

The Rime

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22nd ANNUAL ALBATROSS OPEN

by Holly Donnelly

On the Ides of March (March 15), 221 swimmers from 41 Masters teams converged on the Eunice Kennedy Shriver and Sargent Shriver Aquatic Center (KSAC) in North Bethesda for the 22nd annual Albatross

Open. The Germantown Maryland Masters dominated the short course meters competition, scoring 775.5 points. The home team ANCMs came in second with 434, and the Virginia Masters got third with 281.

Cathy Gainor, in her 10th year as Meet Director, was pleased with the meet's success, "The Albatross was a big hit this year. We had lots of compliments from swimmers, and everything ran quite smoothly. That's thanks to all our volunteers who did such a great job with all the tasks that have to be done, whether that's timing or getting the meet programs printed or buying snacks or running the check-in desk."

Erika Braun, Sue Walsh, Jon Blank and Jonathan Klein of the North Carolina Masters set a new world record in the 200-239 age group for their 200 Mixed Freestyle Relay. Applause echoed from the high ceilings of the pool as ANCM Nanci Sundel exclaimed (referring to Klein) "That's my brother!"

ANCM Dan Morrow had a great meet, breaking meet records in the 100 and 200 Breast by a comfortable margin. Morrow's 100M time, at 1:27:21, was almost three seconds faster than the previous meet record.

Janet Wehrlen-Moeller, 80, of the Garden State Masters swam an inspiring race in the 200 fly, in what will surely be a top ten time for the year.

ANCM coach Tom Denes gets the "Walk the Talk" award for swimming in the

meet (with one arm) despite a shoulder injury. Denes encouraged lots of team members to sign up for the meet and did not seem bitter when ANCM swimmers Keith Wilson and Duncan Ferguson posted better times in the 50 free using two arms.

Kara Permisohn enjoyed swimming and helping Gainor run the meet, "I've been swimming Masters for over 20 years but rarely swim in short course meets. Lucky for me some of my regular training mates convinced me to do a couple of relays. It felt really awesome to be a part of a real team again and I think we rocked it!" Permisohn's impressive time split (32.76) in the fly leg of the 200 medley relay did indeed rock.

Debbie Kelsey, Pam Blumenthal, Susan Blum, and Helena Donnelly timed the whole meet. Kelsey didn't appear tired, saying later, "I'm a teacher, so I'm used to being on my feet." Donnelly was less stoic but, in between complaints about tired feet, offered some tips on swimming the 400 free. "I heard someone saying you should try to kick a little harder, Mom," she said on the way home from the meet. Ethan Sundel was constantly running back and forth to support officials and Meet Director Gainor. Timer Johnson Jia, who ran 26 miles in the Rock n' Roll marathon the morning of the meet, was observed eating lots of snacks. "He certainly deserves all the M&M's he can eat," said an anonymous source.

Dave Harmon, in his first year as Entries Chairman using Club Assistant, did an outstanding job getting all the swimmers' entries together and heats lined up so the meet could run so smoothly. Now, he can go back to enjoying his retirement.

George Humbert took masterful charge of catering for the social. He coordinated with Cava to serve Mediterranean dishes which many swimmers, family, and officials lavishly praised. Many thirsty swimmers also enjoyed the Pub

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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

SANDY KWEDER: NEVER BORED AT FDA OR PRACTICE

by Tom Denes

In this issue, our spotlight lands on long time ANCM, Sandy Kweder. Sandy is a fixture at Sunday morning practices, sharing Lane 3 (counting from the fast end) with her fellow Sunday morning devotees. When she is not in the water, Sandy works at the Food and Drug Administration (FDA).

How long have you been an ANCM?

I honestly don't know the answer to this question. I think about seven years. Before that I always just went swimming by myself.

What do you do at the FDA?

