

The Rime

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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: for articles to dbuch@mindspring.com

MARYLAND SENIOR OLYMPICS

by Neal Gillen

ANCM Coach Clay Britt set new records in each of his three events (50, 100, 200 breast) at the 2015 Maryland Senior Olympics SCY meet at the Germantown Indoor Swim Center on September 15th.



Clay Britt

In near record performances, ANCM President Dave Harmon struck gold in his three events (50, 100 free, and 100 IM), and Margot Pettijohn, pushing up against her own records, was golden in all five of her events (100 and 200 IM, 100 fly, 100 and 200 breast). Neal Gillen won three gold (50, 100, 200 back), one silver (200 free), and one bronze (100 free), while Kate Fisker won two silver (50 free, 50 back) and three bronze (100, 200 free, 100 IM) medals and achieved a personal milestone by completing her first IM.

Full results and times are available at: www.mdseniorolympics.org/results/results2015/swim_results2015.pdf



Dave Harmon, Margot Pettijohn, Kate Fisker, Neal Gillen

CHESAPEAKE BAY SWIMS

by Dottie Buchhagen

Several ANCMs participated in the annual Chesapeake Bay swims on June 14th. Congratulations to all!!

4.4-mile swim:

Bob Benson: I finished the 4.4 mile Chesapeake Bay swim in 2:51:45 for a first in the 80+ age group (1/1). I swam in the shade of the south bridge for most of the last 1 1/2 miles between the bridges so as not to become too warm in my long-sleeved wetsuit in the 75-76 degree water. Even though I was close to the south bridge when it was time to swim under the bridge, after making it across the Bay, the current and waves teamed up against me and made that part very difficult.

Cathy Gainor: I spent the second half of this year's Great Chesapeake Bay Swim dreaming of icy bottles of water. And when I finished, I downed two bottles and dumped another one over my head and neck. Yes, it was hot out there. And if I think it was hot, you know it was hot (I'm one of the few ANCMs who actually likes our outdoor Bethesda bathtub water). Of course, when the swim doesn't start until 12:30 p.m. in mid-June, that's bound to happen. That said, I enjoyed the swim, as always. Although my second mile was a slog and I found myself perilously close to the southern span — which meant swimming diagonally for a while — I picked up my pace and finished with my best time. No wonder I like swimming in warm water.

Kara Permisohn: I enjoy the challenges of open water swimming because conditions are constantly changing. However, a word of advice for all open water swimmers — check the zipper on your wetsuit before the race! Mine came undone during the 4.4-mile swim just before the third mile. Because it zips in the

(Continued on page 3)

TOM AND CATHY'S AEGEAN ADVENTURE

by Cathy Gainor

"Cathy's coming too."

That's all I heard as I looked up from the crisp aqua waters of the central Aegean Sea. Tom was on the deck of our boat, a Turkish gulet, which was anchored in a bay just outside the harbor on the Greek island of Lipsi. He was speaking to our tour guide, Cafer Cam, and the two of them were about to climb down the ladder, goggles in hand, and jump into the water.

At the time, I was swimming around the boat with fellow ANCMs Lisa Berger and Angela Nevaldine. Lisa had organized a group of 20 friends to sail and bike around six Greek islands for a week.

Cafer joined the Turkish military when he was 14 and was in its special forces. Now, at 42, he is training for a triathlon. His plan was to swim to the port and meet the boat there. And he wanted Tom — who had joined him for a round of 80 pushups that morning — to come.

Tom knew I would not want to be left behind. And he was a little freaked out, since we had no idea where we were swimming. Not to mention, the boat was going to sail away as soon as we started. What if something went wrong?

I went along for the ride — well, swim —

viewing it as an opportunity to get in one good swim during the week.

So the three of us started off for a beach, enjoying the crystal clear water. Tom and I took our time, staying with Cafer as he swam between us. We stayed together, since obviously there weren't any lifeguards and we needed to avoid boats. It soon became apparent that we both were faster than he was. I did some backstroke and breaststroke. Tom did some one-arm drill. Meanwhile, Angela was leading the betting on board as to who was going to get to the beach first.

