

The Rime

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ANCMS CAPTURE ALBATROSS OPEN TEAM TROPHY

by Tom Denes

For the first time ever, the Montgomery ANCMs won the Albatross Open team trophy. We eked out a narrow victory over the Germantown Masters by a mere 22 points (354-322).



The meet — held on March 19th and attended by about 201 registered swimmers — including 39 ANCMs — went pretty much without a hitch. Several ANCMs won and placed in events, including many who set team records.

For the first time in many years, we reinstated the Couples Relay. This is a two by 50 freestyle race performed by two self-declared “couples.” This year’s event was won by Mollie Grover and Jeff Strahota who posted a 1:00.89. The surprise entrant in this event was the team of Julie and Jeff Roddin. Julie was almost nine months pregnant and delivered a baby girl just three days later. (Officials almost disqualified them for having an extra person on the team.)

The Fastest Man in the Water award was won by Nicholas Kaufman-O'Reilly (28), who blistered a 24.56 in the 50 Free. The women’s race came down to the final touch. Forty-year-old Margaret Conze came from behind to touch out 50-year old Carolyn Voorhees 28.51 to 28.54 in their 50 Free.

Remarkably, 11 USMS and/or FINA World Records were set at this year's meet—all by women. Leslie Livingston (50-54) of the Patriot Masters set USMS and World Records in the 50 Fly (30.50), 50 Back (30.58), and 100 Back (1:09.25).

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LANE ETIQUETTE

by Dottie Buchhagen

The basic approach to swim practice is to use consideration and respect for other swimmers and employ common-sense. However, there are some specific protocols that we follow to make our workouts safe and rewarding. Most of the seasoned swimmers are aware of these, and some of the new swimmers learn them quickly. However, I have been asked by several swimmers to remind everyone of the proper etiquette for practice. Remember, we swim at practice as a group, so we can't do our own workouts — and ignore the coach — when others are sharing the lane. Why come to practice if you want to do your own thing?

Which lane should I be in?

The lanes are ordered from slow to fast (or, fast to slow if you are counting from the other end). Pick the lane that has swimmers who are swimming at approximately your pace. If you cannot keep up in the lane, move to a slower lane. If you are much faster than the other swimmers, move to a faster lane.

Who leads the lane?

The leader should be the fastest swimmer in the lane. The leader should understand the set and all the intervals, be able to see and read the pace clock, and have a good sense of pace. He should also be able to keep track of the laps and the repeats. If you are fast but fade quickly, let a lane mate with a more consistent pace lead. The leader leads the lane and affects the way everyone in the lane swims. Slower swimmers yield to faster swimmers.

When does the time clock go?

If your lane is doing what is called “lane relay,” the lane leader should wait until the third or fourth swimmer reaches the wall before starting the next swim in the set. If your lane is on a rest or time interval, then follow interval. (Note: This

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OFFICERS

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FROM THE EDITOR

- ◆ 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

KLEIN KIN SWIM — EIGHT FAMILY MEMBERS COMPETE AT COLONIES ZONES

by Nanci Sundel

I had a dream – not, in this case, of social action. This one involved a physical challenge for my family, namely, swimming a relay at a Masters meet with my brother (53), sister (49) and father (82). Jon Klein, my inspirational masters-swimming, world record-breaking brother would be an easy sell, but what about my father and sister? Bill Klein, my father, regularly swims at his home in Florida, competed in high school, and swam in one Masters meet 15 years ago, while my sister, Elissa Klein Sireuil, also competed in high school and swims therapeutically at her local Y outside Boston. I could visualize it and had a lobbying campaign planned for the 2013 Albatross. Why 2013? Because that year the timing of the Albatross coincides with Passover, when my family converges at my home.

