

# The Rime

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 Cathy Gainor, Debbie Kelsey

## FROM THE EDITOR

- ◆ 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)

## RECORD NUMBER OF SWIMMERS PARTICIPATE IN THE 20TH ALBATROSS OPEN

by Tom Denes

A record 244 swimmers descended on the newly named Kennedy/Shriver Aquatic Center to participate in our 20<sup>th</sup> Albatross Open. This included 53 ANCMs, also a record. The meet ran longer than usual, but we still managed to leave the pool by 9 p.m.

ANCMs claimed many of the meet records set that day. The record setters were Kate Fisken, Lisa Wolf, Margot Pettijohn, Mark Pugliese, Ed McCleskey, Dan Morrow, David Friedland, and Hugh Roddin.

The Germantown Masters avenged their narrow loss last year by claiming the team trophy. The ANCMs placed second.

We had repeat victors claiming Fastest Man and Woman in the Water in the 50 Freestyle races this year. Nicholas Kaufman-O'Reilly (29) handily beat the field (as well as his time from last year) with a 24.27. Margaret Conze (41) defended her title with a blistering 27.50, a full second faster than last year. This is her fourth title.

The Couples Relay was won by Germantown Masters couple Mel and Dan Bellin, who combined for a fast 56.97.

Five USMS National and/or FINA World Records were set at this year's meet. Josh Hafkin (18-24), of Fins Swimming, rocketed a 25.58 in the 50 Backstroke, breaking the old USMS Record by a full second. Leslie Livingston (50-54) of the Patriot Masters broke her own USMS and World Record — set at this meet last



## 2012 USMS SCY NATIONALS IN GREENSBORO, NC - APRIL 26-29

by Dave Harmon

A small ANCM contingent made its way to the USMS 2012 Spring Nationals. The meet was held this year in Greensboro, N.C. from April 26 to April 29. Coach Clay Britt led the team in outstanding performances by setting three national records in the 100 Backstroke, the 200 Backstroke and the 100 IM. In the 100 IM he bested the previous national record by a whole second. He also finished first in two other races – the 50 Backstroke and the 50 Fly.

The Roddin family comprised the majority of the ANCM members at the meet and, as usual, they made their mark. Hugh posted good times in the 50 Backstroke, the 200 Backstroke, the 50 Fly, the 100 Fly, and the 200 Fly. He came in first in all of those events. He came in second in the 100 Backstroke. Julie came in with a first in the 1650 Freestyle and second place in the 500 and 200 Freestyle events. Jeff — our team president — finished second in the 100 Fly. The youngest member of the family — “Olympic hopeful” Rachel — was present to cheer her parents and grandparents on. The entire family was interviewed on one of the daily USMS videos produced at the meet: <http://www.usms.org/comp/scynats12/gallery.php>.

Also turning in strong performances for the ANCMs were Kate Fisken and Dave Harmon. Below are the complete listings of times for ANCMs at the meet:

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## CHANNEL SWIMMER CLARA BENNETT

by Dottie Buchhagen

### How old were you when you swam the English Channel?

I completed the swim on July 28, 2008, and I was 19 years and 286 days old. I was the youngest person to successfully cross the channel during the 2008 season.

### What is your swimming background?



I began learning to “swim” in infancy – at “mommy and me” type classes, but I did not begin swimming competitively until just before my 9<sup>th</sup> birthday. My first team was not particularly serious,

but I moved to a better club in middle school after it became clear that I had reached the limits of my previous team. I swam for four years in high school, competing in the state championships three times, and for two years at MIT.

### Were you always a distance swimmer?

No. In fact, I never really evolved into a pure distance swimmer – my best events when I was at peak performance were the 200 Fly, 400 IM, and the 800/1000 Freestyle. Training-wise, it turned out that distance training wasn’t actually all that great for me; I did much better training mostly at mid-distance with occasional distance workouts.

