

# 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](http://www.ancientmariners.org)
- ◆ Please send comments and suggestions: to [dbuch@mindspring.com](mailto:dbuch@mindspring.com) and/or [waterproofcoach@gmail.com](mailto:waterproofcoach@gmail.com)

## 4.4-MILE GREAT CHESAPEAKE BAY SWIM, JUNE 13

by Gary Dick

*Editor's note: Gary wrote this account of his swim for his scuba diving team at the Baltimore Aquarium. This was his 7th 4.4-mile Chesapeake swim.*

Some of you asked to let you know how I did yesterday (June 13<sup>th</sup>) – so....

I made it over in 2 hrs 8 min and, given my haphazard approach to training, was very pleased with that. I swam the distance the weekend before in the Rockville Municipal Swim Center – which, while it gave some confidence that I could at least go the distance, flies in the face of rules about tapering, etc!

It was a pretty good day for it – even if it started horribly early (the briefing was at 7:15 a.m. and you had to be registered before that). The big worry was that a lot of water had piled up in the Bay over the last few days due to strong winds pushing the tides up the Bay (I had noticed really high water in the Inner Harbor the day before on my way to the Aquarium). When we were to start the race we would be swimming into a flood tide to get to the Bridge. When the tide turned, we would be dealing with an ebb tide that would want to push us south, out from under the bridges. It might be stronger than usual with all that backed up water rushing out of the northern end of the Bay and would be difficult to fight in the last mile. In fact, I did not notice it as much as I had in the past so maybe it was not as bad as they thought it would be.

Last year they had a similar wind/water situation and had to pull 103 swimmers out of the water. It looks like 600 finished this year out of a total of 611 starters so it was not bad.

The winner this year was a 15-year

(Continued on page 3)

## SwimFest 2010

by Lisa Wolf

USMS sponsored SwimFest 10 in lovely San Diego, June 4-6th and I (ANCM-Olney), along with coaches, Juliette deSousa (DCRP) and Dominic Latella (FBST), represented PVLMS in fine form.



The two day clinic featured talks and demonstrations by mentor coaches, Kerry O'Brien, Gary Hall, Sr, Laureen Welting, and PVLMS's own Frank Marcinkowski to name a few. Topics included, "Fundamentals of Fast Swimming, Dry-land Techniques, Starts/Turns, and even underwater videotaping of each participating swimmer. As on-deck coaches, we had the opportunity to assist the mentor coaches, as well as work with other USMS coaches from across the country. It was an exciting experience.

The final day was devoted entirely to open-water swimming ... tips on entering/exiting, pack swimming, drafting, and buoy navigation. It included a pool session, complete with a simulated open water swim in the gorgeous 10 lane/50-meter pool. The clinic concluded with a REAL open water swim at nearby La Jolla Shores, site of the famous La Jolla Rough Water/Gator swim. Wetsuits are almost required equipment as the water temperature is usually a toasty 62 degrees!

PVLMS will be planning a mini clinic to present many of the topics covered during the conference in the near future...keep your ears open for further details!

*Editor's note: Lisa Wolf coaches at the Olney Swim Center on Tuesday nights.*

## TURKS & CAICOS "RACE FOR THE CONCH" 1-MILE ECO- SEASWIM

by Ben Stubenberg

July 10, 2010. Race day morning. This is the first-ever open water swim race in the Turks & Caicos Islands, about 500 miles southeast of Miami, and my race co-director and I are a little anxious. Expectations of sponsors, media, tourism officials, spectators, and, of course, the swimmers are high. Some swimmers came from as far away as Scotland! Seven months of planning for the "Race for the the Conch," and, as hard as we tried to think of everything, sure enough, something will come up.

No storms or rain on the horizon this morning, but a wind is predicted to pick up, which means the current in a normally very calm Grace Bay could make for a more challenging race, even if it is just a mile. So, do we stretch out the mile to one straight swim across the bay going with the current, or do we keep the elongated diamond shape that runs one-half mile across the turquoise water, and one-half mile back to the finish line? We had anticipated this possibility but now had to contend with making major adjustments to buoy placement, timing, safety, and a host of other needs.

Meanwhile, excitement is building on the beach as the first swimmers and their family and friends show up. Seventy-nine swimmers have checked in, not too bad for a first time event, but it's still got to come off well if there is going to be a second one. The on-island team is ready to make it happen either way. We make a command decision: Leave the course as is. Time to go. We find our 13-year old champion conch shell blower who will start the race.

