

The Rime

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Peter Johnson, Debbie Kelsey, John
McCaffrey, Greta Ober, Brent Peacock**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: for articles to dbuch@mindspring.com

23rd ANNUAL ALBATROSS OPEN— MARCH 21, 2015

By John McCaffrey

On March 21, 221 swimmers from 34 clubs gathered at the Kennedy Shriver Aquatic Center in North Bethesda for the 23rd Annual Albatross Open. The ANCMs turned out in force for the team's showcase event, with a 45-swimmer contingent hitting the pool for the home squad. Although the Germantown Masters continued their Albatross winning streak with a combined team score of 782 points, the ANCMs finished a relatively close second with 636 points, significantly narrowing Germantown's margin of victory from the 2014 Albatross. Reston Masters finished third with 243 points.

Meet Director Cathy Gainor, supported by a small army of volunteers, once again ran a nearly flawless meet. "The Albatross went really smoothly this year," Cathy observed. "We only had a couple small glitches, and everybody seemed to have a really good time. As always, I have to thank the many, many volunteers who did so much to help the meet run well, both before and during the meet." Noting the ANCMs' success in the relay events this year, Cathy said, "I also want to thank Pam Blumenthal and Margot Pettijohn for putting together all the ANCM relays. They did a great job!" Cathy, who has served as Meet Director for the Albatross every year since 2005, kept everything humming along smoothly, and even found the time (2:42.46, to be precise) to compete in the 200 freestyle. Dave Harmon once again served as Entries Chair, spending countless hours on the entries both before and after the meet. As a relaxing diversion from this arduous task, Dave swam the 400 IM

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SOLSTICE MEET — DECEMBER 6, 2014

By Viviane Callier

On cold and rainy Saturday December 6, 141 swimmers from 22 local Masters' teams met at the Germantown swimming pool to compete in the Second Annual SCM Solstice Meet. Twenty-six ANCMs participated in the meet, and the team came in second overall, just behind the Germantown Masters team.

For the women, Coach Cathy Gainor (47) took first in the 100 back, second in the 200 free, and third in the 100 IM. Pam Hepp (55) finished first in the 50 free, second in the 50 breast, and third in the 100 IM. Margot Pettijohn (68) finished first in the 200 fly, the 200 IM, and the 400 IM. Kate Fiskin (72) won the 200 and 50 free and 50 back. Patricia Clegg (50) came in second in the 50 free in her first meet as an ANCM. Viviane Callier (30) took a first in the 100 breast and a second in the 100 IM. Colleen Reed (44) was second in the 100 free and third in the 200 free. Emily Weigel (49) placed fourth in the 100 IM. Pam Blumenthal (47) won the 200 IM. Pam also finished first in the 200 fly (3:51.29), beating her time from last year by 18 seconds and showing the best improved time!



Viviane Callier, Patricia Clegg, Sean Murray, Tom Denes

For the men, Sean Murray (28) finished first in the 100 and 200 back and the 100 IM. Scott Dasovich (38) came in first in the 100 back and second in the 200 free

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KURT VANDERSCHA-LIE – SWIMMING WITHOUT INJURIES

By Tom Denes

Kurt vanderSchalie is a practicing physical therapist and sports medicine clinician. When he's not helping injured athletes he swims in lane two (and sometimes lane one) at the KSAC. Kurt took time to talk with me to tell me more about his swimming career and how we might avoid and recover from swimming-related injuries.

Q: How long have you been an ANCM?

Eight years.

Q: Did you swim competitively in high school or college? Where? Which were your best races?

I grew up swimming in San Diego. I did best at distance and breaststroke events, but I did a little of everything in high school as I did decent enough in the other events. I had a brief water polo career as well, but I wasn't really built to compete in Southern California high school polo. I didn't swim at the intercollegiate level, but I swam regularly with the UCLA masters program while in school there. I got to swim in a lane with Mark Spitz (by that time long retired and a practicing dentist, I believe), and I'm pretty sure my mom still considers this my greatest swimming accomplishment.

Q: How did you get interested in physical therapy?