Since I was very young, I had a natural talent for breaststroke, and that was my primary stroke until I was 14. However, I had sort of a thing for wanting to try the hardest events, especially if they were ones other people avoided. I swam the 200 Freestyle at my very first meet, despite having only learned to do a flip turn two days prior. I swam my first open water mile the following summer (in about 36 minutes!). I tackled the 500 as soon as I was old enough for it to be offered in my age group and found that I could do well enough to place at the semi-state meet. I swam my first pool mile at 13, and, at 14,

I realized that I could do well at state championships in the 1000/800 and 1650/1500.

### Why did you decide to tackle the English Channel?

A close friend of mine, Mallory Mead, who is currently making a name for herself as a professional marathon swimmer, *had* been a distance swimmer from a very young age. Our club coach had gotten it into her head to do the Manhattan Island Marathon Swim (MIMS). When she was 16, and I was 14, Mallory swam and won an 8-mile race in the Hudson in preparation for MIMS. I think it was around that time that people started to (jokingly) ask her when she was going to swim the English Channel, and I started to (jokingly) tell her that, if she swam the Channel, I would go and do it with her. That fall, I went out to San Francisco to do the Alcatraz Sharkfest, which was short (~1.5 miles) but had a temperature in the low 60s F and was my first ocean race. At that point, though, the Channel plan was still kind of a fantasy.

Mallory’s first words upon finishing MIMS in the summer of 2004 were, “Tell Clara she can swim the English Channel by herself!” Nevertheless, sometime in the next year, Mallory called me up and told me that she had decided that we should swim the channel in 2008, the summer after she graduated from college. That was the moment the plan became real.

### Describe how you prepared.

Mallory and I did two other marathon swims in preparation for the channel. In August of 2007, we did the Boston Light Swim, which is an 8-miler in the Boston Harbor. We were lucky enough to meet with the worst race conditions in 10 years – 60 degree water and 25 knot winds blowing against the tide, creating choppy 5-foot waves. The following May, we were all set to swim the Potomac River Swim (7.5 miles, though we had hoped to get a double-crossing), but the main swim was canceled due to an expected storm. They rescheduled the race as a 5K in a nearby lake, but we opted to swim a few miles out in the river anyway.

As far as training went, I didn’t really do anything special to prepare for the channel until after my college season was over. Unfortunately, a tough academic

schedule and a nagging shoulder injury made training difficult during the semester. Once the school year was over, I moved in with Mallory so that we could train together. Although she would later find a local group who regularly swam at Morse Reservoir in Noblesville, IN (location of this year’s USMS 5K Open Water Nationals), at the time, we weren’t aware of any good places to swim outside. Because of my injured shoulder and, frankly, our distaste for simply logging lots of moderate-paced yardage, our training regimen focused more on quality, high-intensity workouts than just pure distance. We swam at least once a day, aiming to hit at least 6000 meters. We also did a fair amount of cross-training: a little weightlifting, pilates, and a drill-based kickboxing class.

Because we wanted to swim in the same general timeframe but be able to be on each other’s support boats, the hiring of boats and captains was a little tricky. Generally, pilots will give several slots for each neap tide: whoever is in the first slot goes on the first good-weather day, second slot on the second good day, etc. We ended up booking with two different pilots in late July. I was the third swimmer on the tide for Eric Hartley, and Mallory had a two-day slot at the beginning of the tide with a pilot, Fred Mardle, who did the booking a little differently. We ended up being lucky that our procrastination forced us to book in July, as we both had about the best conditions one could hope for. August 2008 was wrought with storms.

### What did you experience during the swim?

There is a full, detailed account of my swim at Mallory’s and my old blog [swimmingthechannel.blogspot.com](http://swimmingthechannel.blogspot.com). The blog also details our run-up and preparation for the channel. I’ll try to summarize here, although it may all be repeated information.

Honestly, my memories of the event itself are scattered – I think that the way I prevented myself from losing motivation was to not allow myself to think forward or backward in time, which may have messed with memory storage.