By the time we reached the beach, the boat was gone. That was a little disconcerting.

We took a break at the beach before heading to the next one. Unfortunately, that's when we started getting cold. The water temperature was fine as long as we kept swimming. But we weren't swimming fast enough to drum up any heat, and the sun was starting to set.

Then we set out across the cove to another beach, where we crawled onto some rocks by the water, and attempted to warm ourselves in the sun — like snakes.

That only worked a little.

Then for the dangerous part of our adventure. Off the rocks, around the tip of the cove, and into the busy port. As we rounded the tip, Tom was shivering, while I had lost the feeling in my hands. But



really, our focus was on not getting run over by a boat.

We stayed near the sea wall, and fortunately, it was only about 200 meters to land. We finished next to tiny docked boats (which I called "bathtub boats") and tried to climb up the wall. I failed, managing to cut a leg along the rocky wall. Then Tom pointed out the ledge where he had climbed up. Ah, much easier.

We had to walk around the harbor to the boat, in our bare feet, no towels, shivering — a walk that seemed much longer than it was.

Once on board, Tom hit the shower while Cafer and I warmed up with hot drinks and sat in the sun.

It turns out that Cafer assumed he would be much faster than us, which he admitted to our fellow sailors.

And then Cafer told our group, almost in awe: "Tom is 20 years older than me. He is such a great athlete. I want to be like him when I'm his age."



ANNUAL ANCM TEAM MEETING

The Annual ANCM Team Meeting was held on Sunday, October 18th at the home of Tom Denes and Cathy Gainor.

The current officers presented their reports. The budget for FY 2016 was discussed and passed and new officers were elected.

Minutes of the meeting and the detailed 2016 budget are posted with those of past years on the ANCM website: www.ancmariners.org/documents.

TRI-ING IT IN BOGOTA, BAY SWIMS COLOMBIA

by Alejo Rodriguez-Jurado



I would like to share my experience in a triathlon held in Bogota City, Colombia, South America, on August 9th. Bogota is located at slightly more than 8,500 feet above sea level.

The swimming part of the triathlon took place in a very

nice and modern Olympic indoor pool called Complejo Acuatico Simon Bolivar.

(www.bogotaturismo.gov.co/complejo-acuatico-simon-bolivar).

The pool has nine wide lanes, which could lead one to believe that it is sufficient space for all participants. The scary surprise was learning that there were 89 swimmers in our first heat – all of whom were starting at the same time (of course).

But it turned out that it was not as bad as I had expected. All nine swimmers in my lane agreed ahead of time on a starting order based on our past swim times. It worked out pretty well, because up to the end of the pool race the leading three swimmers respected the positions (passing the other slower swimmers on the left side). However, I was not the best example of this arrangement. As I was stepping out of the pool, the referee told me that I had swum 1,600 meters instead of the required 1,500 meters (one lap extra!). I got penalized with extra time according to the race regulations.

The bike portion was 40 km and took place on main avenues on which the daily traffic was restricted. The 10km run portion was in a city park. In all, there were approximately 300 competitors.

I had a lot of fun during the whole event, and the local participants and organizers were all very friendly. I would highly recommend this race.

(Continued from page 1)

back, there was nothing I could do but keep swimming. That gave a whole new meaning to the concept of a “drag suit.”

Holly Donnelly: Had a great time during my first 4.4-mile bay swim. Gladly, plans fell through to buy a wetsuit for the swim. It was hot at the start and there were odd patches of very hot water in the bay. Cathy (Gainor) told me to swim some

backstroke and enjoy the view. Great advice! It was super cool to look up at the towering bridge spans and see the cars up above. I didn't wear a watch, but came in right around my target time.

Edward de Jesus: I'm not doing that again, but that's what I said last year See you in 2016!

Also swimming the 4.4-mile were Dave Filbeck, Michael MacDonald for the first time since his back surgery last year (he got stung by a jellyfish), and former ANCM Wendy Friedland.