I got hurt frequently while playing water polo (again, wasn't built for it), so I was sitting with the coaches a lot or getting some form of rehab done. I liked the coaching aspect of rehabilitation work. I wound up interning with the sports medicine department at UCLA. They had an experienced physical therapist on staff, and his ability to treat a lot of injuries with his hands was impressive.

Q: Tell us about your physical therapy practice.

Prior to coming to the DC area, I primarily worked in outpatient orthopedic clinics. Shortly after starting at Georgetown University Hospital, I was promoted to a management position which significantly reduced my patient-care time. A few years back I started training in vestibular rehabilitation therapy (exercises to compensate

for inner ear deficits), in part to fill a need for our department. I've since attained advanced certification in this practice area, so now I spend most of my clinic time working with patients with vertigo and concussions. I can tell you a lot about your inner ear.

Q: Should swimmers stretch before or after they swim?

The common sentiment with stretching is that while flexibility can be an asset in swimming and reduce risk of injury in many activities, you don't necessarily want to stretch to gain more flexibility right before you swim. In general you want to prepare muscles for work with light activities that mimic the stresses you're about to put on those muscles. So static stretching wouldn't be ideal before jumping in the pool. That said, we swimmers tend to have a better mechanical advantage if we work on maintaining flexibility in our lats and hip flexors. Spending some time away from the pool to work on lengthening those muscle groups would be a good application of static stretching. Also, including shoulder and core stabilization exercises on a regular basis is an important part of the out-of-water program.



ANCMs Sarah and Kurt vanderSchalie with swimmers Cora and Beckett

Q: What is the biggest mistake that swimmers make?

Don't ignore pain! While it's not always a sign that something is damaged, it's never a waste of time to have symptoms explored by a medical professional. I find that at the Masters level most of our pain is familiar to us as we re-injure the shoulder or spinal segment that has given us trouble in the past. However, those recurrent injuries are less likely to be fixed with a little time off or attempting to push through pain. At the very least, take ad-

vantage of the opportunity of having the coaching staff observe your stroke technique if you suspect something is wrong. Often pain during or after swimming could be the result of inefficiencies in movement and/or positioning and can be reduced with some focus on technique.

Q: How does a swimmer know that he has an injury that requires physical therapy?

As I mention above, if your attempts at adjusting your stroke and/or the usual (and still effective) regimen of rest and ice aren't helping (or you experience a drastic spike in pain or loss of mobility) your next best option is consulting with a medical professional. Physical therapists are skilled at finding and addressing those movement inefficiencies that can lead to tissue breakdown and injury. They will also be able to screen for conditions that may require the intervention of other health services and refer you to them as needed.

Q: Is ice helpful? When should it be used? What about heat?

Rest, ice, and elevation are good standard treatments for acute strains and sprains. Ice will help with pain control, especially for injuries closer to the skin surface. Heat can help with muscle relaxation and pain control, especially with more chronic problems.

Q: Can you recommend any good stretches or exercises for swimmers?

We spend the majority of our time in the pool with our arms in flexion (overhead) and our spines in extension. A stretching program should contribute to helping us attain those positions (like lat and hip flexor stretching). Maintaining mobility of the ribs, shoulder blade, and thoracic spine can also help reduce the workload on the shoulders and back. Controlled movements and light stretching into spinal rotation are ways to start working on these areas. Strengthening should include stabilization exercises to keep the joints safe in those end-range positions. Rotator cuff exercises are important, but we should also make sure to regularly work on strengthening the muscles that control the position of the scapula. A comprehensive "core" exercise program is also valuable; protection of the lower back is enhanced with training of the

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SWIM FOR LIFE 2014

By John Pugh

It was a beautiful morning as we drove across the Bay Bridge toward Kent County. My friend, Sue, and I had registered to swim three miles in Swim for Life. But as the great expanse of the Chesapeake Bay passed beneath us, I persuaded her to sign up for the 2.4-mile "triathlon challenge," a new offering at the 2013 event. I reasoned that the shorter distance might get us back to shore in time to enjoy more of the famous picnic lunch. Moreover, we could pose as wannabe Ironman triathletes. We had made an early start and arrived decaffeinated and still a little drowsy – the organizers must have anticipated our needs as there was a spread of bagels, fruit, and coffee which we eagerly enjoyed. After registration and breakfast we took in the scene – swimmers were arriving on the beach and the Coast Guard and volunteer kayakers were busy making their preparations. An osprey, perched on its nest in the river, made itself known with a few friendly squawks.