Things were rough, mentally, at the

(Continued on page 3)

## SWIMMING IN A FOREIGN COUNTRY IS REALLY FUN!

by Motoki Sato



My three-year assignment at the Japanese Embassy ended and I had to go back to my country. Still now, I don't know how to describe my feeling. I cannot resolve my feeling because I can no longer swim at MAC and Bethesda Outdoor Pool.

I was very lucky. There are several masters swimming teams around the D.C. area, but I was able to meet ANCMs who are very friendly and kind, not dangerous pirates.

Normally I should say thank you directly to everybody, but I would like to take this opportunity to say thank you very much to my lane mates, my coaches, and all ANCMs.

When my wife, Toshi, and I took part in the very first swim workout two and a half years ago, we were really nervous. Our English ability was not high, so we couldn't completely catch what the coach was saying. We thought "Oh, my God!" Because we couldn't understand the set, we did nothing but try to imitate swimmers in our lane (even now on rare occasions...). Also, this was our first time to join a masters swimming team so we were very anxious to keep up with everyone.

Every swim workout, the picnic, and the party, the Race for the Conch in the Turks & Caicos, the Albatross Swim Meet, the team donation for the earthquake in Japan, and even insects in the Bethesda Outdoor Pool (they tumbled into my mouth while I was swimming!), were the most unforgettable memories in my life.

My first child was born this month. I still don't know what being a father is like but as soon as he is able to get into a swimming pool, I want to teach him to swim.

I cannot wait to tell my child about my all experiences with the ANCMs. I really want to educate him that swimming in a foreign country is really fun.

I will definitely keep on swimming in Japan. I am very looking forward to telling you about the differences between USMS swimming and the Japanese team.

If you have a chance to visit Japan, please let me know immediately. I live in Chiba prefecture where Narita International Airport is located. My email is [swimminglivesforever@yahoo.com](mailto:swimminglivesforever@yahoo.com)

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## CLARA BENNETT

(Continued from page 2)

beginning. The feeds (diluted juice every 30 minutes, and energy gel on the hours) felt really far apart. I remember accidentally facing backward on my second feed and seeing how close I still was to the Dover cliffs.

Around the 2-hour mark, my injured shoulder had already begun to hurt and that's when I had my biggest moment of doubt. Giving up, though, would have meant letting down everyone who had supported me, so I somehow managed to completely shut out that option, and from that point, the only pain I was in was physical. This is apparently quite the opposite of most people, who tend to do great for the first 8-9 hours and then break down.

Having been on the boat to watch Mallory swim two days before, I was familiar with the "landmarks" (shipping channels, etc.), but I never asked if I had passed one until I was sure that I must have. I had watched Mallory spend the last several hours of her swim sighting France every six strokes or so, and so I refused to look ahead, even though I could tell that the people on the boat could see the coastline materializing from the haze. I had planned, based on my estimation of my progress, to look for the coast at my 11-hour feed, but my crew opted to skip it since I was so close to the finish. So, my first glimpse came when the dinghy went into the water, only a few hundred meters from the shore.

### What kind of swimming have you been doing since then?

Actually, I didn't really do any swimming at all until I joined ANCM this past fall. My shoulder was in pretty poor shape afterwards, and, since my pool swimming in college had been significantly slower than I did in high school, I chose not to continue swimming competitively afterwards. I did occasionally try to get back into the pool on my own, but without a particular goal to shoot for or a coach telling me what to do, it was difficult to keep up.

### What other swimming challenges have you set for yourself?

I'd like to get back into doing open water swims, particularly longer ones. Eventually, I want to complete the "Triple Crown" with the Manhattan Island Marathon Swim and the Catalina Channel. But, I'm in no rush to do so. I'm swimming in the 5K USMS Open Water Nationals in June. It is going to be a "family" event, with Mal, her little sister, her dad, and me all competing.

### What are your short-term swimming goals?

For now, I'm mostly interested in rebuilding my stroke and regaining strength and flexibility in my shoulders. I didn't take proper care of myself during my time off from swimming, so it's been a bit like starting from square one. For a while, I thought that swimming the English Channel might have been my act of retirement, so I'm happy to just be back and enjoying the sport again.

