

The Rime

Volume 6 Number 2

August, 2000

USMS LONG COURSE NATIONALS - UMBC: AUGUST 16-20

by John Feinstein

The first clue came about a week after the entry deadline for the 2000 USMS Long Course Nationals had passed. Whispers coming out of Baltimore had it that a record number of entries had been received for the meet. Sure enough, confirmation came a few days later: 1,380 swimmers were planning on making the trip to The University of Maryland-Baltimore County in mid-August. That was 204 more swimmers than had ever shown up for a previous long course meet.



With one eight-lane pool available for competition, it was going to be a long four days.

It was exactly that. But when it was

(Continued on page 4)

FROM THE EDITOR

*Check out all the meet results and upcoming events on the Montgomery Ancient Mariners website at <http://www.ancientmariners.org>.

*Please send comments and suggestions to: dbuch@mindspring.com

WORLD MASTERS CHAMPIONSHIPS: MUNICH, GERMANY

by Tom Denes

Dave Harmon and I represented the Montgomery Ancient Mariners at the World Masters Championships in Munich this summer. It was a unique opportunity to get beaten by swimmers from all over the globe.

When I first arrived in Germany, I had the opportunity to visit with a friend, Uta Virkus, who had swum on the Fairfax County Masters team in 1995. She was gracious enough to pick me up from the airport and show me around Frankfurt. She also took me on a side trip to Heidelberg. The most memorable part of that trip was pushing my right foot into the floorboards of her car while we cruised along at 180 km/h on the Autobahn. (That's about 110 mph.) Surviving that trip, she made arrangements for me to ride to Munich with three of her teammates from the Bad Homburg Masters team. They went just as fast.

Once in Munich I met up with Dave who had just arrived. We spent our first evening in Munich wandering through sheets of rain in search of an adapter for our electric clippers so that we could shave down. Dave had brought the clippers and I was responsible for bringing the voltage converter. Only nobody had told me that the square converter wouldn't fit in the round German outlets. (It pays to open the directions BEFORE you actually need them.) Hence, our search for an adapter. Using pidgin German, we were introduced to many interesting German appliances but no adapters. Finally we settled for a direct connector between the clipper and the outlet, completely bypassing the voltage converter. Smarter people

(Continued on page 5)

SHORT COURSE NATIONALS : APRIL 17-30

by Margot Pettijohn

The Short Course National Championships meet was held at the Indiana University Natatorium, Indianapolis, Indiana on April 27-30, 2000. For our Ancient Mariners it turned out to be the Indy speedway. We were just warming up the pool for the Olympic trial swimmers.

We had two special weapons for our fast times. First, we had our own personal cheering section of ANCM swimmers plus Doug's wife, , and Jeff's parents, Hugh and Ruth Roddin. Second, we all put on our magic suits (suits with legs to the knees and zippers up the back).

Timothy L Boyd, M29

50 Free	21.33	3
100 Free	45.73	1
200 Free	1:44.08	2
100 IM	55.18	9

Clay Britt, M39

100 Free	47.92	6
50 Back	23.94	1
100 Back	50.94	2
50 Fly	23.20	2
100 Fly	52.88	3

Doug Chestnut, M35

500 Free	4:54.69	3
1000 Free	10:05.07	2
100 Back	56.94	8
200 Back	2:01.74	2
400 IM	4:26.28	3

(Continued on page 6)

MONTGOMERY ANCIENT MARINERS

Tom Denes, President
 Jeff Roddin, Vice President
 Jennifer Main, Treasurer
 Lisa Berger, Secretary
 Dottie Buchhagen, Editor, Webmaster
 Jeff Roddin, Recordkeeper
 Tom Denes, Registrar
 Coaches:
 Clay Britt
 Stan Tinkham
 Marco Quinonez

ANCM PROFILE: IRONWOMEN

by Dottie Buchhagen

Not all women are created equal. Some can run faster, swim harder and cycle longer. Three ANCM women – Christy Underdonk, Desiree Ficker and Meredith Davis – have used their talents to excel as triathletes.