Swim for Life is a USMS-sanctioned open-water swim held every July at Rolph's Wharf on the Chester River near Chestertown, MD. Organized by the Washington DC Aquatics Club (DCAC), a predominantly gay and lesbian swim team, the event raises money for local AIDS charities as well as organizations

that advocate for clean local waters. Swim for Life is in equal parts an open water swim competition and fundraising event. Casual swimmers can enjoy the low-key atmosphere while competitive racers can try to beat their best times. But for me, this is a swim to be savored at a leisurely pace. It's not often that I have an opportunity to swim in a free-flowing river in a safe and supported environment. I was going to take my sweet time and soak in the experience.

To learn more about the history of Swim for Life, I spoke with DCAC's Dawson Nash, who was involved from its early days. "The original Swim for Life was established in Provincetown, MA in 1988 and the founder, Joe Stewart, created the Maryland swim in 1991." Dawson managed the MD event from 2001 to 2006. More recently, the club has looked to a rotation of DCAC volunteers. "There are typically about 150 participants, and the event has raised as much as \$40K. The registration fee is a minimum \$100, but participants often raise much more. The top fundraisers are recognized with awards." Among the charities that have benefited from MD Swim for Life are Heart to Hand, Quality of Life Retreats, Metro Teen AIDS, and the Chester River Association; more information about these organizations can be found through the MD Swim for life website.

Dawson is justifiably proud of what the event has achieved in its 24-year

history. "It's a great extension for the team socially and an opportunity to give back to the community." Dawson grew up in Baltimore and used to vacation on Maryland's Eastern Shore. His personal connection with the area may have helped when Swim for Life was getting started. "The first swims were in Oxford on the Chester River but the venue soon switched to Rolph's Wharf, about five miles downstream from Chestertown." Rolph's Wharf consists of a marina, the "River Inn" bed and breakfast, and the "Sandbar," which serves drinks and snacks to visitors through the summer months. Dawson explained how DCAC has worked closely with the Chester River Association (CRA) in organizing Swim for Life. "CRA volunteers assist with water safety support, monitor the water quality, lay out the course and position the buoys, and provide the salads for the post-swim picnic lunch."

The weather was warm, with a slight breeze, and no threat of the thunder that had delayed the start of the last Swim for Life I attended in 2012. At around 8:30 a.m., the lead organizer called the swimmers together and gave a brief presentation during which he described the course, the conditions we could expect, and other important safety information. He assured us that the fecal bacterial count was within acceptable limits – a relief to us all, I'm sure. If horns sounded, we should swim for the nearest shore. If ordered to leave the water by armed men in uniform, we should not argue. We would be swimming against a modest current on the way out. We should keep right of the yellow buoys; the red buoy marked the half way point for the 2.4-milers. And with that, the five-mile swimmers, distinguished by their orange swim caps, entered the water for the start of the race. After the first three waves had been discharged, the 2.4-milers were asked to enter the water. My toes sank deep into the silt while the group posed for a photo. I overheard a woman say that saliva was effective at preventing goggles from misting up. I was about to test this theory when the starter horn blew and we were off.

After the usual melee I settled into a rhythm and focused on my stroke, trying to recall sage advice from various ANCM

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ALBATROSS

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John McCaffrey

(setting a new meet record in the process).

The Albatross Open is typically a very fast meet, and 2015 was no exception. Four world and/or national records were established at the event.

Two of the new world records belong to Rick Colella of Puget Sound Masters. Colella, the bronze medalist in the 200-meter breaststroke at the 1976 Montreal Olympics, set new world marks for the 60-64 age group in the 100 IM (1:04.23) and the 200 IM (2:19.96). Johnnie Detrick of Virginia Masters established a new national record for the 80-84 age group with her 52.20 in the 50 breaststroke. North Carolina Masters set a new world record in the men's 200 medley relay for the 240-279 age group (2:00.56). Among the swimmers on North Carolina Masters' record-setting relay team was Jonathan Klein, brother of ANCM Nanci Sundel. Dozens of meet records were also set at the 2015 Albatross, including two new marks established by ANCM team members: Margot Pettijohn (7:12.29) joined Dave Harmon (6:46.71) in setting meet records for the 65-69 group in the 400 IM. Dave said he was pleasantly surprised that he broke the meet record but wished he had been able to go a bit faster. While Dave could not say that swimming the 400 IM felt good, he noted that he certainly felt better than when he swam the event at the 2013 Albatross: "After I got out of the water then, it took a few minutes before I could stand up."

