

# The Rime

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## WHAT'S INSIDE

**Page 2: Turks & Caicos — and Haiti**

**Page 3: Coaches Corner — Leon Wells**

**Page 4: Kirmayer's Open Water Log'd (Part 2)**

**Page 6: ANCMs Handle Waves, Stingrays, Rubber Ducks**

**Page 7: 2010 ANCM Service Award - Margot and Ken Pettijohn**

**Page 8: 2010 New Year's Resolutions Event Calendar**

## ANCIENT MARINERS TURN IN STRONG PERFORMANCES IN ATLANTA

by Dave Harmon

Who would have thought a guy (Richard Abrahams) 65 years old could break 50 seconds for the 100 Free or turn in a 22.10 time for the 50 free?

That was just one of many extraordinary things we saw at Short Course Nationals this year. This was the last swim meet where one could swim in a "technical" suit, and many took advantage with lots of records falling. A number of notables showed up — Cullen Jones, Nick Brunelli, Mark Gangloff, Roque Santos, Rowdy Gaines — to do their best.

The meet was held at the 1996 Olympics pool at Georgia Tech in Atlanta. The facility was impressive and the pool was very fast. My only criticism was that it was equipped with FINA walls, which don't have gutters. I learned of this just a week before the meet, so I was not quite prepared. Going into my first event, I took the advice of one person I met who said I should use the wall as a springboard. So I hit the wall pretty hard after my butterfly in the 400 IM — so hard I jammed my finger. It was black and blue for the rest of the meet. Not so much that I did not turn in some good times.

Our team may have been the smallest team at the meet — four of us. Maybe we won the Very Tiny Team Award. Besides myself there was the Roddin family — Jeff, Hugh and Ruth. They did very well. Hugh came in first in the 200 Fly and second in the 100 Back and 100 Fly, while Jeff came in second in the 100



## FIRST NON-TECH-SUITS ALBATROSS OPEN GOES WITHOUT A HITCH

by Tom Denes

On a beautiful March day (the 20<sup>th</sup>), the Montgomery ANCMs held another successful Albatross Open. Even with the full-body tech suits banned from meters competition in 2010, World, USMS, and

team records were set. More than 200 swimmers participated in the meet.

The ANCMs collected the most points among 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 (the same placing as last year).

Setting World or USMS records were two individuals and a relay. Jerry Frentsos, 45, set a World record in the 200-meter I.M. with a time of 2:09.71. George Schmidt, 60, flew up from Florida to set a World record of 1:07.80 in the 100-meter I.M. (George later shared his training tips with us and maintains that he swims no more than 4,000 yards PER WEEK, albeit at high intensity.) The Virginia Masters 200-239 Mixed 400 Medley Relay set a World record of 4:35.02. The record setting quartet consisted of Chris Stevenson (46), Lisa Bennett (54), Dave Holland (43), and Shirley Loftus-Charley (59).

ANCMs setting team records included Brie McDowell, Nanci Sundel, Myriam Pero, Margo Pettijohn, Kate Fisker, Joel Iams, Jeff Roddin, Dave Harmon, and Lou Diamond.



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(Continued on page 6)

(Continued on page 3)

## TURKS & CAICOS – AND HAITI: AN IN- TERVIEW WITH BEN STUBENBERG

**Q: Tell us about the Race for the Conch 1-mile Eco-SeaSwim in the Turks and Caicos Islands you helped organize for this coming July 10.**

**A:** Grace Bay, which is located on the north coast of Providenciales Island (or “Provo”), is one of those impossibly beautiful blue and turquoise bodies of water that laps a white sand beach stretching on forever. It’s protected by the third largest barrier reef in the world and makes a perfect venue for an open water swim event, particularly in July when the water is flat. But Grace Bay has never hosted an organized open water swim race. So last year, when a travel agent friend of mine on Provo asked if I would draft a proposal to organize one, I happily agreed.