Christy, who grew up in Potomac, MD, began swimming competitively at the age of eight. After graduating from Virginia Tech, she took up recreational running but moved up to triathlons in 1991. She said, “I heard about this triathlon in Baltimore, so I entered it and I’ve been hooked ever since.” She considers competition a hobby at which she wants to keep improving. Her most memorable race was Ironman California. “It was my first Ironman and the feeling you get crossing the finish line is incredible and very emotional.” At the Muskoka Triathlon in Canada last month, she qualified for Hawaii Ironman.



Christy at 1999 Nationals in St. Louis placing 4th in her age group

Christy isn’t sure of the number of wins she has “I’d say approximately eight including a couple of bike races.” The bike leg is her favorite. Her training schedule includes swimming twice, biking three times, and running four times a week. She also lifts twice a week during the winter (once a month during the season). She manages to fit her training in with her full full-time job as

Consumer Safety Officer at the Food and Drug Administration.

Desiree said, “I competed in my very first triathlon when I was 14 years old. The IronKids Bread Triathlon involved a half-mile swim, a 12-mile bike and a 3k run. To my surprise, I won my first race and went on to compete in the IronKids Bread National Championship in San Antonio, TX.” And that was it for triathlons until last May in Memphis. But she continued to be a competitive runner (having started at the age of 9). She, too, is a



Desiree takes first place (females) in Columbia

of the race gave me feelings of pure ecstasy when I crossed the finish line so strong that sobs shook my weary body. I have never felt such a mixture of emotions all at once.” She will be going back for another try on October 14th.

Desiree has been overall female champion in six triathlons and the 20-24 age group winner in seven other races. She is not certain how many course records she holds. Her main goal in competing is “to have fun out there!” She finds the bike leg to be the most invigorating. “There is something about being on a bike in the aero position Sometimes I feel like an animal hunting its prey, crouched over and set to jump out.” She finds the running to be “the most physically grueling segment of the race.” Her training schedule ranges from one to six swims, one to three bike rides and one to three runs per week. Desiree is the assistant cross-country coach at her alma mater Walt Whitman high school. She has a BA in Psychology and hopes to get her MA in counselling.

Meredith began competitive running at 15 in Lancaster, PA and was on the track team in high school. She played division III Field Hockey for 4 years at Denison University (Ohio) and was named to the All-American team her junior and senior years. When asked her reason for participating in triathlons, she responded, “I have always been a runner, so I thought triathlons would be a nice diversion. I knew I could do the running and biking, so I started out by doing biathlons.” She joined the ANCM three years ago to work on her swimming and entered her first triathlon. When asked about her most

Potomac native. She ran cross-country, indoor and outdoor track throughout high school and ran for the University of Alabama for four years with a track scholarship. She considers the Ironman World Championship in Kona, HI to be one of the most phenomenal experiences of her life. “The choppy, salty waters, high winds, extreme heat and incredible distances

memorable races, she responded, “I love hot weather. I did a triathlon this year early in the season when it was almost 100 degrees by 9 a.m.” She says that “since running is my strength, I love the end of triathlons because I end up passing so many people.”

Meredith’s goal is to do a half Ironman race (1.2 mile swim, 56 mile bike, 13 mile run). “I don’t think my body can handle Ironman distance.” Her training schedule includes two swims, two or three bike runs, and five runs a week. She also cross-trains by taking spinning classes, weight lifting and doing track workouts and trail running. Her full-time job in the corporate office of Marriott International fills out her schedule.

All three of these Ironwomen describe themselves as very self-motivated and disciplined. And all three have significant others who are also triathletes. In fact, ANCMs Brian Davis, Meredith’s husband, and Philippe Kozub, Desiree’s boyfriend, were the driving forces behind the women becoming involved in triathlons. Desiree and Philippe always compete and train together. “When I think of triathlon I think of him.” Meredith appreciates having Brian to ‘train, encourage and share pain and winning with,’ as does Christy with her boyfriend.