From the beginning, we wanted this swim to be more than a race. It is to raise money for charities protecting the reefs and helping those in need in the Turks & Caicos and nearby Haiti. It is to draw attention to the Turks & Caicos, and to the island of Providenciales ("Provo") in par-



ticular, as an open-water swim destination. And it is to stimulate greater interest in the sport among young people on the island, including the development of local talent.

To help realize that last goal, we included a 100-meter children's race that would finish through the same balloon-decorated arch as the main event. About two dozen kids gather with their parents as our conch-blowing champion blares out the horn sound of the shell signaling the start. Some 200 people cheer as the kids swim their hearts out and all finish without a hitch.

A half hour later, our champion blows the conch again to start the race, and swimmers ages 13 to 67 plunge in. Marcos Diaz, a world champion long-distance swimmer from the Dominican Republic, takes and holds the lead to win. Not far behind is our own Coach Clay Britt, who finishes an impressive 3rd. ANCM Wally Dicks is also there, but as he is recovering from an injury, he graciously volunteers to be the race judge. Both Clay and Wally held a swim clinic

the day before at one of the major hotels, another first for the island. Marcos Diaz took time out to participate in this race between his UN sponsored "Swim Across the Continents," four super swims from one land mass to another to raise awareness of hunger, poverty, and disease.

I emerge in 12th place in time to look up and see a big black cloud shooting out a lightning bolt. But the cloud, just having a peek, kindly stays off to the east and moves on. Meanwhile, the beach is taking on a little bit of a carnival atmosphere as the last swimmers finish and get their medals placed around their necks. That's the way it's supposed to be. Hard to believe it's over. The swim raised \$2,000 for four charities. That evening an awards ceremony is held on the beach as the sun sets over the bay with scarcely a ripple and a local band plays reggae tunes. Perfect ending.

*The next "Race for the Conch" is set for Saturday July 9, 2011, and will include a 2.4-mile event in addition to the 1-mile swim. Website: [www.ecoseaswim.com](http://www.ecoseaswim.com).*

### ANNUAL ANCM HOLIDAY PARTY

January 15, 2011

CHECK FOR DETAILS ON THE ANCM WEBSITE

BULLETIN BOARD

[www.ancmariners.org](http://www.ancmariners.org)

# COACHES CORNER: PAT LIEGEY

by Dottie Buchhagen

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

**A.** I grew up on Long Island. My brother and I spent summers at Jones Beach and going to our local town pool.

We attended CYO camp where we were given formal Red Cross swimming instruction.

**Q.** What about competitive swimming?

**A.** I swam for my grammar school's CYO team that my mother coached. I also swam on our town's swim team during high school summers and swam on the high school's newly formed swim team that my brother helped coach.

**Q.** When did you start coaching?

**A.** I taught swim lessons for my town and county pools during high school and college summers. I also was a lifeguard at those pools. I continued to teach life-guarding and swimming for the Red Cross as an Instructor Trainer for more than 25 years.

**Q.** How long have you been swimming with a Masters team? What pool(s) do you swim at?

**A.** I began swimming Masters as a member of the Rochester Carps team in 1984 and traveled with the team to the NY Empire State Games, several US and Canadian Nationals meets. I began swimming with the ANCMs in 1995 at the Olney pool.

**Q.** When did you begin coaching the ANCMs?

**A.** In September, 2009.



## 4.4-MILE SWIM

*(Continued from page 1)*  
old – in 1 hr 28 min. In fact, three men came in racing together with only 7 seconds between them - the others were an 18-year old and a 39-year old. More inspiration for us oldies though in the women: the second place woman was a 45-year old.

## ANCMs COMPLETING THE 4.4-MILE CHESAPEAKE SWIM

Bob Benson (75+) 2:51:55 1/2  
My time was better than 5 /17 completions, out of 19 attempts, since 1989.

Gavin Cohen (40-44) 2:05:08 35/81

Elizabeth Deal (45-49) 2:03:08 7/30

Gary Dick (50-54) 2:08:46 31/72

Paul Doremus (45-49) 1:53:10 15/81

David Filbeck (35-39) 1:49:28 12/47

Wendy Friedland (50-54) 2:18:02 5/16

Cathy Gainor (40-44) 2:00:40 10/44

Rich Godbout (35-39) 2:04:21 26/47  
Absolutely will do the 4.4-mile swim again - very cool and inspirational.

Jonathan Jarow (50-54) 1:55:46 15/72  
Conditions were great, achieved my personal best.