The one-mile race has since received enthusiastic support, including a dozen sponsors. Coach Clay (Britt) is set to do a swim clinic at one of the major hotels in conjunction with the race, which has stirred a lot of interest on the island. We’ve signed up many locals and ex-pats living there to swim the one-mile race and are hoping to attract a good number of US, Canadian, Caribbean, and maybe South American swimmers as well.



**Q: You say that the swim will benefit charities that protect the reefs - How?**

**A:** In addition to putting on a great race, we want it to stand for something and give something back. The race provides a great opportunity to call attention to the need to protect the reefs and ocean because we are

using it. So we partnered with the Turks & Caicos Environmental Center, which is charged with doing just that. And they in turn manage ocean and reef preservation projects for specific charitable funding which the swim will help support.

Sometimes it’s small things we don’t think about that have serious consequences. Like using biodegradable sunscreens that don’t kill the coral algae when they wear off the skin as regular sunscreens do. This is a huge problem. Stuff like plastic straws, which take years to break down, also wreak havoc by killing marine animals when ingested. So the term “Eco-SeaSwim” in the race name is not just a catch phrase—we really mean it.

**Q: You also said that the swim will help support programs for children in the Turks & Caicos and Haiti. Tell us a bit about those programs.**

**A:** Proceeds from the race and the sponsors will go to support the Provo Children’s Home and the Caracol Children’s Home in Haiti, which is a little over 100 miles from Provo. Both of these charities care for and protect children in need, and are well known by the race co-organizers.

In addition, the race will support a non-profit I am involved in, TractorShare, which provides tractors to Haiti to increase agricultural production and aid in disaster mitigation, relief, and recovery. This program, by the way, is managed by the Haitian Urban Search and Rescue team that was trained by Montgomery Fire and Rescue Services -- the only one in Haiti to receive training. They were the first on the scene following the earthquake and saved many lives at great risk to themselves. We’ve invited some of them to participate in the Turks & Caicos swim.

**Q: You recently returned from Haiti – were you helping earthquake victims? In what capacity?**

**A:** I’ve been organizing surgical team trips to hospitals in Haiti for a few years. So, this was one of those trips that had actually been planned before the earthquake. I’m not a medical professional myself, but I’ve spent a lot of time in Haiti and have connections that can help make these trips more manageable. In Haiti nothing is easy. For these trips, the team members pay their own way and are unaf-

filiated with any aid organization. We were not in Port-au-Prince but in one of the hospitals in the north where there were lots people with serious medical conditions that desperately needed treatment. But the medical problems were not necessarily related to the earthquake. These could be anything from goiters and tumors to enlarged prostates. Emergency C-sections are often a life and death matter.



For those afflicted, the suffering can be long and hard because medical specialists to treat them are in such short supply. But Haitians are amazingly stoic, even the children. You almost never hear anyone complaining about the pain they endure. The surgeons and nurses on these trips, as well as the Haitian OR (operating room) personnel, do incredible work with limited equipment and facilities. Haiti’s people are astonishing, beautiful and warm, and the sights are spectacular. All this keeps us coming back.

**Q: How can other ANCMs help you in your activities?**

**A:** Over the past 14 years, I have been particularly impressed by the work done by the Haitian fire and rescue workers. These guys and gals get paid next to nothing and have hardly any equipment but put their lives on the line every time there is an emergency. TractorShare, a US 501(c)(3) non-profit company, has been providing heavy equipment, which they use to clear rubble and aid in the recovery as well as prepare for future disasters sure to come ([www.tractorshare.org](http://www.tractorshare.org)). That and the hospital the surgical team has been visiting, Bon Samaritain ([www.hbslimbe.org](http://www.hbslimbe.org)), can always use donations. It’s also a US 501(c)(3) non-profit. Check out the charities on the swim race website [www.ecoseaswim.com](http://www.ecoseaswim.com). Contact me at [bluewaterben@comcast.net](mailto:bluewaterben@comcast.net).