### Are the ANCM practices helping you get closer to achieving your swimming goals?

In terms of improving my strength and fitness and connecting me to a community, yes. If I want to get back into open water races, though, I'll need to get out of the pool eventually.

### Do you compete in local meets?

I did swim at the Albatross, but I didn't plan to compete when I joined.

### Do you participate in other sports besides swimming?

I played lacrosse in high school and college, and I sometimes play pickup games of ultimate Frisbee at work.

**ALBATROSS OPEN**

*(Continued from page 1)*

year — in the 100 Backstroke (1:08.85). She broke her own USMS and World Record in the 50 Butterfly as a split in a 100 Butterfly with a 29.54. ANCM Hugh Roddin (70-74) set two USMS records in Butterfly. He started with a 1:18.38 in the 100 Butterfly and finished with a 3:13.99 in the 200 Butterfly.

The meet ended with relays, including the Fins Aquatics quartet of Josh Hafkin, Adrian Astiz, Michael Raab, and Nicholas Kaufman-O'Reilly who combined to set a new USMS record in the 200 Medley Relay of 1:43.14. This was punctuated by Josh Hafkin leading off the relay with yet another USMS record of 25.38. Check out the video on YouTube if you want to see some fast swimming!

Thanks to Cathy Gainor, who has now managed eight of the 20 Albatross Opens. Thanks also to all those helped and swam in the meet.

**USMS NATIONALS**

*(Continued from page 1)*

- Clay Britt
  - 50 Backstroke 1<sup>st</sup> 24.98
  - 100 Backstroke 1<sup>st</sup> 53.09 (Old national record – 53.88)
  - 200 Backstroke 1<sup>st</sup> 2:00.59 (Old national record – 2:01.39)
  - 50 Butterfly 1<sup>st</sup> 24.06
  - 100 IM 1<sup>st</sup> 54.42 (Old national record – 55.42)
- Kate Fisken
  - 200 Freestyle 7<sup>th</sup> 4:17.70
  - 500 Freestyle 5<sup>th</sup> 10:43.86
  - 50 Backstroke 8<sup>th</sup> 51.29
  - 100 Backstroke 10<sup>th</sup> 2:06.48
- Dave Harmon
  - 200 Freestyle 16<sup>th</sup> 2:20.17
  - 200 Butterfly 7<sup>th</sup> 3:08.77
  - 400 IM 7<sup>th</sup> 5:59.26
- Hugh Roddin
  - 50 Backstroke 1<sup>st</sup> 33.21
  - 100 Backstroke 2<sup>nd</sup> 1:11.98
  - 200 Backstroke 1<sup>st</sup> 2:36.27
  - 50 Butterfly 1<sup>st</sup> 31.41

**ALBATROSS PHOTOS**



- 100 Butterfly 1<sup>st</sup> 1:09.41
- 200 Butterfly 1<sup>st</sup> 2:51.91
- Jeff Roddin
  - 50 Backstroke 5<sup>th</sup> 26.10
  - 100 Backstroke 5<sup>th</sup> 55.71
  - 50 Butterfly 5<sup>th</sup> 24.34
  - 100 Butterfly 2<sup>nd</sup> 53.18
  - 100 IM 5<sup>th</sup> 55.22
- Julie Roddin
  - 500 Freestyle 2<sup>nd</sup> 5:35.91
  - 1650 Freestyle 1st 19.11.29
  - 200 Backstroke 2<sup>nd</sup> 2:20.33
- Ruth Roddin
  - 50 Freestyle 9<sup>th</sup> 38.36
  - 50 Butterfly 6<sup>th</sup> 47.08



## RUNNING WITH THE BULLS ON SINKO-DA MAYO

by Cathy Gainor

Unfortunately, "bulls" in the headline refer to bull sharks.

Aggressive bull sharks.

Aggressive bull sharks that lurk in warm shallow water.

Warm shallow water in the Gulf of Mexico, where 15 ANCMs, 3 family members, and a former ANCM swam in the annual Hurricane Man Rough Water Swim in St. Pete Beach, Fla., on Cinco de Mayo, May 5.

