

The Rime

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

by Motoki Sato

Toshi (my wife) and I went to the Turks & Caicos Islands and swam the Race for the Conch organized by our former teammate Ben Stubenberg. Ben now lives in the islands! This trip (July 7-11) has become one of the most unforgettable memories of my life in the United States.

Though I have been to Saipan, Palau, and the U.S. Virgin Islands, the sea of Turks & Caicos Islands is distinctive. Usually people describe beautiful seas in the words such as "Grand Blue" or "Mariana Blue," but the sea of Turks & Caicos Islands is distinctively sky blue and beautiful.

Day 1: We landed at the airport around 2:30 p.m. The climate is more humid than in Washington, DC. We met Ben, who had already arranged our taxi to the Alexandra Resort located on Grace Bay beach. The Alexandra Resort is a very nice and clean condominium type of hotel with a swimming pool.

After checking in, Toshi and I immediately went to the beach, which has white sand and is not crowded, so it is like a private beach. We practiced swimming a heads-up crawl and sighting for almost an hour. Sometimes I could see some small fishes in the water and tried to chase them.

That night, we had a delicious dinner of seafood spaghetti, shrimp, potato gnocchi, and conch salad at the open-air Mango Reef Café at the hotel. Conch salad is one of the local foods that consists of greens, tomatoes, and diced raw conch meat with a yummy spicy sauce.

Day 2: Toshi and I took the Clay Britt Swim Clinic from 3 p.m. until 7 p.m. at the hotel pool. We were five students and

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CHESAPEAKE BAY 4.4- AND 1-MILE SWIMS

by Dottie Buchhagen

Again this year, a number of ANCMs participated in the 4.4-mile Great Chesapeake Bay Swim and the 1-mile Chesapeake Challenge on July 12th. Unfortunately for some of the cross-bay swimmers, the race was called at 2:30 p.m. due to thunder and lightning. Nearly 60 swimmers were pulled out and the awards ceremony was cancelled. The result was that only 544 of 604 finished the 4.4-mile swim.

Here are comments from several of our teammates soon after the race:

4.4-mile:

Cathy Gainer: I got third (in my age group)!!!! I am still in shock! 2:05.52. (five minutes slower than last year). It was really hard, with serious current between miles 1-2, in particular. Our conditions were not nice. Race director Chuck Nabit: "The currents are the lightest I've ever seen." He lied. And I was cursing him through most of the swim. Seriously, I looked up at one point and just saw waves ahead of me. Not happy. Oh, and I got kicked in the chin at the start. I couldn't even carry my swim cap when I got out, my arms were so tired

Jonathan Jarow: This was my third year in a row. It is always an interesting experience. My time of 2 hours 3 minutes was not my personal best but my overall standing improves each year ... in the middle of the bay I sometimes wonder why I am doing this. It does keep me motivated for swimming when there is cold weather in the winter.

Matthew Reeves: It was my first time doing it. My time wasn't quite what I had hoped but I finished!

Bob Benson: I made it across the Chesapeake Bay and under the bridge and was about 400 yd. from the finish line when I

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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

SWIMMING WITH THE FISH

by Neal P. Gillen

Last year, a friend, Richard McBride, convinced me to sign up for the July 18th Alcatraz Challenge. As I struggled out of the water some 71 minutes after a grueling swim in 55 degree rough tidal water, heavy winds, and a two foot chop that made it extremely difficult to navigate the tricky 1.5-mile distance, I was convinced that he had not done me a favor. Richard, however, had introduced me to open-water swimming, the fastest growing sport in America, or as some call it, swimming with the fish.



Neal and Donnelly Gillen

In preparation for my second Alcatraz swim this year, I ventured to Sandy Point State Park at the Bay Bridge and trained in choppy salt water from the rocks at the base of the bridge to the end of the beach and back. This is a mile course that allows you to swim into and with the current and forces you to breathe on both sides. On the scale of 1 to 5 it is a 2 compared to San Francisco Bay's 5, but it helped me to acclimate to the tougher conditions yet to come. From there, it was back into the pool building up to two miles by two weeks before Alcatraz, tapering down the next week to a 1.5-mile swim, and further

down to a half-mile the weekend before. As I did last year, I arrived in San Francisco on Wednesday July 13th and was in the water at the Aquatic Center below Ghirardelli Square early Thursday morning in my wet suit to acclimate my hands, feet, and face to 53 degree water. For the first 15 minutes my hands and feet were numb. I did a half-mile swim down the line of buoys and back to the Dolphin Rowing and Swim Club. When I left the water I was feeling good. On Friday morning I repeated the process, but my hands and feet were fine after five minutes in the water. On Saturday, I packed carbohydrates and was in bed by 9 p.m.