Meredith closing in on the finish line

Each of these women pointed out the other pleasures of triathlons ... the chance to meet other people, travel and be motivated by their ANCM teammates!! Desiree says “the best reward has been seeing how catching it can be [People] later report how physically great they feel or how excited they are about their first race. It is wonderful to see how alive exercise can make people feel.”

So, did I hear you say that it was time to *really* start working out.....

FREE ANCM SWIM CAP

All registered ANCMs are eligible to receive one. Contact Tom Denes.

COACHES CORNER: TAPERING

by Micky Hall



From the Editor: Over the next several issues, the substitute coaches who lead us through our paces will present their views on various aspects of swimming.

A typical season is divided into three parts. The first part is for getting in shape and working on stroke technique. The second part is the time to push the limits during practice. The second part of the season is when many swimmers bemoan, "I've been training hard – why are my race times slow?" Unfortunately, hard work temporarily tears down the body but eventually makes us stronger swimmers. During the third part of the season, as the big meets get closer, practice intensity "tapers" off so the body can recover from hard training. Come meet time, we are "tapered," rested and ready to kick some serious *\$%&!

What exactly is tapering? Generally, tapering is training to swim at a certain intensity while resting our bodies as much as possible to promote good recovery from the season's hard training. During the season, we each train for our favorite events. Distance swimmers train with a lot of distance work. Breaststrokers do a lot of breaststroke. Sprinters don't do much (just kidding!). During a taper, our yardage will decrease significantly each week. The focus shifts to practicing our favorite events at a certain intensity while resting our bodies to promote recovery. A sprinter (50s and 100s) will focus on explosiveness and fast race pace swims with a lot of recovery time. A distance swimmer (400s and above) will focus on maintaining a desired pace at a relaxed effort with a lot of recovery time (but not as much as the sprinters). A taper practice for a sprinter might include a few sets of 1x50 at race pace plus 3x50 at a relaxed pace with a lot of rest. A distance swimmer might taper by swimming 4x50-6x50 at a target pace with little rest, followed by a 200 at an easy pace. Remember, a taper should emphasize **fast** swimming to prepare for a fast race, and **rest** to recover from hard

training. The reduced yardage combined with the air of excitement preceding a meet make tapering my favorite part of the season.

Can you taper for every meet? Not really. After a lot of tapering, you will get out of shape. But if you have a meet a week after a big meet (or vice-versa), you can carry your taper. This is actually a pretty good idea since we are all different and might peak for one meet but not another. A lot depends on how hard you have been training and for what you have been training.

Since we put so much time into training during the season, tapering is very important. We need to rest and recover so that we can swim our fastest.

Micky Hall has had way too much practice tapering for his favorite event - the 200 fly.

SKILL BUILDING: PART II

by CJ Lockman Hall, M.A.

Last issue, you were introduced to *The Nine Mental Skills of Successful Athletes*, a model developed by Dr. Jack Lesyk, director of the Ohio Center for Sport Psychology. To review, the first four skills in the model are the Level I or basic skills: attitude, motivation, goals and commitment, and people skills. These skills are part of everyday life. The next two skills, the Level II or preparatory skills, are positive self-talk and positive mental imagery. These skills are useful for competition.

Self-Talk: Self-talk is the dialog in your head. The model explains that self-talk affects your performance mechanisms including thoughts, emotions, self-confidence, concentration, and behavior.

Consider the difference between "I will be smooth and powerful on the last length" and "I hope I don't tighten up and bonk on the last length." The first thought focuses on desirable qualities and is a positive influence on your performance mechanisms.

Self-talk can also be "cue" words. For example, thinking "shoot and stretch" can help you thrust your arms forward in breaststroke. Besides providing instruction and/or encouragement, cue words can block out negative thoughts. If you have

trouble clearing your mind, try using cue words as a type of mantra.

Imagery: Mental imagery can be used to rehearse an event. Include all of your senses as well as your race strategy in your imagery. Use clear and realistic images to see and feel how you want to perform in your race. Many successful athletes, like Olympians Kristy Kowal and Maurice Green and former NBA star Michael Jordan, have used imagery. Athletes say that using imagery increases their self-confidence, feelings of mental and physical readiness, and helps them reach their goals.