# COACHES CORNER: LEON WELLS



**Q: When did you first start swimming?**

**A:** I first started swimming during the summer at the neighborhood pool at the age of fifteen.

**Q: What about competitive swimming?**

**A:** I was first introduced to competitive swimming at Tennessee State University in 1975. I had the basic knowledge of the freestyle stroke and the coach asked me to try out for the team. I was happy. I didn't know what to do with myself. Upon early morning workouts, it became a whole new ball game. I couldn't complete the warm-up that was a basic 500-yard swim. From that point on, I have been teaching myself how to swim and my interest in competitive swimming grew. I was again introduced to competitive swimming on a Masters level some five or six years later by way of Walter Meares and Alfonzo Allen, better known as Walt and Al. They were coaches of the DCRP Master's Swim Team. I began to again teach myself swimming and at the same time competing.

**Q: What is your favorite stroke?**

**A:** My favorite stroke is the butterfly because it has both power and grace.

**Q: Do you still swim competitively?**

**A:** I haven't swum competitively for about seven years due to lower back and shoulder injuries, but I am looking forward to competing in the near future.

**Q: When did you begin to coach?**

**A:** I branched into Master's coaching starting with DCRP's team whom I have coached for ten or more years. I have also coached at Rockville Masters for a few years, Virginia Masters at Chinquapin Aquatics Center, and during the summers I assisted Coach Flanagan at Hains Point, sometime solo.

**Q: Do you have a special approach to coaching? What do you think is important to have swimmers work on?**

**A:** I believe that I have an innate ability for coaching. I also feel that leadership,

people skills, and flexibility in personality are paramount when coaching.

I think that it is very important for swimmers to work on technique and their own style as well as have fun.

**Q: How long have you been swimming with the ANCMs? What pool(s) do you swim at?**

**A:** I have been swimming with the ANCMs for about eight years or so. I primarily swim at Montgomery County Aquatic Center on Sundays.

**Q: When did you begin coaching the team?**

**A:** I started coaching ANCMs at the beginning of 2009 indoor fall swim season.

**Q: What do you do when you are not swimming?**

**A:** When I am not swimming, I am parenting, attending school, and, on occasion, I take yoga classes. Also, when I am not swimming, I am rehabbing my lower back and shoulder.

**Q: Do you participate in any other sports?**

**A:** Before my injury, I use to play basketball and, as a kid, football.

**Q: Is there anything else you want to add?**

**A:** I'd like to thank you guys and gals for the opportunity to showcase my coaching abilities with the ANCMs.

*Leon coaches at the Martin LutherKing Jr. Swim Center on Monday nights.*



# ALBATROSS OPEN

*(Continued from page 1)*

Mollie Grover, 29, of Terrapin Masters won the Fastest Woman in the Water award with a time of 28.47. In the men's final, ANCM Jeff Roddin, 41, won the Fastest Man in the Water for the second year in a row with a time of 25.02. This was also Jeff's sixth title in the 18-year history of the meet.

Thanks to all who swam and helped with the meet. We couldn't have done it without you.



## KIRMAYER'S OPEN WATER LOG'D (PART 2)

by Kathy Kirmayer

**Israel, September 23-25, 2009:** The waiver form was set up for me to sign from right to left. Looking back on it, that was probably a sign that everything about this open water swim trip was going to be the same, only different. Three 10K swims, in three different bodies of open water, in three consecutive days. Oh yeah, in Israel. A country I'd never set foot in, filled with people who spoke a language I could not understand. I'd be joining a core group of 12 Israeli men I'd never met. I had no idea what any of the details were for any of the three swims (course, escorts, nutrition, conditions, etc.), nor even where I'd be sleeping after the first night. All I knew was I would arrive in Tel Aviv late in the day on a Tuesday, before the first swim in the Sea of Galilee at 6:00 a.m. the next morning. I would rent a car and drive a couple hours north -- with the help of a Garmin in my rental car -- and meet the group at a kibbutz in Ein Gev, on the eastern shore of the sea. I joked that I hope the Garmin lady spoke English and wondered whether they drive (and swim) on the right or the left in Israel. I signed the waiver and started trying to guess how jet-lagged I'd be for the first swim.