Nobody actually encountered the sharks, but there was plenty of evidence that the Jaws-like fish were looking for some breakfast.

Exhibit A: Tom Denes was swimming a little offshore near the swim buoys that are the boundary for the 2.4-mile race along the coast. As he neared the finish line, a volunteer paddle boarder started yelling at him. "There's a pod of dolphins and a 6-foot bull shark right behind you. You need to go in now!"

Exhibit B: Kathleen Extegoien also was swimming out by the swim buoys, about a quarter-mile from the finish line. Another paddle boarder told her: "There are two six-foot bull sharks following you."

Exhibit C: Dottie Buchhagen was told: "There are some very large fish nearby, and they are not friendly. Move in closer to the shore (away from the swim buoys)"

Nobody was eaten, so that's the good news. But the bad news is that the sharks that we knew were swimming a couple miles offshore are no longer hypothetical. Now, they're real.

I admit I "borrowed" this headline from Kathleen and Debbie Kelsey, because it's so great.

Now, moving on to how we did:

· Dottie Buchhagen's swim was a big highlight. As most of you know, Dottie had double total knee replacements in November. She didn't get back in the



Front row: Jillian Humphreys, Amy Greenberg, Courtney Patterson, Tom Denes, Cathy Gainor, Ellen O'Connor, Holly Dalton; Back row: Becca Knox, Susan Blum, Dottie Buchhagen, Polly Phipps, Dave Harmon, Paulette Browne, Debbie Kelsey, Rick Kelsey, Jeff Kelsey

water until the end of December and has been training very hard since. She finished the 2.4-mile race looking very strong and close to the times that she's done the last several years. Oh, and she's 69. Amazing job!

- Cathy Gainor won her 40-44 age group, at just over an hour: 1:00.55.
- Debbie Kelsey placed second in the 60-64 age group with a time of 1:26.10, and Susan Blum was right beyond her, taking third with a 1:28.12.
- Dave Harmon took third in the men's 60-64 age group, with a personal best of 1:06.32.

Also of note, Courtney Patterson, swimming 7 months pregnant, placed an amazing fourth in her age group with a time of 1:15.38.

Other ANCMs who raced in the calm, green 78-degree water were Amy Greenberg, Jillian Humphreys, Ellen O'Connor, Paulette Browne, Becca Knox, Polly Phipps, Tom Denes and Kathleen Extegoien.

Also racing in the Hurricane Man were Kathleen's husband Jon and niece Beth James, Debbie's son Jeff, and former ANCM Holly Dalton.

Debbie's husband, Rick, who recently joined the ANCM team, raced in the 1,000-meter challenge in his first non-triathlon open-water swim.

## JOHN FEINSTEIN HONORED

by Dottie Buchhagen



In January 2012, ANCM John Feinstein was elected to the National Sportscasters and Sportswriters Association's Hall of Fame. John has written for the

*Washington Post*, [washingtonpost.com](http://www.washingtonpost.com), *The National Sports Daily*, *Golf Digest*, and *Golf World* and is a regular commentator on the Golf Channel. He is the best-selling author of "A Good Walk Spoiled," "A Season on the Brink," and more than two dozen other books. His topics range from golf to basketball to fiction. His latest release is "One on One," a memoir about his interviews with prominent athletes and coaches. John will be honored at the 53<sup>rd</sup> Annual NSSA Awards Banquet on June 11 in Salisbury, N.C., which marks the 50<sup>th</sup> Anniversary of the NSSA's Hall of Fame. Congratulations, John! We are very proud of you.