Jon not only accelerated the realization of my dream to the 2011 Colonies Zone meet at George Mason University, but he recruited four more family members, for a total of eight family swimmers and four relays. My mother, Judy Klein, a frequent recreational swimmer, has been at countless meets rooting on her children, but this was the first time - at the age of 77 - that she would race in the pool. Her sister, Priscilla Sprung (70), joined us from NY also as a first-time competitive swimmer. She renewed her love of swimming five years ago, joined the Y, and started swimming three days a week. Herman Hohauser (70), my father's first cousin, lives near the meet in Virginia and had also started a regular swimming regi-

men. Although he had never before competed in a swim meet, he understood the balance between training and competition as he successfully completed his first marathon at 65. He, too, signed on with minimal arm-twisting. Rounding out our relays was Bob Maestro (67), Jon's brother-in-law, who also lives near the meet in Virginia. He competed in Masters meets 15 years ago and recently returned to the pool for regular workouts.

Everyone signed up as a member of Jon's team, North Carolina Masters Swimming and, feeling a bit like a traitor,



First row: Judy Klein, Nanci Klein Sundel, Elissa Klein Sireuil, Priscilla Sprung. Back row: Bill Klein, Bob Maestro, Jon Klein, Herman Hohauser

I transferred my membership from ANCM to NCMS. A month out and everyone was psyched – Jon put together the relays while continuing his rigorous training program; Priscilla worked on her open turns; Elissa stepped up her swimming while balancing a new job; Bob, Herman, and dad bought new suits; and mom designed the T-shirts. I, on the other hand, cut open my heel on a particularly forceful flip turn, requiring 11 stitches and an unscheduled two-week break (just some early tapering). Pre-meet jitters aside, we were all looking forward to the meet.

The day arrived, and there was a full spectrum of nervous energy. On the low end, there was Priscilla, Bob, and Herman taking it all in stride; to Jon, coaching us, herding us and refreshing us on the rules

of disqualifications; to mom worrying about being able to finish two lengths of freestyle; to dad worrying about when to get in and out of the water; to Elissa's insistence that she would die doing her individual event, the 200 free; to me not wanting to talk, be photographed or hugged before my nemesis – also the 200 free.

With Gary (my husband) and Alain (Elissa's husband) as video paparazzi; ANCM teammates Dave Harmon as the photo paparazzi and Margot Pettitjohn timing splits; our new red USMS caps on; and after rechecking the relay order - we were set. In the end all four relays went off without a hitch. Okay – not totally true. We almost missed the women's 200 medley relay because we were trying to get THE picture in our Klein Kin Swim t-shirts. Then there was the DQ concern in the mixed 200 freestyle relay when dad thought he could get out of the pool and started swimming through other swimmers' lanes to do so. In short, we accomplished our goal – to swim the four relays without being DQed and to have a load of fun doing it. With eight family swimmers, four relays*, three first-time competitive swimmers – all at the age of 70 plus — and zero disqualifications, we feel like we set a record of our own.

I truly don't recall our times or the placing of the relays – though what I will always remember is how my family made an inspirational effort for this physical challenge to help realize my dream.

Editor's note: Nanci Klein Sundel (45) began swimming with the ANCMs in 2008 after a 25-year swimming hiatus.

*Relays:

200 Mixed Free Relay 65+: Priscilla, Judy, Herman, Bob
 200 Mixed Free Relay 45+: Nanci, Bill, Elissa, Jon
 200 Women's Medley Relay 45+: Judy, Elissa, Nanci, Priscilla
 200 Men's Medley Relay 45+: Bob, Bill, Jon, Herman

COACHES CORNER: ED DULIN

by Tom Denes

Q: Where did you grow up?

A: In many ways I grew up on the Chesapeake Bay. Many of my earliest memories are of swimming and sailing with my family. My grandfather had a small catamaran and a

Sunfish. I sailed them as often as I could. I am easily a better sailor than I am a swimmer.

Q: When did you learn to swim?

A: Given my nautical background, I was swimming front crawl at a very early age, but I didn't learn the other competitive strokes until I joined a summer-league team. Unfortunately, that wasn't until I was a teenager, and, as you can imagine, I wasn't very good.

Q: What is your coaching philosophy?

A: My goal is to create an environment that allows people to be amazing. Most masters swimmers want to be able to leave the pool proud of what they have done. They want to be able to say, "that was a great workout." In order for that to happen, they need to challenge themselves. Workouts are an opportunity to build on what you have done in the past.

Q: What tips do you most often offer to your swimmers?