I first learned about "Shlosha Yamim BeShlosha Yamim", or 3 Seas in 3 Days, about 10 days before I was scheduled to leave for a long-planned trip to visit one of my closest friends, who had moved to Israel more than ten years earlier. I had planned to arrive on a Wednesday; it turned out that if I could arrange to arrive one day earlier, I could do the swims, which were on Wednesday, Thursday and Friday! Within 36 hours, and after a frantic effort to find someone at my office who would translate Hebrew for me, I was speaking via cell phone to Gadi Katz, the 3 Seas organizer in Israel. He was surprised, but seemed happy, to have his event go "international."

Over the next week, I ended up using Google Translator to translate the pre-swim emails that kept coming in, in Hebrew, from Gadi to me and the group.

This produced some pretty funny results. Gadi's name translates as "Capricorn," which made the whole thing feel like a John le Carre spy novel. Gadi was concerned that I might need a medical approval, and he kept referring to some medical test which translated into "soil quality." I can just imagine. Happily it turns out only Israelis needed one.

Right before I left, Gadi sent the group a message that translated into this gem: "Meanwhile, the biggest uncertainty is the Mediterranean. As it looks now, the sea will be calm and limp on Thursday. The problem no one can sign us about it ... Anyway, after consultation with the cannon Alon Peled (Sarit Hadad wrote about the song), if Nifgos excited sullen sea, Natic the anointing place in a Tel Aviv swim vouchers. I really hope this alternative will not be on the table ...". Hmmm.



Well, "calm and limp" sure sounds better than "sullen" at least as far as open water is concerned. Indeed, the Med was a bit sullen that day, as it turned out.

**Night 1:** That first night, after many, many hours of travel from DC, I met the group, in the dark, at the kibbutz. The drive there had been totally disorienting -- strange music on the radio, strange lettering on the street signs, and pitch blackness. The route took me right along the West Bank. Anyway, I don't know from kibbutzim, but this one looked and smelled pretty much like a farm to me. The guys (plus one girlfriend) were all

sitting outside in the dark in plastic chairs in a circle, talking swimming trash (I assume), and ... smoking. Yep, several of them smoke. A round of nods in my direction, and I pulled up a chair and listened. What a curiosity I was, I guess. They could all speak English, but Hebrew dominated. Later at dinner, I asked the group where all the female open water swimmers were. They looked at me, and one shrugged, saying "it is too strenuous, and the training takes too much time, for women." I wondered about that for a while. Later that night, I got lost on my way back to the dorm from my car, and ran into the boat captain who would take us out to our start and accompany us for support the next morning. Older man, late 60s, deeply tanned and wrinkled, looked like someone from central casting had sent "one salty old Israeli fisherman." We tried

to talk as he led me back to the group: Cap't: "You come here to this country to swim?" Me: "Well, yes." Cap't: (with amazement) "What is missing from your life that you would do a thing like that?" Me: "...[shrug]..." I slept for about an hour that night, and tossed around for the rest of the time on a bed in a giant room with 12 other sleeping people scattered about. What had I gotten myself into?

We had nutella and banana crepes for dessert that night ... and for breakfast the next morning. Don't knock it 'till you try it. The pre-swim brief went on for 25

(Continued on page 7)

**ANNUAL ANCM HOLIDAY PARTY,  
JANUARY 2, 2010 AT KATHY KIR-  
MAYER'S HOUSE**



## ANCMS HANDLE WAVES, STINGRAYS, RUBBER DUCKS

by Cathy Gainor

The Gulf of Mexico water was warm and calm Friday afternoon.

The water was calm Saturday afternoon.

The water was calm Sunday morning.

But it was NOT calm when it mattered -- Saturday morning, May 8<sup>th</sup>.

That was when eight ANCMs and a former ANCM ran into the water on St. Pete Beach, Fla., to begin a 2.4-mile race along the coast.

Instead of cruising through the "clear as glass" waters that you should expect at 7:30 a.m., the 369 swimmers competing in the annual Hurricane Man race fought through continuous waves, prompting two ANCMs to get a bit seasick.

The good news: the current was with the swimmers, so the entire Washington-area group posted fast times.