I am the Deputy Director of the Office of New Drugs. My office oversees all drug development in the U.S. Any time someone wants to study a drug as a treatment in humans, they must submit an application for investigation to FDA, and every time there are new studies with the aim of ultimately bringing the drug to market we are also involved. We work with pharmaceutical companies, academic physicians, medical professional groups, Congress, regulators in other countries, and even patient advocacy groups. Once a company decides they are ready to seek marketing approval their application comes

to us. This scope of work is complex, incorporating cutting-edge science, law and public expectations. Our office consists of about 1,000 individuals, including physicians, Ph.D. scientists, pharmacists and other experts who work in divisions organized by clinical therapy areas. My job is usually to address issues that cut across many therapeutic areas, as well as when determinations about whether a drug is safe or effective is very complicated or controversial. It is never boring and always difficult!

As a physician do you have any advice for swimmers?

First and foremost, do what the coach tells you! That is why you came to practice with a coach. It is hard to keep one's strokes in good form and not slip into bad habits, which is the main reason I joined ANCMs. Left to myself I would not keep my workout well rounded. I would just do what was comfortable. For example, until I started swimming with the team most of my workout focused on freestyle. I had a lot of trouble executing an even passable backstroke, breaststroke or butterfly. They were agony! Today, butterfly has become a favorite for me and, while not speedy, my backstroke is passable. Breaststroke, well, let's just say it is always a work in progress. In practices I work hard to stick to the workout provided, and it has made a big difference.

Second, good rest is just as important as good workouts. Similarly, remember

that the quality of a practice is not just measured by yardage. Some of the hardest work at practice comes in when one slows down to focus intently on drills and kick sets.

Finally, make sure you are having fun. If you are miserable at or after practice because you kept feeling behind or inadequate, move down a lane! Sometimes move up or down a lane anyway, just to meet new people. It really enriches the experience.

When did you start swimming?

I started swimming as a kid, but never competed as there were no teams where I lived in northern Connecticut. I learned proper strokes so that I could get a summer job as a lifeguard and not have to work in the tobacco field for an agriculture wage. Once I did, I learned quickly how much of an invigorating escape swimming can be.

Please describe any competitive swimming you have done.

I have never been a competitive swimmer. I think if I had been one in high school like many of my fellow ANCMs, I would still be competing today. I just didn't have the training at a young age and now feel like I don't want to have my ridiculously slow times up on a board in lights! I know, I am chicken!

What is your favorite stroke?

I absolutely love butterfly. The rhythm is mesmerizing, even if only briefly in my case, but I truly feel like I am flying in that moment.

What's the secret to surviving Sunday morning practice?

For me, the secret is being in a lane that is having a good time and the swimmers support each other. I also find that Saturday night is important! I try to get a decent night of sleep on Saturday, not drink too much alcohol in the evening, and eat a light breakfast before showing up to practice. Those things really make a difference in how I feel getting into the pool. Oh, yes, and do what the coach tells me to do!

Anything else you want to share?

I thoroughly enjoy meeting the people I do through ANCMs. I am very fortunate to know my fellow swimmers and love the fact that we all have such different backgrounds but share a love of the sport. They keep me motivated!



EVERY DAY IN PARADISE

by Ben Stubenberg



Hard to believe that three years ago, I sold my house in Rockville, put everything I could not give away or throw away into a container, scooped up the dog, and moved to the Turks & Caicos Islands. It was not an easy decision, as I very much liked life in the DC area, especially swimming with the ANCMs.

But the islands had been beckoning for some time. Indeed, my “porn” was thumbing through the pages of “Island Magazine” with picture after picture of impossibly blue water and endless white sand beaches. When the stars aligned to make it happen, I jumped, all in.

So, what's it like actually living on a little 38-square-mile tropical island that is at the end of the Bahamas archipelago?

If open water swimming is one of the things you live for, there is no better place on the planet. My island of Providenciales (or “Provo” for short) is fringed by the third-longest barrier reef in the world that creates a huge, protected series of bays and lagoons along a string of cays.

You can just swim forever through warm turquoise seas, sometimes followed by a dolphin or alongside a turtle.

The weather is always warm and sunny — a steady 85 degrees all winter. (Warmer, even hot in summer, but usually modified by tradewinds.) And everyone, whether local or expat like myself, is truly

happy about living here, never tiring of watching a sunset or at night looking up at a galaxy of stars sweeping across a black Caribbean sky. I have been able to share this with a few ANCMs, Clay (Britt), Wally (Dicks), Polly (Phipps), and Becca (Knox), who have been down for visits.