Dave Filbeck, Holly Donnelly, Cathy Gainor, Kara Permisohn

1-mile Chesapeake Challenge

Jody Gan: I had so much fun swimming the 1-mile with my neighborhood friends and our kids—and hanging out with Dottie (Buchhagen) pre-race. The last two years, I've swum the 4.4 mile and have missed swimming the 1-mile with my neighbors and enjoying their post-swim breakfast at Cracker Barrel. I was happy with my time and to be the first of my adult friends to finish but then realized I finished a whole ten minutes after my 17-year-old son Zach! I have to admit I did feel a certain longing for the big swim when I saw how great the conditions were that day. I'm so proud of the ANCMs who had such strong cross-bay swims (Cathy, Holly, Kara) and also my American University teaching colleague, Rose Kehoe, for her twentieth (and fastest!) crossing.

Dottie Buchhagen: I finished my sixteenth 1-mile swim with one of my fastest times for a first in the 70-74 age group (1/1). Conditions were great, but where were the other two regulars in my age group? I missed them!



Jody Gan and son Zach

TURKS & CAICOS

by Dottie Buchhagen et al.

What better way to spend the Fourth of July than racing in the ocean off the shore of a British overseas territory? Several of us ANCMs rented a house at which we spent five days enjoying the very laid-back island of Providenciales (Provo) in the Turks & Caicos Islands. On the morning of our first full day, July 3rd, Cathy Gainor, Tom Denes, Kara Permisohn, and I joined the Race Director, former ANCM Ben Stubenberg, and former gold-medal Olympian Rowdy Gaines at a beach on Grace Bay for a swim clinic for island teenagers. Patricia Clifford joined us later that day after the clinic. ANCMs Famararz Zarfeshan and his wife Maryam Norouzi and their two teenagers, Laila and Ramin, stayed at a nearby resort for a week. The water was extremely salty (we were told not to use it to wet our goggles – use bottled water instead) but clear, stunningly blue (in many shades), and calm.

On the morning of the Fourth, the

conch was blown to signal the start of the races. Excitingly, Cathy Gainor gave us and the Race Director bragging rights by finishing first in the 2.4-mile race and third in the 1-mile race.

Not only did we have fun with the swim clinic and the swims, we also enjoyed a lot of snorkeling in coral reefs off our “private” beach and in Turtle Bay at the west end of the island, eating tasty local cuisine and yummy ice cream, exploring the local crafts markets, and just hanging out in the soothing sun. Here are some personal highlights of the trip.

Tom: When we arrived in Turks & Caicos on July 2nd, we were greeted by a large photo of the queen at the airport. I mention this because everybody in this former British colony drives on the wrong side of the road. Since we rented a car, that meant that we, too, would need to drive on the wrong side of the road. We were given a 2002 Toyota Corolla that was a mirror image of an American car — the steering wheel was on the wrong side of the car.

We quickly learned how to creep up to an intersection and “look to the right!!!” for oncoming traffic. We learned how to

flick on the turn signal. We never did seem to learn that the turn signal is also on the wrong side of the steering wheel. So, in addition to looking out for cars careening down the wrong side of the road, we had to turn off the wipers flicking rapidly across the windshield. That took teamwork and it was the co-pilot’s job to turn off the windshield wipers.

We also learned how to fling ourselves into the roundabouts that sprinkled the road network. We had to try and guess which cars were turning and which were continuing to orbit. Nobody seemed to bother with turn signals — maybe they couldn’t figure them out either.

And, finally, we learned how to park and remove everything from the car and leave the doors unlocked so prospective thieves wouldn’t need to break the windows to go look for goodies. (Car theft is not a problem on the island since there is basically nowhere to take a stolen car.)

Kara: I had heard about “Race for the Conch” in the past but never imagined that I would travel so far to participate in it. In doing a little research I learned that TripAdvisor.com ranks Turks & Caicos one of the most beautiful islands in the world to visit. Obviously, when the opportunity arose to do the race I couldn’t turn down Cathy, Tom, and Dottie for the chance to rent a house with them! As we flew into the airport on the island the view of blue waters from every shade of aquamarine, turquoise, cobalt, and more were stunning. I was confident that this was going to be an awesome trip!