On race day I was up at 4:30 a.m. with my 27-year-old daughter, Donnelly, a Bay-area attorney and marathon runner. This year, we were a relay team. She would do the 7-mile run to and across the Golden Gate Bridge and back to Crissy Field. At 6 a.m., I left for the ferry with 500 other swimmers, while Donnelly waited for me to come ashore.

Because of ship traffic and a heavy fog over the bay we idled off of Alcatraz Island for almost an hour. The race organizers then decided to take us further above Alcatraz and closer to the Bay Bridge. The orientation of the race had changed, as did the current. Now, we had to sight our landmarks from a different perspective. Instead of straight ahead in a westerly direction, they were linear at a south-westerly angle so that off our left came the ferry terminals, followed by Fishermen's Wharf, the Aquatic Center, the piers at Fort Mason, the dome of the Palace of Fine Arts, the St. Francis Yacht Club, and down the beach at Crissy Field to the finish.

When we finally entered the water the current was just beginning to come in, and we would have to swim against it. Unlike last year, the current was not extremely strong, the chop was minimal, and there was no wind.

It was an enjoyable and uneventful swim. My conditioning had me well prepared. Yes, my goggles did leak due to my head bouncing around, but I adjusted them from time-to-time by rolling over on my back. Despite drinking 16 ounces of elec-

trolytes before entering the water, half way down the bay I experienced a cramp that came and went from the toes of my left foot up to my calf, which I handled by making the leg inactive. I kicked solely with my right leg. It was at the finish that I encountered my only trouble as I was coming out of the water to begin my run to the finish arch 25-yards through the sand. What I thought was a stubbing of my right big toe turned out to be a gash that required three stitches. My time was 61 minutes, 10 minutes faster than last year. I met Donnelly in the transition area, handed off my timing bracelet, and she took off for the Golden Gate Bridge. Her time was good and our combined times put us in 11th place. A good placing considering there were 37 mixed relay teams competing. Again, I was the oldest person in the race, and if I keep doing it, I should continue to win my age division.

Eagleman Half-Ironman

by Dottie Buchhagen

The Eagleman Half-Ironman was held on July 12, the same day as the Chesapeake Bay swims. Several ANCMs opted to swim/bike/run, rather than just swim.

Greg Ashe: I participated in the Eagleman Half-Ironman (first half ironman). It was a hot and sunny day, but otherwise a great race. My overall time was 5:25:01. My swim time was 46:00 (1.2 miles).

Tim Jardeleza: I competed in the Eagleman 70.3 (1.2-mile swim, 56-mile bike, 13.1-mile run) It was my second race of that distance and was a rough race with the heat.

Other ANCMs who raced in the full event were Patty Clifford and Mauricio Rezende.

ANCMs who were part of relay teams for the event were Debbie Kelsey and Amy Greenberg, who both swam the first leg, and Katiuchia Sales who raced in the bike leg.

CHESAPEAKE CHALLENGE 1-MILE SWIM - JULY 12

by Yali Fu

Weather was totally sunny and hot. When I signed up a few months prior to the race, I was neither sure that it was a good idea nor that I wanted to think too much about it. It was more an impulse.

I carried on without thinking about it. Then the weekend came!

I was assigned to Wave 4 with bright pink caps. It was getting hot, and I was debating if I should use my wetsuit. I heard that the water temperature was 76 F. But I saw so many people with wetsuits on, and I didn't want to be even slower without mine. As I started swimming, I felt uncomfortable — as if my legs were tied up to some logs.

Water was murky, impossible to see anything. I had thought I would just follow other people's bubbles or feet. That was impossible, because neither could be seen. No crowding. But after less than 20 yards, I touched someone's leg and later was bumped by someone else. Soon, I went off course in the vastness of the choppy water -- by swimming to the left!



It was very difficult to see the buoy so far away. Thanks for the pink caps — it was easier to eye other swimmers ahead. I used breaststroke to catch up and, righting my course, found myself hyperventilating with my panic in the waves. I had to alternate between free and breaststroke to get my rhythm back, still feeling hot and uncomfortable in the wetsuit. Two young women in their 20s were near me, and they started doing backstroke. I heard

them calling to the boat “sir, can we leave something with you?” One girl said “now how do you remove it?” I assumed they wanted to remove their wetsuits, and I would have done it too, except I had no idea how to do it there.