Is it a perfect paradise? Of course not. There is no such thing. We have problems and challenges like anywhere else. Government budget constraints, bureaucratic issues, potholes, no bike lanes, no lap pool!

And, oh yes, the cost of everything is about 25-30% higher.

But the place is filled with new and exciting experiences and a welcoming people. My business now is taking people on swim safaris to the reef, selling paddle boards, organizing excursions to other islands, and running a great open water swim event, “Race for the Conch,” Eco-SeaSwim set for July 5. (Would love to see more ANCMs participate!)

I never want to be smug about living here. It is gorgeous for sure, but there is more to life than a great view.

Close family, great friends, familiar haunts, rewarding work and service – those go to the heart of what makes a paradise, however imperfect, wherever one lives. These are not necessarily re-created just by moving to the islands. Luckily, I've made good progress.

And luckily for my two sons (now in their mid-twenties) it's only a half day's journey from DC to see dad.

Turks & Caicos "Race for the Conch" Eco SeaSwim

The race will be held on July 5th 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 1/2-mile, 1-mile and 2.4-mile events. For details, go to <http://www.ecoseaswim.com/>.



LESSONS LEARNED AND TIPS FOR THE BAY SWIM

by Cliff Bartlett

My third bay swim completed successfully (June 10, 2013) ... sort-of. It was a really beautiful day; no wind, a few clouds, no waves, and water temperature about 75 degrees (why are the overwhelming majority of swimmers wearing wetsuits ... but that's a separate story). The previous few months included a lot more business travel and a lot less swimming than prior years, but I knew I could maintain a slow but steady pace that would beat the cut-off times. With some extra help from appropriate music, I was pumped up and ready to go.

I think of the swim in three parts:

The start from the beach to **between** the spans. This probably takes about 10 minutes. At least in (slower) Wave 1, the beach start is fairly gentle; the swimmers are spread-out across the wide beach and water entry is more of a walk & swim than a hurried run & dive. There's some minimal body contact but no aggressive kicking or thrashing.

Between the spans, i.e., the real **bay** swim. This is the best part, of course. 600+ tiny humans swimming between these immense spans; it's impossible not to be in awe ... and sighting is very easy. In fact, I force myself to stop every 20 minutes or so to just look around and enjoy the moment.

The final stretch to **Hemingway's**. It's a bit disappointing to complete the bridge and realize that there are still a few hundred yards to go. But, the water is only a few feet deep, and, at least when I'm finishing, more than a few are walking this final stretch.

The race director said we should expect to be pushed to the left initially (because of flooding tide), then slack water (as the tide shifts), and then to be pushed to the right (because of the now ebbing tide).

All was fine until after Mile 3. I suddenly realized I was very close to being pushed under the south bridge, an instant disqualification and a boat ride to the “DNF” (Did Not Finish) pier. Hey, I'm

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PAVEMENT IS HARDER THAN WATER

by Tom Denes

As summer approaches and more of us are getting out on our bikes, we should be thinking about bike safety. Every year, as soon as the weather starts to turn warm, we hear stories of ANCMs being injured in cycling accidents, some just minor scrapes while others end up in the hospital – and out of the water – from major accidents.

I've reached out to our swimmers who have had biking accidents. Many generously shared their stories and the lessons they learned. Here are some of those stories:

FROM: Nancy Ragsdale



For many years I commuted to work down in DC in the Mall area on my bicycle, first from Four Corners and then from Colesville. I had a number of incidents over the years, such as barely missing an

opening car door and being grazed by a passing car, but what I remember best was being hit by another bicycle. A goodly portion of my commuting route was 13th St., NW, and, depending on the situation, streets running off 13th St. One afternoon as I was peddling my way home, I turned off 13th onto one of the side streets that had less traffic. As I moved along I saw ahead of me a small boy, maybe eight or nine years old, doing figure eights on his bike in the middle of the street. Well, I thought he'd move aside for me to pass, but he didn't. He came around and crashed into the side of my bike, knocking me over. This resulted in some scrapes for me and some broken spokes for my bike; the youth appeared unhurt and unfazed. The lesson learned: always beware of other bikers; their actions are unpredictable.