A: People who are new to the sport tend to benefit the most from advice that helps them move forward through the water. They need to understand propulsion. But power and strength almost become liabilities as your speed increases. That is because a small increase in speed results in a massive increase in resistance. So, the real trick to becoming a fast swimmer is to develop skills that minimize resistance. Drag is a real drag.

Q: What are your swimming/coaching related goals for the year?

A: Not too long ago I did a 2000m reverse IM. After I get out of rehab, I might work



my way up to a 4000m IM. For the team, we got ready for the Albatross Open. We have a tough group of swimmers that can compete in any event.

Q: One of your swimmers wanted me to ask: How are you so chipper that early in the morning?

A: Coffee probably has something to do with it.

Editor's note: Ed coaches at the Olney Swim Center on Saturday mornings at 7:30.

2ND ANNUAL TURKS & CAICOS "RACE FOR THE CONCH" ECO-SEASWIM

The 2nd Annual Turks & Caicos "Race for the Conch" Eco-SeaSwim will be held on July 9th on the island of Providenciales ("Provo"). The open water race takes swimmers through the clear turquoise waters of Grace Bay, recently voted best beach in the world by TripAdvisor. The "Race for the Conch" features 1-Mile and 2.4-Mile events. Race Director and ANCM swimmer Ben Stubenburg says the two races are spaced 30 minutes apart so swimmers with extra stamina have the option of doing both races. This is a perfect race for those just getting into open water swimming, as well as seasoned swimmers looking for an extra challenge. Special discounts are available at selected island hotels for race participants and their friends and



ANNUAL ANCM TEAM MEETING AND 2011 BUDGET

The Annual ANCM Team Meeting was held on Sunday, November 8, 2010, at La Madeleine Restaurant in Rockville. Participants were Jeff Roddin, David Harmon, Mauricio Rezende, Tom Denes, Kate Fiskien, Dottie Buchhagen, Cathy Gainor, Peter Johnson, and Alvin Russell.

The proposed 2011 ANCM Budget for the fiscal year September 2010-August 2011 was presented by team President Jeff Roddin. Attendees at the meeting discussed it with regard to the ANCM 2009-2010 financials presented by team Treasurer Mauricio Rezende. The proposed budget was approved with modifications.

Minutes of the meeting and the detailed 2011 budget are posted with those of past years on the ANCM website: www.ancientmariners.org/documents.

family. For race information and registration, go to www.ecoseaswim.com or email Ben: bluewaterben@comcast.net.

Coach Clay Britt and ANCM swimmer Wally Dicks will be holding a Turks & Caicos destination swim clinic the day before the race on July 8th at the Alexandra Hotel. For swim clinic information, go to www.claybrittswimming.com/turksandcaicosclinic.html or contact Clay at Clay@claybrittswimming.com.

WHY WET FEET ARE FUN

by Lisa Wolf

If you ever told me that one day I would list “swim coach” on my resume, I would have chortled and wondered if you were of an unbalanced mental state. But today, with three USMS teams, a Stroke and Turn Clinic, and a USA Swimming age group team taking up a lot of my time, I now wonder about my mental state.



I know that many of you think that coaching is relatively straightforward, or that coaches are just frustrated swimmers, but, alas, it takes preparation, research and fortitude to create workouts that reach each swimmer on a physical and intellectual level. My rule of thumb is that I never write a Masters workout that I would not be willing to swim myself (in theory, that is!).

What is involved? I've become a major consumer of educational materials in the field of swimming. I've been certified by USA Swimming and I am working my way up the certification ladder for the American Swimming Coaches Association (ASCA). I've enjoyed online courses, on site clinics, and peer mentoring. Basically, if it's out there, I'm interested.

I'm sure the burning question all of you really want to ask is “so if coaching is not easy, what's going on in her mind? It looks like she's standing on deck just staring at us while I'm busting my behind.”

Allow me to offer the following things that I do NOT think about while I'm on deck:

- My grocery list
- Why my children didn't clean up

- the dinner dishes as requested
- What's happening on American Idol.

Of course, sometimes my mind IS on one of these things when I am on my way to the pool. One time I raced out of the house, headed north to the Olney pool (obeying all speed limits, of course) and realized as I was pulling into a parking spot that I was supposed to be coaching at ANOTHER pool.