Erik Kawasaki (35-39) 3:06:14 46/47  
This was my first time swimming (and completing) the 4.4 m swim. I was quite impressed with how fast everyone completed the swim.

Matt McShane (44-49) 1:53:07 14/81  
It was my 5th swim. Nice way to spend a Saturday AM - the conditions were near ideal.

Doug Noll (45-49) 1:50:09 12/81

Stephanie Yager (20-24) 2:15:52 8/15

## ... AND THE 1-MILE CHALLENGE

Gregory Ashe (40-44) 38:16 15/29  
I'm new to ANCMs. I swam the 1-mile bay swim (debut open water swim event).

Lynda von Bargaen (40-44) 27:23 6/24  
It was a gorgeous day and pretty exciting watching the 4.4 mile swimmers come in.

Dottie Buchhagen (65-69) 43:46 3/3  
This was my 7th 1-mile swim — and my best time!

Megan Campbell (25-29) 27:08 4/18

Guiseppe Randazzo (35-39) 30:37 12/20

Jennifer Stolbach (35-39) 40:03 18/20

Kristina Waha (25-29) 27:23 5/18

Courtney Welsh (30-34) 26:23 8/32



*Editor's note: Pat coaches at the Olney Swim Center on Thursday nights.*

## ANCMS CONQUER COOL TEMPERATURES AND STRONG CURRENTS

by Jillian Humphreys

Nine intrepid ANCMs traveled to Warsaw, VA, September 25-26, 2010, to compete in the Naylor's Beach Triathlon and derivative events: Debbie Kelsey, Michelle Kiser, and Greg Ashe (Olympic Triathlon - 1.5K swim, 26-mile bike, 10K run); Tom Denes and Amy Greenberg (Sprint Triathlon - 0.5K swim, 15-mile bike, 6K run ); Cathy Gainor, Dottie Buchhagen, and Katiuchia Sales (Olympic Aquabike - 1.5K swim, 26-mile bike); and Jillian Humphreys (Aquathlon - 1.5K swim, 10K run). Joining them were Amy's brother, Dan, and Debbie's husband, Rick (Duathlon - 26-mile bike, 10K run). Former ANCM Dan Rudolph switched from the Olympic Aquabike to the Olympic Triathlon this year.

Looking forward to a good race, the team gathered with approximately 350 other athletes on Naylor's Beach campground early on the sunny Sunday morning. "I had heard good things about the race from Debbie and Dottie" commented Jillian, competing for the first time in the Aquathlon division. "So I decided to see what it was all about... It was HARD!"

Teammates found the swim course particularly challenging with strong tidal currents in the chilly (70s) Rappahannock River. The swim courses were three legs of rectangles with the longest legs parallel to the shore. The swimmers were pulled downstream as they fought their way twice across the current over the 1.5K and 0.5K courses. When asked how the swim went, Debbie, Cathy, and Dottie said that the swim was "challenging," "challenging" and "very challenging." "I was so tired from swimming across the current that I just stood up and walked in from the water," Debbie said.

The bike course was just as challenging despite modifications to it. The first 13 miles were into the wind. The good news was that the race coordinators replaced the steep 7.5% Scates Road hill with a more



Michelle Kiser, Katiuchia Sales, Debbie Kelsey, Jillian Humphreys, Dottie Buchhagen, and Cathy Gainor (in front) before the 1-mile swim

moderate hill -- the newly repaved surface of Scates Road had embedded rocks that made it too dangerous for a bike race. The run course, also a recent modification, was a flat and fast out-and-back along scenic, but unshaded, country roads that ended up being hot by the ends of the runs.

Despite course changes and challenging swim conditions, all nine ANCMs, former ANCM, husband, and brother finished.

Katiuchia and Cathy placed in the top three in the women's division in the Aquabike, coming in first and third, respectively. Tom, everyone's favorite "Waterproof Coach," posted a second place in his age group in the first annual Naylor's Beach Sprint Triathlon. Debbie

placed first and Michelle placed second in their age group divisions in the Olympic Triathlon. Rick and Dan Greenberg placed first and third in their age group divisions in the Duathlon. And, after waiting a very long time for the results, Jillian found that she had placed third in the women's division in the Aquathlon.

Everyone had a good time and enjoyed the sunny, cool weather on race day. Tired but happy, the team returned to the DC area with only one complaint: "There were no crab cake sandwiches this year!" Instead post-race foodstuffs consisted of pizza and ice cream. Some of us settled for food at stops on the way home.