FROM: Steve Godwin



In October of 2012, I was commuting on my bicycle on Water Street in Georgetown and passed another cyclist on my

right, who unexpectedly veered to his left. As I passed him, he veered into me, and our handlebars got entangled. He braked hard, which pitched both of us onto the street. I landed on my right shoulder, and ended up in the emergency room with a separated shoulder. The other rider was uninjured. I made two errors: (1) I wasn't paying close enough attention to traffic, and (2) I should have warned the other rider that I was passing rather than assume he could see me in his bike mirror. I paid the price – it took several months to regain the strength I lost in my right shoulder.

FROM: Lisa Reed



The basic thing I learned was have the right equipment and ride your brand new bike on familiar routes until you get used to it. I threw myself over my handle bars several years back because I

couldn't get a flimsy, cheap water bottle to go back into the cage – I was not using a hard plastic bottle, but a flimsy bottle of water that came from the grocery store. The bottle was in my right hand (i.e., the rear brake hand) and I was on an unfamiliar trail with a new bike that had brakes that were light years more sensitive than my old bike. So, when I tried to "tap" the front wheel brake to slow myself down as I approached a street crossing, the brakes grabbed the front wheel and over I went. And while a broken jaw mends, my bite will never be the same.... In hindsight, I wish I had had the forethought to just jettison the bottle and stop the bike. Water bottles are lots cheaper than surgery to set a broken jaw. Had I

taken the bike out on a familiar route first, I would have known that the brakes on my new bike were lots "grippier" than the brakes on my old bike.

FROM: Greg Scace



I was riding with Casey (my wife) out in Laytonsville on Riggs Road a bunch of years back and a mastiff appeared on the side of the road in front of

me. Since he was ahead of me on the road, and since he was a rather large dog, I decided that there was no chance of outsprinting him. So I stopped, unclipped, and stood straddling my bike. The dog came up to me and bit me on my right thigh. Later, I learned that when confronted with an aggressive dog situation in which escape is not likely, a good strategy to make it harder for the dog to bite you is to completely dismount from your bike and keep your bike between you and the dog.

FROM: Dan Rudolph



I have had two bike accidents resulting from interactions with deer. The first occurred on River Road, at the bottom of the very largest hill, where there is a small bridge over a stream. I was descending the hill at approximately 35 miles per hour, and noticed, just as I was approaching the bottom of the hill, two deer standing on the right side of the road. The deer saw me, and one properly ran into the woods on the right side of the road (i.e., without having to cross the road). The second, and less intelligent deer, decided to cross River Road to avoid me. This, of course, put the deer immediately in my path at that exact time. I hit the deer, and flew forward, over the deer and my handlebars. Fortunately, there were no cars behind me and I was able to get myself and my bike off the road quickly. I had numerous cuts,

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PAVEMENT IS HARDER

(Continued from page 4)

scrapes, road burn, etc., with lots of blood, but I continued my ride anyway. I was younger and more energetic (and stupid) then. I noticed, after my ride was over, that I had cracked my helmet. The road burn, etc., took quite a while to heal, and I quickly became an expert in all of the various first aid products that one can use to treat these types of injuries.

The second incident occurred on the less busy part of Quince Orchard Road in Gaithersburg, near a horse farm. This time, there was a grassy area to my right. I noticed out of the corner of my eye four or five deer running on this grassy area alongside me, slightly behind me. Before I even had a chance to slow down, they sped up and cut in front of me. In order to avoid another direct collision, I veered to the left, but I apparently did so too quickly, and my bike and I went down. Again, the same types of cuts, scrapes, and road burn, but no major injuries.

I obviously have been extremely lucky not to have been more seriously injured. I now immediately slow down whenever I see a deer anywhere near me, but even that doesn't guarantee total safety. These are really dumb animals, and I hate them. I tend to ride early in the morning, which probably is the worst time when it comes to deer, but the deer continue to multiply and this problem will get even worse.