But once I'm on deck, I'm all business. One thing I like to do while on deck is categorize all the swimmers in the workout. Here's a short list:

“The Sinker”- also can be cross referenced with “the triathlete.” These folks are solid muscle and sink faster than a diving brick. They tend to depend on fins and pull buoys to get through the workout. Luckily, these triathlete dudes also wear wetsuits during races, so there is little fear of them drowning.

The Triathlete – see above. The other characteristic about these folks is that triathletes are steadfast in their belief that there is no stroke other than freestyle. Distance sets rule. Therefore, they do not see the need to swim intervals and sprints. If I compare interval training to speed work at the track, I can sometimes convince them to swim at varying speeds. I also emphasize that other strokes tend to develop new muscles so that I occasionally gets a nibble of interest.

The Fish - It's pure poetry in motion to watch these swimmers. Effortless stroke, fast intervals with seemingly minimal effort. I am appreciative because I can't swim like that. Well, maybe once a decade when the stars align, I can.

The Talker - Let's just say social hour is an important component of the workout. ASCA's Masters Training Course specifically talks about the difference between Masters and Age Groupers — you aren't going to order a Masters swimmers to do a set — you need to inform, cajole, shame, or guilt them into it.

Late Arriver/Early Departer - You want to be mad at these folks but as a coach you realize that sometimes life gets in the way of workouts, so I'm just happy they can get some pool time in.

The Splasher - Hence, the title of this article. Regardless of where I stand, this guy's flip turn can wet me from the knees down. There is also the “little splasher” who has the ability to hit my glasses at 10 strokes out.

Sometimes, I am busy trying to manage 30-50 swimmers with different agendas, intervals, and abilities. Sometimes it gets a bit wild, but going with the flow is a good method to the madness. This can sometimes lead to what I call “a bad coaching moment” (similar to a “bad parenting moment”). Trust me, it does happen.

I also am notoriously bad at math, and it shows once in a while (no laughing, please). I'll write 12x 50 IM order, 2 each stroke on :50. I'll then explain it to each lane and everyone looks at me and asks “well, what about the last 4?” Um...I really meant 3 of each stroke? Don't ask me to calculate intervals over a 400 — my brain just shuts down.

One of my more memorable moments is the time I substituted for another coach at MAC. I was pretty pleased with the entire workout (and got some exercise running between both pools while enjoying the dive practice going on) and realized about 10 minutes before practice ended that the strange looks I had been getting in regards to intervals was because the darn pool is in meters, NOT yards. I really had to apologize about that one.

I may joke about coaching and question my sanity at times, but I consider it an honor and privilege to work with all of my swimmers. I try to provide positive feedback and instruction to help everyone to achieve their goals, whether it is making an entire workout for the first time, training for an open water event /triathlon, or a new personal record in a meet. The sense of satisfaction I get when someone says “hey, that was a good workout” or “I didn't think I could do it — thanks for pushing me” is immense. My husband usually asks me how coaching went each day, and I'm happy to say that I reply “good — pretty good” almost every time.

As for wet feet...it's all part of the job....um, I mean FUN!

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

ALBATROSS OPEN

(Continued from page 1)

Shirley Loftus-Charley (60-64) of Virginia Masters set World Records in the 200 IM (2:52.64) and 400 IM (6:03.26). Diann Uustal (65-69) of Maine Masters set USMS and World Records in the 50 Back (35.58), 100 Back (1:19.08), and the 200 Back (2:56.03), as well as a USMS record in the 50 Free (32.35). And, finally, Nancy Brown (75-79) of the Maryland Masters set a USMS and World Record in the 100 Back (1:36.90) and a USMS record in the 200 Back (3:34.09).

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



2011 Hurricane Man - FL

Twelve ANCMs went to Pass-a-Grille, FL for the annual 2.4-mile Hurricane Man Rough Water Swim in the Gulf of Mexico on May 7. Cathy Gainor placed second (3 seconds behind first place) in the 40-44 age group. Dave Harmon (60-64) and Dottie Buchhagen (65-69) placed third in their age groups. Other ANCMs who swam were Debbie Kelsey, Amy Greenberg, Jillian Humphries, Polly Phipps, Paulette Browne, Courtney Patterson, and Kathleen and Jon Etzegoien. Also swimming were Kathleen's daughter Nikki and niece Beth. Jeff, Debbie's son, placed third in his age group (25-29). Of course, all ANCMs would have placed first in their age groups if the FL swimmers had stayed on shore! This was the eleventh year that ANCMs have participated in the Hurricane Man swim — Kathleen has swum it 10 times and Dottie nine times.