Initially when details for our adventure developed, the Race Director (and former ANCM) Ben recruited us to help teach some local children at a swim clinic through the Red Cross. When asked why they wanted to learn how to swim, one young lady replied, “So I can survive if we ever have a major flood.” The likelihood of such a major flood is minimal. Regardless, my heart went out to the kids and their fears. Once we got into the ocean at Grace Bay the kids were so excited and eager to learn. Our goal was to help them acquire basic skills like floating and blowing bubbles. To our amazement at the end of the one-hour session most of them were doing rudimentary freestyle with kicking and using their arms. Another bonus to helping with the clinic was working with Rowdy



Front row: Cathy, Kara, Tom. Back row: Famararz, Dottie, Maryam, Patricia, Laila, Ramin

TURKS

(Continued from page 4)

and Professional Open Water Marathon Swimmer Yuko Matsuzaki. Their positive energy and passion for our sport was a wonderful influence on all of us.

There's no doubt that the island is one of the most beautiful places I've ever been. We ate some delicious meals with fresh fish, jerk chicken, and of course conch. The swim itself was very well organized and you couldn't beat the beauty of the course. Our ability to snorkel and see so many varieties of sea life right off the beach was incredible. However, I think when I look back at the entire experience I will fondly reflect on the opportunity to work with those kids. It was by far my favorite part of the trip. It's a goal of mine to return for the race and be able to volunteer to teach a clinic again in the future. If you're considering testing the waters of ocean swimming, give "Race for the Conch" a try!

Patricia: The best part of a trip with team members is the opportunity to race with them and enjoy quality time with them exploring a new place and representing ANCMs! What more can I say besides how awesome it was for our teammate (Cathy) to take top honors!

Cathy: Since Tom has written about our adventures trying to drive on the left side of the road and Kara about our super-rewarding time teaching local kids how to swim with Rowdy Gaines, I have chosen a different topic: Patricia Clifford. I know that Patricia is super-supportive. She always checks in after your races and gives you extra encouragement ahead of time. But during the Race(s) for the Conch, I was truly impressed. She finished the 2.4-mile race with a stupendous time of 1:14.44 and then lined up at the finish line and started cheering on the rest of the swimmers.

But here's the really impressive part. The next race was a 100-meter race for kids as young as five. She was watching them start and noticed that some of them were struggling almost immediately. She jumped in and helped them during the entire swim to make sure they made it safely.

She didn't know these kids. She just saw that they needed help — and helped.

Faramarz: The Turks & Caicos "Race



Swim clinic. From left: Tom, Dottie, Cathy; middle: Rowdy, Kara; right: Ben

for the Conch" was truly an indescribable experience. Maryam and I came on our summer vacation with our teenagers to do our first open-water race together as a family. Experiencing this race together was what made it a day to remember, complemented with the well-organized event. From the first moment upon arrival, we knew the race would run smoothly. The event was very organized with many helpful volunteers and had a beautiful backdrop of crystal clear water in which we would soon be swimming. The water was unlike anything we'd seen: it was just like swimming in a pool except we saw tropical fish and ocean life as we took each stroke. The race began with the 2.4-mile distance, followed by 100-meter, half-mile, and then one-mile swims. The buoys were easy to spot and the course was outlined and explained for us before we headed in. After finishing our distance and running through the finish line, we sat with our coconut water and enjoyed the rest of the race day. Overall, we would highly recommend this experience to anyone seeking an enjoyable and unique race experience, one you've never encountered before.

Ben: One of the wonderful things about having great ANCM friends for more than a decade is that you can commit them to something like teaching kids how to swim well before you actually ask them.

That was the case with Cathy, Tom, Dottie, and Kara, who were on their way to my home in the Turks & Caicos Islands to participate in the "Race for the Conch" Eco-SeaSwim on July 4th. Even though the country is surrounded by beautiful water, very few youngsters here know how to swim. So, the local Red Cross Camp Director was quite keen to adjust the camp schedule so that the Masters swimmers from Maryland could teach some 20 youngsters who had never swum before. The morning after they arrived, the ANCMs, along with triple Olympic gold medal winner Rowdy Gaines (also here for the race), jumped in the sea and gave the youngsters the first swim lesson of their lives. The joy on their faces at being able to move through the water with confidence was priceless. Not sure who got more out of it, the ANCMs or the very appreciative campers.