FROM: Patricia Clifford



I was biking on a fairly heavily traveled road at the end of rush hour. I came to a red light and stopped to wait for the green to turn right – too busy to take a

right on red. I was several inches over the white line waiting my turn. There was a very small shoulder at this corner. From behind me came a Mercedes SUV which proceeded to ram into my wheel, knocking me over. The woman driving this vehicle jumped out (still on her cell

phone) screaming for help as I was covered in fruit punch Gatorade (quite red) which she mistook as blood! I was a little scraped up; she was not even embarrassed.

Moral of the story: geez, a biker cannot even wait his/her turn at a red light without being traumatized by an automobile and the dreaded cell phone! Be aware, as distractions are abundant.

And my encounter with the pavement:



These are some of your stories. I had my own bike accident several years ago. I was riding down a hill while on the right side of the road and steered my bike onto a sidewalk entrance ramp that ran perpendicular

to the street. The edge of the ramp was about an inch higher than the street. Since my front wheel was at an acute angle to the ramp, it couldn't make the jump and I pitched over onto my right shoulder. The result was a separated shoulder. It took two years before my arm was fully recovered, which for a swimmer is a disaster! My lesson is that I wasn't paying close attention to the road conditions. I knew there was an irregularity between the road and the sidewalk because I had ridden the same route the opposite direction just that morning. But I wasn't paying attention.

These are some of our stories. The dangers encountered included unpredictable bikers, unfamiliar equipment, unfamiliar routes, unpredictable animals, and inattentive drivers.

We need to maintain our vigilance every moment we are on a bike. We need to be thinking about our environment and evaluating what could go wrong – and the consequences if they do.

As Patricia learned, we should be especially vigilant of cars and the potential for encountering a distracted driver. Cars are obviously our greatest threat as riders. An accident between a car and a bike generally does not end well.

So, this summer, let's be highly vigilant while riding and aim for zero bike accidents.

Enjoy your rides but stay alert!

LESSONS LEARNED

(Continued from page 3)

more than half-way across ... that just am not gonna happen. I stopped for a few seconds to observe the current. Memories of my old Navy navigation training raced through my mind: set & drift, tidal currents increase in speed as you get further away from slack water, and tend to be faster in shallow water. But, it didn't require advanced mathematics to realize I needed to swim faster and further. I adjusted my course to the left and was able to maintain my distance from the bridge and make visible (but very slow) forward progress. I had finished the first three miles in less than two hours; my last mile "between the spans" took well over an hour. The end of the spans was a very welcome sight! I even managed to swim all the way to Hemingway's ... ok, maybe I walked a few steps.

BY THE NUMBERS: All bay swimmers have heard the stories of prior years with mis-timed starts and all but the strongest swimmers removed from the water. Curious about the numbers, I decided to review the numbers. 572 of 616 starters finished; I was 547th with a time of 3:26:47, about half-an-hour longer than my prior swims (and more the double the fastest time, 1:33:42 by an Ellicott City 17-year-old).

NEW DROP-IN POLICY (effective until 08-25-14)

1 day -- Course number 383433 -- Fee \$10.00

4 days -- Course number 383434 -- Fee \$35.00

8 days -- Course number 383435 -- Fee \$65.00

Register online with MCRD and give the course number at the front desk of the pool.