The ANCMs' point total was bolstered by a number of swimmers who posted multiple first-place finishes in their respective age groups. In addition to her meet-record performance in the 400 IM, Margot also claimed victory in the 100 butterfly and the 100 and 200 breaststroke events. Erica Kao (25-29 age group) sprinted to victory in the 50 and 100 freestyle and the 100 butterfly. The husband-and-wife team of Julie and Jeff

Roddin combined for a total of six first-place finishes. Other ANCMs who rang up multiple age-group wins were Pam Blumenthal, Viviane Callier, Dave Cheney, Louis Diamond, Marshall Greer, Dave Harmon, Ed McCleskey, Todd Moniot, Doug Sanford and Keith Wilson.

Many other ANCMs turned in great swims. Linda Foley took first place in the 50 butterfly for the 60-64 age group, beating her seed time by nearly 30 seconds. George Humbert won the 200 freestyle in the 45-49 age group and also knocked more than a full second off his 2014 Albatross time in the 100 freestyle. In the 40-44 age group, Hannah Rubin finished first in the 200 freestyle while picking up points in several other events.

Although many veteran ANCMs swim in the Albatross every year, it is also a great opportunity for newer team members to compete alongside a large contingent of their teammates. It was the first Albatross Open for teammates Patrick Connelly and Patricia Clegg, who both explained that they have recently returned to competitive swimming after long layoffs.

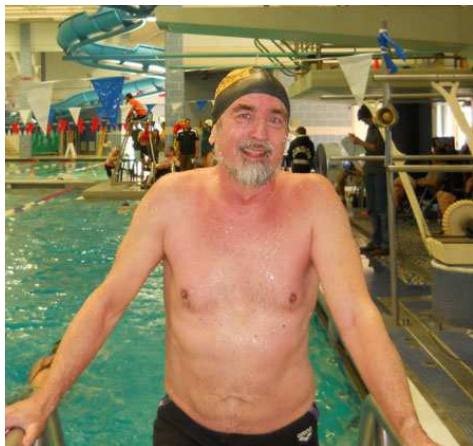
The ANCMs' team effort was evident in the strong showing made by the club in the relay events. Thanks to the organizational efforts of Pam and Margot, our team fielded 23 squads in the 12 relay events, accounting for 214 of the team's points. Many swimmers swam in multiple relays, sometimes swimming in back-to-back races.

After the meet, participants adjourned to Quincy's South Bar and Grille near the pool to compare times, swap stories and celebrate another successful Albatross Open.

Results: <http://www.ancientmariners.org/albatross/results/lancm0315.htm>



MORE ALBATROSS



p.4: Top to bottom: Holly Donnelly, Brian Oliver; Jeff Loman, Ed McCleskey; Marshall Greer, Neal Gillen; Linda Foley; (left) Mauricio Rezende; (right) David Friedland.

p.5: Timers, Dave Harmon; Rick Colella (Puget Sound Masters); Jeff Dubin.

SOLSTICE MEET

(Continued from page 1)

and 100 IM. Jeff Roddin (45) finished first in the 100 IM with a lightning fast time of 1:03.26. Our brewmaster George Humbert (46) took second, third, and fourth in the 50, 100, and 200 free, respectively. Patrick Connelly (47) finished fourth in the 50 and 100 free and second in the 50 fly. Tom O'Neill (53), Peter Johnson (53) and Alejo Rodriguez-Jurado (51) finished second, third, and fourth, respectively, in the 50 free; second, fourth, and third in the 50 breast; and fifth, sixth, and seventh in the 100 free. Alejo also finished fourth in the 50 back and third in the 50 breast. Tom finished second in the 50 back, 100 breast, and 100 IM. Peter took third in the 100 IM.