I felt myself struggling, bad thoughts came over me: “maybe sometime soon I will call a boat and stop.” Then I thought, “where are we going, where is the tip of the triangle?” We passed some numbers marked on long posts out of the water, 5, 4, and 3, I had no idea what those meant.

I remembered my goals: 1. not to be plucked out onto a boat for being too slow; 2. Try not to be the last.

I told myself take it easy, take it easy.

Soon I felt better, probably warmed up too, and found my rhythm. As we turned at the corner of the course parallel to the beach/land (the second edge of the triangular course), I did better staying on course because ahead was the Bay Bridge. This segment was shorter, so I could spot the buoy sometimes. I passed two guys with green caps and knew then and there, I wouldn't be the last in the water! The last part was swimming to the beach/land. Since the marina building was much bigger and easier to see than the landing/exit area, I did much better. I was only slightly off course one time --- again to the left. I swam in good rhythm with easy breathing as I saw the land getting closer.

When I set foot on the ground, I was happy to see my time was 37 minutes! Much better than I thought I had done.

The support in the water was good, with some kayaks and small boats, and on land too. As soon as I passed the chip mat, trying to walk with my sea legs, one young man quickly took the chip off my ankle and another reached to my back saying “here, lemme get this for you” and unzipped my wetsuit. But most important, after we collected our goodie bags with a T-shirt, there was a man holding a showerhead for us (with water from a fire truck), and I cleaned me and my wetsuit.

By 11:30 a.m., I was in the car heading home. As I drove across the Bay Bridge, there was some slowed traffic, probably because drivers were looking at the Sandy Point Beach where the first



Yali after the swim

wave of the 4.4-mile swimmers were about to go under the bridge.

As I drove, I was thinking I may not call myself a swimmer. I am a runner at heart. But there is something about feeling free and scary (in some moments) in the water on hot summer days. For someone like me, who didn't see a swimming pool until the age of 21, and took a six x 30 minute class in graduate school, then didn't start practicing swimming until six months before this swim, I was happy to have not only survived the swim but to have come out feeling good.

My official time: 37:23 313 out of 366 1-mile finishers.

If not for the encouragement from a friend, Suzanne Stack, to join the AN-CMs, I could not have done this. Dottie (Buchhagen) in my swim lane on Sundays, and who is 68, finished 20 seconds faster than I. She has done this many times and recently did a 2.4-mile open-water swim in Florida. I was inspired by her hard work ethic during our weekly workouts. I thank her for encouraging me to do this event.

Dottie asked if I would make this an annual tradition. I am thinking about it. But first, it would help to know some tricks to correct my constant urge to swim to the left!

RACE FOR THE CONCH

(Continued from page 1)

two teachers – Clay and Wally Dicks.

The clinic put an emphasis on open-water swim techniques, and we did some stroke drills. Clay took above-water and underwater videos of our swims. I had never seen my stroke on a video, so it was very instructive. We watched the videos at the poolside just after the videotaping, and Clay gave us advice. We got into the pool and practiced.

Day 3: Finally, race day. The waves were calm, so it was a very good condition for Toshi and me because this was our first time swimming a race in the sea.

There were three races: a 100-meter children’s race, a 1-mile race, and a 2.4-mile race. Clay and Toshi swam the 1-mile race and placed fifth and 32nd, respectively, among the 50 swimmers. Wally and I swam the 2.4-mile race, and Wally placed third, among the 21 swimmers. Me? Yes, of course I crossed the finish line. I think I swam about 2.6 miles by making a mistake and going the wrong way.

The sea was beautiful and clear -- like a giant swimming pool! I could see some fishes and the bottom.

All swimmers got a T-shirt and small tote bag, and those who crossed the finish line got a medal. Very nice pink conch trophies go to the top three male and top



Wally Dicks, Toshi Sato, Ben Stubenberg, Moto Sato, Clay Britt

three female swimmers. After the race, we took the 30-minute therapeutic massage at the hotel spa, which was included in our hotel package. The awards ceremony took place at Flamingo Café on Grace Bay beginning at 8 p.m. The sunset of Grace Bay was beyond description. While watching the sunset, I drank some beer -- the best beer that I have ever had.