Information about the race and a video are at www.ecoseaswim.com.

BERMUDA REVISITED

by Holly Donnelly

Holly Donnelly and Kara Permisohn returned to Bermuda Columbus Day weekend to make another attempt at the 10K in Harrington Sound that was canceled last year when a hurricane hit. This time, the weather was sunny.

Kara had a little setback right before the race started. She slipped on the stairs and cut both her feet up. Some race volunteers bound up the cuts. Holly offered to bump them down to the 4K but Kara wouldn't even consider it. They took it

out a little slow, to make sure the bandages would stay on and because of some tricky navigation around the small islands in the sound. The course also contained mandatory check-in points that required dog legs and were difficult to find.

Despite the injury and some terrible sea lice at the start and finish, both ANCMs finished strong.



Holly and Kara

A CHANGE IN PERSPECTIVE

by Cathy Gainor

My obsession about whether I was training enough for a 10K swim coming in August changed in about five seconds on July 29th.

With one snap decision to brake stupidly as I biked in my neighborhood to work, I flew over my handlebars and onto the street.

Suddenly my focus switched from, am I swimming enough to: am I even going to be able to do this race?

As I lay dizzy in bed and barely able to move from bruised ribs the next morning, I told myself that I had a great year swimming and that if I couldn't do the 10K on August 23rd or the Nation's Triathlon in September that would be OK.

I am happy to report that I was able to do both.

First, I was very lucky it wasn't much worse. I cracked my helmet, cut up my shoulder (which many of you have seen), and bruised my ribs and collarbone.

But I didn't break anything or have a

big concussion. (It's a VERY good thing I was wearing my helmet — a lesson for everyone).

But I wasn't allowed in the water for almost a week for fear of infecting my shoulder. And when I did get in, it was slow. Very slow. And very painful. My first night back I mostly kicked in my own lane and tried a little drill. Every single stroke felt like I was being stabbed in the heart. But I was encouraged because at least I was able to make complete arm rotations, which I hadn't thought I would be able to do.

The next night I tried a bit more. I felt slightly better. But even then, I was already planning to drop down to the 5k in the race in a chain of five lakes near Chelsea, MI. Maybe even the 1.2-mile. I couldn't imagine enduring the stabbing sensation for three hours. I could barely tolerate one hour.

But the next night, on Wednesday, I was a little bit improved. I was able to actually swim, albeit slowly. And I thought, there's a chance.

Then Tom Denes and I headed to NC for a week. We hit the pool, where I successfully completed three 800s. They weren't fast, but I did them. The stabbing pain was still there, but it was a little duller. The next day Tom and I headed into the Bogue Sound at Emerald Isle and swam against the current. The difference over 24 hours was pretty amazing. I could swim! Then we went to a masters practice in Morehead City. Even better. I tried to pick up the pace, but my body would only go so fast.

We didn't try swimming in the ocean until Thursday. Between all the shark attacks (eight in NC this summer) and being warned that I couldn't afford to be rolled by the waves and have my head hit the sand, we weren't all that eager to get in. Fortunately, the ocean was relatively tame. We hopped in, only to encounter a surfer who promptly informed us that a "5-foot black-tipped" shark was lurking a mere 75 yards away. So we swam in the shallow water, in the other direction, deciding that getting rolled by the waves would be far better than getting eaten by a shark. We survived both.

On the way home to Kensington, Tom, who had been pushing me to drop the 10K, admitted that I would be OK. Woohoo!

I realized, however, that I would not be able to push particularly hard.

Fortunately, a 10K is not a sprint and there is only so much pushing you can do

when you're in the water for three hours.

And just being able to do it was a major accomplishment. My time was surprisingly good, but more importantly, it was a beautiful, fun course (yes, that's possible) and I enjoyed every minute of it — all 172 of them.