Coach Clay Britt (53) won the 50, 100 and 200 back. Dave Siskind (55) took a second in the 100 IM and fifth in the 200 free. Coach Tom Denes (57) finished first in the 100 free and 200 back, and second in the 200 free. Brian Oliver (55) finished first in the 100 back and again in the 100 breast, second in the 100 fly, and third in the 100 free. Ed McCleskey (61) finished with firsts in the 50 free, 50 fly, and 100 IM. Dave Harmon (65) won the 200 free, 200 IM and 400 IM. Dan Morrow (65) finished first in the 50, 100, and 200 breast. Doug Sandford (55) won the 200 free and the 100 fly.

The ANCMs also had strong relays. Ed McCleskey, Dan Morrow, Brian Oliver, and Dave Harmon won the men's 240-279 200 medley relay. Sean Murray, Viviane

Callier, Emily Weigel, and Alejo Rodriguez-Jurado won the mixed 120-159 200 medley relay. Pam Blumenthal, Patrick Connelly, Patricia Clegg, and Dave Harmon won the mixed 200-239 200 free-style relay. The mixed 240-279 200 medley relay was won by Brian Oliver, Dan Morrow, Margot Pettijohn, and Kate Fisken.

The meet couldn't have happened without all the volunteers, organizers, and timers, including our own John Pugh. Of course, the meet wasn't just about fast times. This year, Germantown Masters partnered with a veterans' suicide awareness and support group, "22 too many," at the Solstice meet. "22 too many" refers to the fact that 22 veterans commit suicide each day, most as a result of post-traumatic stress disorder (PTSD). Through dedications at athletic events, the partnership brings awareness to the problem and honors the memory of those who have died. Each of the 24 events in the meet was dedicated to a pair of lost veterans, and competitors had the opportunity to sign cards, donate awards, and take photos to be shared with bereaved families.

Results: <http://www.germantownmasters.org/solstice2014/2014-final-results.pdf>



Margot Pettijohn and Official Ellen Carey

VANDERSCHALIE

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lower abdominal muscles like the transverse abdominus.

Light stretching and exercise are good ways to start training the body areas I mention above. While more aggressive work can be beneficial, guidance from a coach or healthcare provider can ensure proper technique and protection from injury.

SWIM FOR LIFE

(Continued from page 3)

coaches. Occasionally swimmers would pass me, and I would try to draft off them until they pulled away. Swimming upstream seemed a slog, with objects on the shoreline fixed in place for the longest time. The sense of time in slow motion was due at least in part to my stopping regularly to take in the scenery, including that same osprey flying overhead (at least I think it was the same bird, or possibly a close relative). What a privilege to be out on the river surrounded by nature. And it was reassuring to know that if I ran into trouble, the kayakers were close by and ready to assist.

At the red buoy I briefly exchanged words with another swimmer who remarked how difficult it had been to swim against the current. "It's all downhill from here," I assured him as I rounded the marker. This proved to be no exaggeration. Swimming with the current seemed relatively effortless. In a fraction of the time it had taken me to swim out to the turnaround point, I was in sight of the wharf and the finish line. After washing off the river water, I found Sue, and we walked over to join the picnickers. I need-

n't have worried about arriving late for the feast – the volunteers had prepared a delicious assortment of fresh salads and barbecued chicken. There was plenty of food remaining. Representatives from the AIDS charities were on hand to answer our questions. We chatted briefly with ANCM coaches, Tom Denes and Cathy Gainor, who won the two-mile and five-mile races in their age groups. Tom recalled that in 2008 he swam the one-mile race with an injured shoulder and competed against a dog called Keaton. Despite his handicap, Tom was able to finish in a shorter time than I could manage if fully fit — and way ahead of Keaton.

In closing, I should list a few of the reasons I enjoy Swim for Life and why I keep returning. It provides a rare opportunity to swim in one of the Chesapeake Bay's most scenic tributaries; the DCAC organizers do a great job; the event raises funds for charities and organizations that I support; there's a relaxed and fun atmosphere; the food is outstanding. It may be one of the best-kept secrets in the Mid-Atlantic open-water swim calendar, but one I'm happy to share. You can register now for the 24th MD Swim for Life to be held on July 11. Hope to see you on the beach.