In the next issue, we will cover the final three skills in the model. These Level III skills or "performance skills" include dealing with anxiety, dealing with emotion, and concentration.

Source: The Nine Mental Skills of Successful Athletes, Ohio Center for Sport Psychology ©1998



CJ Hall swims with the Montgomery Ancient Mariners and writes and consults on sport performance. micandcj@erols.com

FROM NICK OLMOS-LAU

August 31, 2000

Greetings from Dover. After missing my very short optimal opportunity window to swim the English Channel August 23-26, due to bad weather, numerous storms and very high winds some near gale strength, I decided to give it a crack during the spring tide. This proved to be quite a challenging undertaking. The bad weather and rains made the springs unusually high with currents in the channel of 3-5 knots/hr. After 9:30 hrs I had swum close to 25 miles and about 5 miles from France. Except that the tide changes would have made this into a close to 20 hour swim. I couldn't go on swimming because I wasn't tolerating my oral feedings and I had gotten behind on hydration. I was risking dehydration or hypothermia as the swim would have been completed predominantly at night. I learned that you can't challenge the Channel and win. Allowing for optimal

(Continued on page 5)

NATIONALS

(Continued from page 1)

finally over, when the last heat of the last event had at last been run, the consensus among the 44 Ancient Mariners who made the trip up I-95 was that the waiting had been worthwhile. The ANCM men came within four points of the team's first national championship, finishing second to Garden State Masters in the mid-sized team division. Four Ancient Mariner relays--four men, one mixed--won national championships and two of them set world



Jeff Roddin, Lisa Berger, Tom Denes

records in the process. Wally Dicks, Jeff Roddin, Michael Fell, Doug Chestnut, Tim Boyd

and Jack Heath all won national championships individually. Jenni Main, Barbara Clifford, Penny Bates, Margot Pettijohn, Marshall Greer, Hugh Roddin and Jason Crist all had multiple top five finishes in individual events.

In short, over a long weekend, a good time was had by all.

It was Crist, the team's official toastmaster, who noted how extraordinary Wally Dicks, just back from the Olympic Trials, has become. Dicks won the 50 breaststroke, the 100 breaststroke and the 200 breaststroke in the 35-39 division, blowing away some very good breaststrokers and, as Crist pointed out, "it seemed like everybody yawned. If Wally had just shown up out of nowhere with those swims, we'd have all been going crazy."

Point well taken.

The same can pretty much be said for Britt, Fell and Roddin, all of whom have won numerous national championships in the past. Britt won the 50 butterfly in the 35-39 division and was second in the 100 and 200 backstroke and 100 free (to Fell). He had a first place in the 50 back taken away by an overzealous official who claimed he was moving on the start. If so, why didn't the starter hold the start? Fell won the 50 and 100 freestyles and was second in the 50 backstroke. Chestnut, the hardest working man in the swim business, began the meet with his first national title in the 35-39 400 freestyle, then proceeded to top four in all his other events: easy

ones of course: 400 free, 400 IM, 200 back and the wimpy 100 back.

Roddin, having reached the ripe old age of 31, won the 100 butterfly with a blazing :59.18--even though he weakly breathed on his last stroke--and the 200 IM with a superb 2:19.3, mightily disappointing the cheerleaders of another local team. He also finished second in the 50 fly, which just barely made him the highest-finishing Roddin in that event: his mom, Ruth-Anne, was third in the women's 55-59 division. An investigation to learn her true age has begun. The Flying Roddin's also swam a family relay--Jeff backstroke; Jill breaststroke; Hugh butterfly; Ruth-Anne freestyle--believed to be a family first.

The Friday relays were contested in horrible conditions--rain, cold and night since they didn't begin until close to eight o'clock. The Ancient Mariners began with a win in the medley's 240+ division with Greer, Louis Diamond, Hugh Roddin and Larry Curran coming within a half-second of the existing world record. Then the 160+ medley did set a world record with Britt, Dicks and Fell dragging their old,



Clay Britt, Wally Dicks, John Feinstein and Mike Fell

scared butterflyer (me) along. It may not have been the most impressive world record set in the meet, but it is guaranteed to be the most publicized.