Tom Denes took first place in the 50-54 age group in the 1000-meter race.



Front row: Amy Greenberg, Jillian Humphries, Cathy Gainor, Courtney Patterson. Back row: Jeff Kelsy, Debbie Kelsey, Paulette Browne, Dottie Buchhagen, Dave Harmon, Polly Phipps.

LANE ETIQUETTE

(Continued from page 1)

is one way to figure out if you're too fast or slow for a lane. If you are not making the intervals, or if you are getting way too much rest, you need to move to another lane.)

Are there proper ways to start and finish?

The lane leader should start on the right side of the lane. After she pushes off, the second swimmer in the lane moves to the right side of the lane and pushes off approximately five seconds later (ten seconds if everyone agrees). And so on for all the swimmers in the lane. Do not tailgate. And, never push off in the middle of a set in front of someone who is coming in and is faster than you are.

Finish your swim as far to the left side of the lane as possible. As each swimmer finishes, she moves to the left to leave room at the wall. Wait until all the swimmers have touched the wall to begin the next set.

How do I turn?

As you approach the wall for a turn, follow these steps: (a). approach the center cross after the turn area is clear of swimmers; (b). do your flip or open turn on the cross; (c). push off into what is now the right side of the lane. Do not push off from the right side of the wall on turns.

What do I do if I need to stop during a set?

Leg cramps happen. Try not to stop in the middle of the lane. However, if you need to, make sure that you stay as far to the right as possible and move to the end of the lane as quickly as possible. If you make it to the end of the lane, stay to the far right corner of the lane away from the center cross so that other swimmers have room to turn.

Is it proper to pass another swimmer and, if so, how should it be done?

Passing may be necessary in long sets. If you find you are catching up to the swimmer ahead of you, tap his foot gently. That is the signal that the tapped swimmer is to move to the right and let you pass on their left. Alternatively, the tapped swimmer (or a swimmer who notices that the swimmer behind is gaining) swims to the wall and waits at the right side for the faster swimmer to go ahead. The passed swimmer then resumes swimming after the passing swimmer pushes off. It is a good idea at the beginning of the workout to make sure that everyone in the lane is familiar with passing protocol.

What should I do if I arrive late?

If you arrive late, ask the coach what the set is and where the lane is in the set. Join the set when the swimmers finish at the wall. Do not just hop in and begin swimming. Do not try to swim what you missed. Swim farther back in the lineup

than you usually do so that you have ample time to warm up. Then, resume your usual position.

Can the sets be modified?

Sets can be modified by lane consensus. Swimmers who are following the coached practice have priority within a lane. If you are unable to swim a particular stroke, do a drill or swim that is at a comparable speed. If you need to ease back, drop back in swim order. If you choose to do freestyle during a non-freestyle set, you must wait for the other swimmers (who will be slower since they're doing non-freestyle) before you start again.

What gear may I use during a practice?

Pull buoys, snorkels, and fins are permitted, as well as kickboards during the kick sets. If you use fins or pull buoys and are faster than your lane mates, wait at the wall for the others to come in before starting the next set. Minimize the use of paddles, especially if the lane is crowded. Being hit by a hand or arm during practice hurts enough — just think how it feels to be smacked by a paddle!

Are there other general protocols that I should be aware of?

Be aware at all times of what is going on within your lane and where your lane mates are. Try not to kick or swing your arms into an adjacent lane. And, be helpful to the new swimmers in your lane, especially if they look confused!