2015 ANCM SERVICE AWARD

By Dave Harmon



Dave and Pam

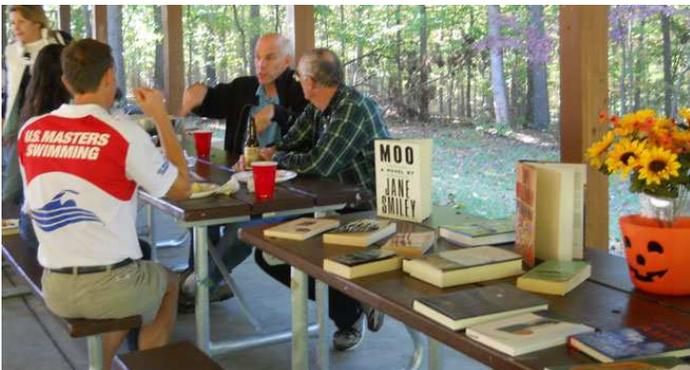
At our annual picnic at Seneca Creek Park on October 11, Pam Blumenthal received the 2015 ANCM Service Award for her exceptional volunteer efforts over the last few years. Pam has been the team registrar since 2013, keeping track of who has registered with the club. She has also maintained the email list for the past two years for both the board listserv and the membership listserv. She was the relay team coordinator at the 2014 Nationals and for the 2015 Albatross Open. Organizing the relays is always a challenging job, but it adds to the fun of attending a meet. Team members love the opportunity to swim as part of a relay team.

Pam is always ready to volunteer for every team activity whether it is the annual picnic, our Albatross Open meets, or annual board meetings.

The Annual Service Award Plaque with the names of all recipients is on the wall near the men's locker room on the lower level of the KSAC.



ANCM PICNIC — SENECA CREEK STATE PARK — OCTOBER 11



LANE CHAT

■ On August 21st, Hugh and Ruth Ann Roddin celebrated their 50th wedding anniversary with a week-long vacation in Harbor Springs, MI. Their entire family was there, including their son, Jeff, and his wife, Julie, both ANCMs, and their children Rachel and Jacob. Their daughter Jill and her husband Steve Roethke, both former ANCMs, were also there with their children Tyler and Justin. Ruth Ann's sister Laura (a former ANCM) and her husband Juris Kauls joined them. Ruth Ann reports that it was a wonderful week!



Juris, Jeff, Julie with Jacob, Laura, Ruth Ann with Rachel, Hugh, Justin, Tyler, Jill, Steve

■ Congratulations to ANCMs Maryam Norouzi and Debbie Kelsey for completing their first Ironman Triathlons on Saturday, October 17th in Cambridge, MD.



■ ANCM Kyle Maurer proposed to ANCM Laura Hansen on August 16th at the finish line of the Challenge Family Poconos Half-distance Triathlon. Congratulations to both on their races and their engagement!

VISIT THE ANCM BULLETIN BOARD - KSAC LOWER LEVEL

Photo credits: p.1: Neal Gillen; p.2: Cathy Gainor; pp.3,4,6: Tom Denes; p.3: Jody Gan; p.5: Yuko Matsuzaki; p.5: Holly Donnelly; pp.6,7: Dottie Buchhagen; p.8: Ruth Ann Roddin; p.8: Laura Hansen

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 FALL SESSION BEGAN ON SUNDAY, SEPTEMBER 13^h

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

12/05: Solstice Meet, Boyds, MD <http://www.germantownmasters.org/solstice2015.htm>

2016

03/05: ANCM ALBATROSS, KSAC Aquatic Center, North Bethesda, MD. New beginning time: 12:30 p.m.

05/07: Hurricane Man 2.4-mile and 1,000 meter swims, Pass-A-Grille, FL www.stpetemasters.org

06/12: 4.4-mile Great Chesapeake Bay Swim (lottery name registration closes on 01/05/16) and 1-mile Chesapeake Challenge (open for entry on 02/01/16), <http://linmarksports.com/special/lotteryinfo2015.pdf>



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