The men's 120+ group of Boyd, Heath, Crist and Erik Osborne easily won that age group. Then, in the free relays, the men's 120+ foursome of Fell, Britt, Osborne and Boyd blew away everyone in the pool by five seconds for the team's fourth gold medal of the night. Britt thanked everyone for allowing him to swim on an A relay when it was over.

The next night, acting on a suggestion from Penny Bates, a 160+ mixed medley of Britt, Dicks, AJ Block (making a very impressive ANCM debut) and Judy Lim-Sharpe was pieced together. The result was another world record, the women both

producing remarkable splits to make the record possible.



The Roddin Family Relay Team

There were a number of other highlights: Tom Denes swam a great 195 butterfly--in the 200--but managed to hang on for seventh place in the 40-44 age group. Block was second in the 200 fly in the women's 35-39 and Bates was third in the 1,500. Carole Kammel, making cameo appearances only, finished fifth in both the 400 and 1,500 freestyle in the 30-34 division. Pettijohn, like Dicks often taken for granted, placed in all five of her events as usual as did Greer and Hugh Roddin. By the time the meet was over, every ANCM swimmer entered had scored in at least one event.

Maryland Masters, which ran the meet, deserves a major nod for their handling of a long, tough weekend, especially meet director Barbara Protzman. The warmup and locker room facilities were plentiful, results were posted promptly almost all the time, the food was excellent--and reasonably priced--and the meet was moved along as quickly as was humanly possible.

Final note to USMS convention rep Jeff Roddin: this meet isn't going to get a lot smaller any time soon. Finding future sites with two courses--even if that means going to Ft. Lauderdale all the time--should be given serious consideration. Next year's meet is in Seattle--sort of. It is actually almost an hour away in Federal Way. Another eight-lane pool. The guess here is there won't be 1,380 entries.

Of course the bottom line on Baltimore 2000 is this: there was a lot of sitting around. But there was also a lot of very fast swimming. And a good deal of fun. Which means in all, it was a good time.

Now, about that 160+ medley relay. It all came down to the butterfly leg and...



Mryiam Pero, Barbara Clifford, Penny Bates

MUNICH

(Continued from page 1)

might not have tried this bold experiment. Smarter people also might not have allowed the over-juiced clipper to touch their bodies. Plugged into the German outlet, the docile American clipper became a hungry beast and fed on the flesh from my chest. After a few violent minutes, I disconnected the now engorged clipper from the outlet and relied on my razor to finish the task. This took several hours.

The next morning, Dave was up at first light to catch a quick breakfast and begin his shave.



Dave and Tom in disguise

He was afraid of missing his first event. Little did he know that it would be after 8 p.m. before he would swim his first race. When we arrived at the Olympic Swim Hall, the warm up pool was already full--and I mean full. There were easily 30-40 people in each lane of the 50 meter pool. Once we finally did pry our

way in, we couldn't stretch out to take a complete stroke. (Interestingly, the Germans designated different speeds for different lanes, which helped a little.) What we were quickly learning was that over 7,000 aquatic competitors had descended on Munich, most of them swimmers. Heats of the 200 I.M. took over six hours alone! Every day of the competition turned into a marathon. Even the 400 freestyle, contested with two swimmers per lane, went on until 10 p.m.

Another thing we learned was that without our ID card we didn't exist. Grimly determined German teenagers manned every entranceway inside the swim stadium. A swipe of the card through their computers determined our right to access various areas. By the second day, they had closed the few alternative routes we had discovered to circumvent the system. Now, if we were foolish enough to exit the building to visit the outdoor vendors, we were forced to climb a hill to

return to the swim complex. Competitors using the warm-up pool were forced to reenter the competition area by walking through out-of-the-way locker rooms. (This wasn't all bad since the locker rooms were coed.)

The venue abounded with aging Olympic stars of the past. Shane Gould, the wonder child of the 1972 Olympics, won the 100-meter freestyle in the 40-44 age group, while Jim Montgomery, gold medallist in 1976, won the 100 freestyle in the 45-49 age group. Mark Spitz, who owned this pool in 1972, declined to swim and moved around the pool area with the media in tow.