LANE ETIQUETTE - SHORT VERSION

- Make sure you are swimming in the appropriate lane for your speed.
- The fastest swimmer leads the lane.
- Swim to the right!
- Turn on the cross and swim to the right after you turn.
- Finish to the left!
- Always leave 5 seconds between swimmers (unless you agree to 10 seconds).
- Do not tailgate. If you're faster than the swimmer in front of you, pass him at the wall or on the left after tapping his foot.
- Always wait for the other swimmers in your lane unless you're on a rest or time interval.
- Do not stop in the middle of the lane – only at the wall.
- If you are hanging out at the wall, stay to the right away from the cross.
- Do not start swimming when someone is coming to the wall for a turn. Wait until after that swimmer pushes off.
- If you are late, join the set when your lane mates finish at the wall.
- Lane consensus is required to modify sets.
- Do not use paddles in a crowded lane.
- Be aware of what is going on within your lane and where your lane mates are.
- Be friendly, helpful, and have fun.

ANCM HOLIDAY PARTY, JANUARY 15, 2011

at Kathy Kirmayer's House



LANE CHAT

- **Jeff Roddin** and his wife Julie welcomed Rachel Anne on March 22. Rachel weighed 5 pounds, 6 ounces and was 18.5 inches long. She began swimming the next day.
- **Wendy and Warren Friedland's** son Eric won the Division 1 NCAA championship in the 200-yard breast on March 26. His time of 1:52.43 was the event's ninth fastest time ever. Eric also won the B Final in the 100-yard breast (9th place) with a time of 52.81. Eric swims for the University of Texas.
- **Kristin Andrews** received Honorable Mention from USA Triathlon as the Age Group Women's Overall Triathlete of the Year in 2010.
- **Dave Filbeck** and his wife Roxanne welcomed a baby boy to their family on November 23, 2010. Dave says that Carter Loren will be a swimmer "like his old man."



Rachel Anne Roddin

VISIT THE ANCM BULLETIN BOARD - MAC LOWER LEVEL

Photo credits: p.2 - Nanci Sundel; p.3 - Tom Denes, Ben Stubenberg ; p.4 - Lisa Wolf ; pp.5,7 - Dottie Buchhagen; p.8 - Jeff Roddin

SUMMER SESSION BEGAN ON SATURDAY, APRIL 23

GO ONLINE TO REGISTER (www.ancmariners.org/registration.htm)

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

EVENT CALENDAR

2011



- 5/28:** RMST Jim McDonnell Open Water Clinic, Lake Audobon, Reston, VA <http://www.restonmasters.org/jmls/>
- 5/29:** RMST Jim McDonnell 1- and 2-mile swims, Lake Audobon, Reston, VA <http://www.restonmasters.org/jmls/>
- 6/4:** Potomac River Swim - 7.5-mile swim, Point Lookout, MD - <http://www.potomacriverswim.com>
- 6/11:** Chesapeake Bay Swims - 4.4- and 1-mile, Stevensville, MD - www.lin-mark.com **BOTH EVENTS ARE FILLED**
- 6/25:** DCAC 20th Annual Maryland Swim for Life 1-, 2-, 3-, 4-, or 5-mile swim. Chestertown, MD https://www.clubassistant.com/club/meet_information.cfm?c=1306&smid=2948
- 6/26:** VMST Jack King 1-mile ocean swim, Virginia Beach, VA http://www.vaswim.org/meets/2011/Jack_King_Entry_2011.pdf
- 7/9:** VMST Chris Greene Lake 1- and 2-mile Cable Swims, Charlottesville, VA <http://www.cableswim.org/>
- 7/15:** Peluso Open Water swim #2, Upper James River, Richmond, VA http://web.me.com/jpeluso1/Peluso_Open_Water/Race_Series.html
- 8/3-6:** USMS Summer (LCM) Nationals at Auburn University, Auburn, AL
- 8/7:** Centennial Lake 1-mile swim, Ellicott City, MD. Limited to 200 swimmers. <http://www.teamunify.com/EventShow.jsp?returnPage=%2FHome.jsp&id=141303&team=msmdlmsc>
- 8/13:** USMS 2-mile cable Open Water National Championship, Lake Placid, NY https://www.clubassistant.com/club/meet_information.cfm?c=1689&smid=2901
- 9/29:** Peluso Open Water swim #3, Upper James River, Richmond, VA http://web.me.com/jpeluso1/Peluso_Open_Water/Race_Series.html