Tom Denes, who complained all day Friday of "feeling slow" and threatened to switch to the 1,000-meter swim, beat the one-hour mark for the first time.

Debbie Kelsey dropped 15 minutes off her time from last year, posting a 1:19.50.

"It was so wavy, both by the shore and out by the buoys. We deserved to get the current," said Cathy Gainor, who did her best time: 1:00.16.

After the swim was over, only newbie Amy Greenberg said she loved this year's race, while the other swimmers complained about the conditions. "I was in a zone," she said after her 1:15.26 swim.

Friday afternoon, the ANCMs grew a bit concerned when Amy spotted a stingray as they swam in the Gulf. Their concerns were heightened Saturday morning, when race officials warned swimmers to do the "stingray shuffle" when entering the water because so many of the flat fish were basking at the bottom of the warm coastal waters.

Fortunately, the stingrays were long gone by the time the ANCMs dove into the water.

But they did encounter rubber ducks.



Katiuchia Sales, Debbie Kelsey, Amy Greenberg, Angela Nevaldine, Dottie Buchhagen, Susan Blum, Cathy Gainor (in front)

The squeaky awards replaced certificates this year, with Dottie Buchhagen winning the women's 65-69 age group (and taking 14 minutes off her 2009 time), Debbie placing second in the women's 60-64 age group, and Cathy taking home third in the women's 40-44 age group.

The ANCMs who made the trip to St. Pete this year included Susan Blum, Dottie Buchhagen, Tom Denes, Cathy Gainor, Debbie Kelsey, Angela Nevaldine, newcomers Amy Greenberg and Katiuchia Sales, and former ANCM Lynn Wymelberg. They stayed at the Etxegoien's beautiful and relaxing beach house — thanks, Kathleen!

## NATIONALS

(Continued from page 1)

Back. It was a very large meet and we only ran into each other occasionally. I was able to see Jeff swim the 50 Fly and the 100 IM. Hugh and I shared the same heat in the 400 IM, and he was in the heat before mine in the 200 IM.

It was nice to meet folks from other parts of the country who share the same passion for swimming. I stayed in the student dorms and met quite a few interesting people.

Here are our times:

### Jeff Roddin

100 Back	54.79	2nd
50 Breast	28.46	12th
50 Fly	23.99	6th
100 Fly	52.79	7th
100 IM	54.31	5th
200 IM	2 :01.68	6th

### Hugh Roddin

100 Back	1:10.59	2nd
200 Back	2:37.83	3rd
100 Fly	1:08.36	2nd
200 Fly	2:49.14	1st
200 IM	2:42.23	9th
400 IM	5:53.86	4th

### Ruth Roddin

50 Free	37.30	9th
50 Fly	45.11	4th

### David Harmon

100 Free	59.19	19th
200 Free	2:16.07	13th
200 IM	2:37.57	7th
400 IM	5:51.42	10th



Jeff Roddin being interviewed for his perspective on Nationals. The video can be seen at [www.usms.org/comp/sc-nats10/gallery.php](http://www.usms.org/comp/sc-nats10/gallery.php). Jeff is the first interviewee in the Day Four at Spring Nationals video.

## ANCIENT MARINER SERVICE AWARD: MARGOT AND KEN PETTIJOHN

by Tom Denes

The 2010 ANCM Service Award was awarded to Margot and Ken Pettijohn following this year's Albatross Open on March 20.



Ken and Margot receiving the Service Award from Jeff Roddin

While Margot does not have an official position with the ANCMs, her work for the team has been indispensable over the last two decades. Every year she hunts down the officials to work the Albatross Open -- a critical task since we can't hold the meet without them. She helps set up the pool, making sure that the pool meets USMS requirements, and that the backstroke flags are in the proper place. Margot also served as the Meet Sanctions Chair for the Potomac Valley Local Masters Swim Committee for many years. In 2008, when Margot fell off her front porch on the day of the Albatross Open, she wrapped up her ankle, hobbled to the MAC with a cane, and timed the entire meet in a chair.