When we weren't swimming, we were touring the area. We took a bus trip into the Bavarian countryside and saw mad Ludwig's castles. We also sampled the fine German cooking which consisted mainly of bratwurst and other animal cuts. Within a few days we were desperately searching for alternative food sources and finally found a Filipino restaurant that was quite good.

Oh, yes, we did actually race while we were there. Dave had the better meet, shaving 13 seconds off his 400 freestyle to place 13th. Results are below:

Dave Harmon (50-54)

50 freestyle 29.60 21st
100 freestyle 1:07.39 22nd
200 freestyle 2:31.26 15th
400 freestyle 5:31.79 13th

Tom Denes (40-44)

100 freestyle 1:03.51 38th
400 freestyle 4:59.57 25th
50 butterfly 31.13 37th
100 butterfly 1:08.88 13th
200 backstroke 2:47.99 DQ (Head

SUMMARY OF INCOME AND EXPENSES FOR 2000 ALBATROSS OPEN

Income:

Meet fees, merchandise & social \$5,519

Expenses:

Room rental for social \$150
Meet software (including upgrade) \$230
Program printing \$315
Mailers (stamps, paper, etc.) \$536
Hard Times, other refreshments \$1,087
Meet merchandise (t, sweatshirts) \$936
Meet officials \$465
Pool rental \$610
Timer/officials refreshments \$164
Awards \$562

Expenses total: \$5,055

Net Income: \$464

THE CHANNEL

(Continued from page 3)

weather and conditions and favourable winds is an essential requirement for successful completion. Sometimes you hit the jackpot the first time. In the last 10 years there has been only one day with calm winds in August. My guess is that this is why this remains an elusive accomplishment that often requires more than one attempt.

Thanks for all your kind words of encouragement.



Munich Olympic Pool

photo by Tom Denes

OUT OF AFRICA: A LETTER FROM NIGERIA

by Kathy Levintow

Greetings, Ancient Mariners! As some of you may know, my family and I have embarked on a two-year journey to Africa where my husband, Nick, is the Labor Officer for the U.S. Embassy in Lagos, Nigeria. We are at the halfway point of our assignment now, a good point to send on my impressions of Lagos from the swimmer's point of view.

You can imagine my initial excitement at moving to a part of the world where it feels like summertime all year round, where we would live on a coastal island and where opportunities to swim would be (I thought) unlimited. All that was true, but not in the way I would have imagined it owing to one critical element essential to any swimmer: the water.

The water in and around Lagos is unsafe and unhealthful in every way. The city lacks plumbing or sewage infrastructure so the two systems essentially share the same water. Open sewage gutters line the streets and drain into the creeks. The island has poor drainage, being at sea level, so rainy days bring street-sized puddles of water and, uh, everything else. Both man and beast use the crowded streets as a public latrine. From day one, we were overwhelmed by the measures necessary to make our tap water safe for consumption. The water provided to U.S. embassy personnel comes from a well dug far from the city limits. The water is treated, filtered, and stored until it is trucked in to the various embassy compounds. Once pumped into the storage tanks atop each home, it is filtered once again before flowing through our faucets. Still this water is considered unsafe for drinking and cooking. We use it to wash with, but must feed it through a distillation unit before it is potable. The embassy medical unit still sees a good number of skin ailments and gastrointestinal problems attributable to this water.

Whew...

Now, what about open water swimming, beach trips, and the like? Sadly the ocean and bays are badly polluted with every form of trash and refuse known to man and a few that have yet to be identified. The Embassy tries to keep track of the microbes that folks turn up with on their skin and in their guts, but it's a full time job. Jumping into the waves at the beach can lead to a nasty surprise. Even more tragically, Lagos' propensity for violent conflict often leaves its evidence in the surrounding canals and creeks.