## FUND-RACING?

by Elisabeth Deal

Charities all across America have adopted racing events as a vehicle to raise much-needed funds for their causes. Each year there are thousands of triathlons, open water swims, runs and walks that raise millions of dollars for charities. Many ANCMs participate in The Great Chesapeake Bay Swim, which has raised over \$1,000,000 for charities including March of Dimes, the Chesapeake Bay Foundation, the National Aquarium's Bay Restoration Project, Chesapeake Regional Accessible Boating, and other causes. As a participant, not only can raising money offset the cost of the entry fee, but it's also a great way to achieve your training and fitness goals while doing something that will benefit others. Lin-Mark Sports, organizers of the Bay Swim, will allow you to raise funds by a certain deadline in order to secure a coveted spot for the 4.4-mile Bay swim and by-pass the lottery. Check [lin-mark.com](http://lin-mark.com) for the required amount and deadline.



Participating in these events can raise a lot of questions. How do I know if a charity is legitimate? Why do people give? How can I be more effective at raising funds?

### How can I find out if a charity is legitimate?

With so many headlines in the media about charities under investigation, it is important to do a little homework to be sure the organization is abiding by all the applicable laws. There are a number of free resources available on the Internet to research nonprofit organizations. One of the leading sites is [Guidestar.com](http://Guidestar.com). Simply enter the name of the nonprofit organization to access a report listing important information including financial data. If the charity you are searching does not show up, it is possible they are listed under a different name or have not filed required tax documents with the federal government. It's always best to contact the charity directly to get further clarification. Another useful site is [Charitywatch.org](http://Charitywatch.org), which focuses primarily on national charities.

### Why do people give?

Understanding what motivates people to make a donation is an important element in your success. There is no universal reason – people give for different reasons to different causes. Ultimately, people give because someone they know asked them to give and they wanted to help. There could be a number of reasons why they give, including, being emotionally moved by someone's story, wanting to feel connected to the com-

munity, wanting to memorialize or honor someone, feeling empowered to make things better, wanting to give back to those who are less fortunate, improving image or social standing, or simply needing a tax deduction.

### How can I be more effective at raising funds?

The most effective way to raise funds for your race is to make people care about your story. Are you raising money because you have been personally affected by the charity or the cause you are promoting? How has the charity or the cause changed your life? How is it affecting others? Use specific examples to convey your story. Make sure you are prepared to accept donations. Contact the charity or race organizers to be sure you have all the necessary printed materials and pledge cards and utilize the charity's online tools to collect donations. Fundraising through email or social media, such as Facebook, can be extremely effective as long as there is an easy process for the donor to make the donation online.

Knowing that all of your training will pay off not only during the race, but also in benefiting others, is great motivation and guaranteed to make you feel good.

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*Elisabeth Deal has been training with the ANCMs in Olney for more than 10 years. She has 20 years of fundraising and nonprofit management experience.*

## 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 lanemates 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 lanemates are.
- Be friendly, helpful, and have fun.

## GOING POSTAL

by Cathy Gainor

Three MLK denizens competed in the USMS One-Hour Postal Swim this year, with Bob Benson placing an impressive 6th in his age group.

The Postal Swim, held every January, is a long-distance event different than many swim meets or open-water races. Instead of competing for a set distance, you are racing to see how far you can swim in one hour.

Benson swam 3,100 yards to finish 6th in the 75-79 year-old age group. Benson will be 77 when he does the 4.4-mile Great Chesapeake Bay Swim — again — in June. He was the last of the MLKers to do the Postal, as he generously counted

for Cathy Gainor and Bob Huber, who split the lane during an MLK practice. Gainor swam 4,115 yards (her best to date), placing 38th out of 174 in her 40-44 age group, while Huber swam 3,670 yards, landing 68th out of 124 in the 60-64 age group.

For those thinking about trying it next year, the rules are fairly simple. The race must be done in January, you need someone to count for you and record your splits every 50. It can be done in a yards or meter pool (the conversions are done later). You are not allowed to circle swim with anyone else, but you may split the lane. After you're done, you register online or on paper, sending in your documentation. And then you wait for the results to be posted.

And, if your birthday is in January and you're "aging up," you can do it twice --



Bob Benson, Cathy, Bob Huber (back)

once for each age group.

The Postal Swim is an excellent way to track your progress each year, and it's easy to do — once you're done swimming, that is.