Day 4: The next day, Toshi and I took part in a half-day snorkeling tour. We saw a lot of corals and fishes and had a chance to catch live conches, which the tour guide made into a fresh conch salad for us. Because he threw conch livers into the sea, a few small sharks came to the edge of the water and ate them!

At night, we had dinner with Clay and Wally at the Mango Reef Café at the hotel. We talked not only about swimming but also about college football.

Day 5: We got up around 7 a.m. and went out to the veranda to look outside. Clay and Wally were heading for the beach. Toshi and I imitated them and swam until the last moment.

I really envy the ANCMs because you can go to such a beautiful race. It is about a four-hour flight from Washington, D.C. and costs about \$1,500 per person (see package details below). Just the airfare from Japan costs more than \$2,600!

I strongly recommend this race to everyone. In 2012, we will be back in Japan. I am really looking forward to checking the website to see how many ANCMs swim this race. If you want more information, please visit the website (<http://www.ecoseaswim.com/home>) Registration for 2012 Race for the Conch has already begun.

Trip cost per person (4 nights 5 days): \$1,522: Hotel: \$723 (@Alexandra Resort with four-night package, including three full breakfasts, and a 30-minute therapeutic massage from the hotel spa, roundtrip airport transfers); Flight: \$649 [Dulles International Airport (IAD) to Providenciales International Airport (PLS) via Charlotte/Douglas International Airport (CLT)]; Race: \$55; Clinic: \$95. (Lunches and dinners are not included. If you want to reduce to your trip expense, you can stay at another hotel near grocery stores.)



Alexandra Resort

NAYLOR'S BEACH - TRIATHLON AND AQUABIKE

by Dottie Buchhagen

Seven ANCMs along with one friend, one brother, and one spouse raced in the Naylor's Beach Triathlon, Duathlon, and Aquabike in Warsaw, VA, on Sunday, September 25th.

For a change, there was no rain on the morning of the event – although we were greeted by soggy ground and some fog. Moreover, the conditions in the Rappahannock River were considerably better than last year when a swift current made for a rapid trip down the river but a brutal fight to swim across it to reach the finish line. All we had to deal with this year was an oncoming tide that tried to push us to the opposite shore.

Several ANCMs garnered awards. Cathy Gainor was third (40-44) in the Olympic Triathlon (1.5-km swim, 26-mile bike, 10-km run). Tom Denes was first (50-54) and Amy Greenberg second (20-24) in the Sprint Triathlon (500-m swim, 24-km bike, 5-km run). Katiuchia Sales (31) and Dottie Buchhagen (69) placed first and second, respectively (no age group rankings), in the Olympic Distance Aquabike (1.5-km swim, 26-mile bike). Andrius Masedunskas, Katiuchia's friend, placed first (30-34) in the Olympic Duathlon (2-mile run, 26-mile bike, 10-km run) and Katiuchia's brother, Higor (28), placed second in the Sprint Aquabike (500-m swim, 24-km bike).

Also racing were ANCM Jillian Humphreys (29) in the Sprint Triathlon who placed fourth by a mere four seconds, ANCM Debbie Kelsey in the Olympic Triathlon and Debbie's husband, Rick, in the Olympic Duathlon.

BAY SWIMS

(Continued from page 1)

was instructed to leave the water and get in a boat due to an impending thunderstorm. Thus I did not get a finish time. Nevertheless, this was my 18th crossing out of 20 attempts since 1989. My times have ranged from 2:29 to 3:45 with 2:40 to 2:50 the most common. Since I did not get an official finish time this year, due to the race being called due to the weather, I guess I can claim that I crossed the Bay this year in no time at all.

1-mile:

Elisabeth Deal: I pay to work out with ANCM, but I'm registered as NC Masters. I won 1st for women 45-49 in the 1-mile. Beautiful day - great conditions.

Jody Gen: I did the 1-mile for the first time and LOVED it. I felt like I was in good shape thanks to the great ANCM workouts and was pleased with my time. Fun for me to swim with both my ANCM and summer swimming friends.

Susan Blum: I feel good about the race. It all turned out very well. My time from my previous swim in 2009 was 48:56. So, with my finish time of 32:15, there was a big difference this year.

Doug Noll: I swam the 1-mile race. I placed 8th overall, 1st in men 45-49, time 19:40. I swam the race with my 15-year old daughter, Abigail, and it was her second open water swim. She placed 3rd in the women 15-19 age group. The conditions were great resulting in fast times!