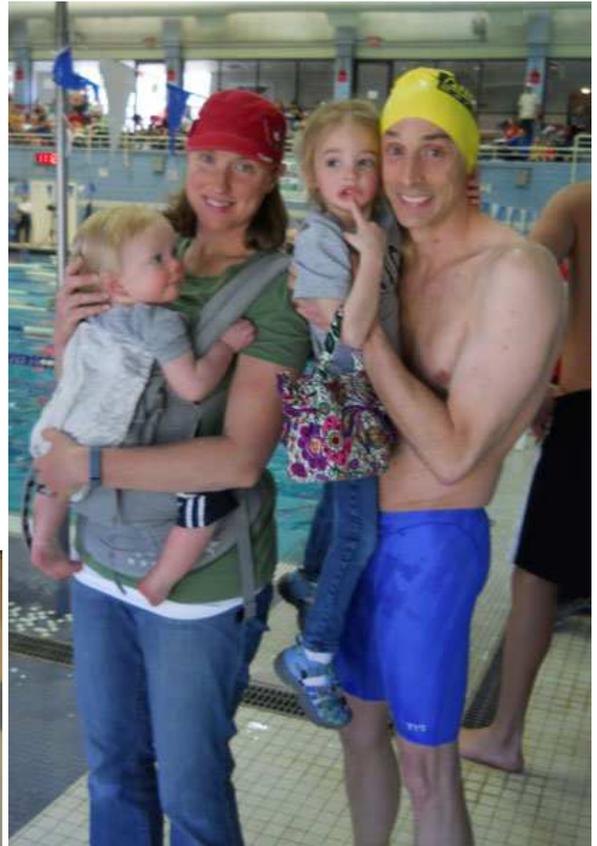
ALBATROSS MEET

(Continued from page 1)

Dog beer, which Humbert, who is a brewmaster in his day job, makes. The food was plentiful and still hot and tasty when Gainor and Denes were finally able to leave the pool.



ALBATROSS MEET



LANE CHAT

◆Amy Weiss and Oscar Romano welcomed their daughter Emma Jean on Friday, November 22, 2013. Emma weighed 8 pounds, 1 ounce and was born with a full head of hair.



Emma Jean

◆Marc Odinec and his wife Harli had a baby, Zachary Levi. Zachary was born on September 23, 2013 and weighed 6 pounds 3 ounces. He is a very happy camper and has grown quite a bit since then — he now weighs over 20 pounds. Marc and Harli hope to get him in the pool soon.



Zachary Levi

VISIT THE ANCM BULLETIN BOARD - KSAC LOWER LEVEL

Photo credits: p. 2 — Sandy Kweder; p.3 — Ben Stubenberg; p.4 — Nancy Ragsdale, Steve Godwin, Lisa Reed, Greg Scace, Dan Rudolph ; p.5 — Patricia Clifford, Dottie Buchhagen; pp.6, 7 — Dottie Buchhagen; p.8 — Amy Weiss, Marc Odinec

THE SUMMER SESSION BEGAN ON SUNDAY, APRIL 20
GO ONLINE TO REGISTER (www.ancientmariners.org/registration.htm)

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.

EVENT CALENDAR

2014



Pool Events

8/3-10: FINA World Masters Championships, Montreal, CA. <https://finamasters2014.org/home>

8/13-17: USMS Marriott Summer National Championships, College Park, MD <https://www.usms.org/comp/onlineentry.php?MeetID=20140813cusmsL>

Open-Water Swims

6/15: Jack King 1-Mile Ocean Swim, Virginia Beach, VA. <http://events.r20.constantcontact.com/register/event?oeidk=a07e9219wfca3f03dc9&llr=4lidcrqab>

6/27: Independence Day 1-mile bay swim, Marmora NJ. http://rays-notebook.info/ows/Independence_Day_One_Mile_Bay_Race.html

6/28: Asbury Park Ocean Mile, Asbury Park, NJ. http://newjerseyraceclub.com/njrc_ocean_mile_swims

7/5: Bradley Beach Jack Wright ocean mile swim, Bradley Beach, NJ. http://rays-notebook.info/ows/Bradley_Beach_Jack_Wright_Swim.html

7/5: Turks & Caicos "Race for the Conch" Eco-SeaSwim, 2.4-and 1-mile. Turks & Caicos, British West Indies <http://www.ecoseaswim.com/>

7/12: Long Branch 1-mile swim, Long Branch, NJ. http://newjerseyraceclub.com/njrc_ocean_mile_swims

7/12: Annual Manning Ocean Mile Swims, Sea Bright, NJ. http://oceancitymd.gov/Recreation_and_Parks/Beach_Patrol/competitions.html

7/12: Chris Greene Lake 1- or 2-mile Cable Swim, Charlottesville, VA. <http://www.cableswim.org/>

7/12: Maryland Swim for Life 1-, 2-, 3-, 4-, and 5-mile swims, [Rolph's Wharf Marina, Chestertown, MD. http://swimforlife.swimdcac.org/swimforlife/Home.html.](http://swimforlife.swimdcac.org/swimforlife/Home.html)

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