## ANNUAL ANCM HOLIDAY PARTY

The Annual ANCM Holiday Party was held on Saturday, January 14, at Kathy Kirmayer's house. Many swimmers, friends, and family members turned out to celebrate a new year.



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## LANE CHAT

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- Toshi and Moto Sato welcomed their first child on May 15th. His name is Yuta (pronounced like “Utah”). Moto says that “Yu” means “immense nature” and “Ta” means “first son.” Moto and Toshi hope that Yuta will become a man with a big heart like grand nature. Moto returned to Japan on May 8th, in time for his son’s birth.
- Congratulations to Margot Pettijohn and Ed Dulin. The two ANCMs were presented their awards at the PV Masters Awards Picnic held at Lake Accotink Park in Springfield, Va. on Sunday, May 20th. Margot received awards as Female Swimmer of the Year Short Course Yards 2010 - 2011, and Female Swimmer of the Year Long Course Meters 2011. Ed received the Outstanding Mentor Award.



Toshi and Moto with little swimmer Yuta

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## VISIT THE ANCM BULLETIN BOARD - MAC LOWER LEVEL

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Photo credits: p.2-Cathy Gainor; pp.3, 4, 7-Dottie Buchhagen; pp. 5, 7-Tom Denes; p. 5-John Feinstein; p.6-Elisabeth Deal; p.8- Moto Sato

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## SUMMER SESSION BEGAN ON SUNDAY, APRIL 22 - GO ONLINE TO REGISTER ([www.ancientmariners.org/registration.htm](http://www.ancientmariners.org/registration.htm))

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### TEAM GEAR

- **SWIM CAPS:** All registered ANCMs will receive one free swim cap.
- **OTHER GEAR:** Swim bags: \$45, swim caps: \$3, cotton T-shirts \$11.

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### Clay Britt Single Day Clinics

These clinics are geared to helping 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](mailto:clay@claybrittswimming.com) or visit [www.claybrittswimming.com](http://www.claybrittswimming.com)

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## EVENT CALENDAR

2012

- 6/10:** 4.4-mile Great Chesapeake Bay Swim and 1-mile Challenge.  
**06/23:** 2012 USMS 5K Open Water Championships, Morse Reservoir, Noblesville, IN  
<http://www.grinswim.org/2012USMS5K/2012USMS5Kflyer.pdf>  
**06/24:** Jack King 1-Mile Ocean Swim, Virginia Beach, VA, Race Director June Mc-Daniels <http://www.usms.org/comp/event.php?MeetID=20120624O>



- 7/5-8:** USMS Summer National Championships, Omaha, NE <http://www.usms.org/comp/lcnats12/>  
**07/14:** 21st Annual Maryland Swim for Life, Chestertown, MD, Race Director Pablo Fernandez [www.swimdcac.org](http://www.swimdcac.org), <http://www.swimdcac.org/DCAC/swimforlife/Home.html>  
**07/15:** 4th Annual Steelman Triathlon Open Water Swim, Quakertown, PA <http://www.steelmantriathlon.com/ows/index.php>  
**07/22:** DCRP Hains Point Meet, Washington, DC  
**08/25:** Lake Lure Open Water Swim/USMS 1 Mile Open Water National Championship, Lake Lure, NC, Race Director Kay Dittmer, <http://www.clubassistant.com/meets.cfm>  
**09/8:** Chicago Masters' Big Shoulders Open Water Swim Classic, Chicago, IL <http://www.bigshoulders.org>  
**9/22:** September Splash Bay Swim, 2-mile, 1/4-mile, and 1-mile races, Sunset Lake Wildwood Crest, NJ [http://www.wcswim.org/september\\_splash.htm](http://www.wcswim.org/september_splash.htm)  
**09/25:** 2012 USMS 2 Mile Open Water National Championship, Lake Hopatcong, NJ, Race Director Bridgette Hobart, <http://www.compuscorereg.com/search/event.aspx?event=b5650db5-a22d-4ab5-9a71-cf3e9d6844cb.aspx>

**These are only some of the upcoming swim events. Go to <http://www.ancientmariners.org/event.htm> for more listings**