The good news is that there are many pools available to us. The American International School, Lagos, which our children attend, has a 25-meter pool (a rarity) and offers swimming as part of the school curriculum. It also has a growing swim team program. The school staff encourages parents to take advantage of the lap lanes in their free time. And outside our living room, our compound is fortunate to have a 15-meter pool (yes, I measured it) which we share with only seven other families. At almost any time of the day or night, I can walk a few steps out of my house and swim to my heart's content. Remember, it's summer all year long! Tom Denes' workout book and my recollections of the Ancient Mariners and Clay and the MAC guest coaches help push me through my solo laps. Who knows, with a shorter pool, I may finally figure out the flip turn! I had a brief chance to test my skills over the summer when we visited Southern Germany and did some lake swimming. Fortunately, the annual local triathlon wasn't held until after we had returned to Lagos or Nick would have probably pushed me to give it a shot. As it was, Chris and David, our 8 and 10 year-old sons, handily crushed me in a rowboat vs. swimmer sprint.

It's nice to hear from an old Masters swimming buddy once in a while via e-mail. I miss you all and look forward to swimming with you again at the start of the Long Course season next year.

Editor's note: Kathy can be contacted at levintow@hotmail.com. Regretfully, photos of Nigeria, sent by diplomatic pouch, did not arrive in time to meet publication deadline.

SHORT COURSE

(Continued from page 1)

Wally Dicks, M37			
50 Breast	25.98		1
100 Breast	56.76		1
200 Breast	2:04.87		1
50 Fly	24.27		8
100 Fly	52.90		4
Michael A Fell, M38			
50 Free	21.56		3
100 Free	47.27		2
50 Back	25.09		4
100 Back	NS		0
50 Breast	28.32		5
100 IM	55.08		3
Marshall R Greer, M63			
50 Free	28.08		11
50 Back	31.18		2
100 Back	1:09.54		3
200 Back	2:46.23		5
Margot K Pettijohn, F53			
50 Breast	37.49		2
100 Breast	1:23.67		3
200 Breast	2:58.95		2
100 Fly	1:18.20		5
200 Fly	2:59.52		2
Jeffrey H Roddin, M31			
100 Breast	1:01.58		5
50 Fly	23.56		4
100 Fly	51.44		3
200 Fly	1:58.10		3
100 IM	54.49		3
200 IM	1:58.60		3
Men 200 Free Relay	1:25.16		1
Michael A Fell, M38			
Timothy L Boyd, M29			
Clay Britt, M39			
Jeffrey H Roddin, M31			
Men 200 Medley Relay	1:33.75		1
Clay Britt, M39			
Wally Dicks, M37			
Jeffrey H Roddin, M31			
Michael A Fell, M38			

Congratulations to all swimmers and the meet host for a great weekend!

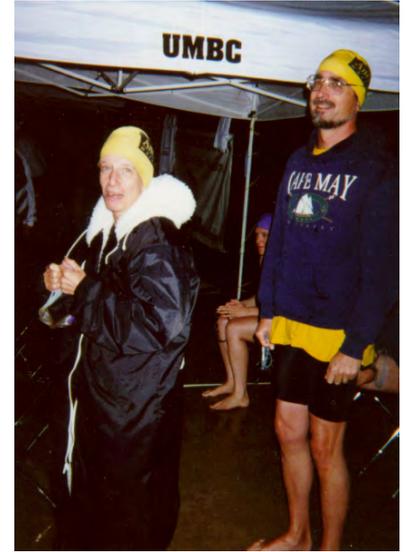
FOR SALE

Equipment and apparel in team colors of gold and black with the ANCM logo.

- Bags \$45
- T-shirts \$11
- Swim caps \$ 3
- Baseball caps \$16

Contact Tom Denes at 301-564-4234 or by email WaterPrfCh@aol.com

MORE PICTURES FROM NATIONALS



... AND NOT-QUITE NATIONALS!!



THE BULLETIN BOARD

KUDOS

by Tom Denes

◆Lots of new babies have joined the team! Ed and Tina West had a new baby, Jacob Brooks, who was born on June 20. Greta and Stefan Beauchesne gave birth to Nathaniel on August 11. Al and Gretchen Navidi became the proud parents of Nicholas Alexander on Aug 19. Mike Fell and his wife Ifie welcomed Stefan who was born on August 28.