Margot and Ken are both invaluable members of the ANCMs. They always volunteer to help set up for the team's parties, and they slave away at the grill at the summer picnic, cooking each person's hamburger-- or dog or sausage or chicken -- to order. For the Albatross Open social, Ken volunteers to set up, while Margot (who is in the water swimming before the social) decorates the

tables with her flowers and vases.

Although Ken is not a swimmer, he has been a loyal dues-paying member of the team for many years. In the 1990s, he officiated at several Albatross Open swim meets. And besides the above-mentioned party duties, Ken can always be counted on to make sure the keg is flowing properly.

We appreciate their many years of service.

## WATER LOG'D (CONT'D)

(Continued from page 4)

minutes nonstop in Hebrew; when I asked Gadi afterwards what I needed to know, he shrugged and said "just follow Ron (gesturing), he will set the pace." The Cap'ts boat matched the captain -- a rusting old fishing trawler. But then we arrived at our starting point and hit the water... and it was stunning. Sweet, fresh, calm and warm. The dawn was breaking as we started our swim. It was just about as perfect as perfect could be. The only thing missing from my life was that swim, I decided that day.

The next three days were a blur. I drove back to Tel Aviv that afternoon, to swim 10K in the Med along the coast the next day. The sea was filled with giant rolling waves, and within minutes the guys were picking up their heads and shouting "medusas!" A couple guys jumped into the escort dinghy -- we had also had 45-foot sailboat as our official escort boat. The stinging jellies were everywhere in the zone from the surface down about 5 feet. I remembered the horrible scars one of the men had shown me the day before, from his last encounter with medusas. We swam against the current for the first 5K, so the jellies came at you fast like you were in a Space Invaders game. I felt the burn on my neck, then my wrist, but luckily I didn't have the reaction others did, and avoided a full-on collision. It kept my mind off my stomach, which was starting to question the rolling, and the crepes, and the travel ... we turned around at a building that looked like a minaret on the coast. I mean, come on ... what can beat that?

**Night 3:** I fly to Eilat, the Israeli town on the coast of the Red Sea. Let me just tell you, if you want to experience real airport

security, not the JV stuff TSA offers, look like me and travel alone on a domestic flight from Tel Aviv to Eilat. Suffice it to say I was questioned and my bags and my person were searched, very thoroughly. More raised eyebrows about the purpose of my trip, this time from skeptical 19-year olds wearing serious weaponry. Made it to Eilat, which is like an Israeli version of Ocean City. Drunks still stumbling home along the boardwalk as we made our way down to the dock at 5:30 a.m. for the start. The temps in the Red Sea were 10 degrees colder than the Sea of Galilee or the Med, at about 75 F. Sounds warm to most people, but to me that's cold over the three hours it takes to do 10K. And cold I was; I "suffered" that morning, as Gadi so eloquently put it. Swam lots of fly to try to keep the blood flowing. But we swam over coral reefs that offer some of the world's best scuba diving, and right by the underwater aquarium. There were kite surfers and there were huge oil tankers making their way up the sea. We could see the gigantic flag Jordan flies on its border with Israel, and our finish line was the border between Israel and Egypt. Some of the guys rode on a banana boat towed behind us on the way back to Eilat ... nothing brings out the kid in you like a banana boat ride. I shivered under towels in the powerboat, and watched the coast fly by. 3 10Ks in 3 days, in 3 seas...

Really, it was a once-in-a-lifetime thing ... except I now have a great group of swimmer friends in Israel (who think I'm a nut case). I may just have to go back this fall to do it again. Perhaps with a solo crossing of the Sea of Galilee (21K) thrown in for good measure. If you are interested in joining me, let me know. I know where to get the best nutella crepes.

**Other swims rounding out last summer:** Included the 25K Swim Across the Sound (across Long Island Sound from Pt. Jefferson to Bridgeport) on August 1 and the St. Croix Coral Reef 5 Mile Swim in October. For something new in 2010, I am hoping to do a double-cross of the Potomac River down by Point Lookout (15 miles) in June, and in July I will try the Kingdom Swim 10-miler in Lake Memphremagog, in the Northeast Kingdom of Vermont.