Perhaps crab cakes will make a return to the race menu next year.

### TEAM GEAR

**• TEAM T-SHIRTS COMING SOON!**

New WICKING short-sleeve shirts in ANCM colors will be on sale soon **BELOW COST!** Support the team by wearing yours to swim meets, open water swims, triathlons, runs, when working out or just when you're hanging out on your couch.

**• SWIM CAPS:** All registered ANCMs will receive one free swim cap.

**• ON SALE NOW:** Swim bags: \$45, Swim caps: \$3, Cotton T-shirts: \$11

## HEAD, HANDS, AND HIDE -- A FREESTYLE CHECK-UP

by Lisa Wolf

Everyone remembers to take their car to the gas station for oil changes and routine maintenance, but do you remember to do a periodic check up of your stroke technique? Probably not. Over time, age, injuries, and sometimes lack of concentration, allows us to slip into bad habits with our swimming. We don't even realize our stroke has changed or we know that something isn't quite right but can't put our finger on it. So having a "quick 5 minute check" can refocus your efforts to be more efficient in the water and make your workouts more enjoyable.

The first step in this process is to talk with your coach. Coaches spend a lot of time looking at swimmers and offering suggestions. That's what we're on deck to do! Use this resource because even if you think your stroke is perfect, it probably isn't. Another perspective, especially "from above", can pinpoint an area that might benefit from making a change.

Most likely, your coach is going to look at several areas. The first thing I look for is what I call it the "Head, Hands, and Hide" test.

**Head:** Head position is critical to efficient freestyle. Alignment of your spine and neck in a straight line is the proper position. I compare it to the chicken on the rotisserie at the grocery store -- your head, neck and spine should be the skewer. You just get to rotate from side to side as you roast. Look at the lines on the bottom of the pool and keep your head steady. Your eyes will drift naturally to the correct position of about 45 degrees ahead. (Yes, you do need to periodically need to lift your head if you are "sighting" in an open water swim but you do not need to show your coach your goggles as you head down the pool.) Proper position also raises your hips, which eliminates drag, which in turn reduces the amount of effort needed to propel forward. This will also align your body for a better reach and glide of the stroke.

**Hands:** The entry position of your hands

is also an important factor. Many swimmers "dig" deep when they enter the water, called the "catch" portion of the stroke. Your hand and arm should be extended and enter the water, staying near the surface. Diving deep with your hand eliminates a few inches of water that can be pulled. It also can create a timing issue with your entire stroke. Remember that your pull should not start until your other arm has completed the underwater phase. This is called "front quadrant" or "catch up" swimming. It is difficult to maintain but working on this can greatly improve your efficiency. There is a tremendous amount of debate on "catch-up" swimming, but it does have some positive effects to the stroke cycle.

**Hide:** Breathing is one of the most difficult areas to master, especially for a swimmer that didn't grow up as a summer "pool rat." The biggest fear is that you won't get enough air, so many swimmers rotate (we're still on the rotisserie skewer) too far out of the water in attempt to gulp air. I encourage swimmers to rotate no further than the actual pool wall -- the metal or tile surround. The ceiling of the pool isn't something you need to see during freestyle -- that's for backstroke!

Remember that breathing is a continuous process. As soon as your face enters

the water, you gradually blow air out under water and then rotate with your stroke to take your next breath. No forceful expulsions are necessary to empty your lungs. The correct head position is with about half of your head out of the water (hence, one part of the "hide"). Swimmers fear choking on water -- this isn't going to happen with proper head position. The motion creates a "trough" that provides the ability to breathe without sucking in water. (I won't say this will NEVER happen. It might because you were caught breathing off the turn and the 200-lb guy in the next lane decided to kick just as you breathed!) The last part of the "hide" is to tuck your head back into the water as soon as your arm is heading forward. This creates minimal motion and disruption to your stroke. Really good swimmers can almost seem like they are not breathing as it just rhythmically flows.

Taking a few minutes to review these suggestions during your next practice could possibly reap major benefits. To borrow a phrase from Vince Lombardi, "Practice does not make perfect. Only perfect practice makes perfect."

Happy swimming!

*Editor's note: Lisa Wolf coaches at the Olney Swim Center on Tuesday nights.*

### 2011 ALBATROSS OPEN Saturday March 19, 2011 at the MAC WARM-UPS: 2:00-2:45 P.M. MEET: 3:00-7:45 P.M.

Saturday afternoon, March 19, 2011, will once again be the *Tyme of the Ancient Mariners' Albatross Open*.