◆Congratulations to our Hawaii Ironman qualifiers! Desiree Ficker and Philippe Kozub qualified for the 2000 Ironman Triathlon World Championship at the June 4th Equiplace Blackwater Eagleman

Triathlon (half Ironman distance). Christy Underdonk also qualified for Hawaii Ironman by placing first in her age group at the Muskoka Triathlon in Ontario, Canada in June. (See article about Desiree and Christy on page 2)

◆Other triathletes also had successful summers. Hamid Kazmi completed the Canary Island Ironman in May. Al Navidi took third place in the 40+ Clydesdale in the Columbia Triathlon in May. In only his second triathlon, Tom Biery placed 27 of 95 in his age group (40-44) to qualify for the Triathlon National Championships in Missouri.

◆Wally Dicks, our premier breaststroker, swam in the Olympic Trials in Indianapo-



lis on August 9. His time for the 100 meter distance was a blazing 1:05.19. Wally finished 42nd.

◆Congratulations to John Feinstein for his Beamonesque 100 fly swim at Long Course Nationals this August. John cut almost two seconds off his previous best time to set an Ancient Mariner 45-49 age group record of 1:05.75. When last seen, John was interviewing himself about his accomplishment.

HAPPY BIRTHDAY TO YOU.....

VISIT OUR WEBSITE (<http://www.ancientmariners.org>) FOR BIRTHDAYS OF ALL TEAM MEMBERS

SCHEDULE OF EVENTS

9/30: 1K, 3K, 5K Sunfest Swims, Ocean City, MD; Ken Zuiderhof, 6520 Valley Rd, La Plata, MD 20646, 301-934-3675, Email: kzuiderhof@ccboe.com Web: www.crosslink.net/~cherylw/sunfest.htm

10/7: DCAC/ACDC Swim Meet, Prince George's Sports and Learning Complex. Info: Eric Czander (202) 462-7919, Joe Kaufman (301) 386-9270. Web: <http://www.pvmasters.org/entry/dcac1000.pdf>

10/22: Patriot Masters Sprint Classic - Fairfax, VA SCY; Peter Ward, 703-993-3930, Email: pward2@gmu.edu; Drew Moll, 703-352-9265, Email: acmoll@acm.org; Sanctioned by PV LMSC #100-008; Entry deadline 10/20/2000 Web: www.pvmasters.org/entry/gmup1000.pdf

10/28: Fun Meet (tentative date) Holton Arms, 5-8 p.m.

11/19: Lox & Bagel SCM - Fairfax, VA SCM; Matthew Alvin, Jewish Community Center of No. VA, 8900 Little River Turnpike, Fairfax, VA 22031, 703-323-0880(x26), Email: MattA@JCCNV.org; Web: www.pvmasters.org; Entry deadline 11/12/2000

12/3: 1000/1650 Meet - U of MD, College Park, MD SCY; Dave Diehl, 12511 Littleton St, Silver Spring, MD 20906-4253, 301-946-0649(h), 301-314-5372(w), 301-314-9094(fax), Email: DD119@umail.umd.edu; Sanctioned by PV LMSC; Pre-entry & Deck-entry

12/8:-12/9/2000 Colonies Zone SCM Champs - Rutgers Univ, Piscataway, NJ SCM; Eileen & Edward Nessel, 10 Irene Ct, Edison, NJ 08820-1024, 908-561-5339, Email: ednessel@aol.com Sanctioned by NJ LMSC; Pre-entry

12/31: Swim in the New Year - College Park, MD. 2001 yards x 1, 2, 3, 4, or 5 - your choice. Fun swim to celebrate the new year. Entry fee = \$6 (optional t-shirt = \$15). Email: cherylw@crosslink.net Web: www.crosslink.net/~cherylw/ny01.htm

**THESE ARE ONLY SOME OF THE EVENTS SCHEDULED FOR THIS SUMMER SEASON
CHECK THE ANCM WEBSITE (<http://www.ancientmariners.org>) FOR A COMPLETE LISTING**