### 2010 NEW YEAR'S RESOLUTIONS

Below is a sampling of New Year's resolutions submitted during our Holiday Party. To protect the innocent, we have removed all names. We hope everyone achieves their resolutions.

- Figure out how to swim IM faster.
- Go to Stoudt's more than once.
- Throw things away.
- Kick Kirmayer's arse in the Bay Swim.
- Read more...a lot more.
- Learn another language or explore MBA classes.
- Re-learn to play the guitar or bongos.
- Work less.
- Workout more.
- Be able to swim (again) soon.
- Go see George Strait or Kenny Chesney.
- Enhance social life.
- Buy new clothes.
- Get in shape
- Lose weight.
- Do a Bikram Yoga 60-Day Challenge.
- Make more money.
- Make no resolutions.
- Go to Stoudt's at least three times.
- Buy some new clothes.
- Habla espanol muy bien.
- Floss every day.

**ANNUAL ANCM SUMMER PICNIC**  
**SENECA CREEK STATE PARK**  
*Saturday, August 28*  
**2-6 p.m.**  
**DETAILS WILL BE ON THE ANCM WEBSITE BULLETIN BOARD**

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

*Photo credits: Ben Stubenberg - p.2; Leon Wells - p.3; Kathy Kirmayer - p.4; Jeff Roddin - p.6; Dottie Buchhagen - p3,,5, 6,and 7.*

**SUMMER SESSION BEGAN SUNDAY, APRIL 18th**  
**GO ONLINE TO REGISTER ([www.ancientmariners.org/registration.htm](http://www.ancientmariners.org/registration.htm))**

### EVENT CALENDAR

2010



- 6/5:** Potomac River 7.5-Mile Swim. [www.potomacriver swim.com](http://www.potomacriver swim.com)
- 6/13** Chesapeake Bay 4.4 -Mile Swim & 1-mi Chesapeake Challenge [www.lin-mark.us](http://www.lin-mark.us). Both events are filled.
- 6/26:** 34th Annual Swim around Key West, 12-mile (a single swim or a 2-person or 3-person relay) [www.swimaroundkeywest.com](http://www.swimaroundkeywest.com)
- 7/10:** Race for the Conch 1-mile open water swim, Turks & Caicos Islands, [bluewaterben@comcast.net](mailto:bluewaterben@comcast.net), [www.ecoseaswim.com](http://www.ecoseaswim.com)
- 7/10:** DCAC Swim 4 Life, 1-, 2-, 3-, 4-, or 5-mile swim, Chestertown, MD, <http://www.swimdca.org/Swim4Life.html>
- 7/10:** USMS National Championship 2-mile cable swim in Chris Greene Lake, Charlottesville, VA [www.cableswim.org/](http://www.cableswim.org/)
- 7/24:** Kingdom Swim (10-mile, 3-mile, 1-mile) - Lake Memphremagog, Newport, VT, [www.kingdomswim.org](http://www.kingdomswim.org)
- 7/27- 8/7:** XIII FINA World Championships Goteborg, Boras and Moindai, Sweden, [www.2010finamasters.org](http://www.2010finamasters.org)
- 8/8:** PurpleSwim Baltimore 1- and 2-mile open water swims at Rocky Point Beach in memory of Bud Beatty and for the Pancreatic Cancer Action Network, [dolphinbrew@hotmail.com](mailto:dolphinbrew@hotmail.com), [www.purpleswimbaltimore.org/](http://www.purpleswimbaltimore.org/)
- 8/9-12:** USMS Long Course National Championships, San Juan, Puerto Rico, [www.usms.org](http://www.usms.org)
- 9/19:** Baltimore 1- and 3-mile Open Water Swims to benefit the Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins, Baltimore, MD. Waltjen Shedlick Farm near Gibson Island Yacht Club in MD, [www.swimacrossamerica.org/Page.aspx?pid=812](http://www.swimacrossamerica.org/Page.aspx?pid=812)