**ENTRIES:** Online entries are available again this year!

**RELAYS:** 200 & 400 "choice" relays will be swum at the end of the meet plus a 2 x 50 mixed sex relay.

**FEES:** \$5 per event + \$10 meet surcharge. Relays are free to ANCM members. Deck entries are \$7 per event + \$10 surcharge.

**AWARDS AND RESULTS:** Awards for first through third places; special awards for USMS National or World Records (one per relay) and the man and woman recording the fastest time (regardless of age) in the 50 freestyle.

**POST-MEET PARTY:** A fully catered dinner including dessert and drinks (both alcoholic and non-alcoholic) will be featured at the post-meet social at a cost of only \$15.00.

**MEET WEBSITES:** [www.pvmasterers.org/albatross.html](http://www.pvmasterers.org/albatross.html)

Bulletin Board and Event Calendar at [www.ancientmariners.org](http://www.ancientmariners.org)

# CHESTER RIVER SWIM-FOR-LIFE

by Cathy Gainor

On July 11, I swam in the annual Swim-For-Life in the Chester River on Maryland's Eastern Shore, an open-water swim that allows swimmers to choose among one-, two-, three-, four-, and five-mile races.



But this article isn't about how I fared in the swim. (My time for two miles was a fairly quick 50 minutes). This article is about the rain.

When you register for a triathlon or open-water swim or run, you're hoping for glorious weather.

But Mother Nature doesn't always come through, and this year She was especially grumpy. The last two years, the weather was beautiful for the event -- warm and sunny, with water temperatures in the high 70s.

The swim begins and ends on a small beach at a marina, and then competitors chow down on homemade salads and barbecued chicken from the Chester River Association, one of the organizations the swim benefits.

I had signed up for five miles, having swum that distance last year in choppy water. I was hoping for calmer seas and staying on course this year. With my new prescription goggles, I would be able to see the buoys better and therefore follow a better path. Plus, race organizer Kathy Kirmayer had promised big, bright yellow buoys marking the turnaround points, much easier to see than the orange ones of the past.

I woke up at 6 a.m., and checked the Weather Channel app on my iPhone, only to find the entire Washington area map covered in rain, with bands of heavier storms all over the region. But the race couldn't be postponed because of permits and other logistics. It was now or never.

So Tom Denes and I drove for more

than an hour to the Eastern Shore, in the rain, and joined dozens of other swimmers who had registered for the swim. We stood getting soaked and hoped the rain wouldn't turn into a full-fledged thunderstorm.

Obviously, getting soaked doesn't matter when you're going to get wet anyway -- if you brought dry clothes for later. Some swimmers did not.

During our pre-race meeting, we were instructed to head immediately for shore if we saw lightning. Kayaks would come get us, but it would take a couple trips to collect everybody.

I'll concede I wasn't too thrilled with the idea of swimming for 2-1/2 hours, knowing that heavy rain and possibly storms were heading our way. Plus, the 25 kayakers would have to supervise 2-1/2 miles and about 200 swimmers. During my previous four- and five-mile races, I swam for a while without seeing any swimmers or kayakers. That can be a little scary in calm conditions, so imagine that in a storm. And the shore consisted of marsh grass and tall trees, not a great place to hang out during a storm.

Alas, we saw lightning around 8:45 a.m., postponing the race for a half hour.

Finally, Kathy decided to play it safe -- much to my relief -- and cancel the longer swims. Instead, we all swam one or two miles (I did two miles, while Tom won the one-mile race) after the lightning subsided.

The shorter races kept the race short and, just as importantly, keeping the kayakers and boaters -- basically, our lifeguards -- concentrated within a one-mile radius.

This turned out to be an excellent decision (despite difficult post-race sorting out of results), as I discovered after the first half-mile of swimming.

The downpour had begun. Visibility was poor. I could see no other swimmers, no kayakers, no yellow buoy. I could see the trees on shore, though, which was something.

At last, the rain eased, I saw the buoy, turned around and headed back. With the current pushing us along with a light rain, the rest of the swim was fun.

Once again this year, I swam too

wide and ended up in the middle of the river, with a kayaker guiding me back on course. That's not ideal if you want a good time.

But with nobody but swimmers on the river, I didn't have to fear being run over by a boat.

And at least it was a warm rain.