Dottie Buchhagen: This was my fastest time (of eight 1-mile swims). The conditions were good – not much chop.

Other ANCMs:

4.4-mile: Wendy Friedland, Matt McShane, Paul Doremus

1-mile: Yali Fu (see p.3), Scott Robinson
Congratulations to all!!



Jillian Humphreys, Cathy Gainor, Debbie Kelsey, Dottie Buchhagen, Tom Denes, Katiuchia Sales, Amy Greenberg, Andrius Masedunskas

**ANNUAL TEAM MEETING - SUNDAY, NOVEMBER 6TH
AT LA MADELEINE RESTAURANT IN ROCKVILLE
IMMEDIATELY AFTER PRACTICE**

2011 TEAM PHOTO



LANE ETIQUETTE

- 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 - to make room for your lanemates
- 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.

ANNUAL ANCM PICNIC OCTOBER 9, 2011 - Seneca Creek State Park

The Fifth Annual ANCM Picnic, held on Sunday, October 9th in Seneca Creek State Park, was a huge success. More than 70 swimmers, friends, and family members turned out to celebrate the 20th Anniversary of the founding of the team. Tom Denes brought several of his posters with photos of team members in 1991-1994 and 2000 – and seven ANCMs from the early years were present. Moreover, they are still swimming with the team! The postponement of the picnic from August 29th due to Hurricane Irene turned out to be a boon. The delightful fall weather was sunny and cool and led to the decision to hold future annual picnics in October.



LANE CHAT

• Jennifer Stoller and Guiseppe Randazzo had a son, Leo Rossi Randazzo. Future fishy Leo joined the family, including big brother Max and big sis Nittany (their dog), on July 23rd. Jen says they are looking forward to having Leo meet and swim with the team.



Jen, Max, Leo, Guiseppe

VISIT THE ANCM BULLETIN BOARD - MAC LOWER LEVEL

Photo credits: p.2 - Neal P. Gillen; p.3 - Yali Fu; p.4.- Motoki Sato; p.5 - Tom Denes; pp.6, 7 - Dottie Buchhagen; p.8 - Jennifer Stoller

FALL SESSION BEGAN ON SUNDAY, SEPTEMBER 11
GO ONLINE TO REGISTER (www.ancientmariners.org/registration.htm)

VOLUNTEERS NEEDED TO WORK ON THE BULLETIN BOARD,
NEWSLETTER, AND WEBSITE

TEAM GEAR

- **TEAM T-SHIRTS ARE HERE!** New WICKING short-sleeve shirts in ANCM colors are on sale BELOW COST at \$10! 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. Only L and XL still available.
- **SWIM CAPS:** All registered ANCMs will receive one free swim cap.
- **OTHER GEAR:** Swim bags: \$45, swim caps: \$3, cotton T-shirts \$11.

Clay Britt Single Day Clinics

To help you swim faster. The clinics include classroom discussions, underwater videotaping, our "feel for the water" tools, and in-the-water instruction from Clay and his experienced coaching staff. You will receive a list of swim drills, techniques, and our "Swim Drills on Video" DVD and a copy of your swim on DVD with voiceover critique.

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

EVENT CALENDAR 2011

- 11/5: 31st Annual Fall SCM Meet in Virginia Beach, VA
- 11/13: 2011-12 Carol Chidester Swim Series: Meet #2, Ellicott City, MD
- 12/4: DCRP/PV Last Chance SCM Meet, Wilson High School, D.C.
- 12/11: 2011-12 Carol Chidester Swim Series: Meet #3, Chestertown, MD

2012

- 1/15: 2011-2012 Carol Chidester Swim Series: Meet #4, Arundel Olympic Swim Center, Annapolis, MD
- 1/29: ALEX Tropical Splash
- 3/17: ANCM ALBATROSS OPEN, MAC, Bethesda, MD (most likely date)
- 3/25: 2011-12 Carol Chidester Swim Series: Meet #6, Arundel Olympic Swim Center, Annapolis, MD
- 4/13-15: Colonies Zone SCY Championships , George Mason University, Fairfax, VA
- 4/26-29: USMS Spring National Championships, North Carolina Swim Center, Greensboro, NC
- 6/10: 4.4-mile Great Chesapeake Bay swim and 1-mile Challenge. 4.4-mile lottery opens November 1. www.lin-mark.com
- 7/5-8: USMS Summer National Championships, Omaha, NE

