dawdle" speed to allow your heart rate to return to normal and for your muscles to loosen up. They don't put horses back in the stall while still hot, so why would you want to do that to your body? Trust me, the hot tub will still be there after a few more minutes spent looking at the black lines on the bottom of the pool.

Happy swimming!

Editor's note: Lisa Wolf coaches ANCMs at Olney on Tuesday nights.

MAURICIO REZENDE RECEIVES THE 2009 ANCM SERVICE AWARD



Editor's note: The article about Mauricio appeared in the July, 2009, issue of The Rime (at www.ancm.org). The award was presented to him at the ANCM Picnic on August 29.

**ANNUAL ANCM
HOLIDAY PARTY
SATURDAY,
JANUARY 2, 2010**

**DETAILS WILL BE ON
THE ANCM WEBSITE
BULLETIN BOARD**

ANNUAL BOARD MEETING

Date: Sunday, November 8, 2009

Place: La Madeleine Restaurant,
Rockville, MD

Participants: Jeff Roddin, Dave Harmon, Tom Denes, Dottie Buchhagen, Cathy Gainor, Peter Johnson, Debbie Kelsey, Andrew Shipman, and Susan Blum.

The meeting was called to order by President, Jeff Roddin, about 11:00am.

Nomination of Officers: A nomination was made from the floor to re-elect the existing officers:

President: Jeff Roddin

Vice President: Peter Johnson

Secretary: Kate Fiskien

Treasurer: Mauricio Rezende

Newsletter Editor: Dottie Buchhagen

Co-Newsletter Editor: Tom Denes

Webmaster: Dottie Buchhagen

Record Keeper: Jeff Roddin

Registrar: Clay Britt

At-Large Board Members: Dave Harmon, Cathy Gainor, Debbie Kelsey

The following officers presented reports:

Jeff Roddin, President:

We need to remeasure the MAC pool following the renovations. This is necessary to comply with USMS requirements for the Albatross Open.

- USMS will provide free banners to clubs if we furnish a logo. We agreed to request a banner. Peter will take the action. Dottie will provide jpg.
- USMS will provide free caps with the USMS logo. The only cost is shipping. We agreed to request the caps. Jeff will take the action.
- We agreed to revive our initiative of having members participate in more meets. In the past we touted a couple of meets a year. We decided that the upcoming short course meters meet to be held in the new Wilson High School Pool (Dec. 13, 2009) and our Albatross Open held at the MAC (March 20, 2010) would be the two meets. Tom will take the action of pushing the December meet.

Tom Denes, Past President:

- We need to do a better job greeting

new swimmers and make them feel welcome.

Peter Johnson, Vice President:

- All coaches should have copies of the registration instructions to give to new swimmers. The best source is to print out our webpage with registration information.
- We sold most of the silicon caps for \$5. We have about 10 left. Peter will order more latex caps to give to all swimmers who register with ANCM for 2010.

Kate Fiskien, Secretary: Absent.

Mauricio Rezende, Treasurer: Jeff reported for Mauricio.

- The account balance as of Aug. 31 09 is \$20,348 (an increase of \$135). Since we had approved a budget deficit of \$1,900 last year, this was an unexpected windfall.
- Jeff noted that 205 of 227 ANCM swimmers paid the \$12 team dues last year (90%).

Clay Britt, Registrar: Absent.

Dottie Buchhagen, Webmaster & Newsletter Editor:

- We need a new camera. The board approved this.

The next agenda item:

Holiday Party: In a change from previous years, the ANCM Holiday Party will be held on Saturday, January 2, 2010. The location and menu are being worked out.

Proposed Budget: ANCM's 2009-2010 Budget was reviewed, line by line. Jeff noted that our revenue was based on the same amount as last year, 200 members. Based on what happened last year, he is forecasting that 90% of members will pay the \$12 membership dues. After the Board's review and adjustments, a motion was passed to accept the budget with a deficit of \$1,500.

Albatross Open: We made \$1,360 on the 2009 meet. The date for the 2010 swim meet was set for March 20, 2010 at the Montgomery Aquatics Center (MAC). The fees and surcharge would remain the same as last year. In a change from previous years, the board approved the use of on-line registration. We will also offer both long and short sleeve t-shirts and present a new event order.

Video Library: We spent \$130 this past year on swimming videos. Clay holds all the videos. Dottie will ask Clay for information so that we can loan the videos to team members.

ANCM's Bulletin Board: Debbie asked someone to take pictures of swimmers who they can be posted on the board.

The meeting was adjourned at 12:20 pm.

Next Meeting: To be announced.

Submitted by Tom Denes

HOW DID WE DO? 2009 RESOLUTIONS

- Cathy Gainor - to do the Great Chesapeake Bay Swim on June 14. "It was great! I finished with a pretty good time and immediately wanted to sign up for the 2010 swim."

- Mauricio Rezende - to do the Ironman triathlon in Panama City, FL, in November. "I did it!" (see page 4 of this issue).