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*Cathy Gainor is an editor for The Washington Examiner's Personal Best page. Reprinted with permission from The Washington Examiner.*

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## ANCMs AT 2010 USMS SUMMER NATIONAL CHAMPIONSHIPS IN SAN JUAN, PUERTO RICO, AUGUST 9-12

Diamond, Louis H M71		
200 Breast	3:51.45	2
100 Breast	1:42.98	3
50 Breast	42.35	1

Fisken, Kathleen C F68		
800 Free	19:22.53	2
50 Free	51.92	7
50 Back	59.75	8

Pugliese, Mark M58		
50 Fly	30.49	4
100 Back	1:13.71	3
200 Back	2:44.56	2
50 Free	29.11	4
100 Fly	1:14.40	4
50 Back	33.05	3

Roddin, Jeffrey H M41		
50 Fly	27.47	1
100 Back	1:05.33	2
50 Free	25.59	2
100 Fly	1:00.60	1
200 Fly	2:24.06	3
50 Back	29.57	2

ANNUAL ANCM PICNIC, AUGUST 28, SENECA CREEK STATE PARK



## LANE CHAT

by Jeff Roddin

●**John Feinstein** and his wife Chris welcomed a new baby girl to the world on October 26. Jane Blythe Feinstein weighed 8 pounds 1 oz and was 20.5" long. She arrived just like her daddy – with a full head of hair, waving her arms and kicking like a butterfly.

●**Jason Crist** and Kay Taylor got married October 23 on a beautiful day on Gibson Island, Maryland. They had an intimate ceremony at St Christopher by the Sea followed by a fabulous reception at the Gibson Island Country Club overlooking the Chesapeake Bay Bridge.

●**Jeff Roddin** and his wife Julie are expecting their first child in early April. Baby Roddin will miss the 2011 Albatross but could be walking just in time to be a timer for the 2012 Albatross.

## 2010 TEAM PHOTO



VISIT THE ANCM BULLETIN BOARD - MAC LOWER LEVEL

Photo credits: Lisa Wolf - p1; Ben Stubenberg - p.2; Pat Liegey - p.3; Tom Denes - p.4; Dottie Buchhagen - pp.3, 6-8.

SPRING SESSION WILL BEGIN ON SATURDAY, JANUARY 2  
GO ONLINE TO REGISTER ([www.ancientmariners.org/registration.htm](http://www.ancientmariners.org/registration.htm))

## EVENT CALENDAR

2010-2011



2010

**12/4:** Last Minute SCM, Wilson High School, Washington, DC, [https://www.clubassistant.com/club/meet\\_information.cfm?c=1403&smid=2761](https://www.clubassistant.com/club/meet_information.cfm?c=1403&smid=2761)

**12/5:** 10th Annual Bonaire EcoSwim 10-K, 5-K, 3-K and -K Swims in Bonaire, Netherlands Antilles. [info@RandyNutt.com](mailto:info@RandyNutt.com), [www.AquaMoonAdventures.com](http://www.AquaMoonAdventures.com)

**12/11:** MARY Swim Series Meet #3 at Talbot County YMCA, [www.teamunify.com](http://www.teamunify.com)

2011

**1/16:** MARY Swim Series Meet #4 at Ann Arundel Swim Center Annapolis, MD, [www.teamunify.com](http://www.teamunify.com)

**1/30:** ALEX Tropical Splash, Alexandria, VA

**2/12:** MARY Swim Series Meet #5 in Severna Park, MD, [www.teamunify.com](http://www.teamunify.com)

**3/19:** Albatross Open at the MAC, North Bethesda, MD [www.pvmasters.org/albatross.html](http://www.pvmasters.org/albatross.html)

**3/26:** MARY Swim Series Championships & Invitational at Loyola University Maryland, [www.teamunify.com](http://www.teamunify.com)

**4/15-17:** Colonies Zone SCY Championships at GMU Fairfax VA

**6/4:** Potomac River Swim - 7.5 miles - Point Lookout, MD, [www.potomacriver swim.com](http://www.potomacriver swim.com)

**6/11:** Chesapeake Bay Swim - 4.4 -and 1 mi - Stevensville, MD - 4.4-mile swim is closed out. Entries for 1-mile Challenge open February 1 and close at 550 entrants, [www.lin-mark.com](http://www.lin-mark.com)

**6/25:** Maryland Swim for Life 1-, 2-, 3-, 4-, or 5-mile swim. Chestertown, MD, [www.swimdcac.org](http://www.swimdcac.org)