Information for MD Swim for Life:
[http://swimforlife.swimdac.org/
swimforlife/Home.html](http://swimforlife.swimdac.org/swimforlife/Home.html)

STRENGTH TRAINING FOR SWIMMERS AND TRIATHLETES

Coach Tom Denes is offering introductory, intermediate, and advanced strength training for swimmers and triathletes. Strength training is an important part of the training regimens of the best swimmers and triathletes in the world. Many of the fastest masters swimmers and triathletes also incorporate training into their workout routines. Stronger muscles will enable you to generate more force with each stroke, pedal, or stride — likely making you faster. In addition, strengthening your muscles will reduce the chance of injury. The classes are held at a nearby gym.

Please contact Tom at waterpoofcoach@gmail.com or 240-506-0904 if you are interested.

HOLIDAY PARTY PHOTOS



ANNUAL ANCM HOLIDAY PARTY — JAN. 10

Holly Donnelly graciously hosted the Annual Holiday Party for our team. There was a great turnout and lots of good food from Urban BBQ. Team members brought desserts, and George Humbert provided his Pub Dog beers.



LANE CHAT

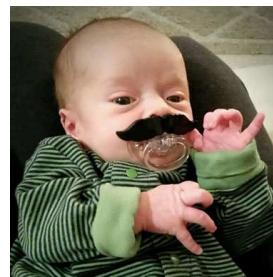
■ Jason Karlj, his wife Marianne, and five-year-old son Victor welcomed Philip Olivier on Dec. 20. Philip came in at eight pounds 14 ounces and proved himself to be a great eater and sleeper!



■ Marc Odinec and his wife Harli became proud parents of Alexander and Jake on Jan. 7. Alex weighed five pounds and Jake four pounds 14 ounces.



■ Andy Robertson's wife, Liz Blase, gave birth to their son Ian Philip Robertson on Feb. 24. Ian was six pounds three ounces at birth. Andy says that Ian is already up to 10 pounds!



VISIT THE ANCM BULLETIN BOARD - KSAC LOWER LEVEL

Photo credits: p.1: Cheryl Wagner; p.2: Kurt vanderSchalie; p.3: DCAC; p.4: Dottie Buchhagen; p.5: Dottie Buchhagen, Cheryl Wagner; pp.6 and 7: Dottie Buchhagen; p.8: Jason Karlj, Marc Odinec, Andy Robertson,

SWIM PRACTICE — NEW POLICIES

DROP-IN SWIMS: 1 day -- Fee \$10.00; 4 days -- Fee \$35.00; 8 days -- Fee \$65.00

TWO-STEP REGISTRATION FOR BECOMING AN ANCM

Both of these new policies are explained on the ANCM website (www.ancientmariners.org)

**THE SUMMER SESSION BEGAN ON SUNDAY, APRIL 19
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.
- **SPECIAL:** Team T-shirts (wicking) \$10.

EVENT CALENDAR

2015



05/23-24: Jim McDonnell Open Water Clinic and 1-mile and 2-mile Lake Swims, Reston, VA <http://www.restonmasters.com/jmls-lake-swim/event-weekend-timelines/>.

06/14: Great Chesapeake Bay 4.4-mile swim and 1-mile Bay Challenge. For information https://www.linmarksports.com/index.php?option=com_jwdintermediate&view=students&layout=learn&eventId=162&Itemid=490. The 4.4-mile is filled. Entries for the 1-mile swim are still open.

07/04: Turks & Caicos "Race for the Conch" Eco-SeaSwim, Grace Bay, Providenciales, Turks & Caicos Islands, 2.4-mile, 1-mile and 1/2-mile races <http://www.ecoseaswim.com>. Or contact Ben Stubenburg at 649-432-5000

07/11: 24th Annual Swim for Life, 1-, 2-, 3-, 4-, or 5-mile Open Water Swim plus the 2.4-mile Triathlon Challenge Swim, DCAC, Rolph's Wharf Marina, Chestertown, MD. <http://swimforlife.swimdcac.org/swimforlife/Home.html>

08/06-09: 2015 Summer National Championship, Spire Institute, Geneva, OH, <http://www.usms.org/comp/lcnats15/>

10/25: George Mason University Sprint Classic, Fairfax, VA

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