- Tom Denes - to swim 50 meters of fly. "My separated shoulder is finally healing. I swam 50 meters of fly in practice."

- 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! "While I haven't heard any recent lane hog complaints, there is still the issue of my being the cause of black eyes, nail scratches, head-on collisions..."

- Jeff Roddin - to spend less time on technology (email, cellphone, etc.). "I did ok but still left some room for improvement!"

- Kathleen Etxegoien - 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). "The 50-fly is AGAIN on my resolution list for 2010! I am STILL not doing a yoga wheel, so that is on the list for 2010! I have completed the 2 NE classes. Class #3 starts in January and is billed as the most challenging of the 3 required classes. So, I'll just fight to stay above water on that one!"

2010 ANCM BUDGET September 2009 - August 2010
(Approved on 11/8/2009)

ANNUAL ANCM
PICNIC at SENECA
CREEK PARK
AUGUST 29th

INCOME

CATEGORY	AMOUNT	ASSUMPTIONS/INFO
Individual team dues	\$2,400	200 individuals @ \$12 ea.
Interest income	215	\$235 in 2009
Albatross Open	7,570	Based on 2009
ANCM Gear Sales	50	\$148 in 2009
Total =====>	\$10,235	

EXPENSES

Newsletter

Copying	550	Spent \$541 last year
Mailing	290	220 newsletters, 3 x/yr @ \$0.44/ mailing
Subtotal----->	840	

National Team & Relays

T-shirts	75	Spent \$0 last year
Meet relays	50	Spent \$0 last year
Subtotal----->	125	

Miscellaneous

Swim caps for all	500	Spent \$1020 in 2007. Need more?
Hy-Tek upgrade	229	Version 2.0 "sunssets" in Jan 2010; need V3.0
Bank fees	125	Spent \$114 last year
Kick boards	0	
Pace clock	0	
MLK budget	0	Spent \$0 last year
Club filing fees	50	Annual USMS club fee
Video	130	Spent \$130 last year
Banner	0	
Website/bulletin board	75	Domain name expires 7/6/201; spent \$60 last year
Misc copying/postage	50	Spent \$0 last year
Misc supplies	100	Spent \$212 last year for Quicken upgrade
Misc expense	100	Donated \$100 to charity last year
Team picture	0	
Subtotal----->	1,359	

Other

Coaching cert	200	Spent \$100 last year
Service Award plaques	250	Budgeted past two years but did not spent!
Subtotal----->	450	

Socials

Summer picnic	700	Spent \$460 i 2008; \$700 in 2009
Local outing	250	Spent \$183 on breakfasts in 2009
Camping/travel trip	400	Spent \$100 last year
Holiday party	1,400	Spent \$1,358 in 2008
Subtotal----->	2,750	

Albatross Open	6,211	Based on 2009
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Total =====> \$11,735

NET INCOME=====> (\$1,500)



LANE CHAT

- ANCM President Jeff Roddin and Julie Oplinger of Fairfax Masters were married on September 27 at the Strong Mansion at Sugarloaf Mountain. They met at the 2007 Albatross Meet.
- Andy and Suzanne Fraser are the proud parents of identical twins Amanda Christine (born October 24th at 5 lbs 12 oz) and Caroline Rose (born October 26th at 5 lbs 4 oz).
- This year more ANCMs participated in the Naylor’s Beach Triathlon and Aquabike on September 27 in Warsaw, VA — Debbie Kelsey placed first in her age group (60-64) among women in the triathlon, Kathleen Etxegoien, Dottie Buchhagen, Katiuchia Sales, Julie Knowles, Ed Goldstein, and Dan Rudooph participated in the Aquabike Division. Katuicha placed third among the Aquabike women, and Ed placed third among the Aquabike men.



Julie and Jeff take the plunge —Wally Dicks is the timer



Amanda and Caroline Fraser



Debbie Kelsey, Katiuchia Sales, Ed Goldstein

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

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**WINTER SESSION BEGINS SUNDAY, DECEMBER 19th
GO ONLINE TO REGISTER (www.ancm.org/registration.htm)**

EVENT CALENDAR



2009

12/13: Last Chance SCM Meet, Wilson Aquatic Center, 4551 Fort Drive, NW, Washington, DC 20016. Sponsored by DCRP and PV. Entry deadline is 12/8.

2010

- 1/2: Swim in the New Year, University of Maryland, College Park. Sponsored by Terrapin Masters. 10 a.m. to 2 p.m. Details at www.terrapinmasters.org.
- 1/17: MD LMSC Swim Series Meet #3; Annapolis, MD, www.mdusms.org
- 2/13: MD LMSC Swim Series Meet #4; Severna Park, MD, www.mdusms.org
- 3/20: **ANCM ALBATROSS MEET, Montgomery Aquatic Center, North Bethesda, MD**, www.ancm.org/bull.htm
- 3/28: MD LMSC Championships @ Loyola; Baltimore, MD, www.mdusms.org
- 4/23-25: Colonies Zone SCY Championships @ GMU; Fairfax, VA, www.patriotmasters.org/