

The Rime

Volume 7 Number 1

January, 2001

HAWAII IRONMAN RESULTS

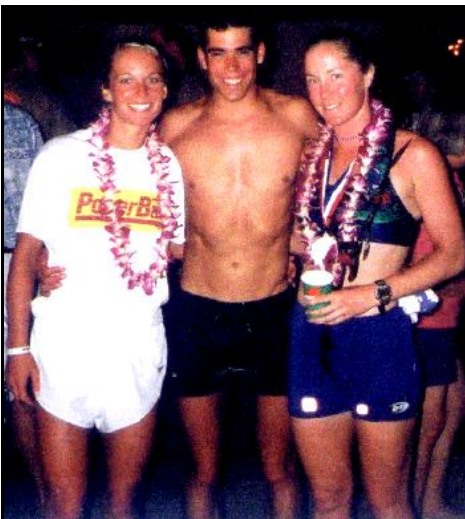
by Dottie Buchhagen

Three ANCM team-members completed the 2000 Ironman Triathlon World Championship held October 14th in Kona, Hawaii.

Desiree Ficker finished second in her age group with a time of 10:45:19. Philippe Kozub finished 77th in his age group at 10:44:20. Christy Underdonk finished 54th in her age group at 13:16:52.

These three triathletes competed with approximately 1500 others in the 24-mile ocean swim, 112-mile bike race and 16.2-mile run.

Congratulations to all three!



Desiree, Phillipe and Christy after the race

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

UNFINISHED BUSINESS: THE ENGLISH CHANNEL

by Nick Olmos-Lau, MD

The waves rushed in and out, striking the beach pebbles and making odd marble-like shuffling sounds as they cascaded back and forth, smashing into other beach rocks. Standing at the edge of the water on this pebbly Dover beach, my feet felt freezing cold in the 59F water. My chilled and windswept body, clad in swimming trunks, felt numb from the ceaseless Channel wind. This is how I recall my first day at the beach in England in August 2000. I entered the water, impatiently waiting for a sandy patch or deep water so I could float and get the pressure off of my feet.

The English Channel, La Manche (the cuff) as it is referred by the French, separates Southern England from Northern France and the North Sea from the Atlantic Ocean. The Dover Strait runs from Dover to Pas de Calais. The Shortest distance across the Channel is from Dover to Cap Gris Nez and is approximately 21 NM (nautical miles) long. The channel is shallow with an average depth of about 50-m.

At that time my thoughts were decidedly focused on my planned Channel swim crossing scheduled in about 10 days. My hopes were that the "Channel Gods" would grant me good weather and propitious conditions, and that I would be able to swim within my allotted tide or ideal time window of 4 days. Certain historic, geographic and geologic mysteries and marvels surrounding this dreaded and respected tract of water puzzled me. I felt strangely distant, with an incomprehensibly foreign uncertainty.

As I looked out at the horizon towards France on the opposite side, the shore was

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BARING MY SOLE IN AMSTERDAM

by Jeff Roddin

This past fall I went on an extended business trip to The Netherlands. I went with NASA to the European Space Agency to test replacement Solar Arrays for the Hubble Space Telescope. These new arrays will be installed during the next Hubble Servicing Mission (scheduled for November 2001). The US Air Force flew our equipment in and out of the Amsterdam airport. I was asked to write an article about the controversial sights I saw in the streets of Amsterdam. But giving it further thought, since this is a "family" newsletter, I decided I would instead write about my experiences at a swimming pool - surely a much more presentable subject. But before you read any further I need to warn you that this article may knock your socks off - it did that and more for me!

I had hoped to get ample pool time to maintain some semblance of shape but was mostly unsuccessful. One particular Saturday afternoon I wrote a workout and then drove to five different pools trying to find a place to swim. Each time I struck out because the facility did not have lap swimming available at those times. I picked up brochures for each of the pools for better timing on future days but of course everything was written in

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MONTGOMERY ANCIENT MARINERS

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ANCM PROFILE: NICK OLMOS-LAU

by Dottie Buchhagen

Last September, ANCM Nick Olmos-Lau attempted to swim the English Channel. His account of his experience begins on page 1. Nick is a neurologist with a passion for extremely long swims. I interviewed him about this passion.

Q: How long have you been swimming?

A: I started swimming as a child. I participated in age group swimming between ages 12-17 yrs and, between ages 13-16, at a highly competitive National level in Mexico..... Once I got to University at age 16, swimming became very difficult. The chlorine in the water



blurred and hurt my eyes because we didn't have goggles then, and reading was a real challenge after practice. The time constraint was also a problem. At the age of 18 years, I

swam for another year for the Mexican Army..... Then there was a long hiatus on swimming until my daughter Lisa became a serious swimmer. The MAC Masters training group started almost at the same time the pool opened in 1990. Joe Rogers became Lisa's coach. He was not only a good friend but the childhood coach of my wife Nancy (also an ANCM). He got me back in the pool and I can never thank him enough for that. He was our first Masters MAC coach before the days of the ANCM.

Q: How do you prepare for your long-distance swims?

A: After a couple of years of training with the MAC group, Dave Harmon and Allan Pollin said I was ready to sign up for the traditional 2-mile lake swims in Northern Virginia and Charlottesville. In 1993 after much self doubt, I signed up for the Chesapeake bay swim. I think Dave still remembers how sea-sick I got. I also did a few 1-2 mile beach races in Fort Lauderdale. Then, in 1997, Allan Pollin asked me (and Clay Britt seconded it) to train with him for the 12.5-mile swim around Key West. I took Allan's

place when he had to stop training but he encouraged me on. The Key West swim is a very tough event and doing well in it was a great boost. During the summers I began to train with John Flannagan a premier distance USS coach. John encouraged me to shed my wet suit and to start getting ready for longer events in colder water. [Nick's 1998 swims were the 8.5 Potomac River Crossing, and the Canadian National Championship, a 15-km event in Lake Magog, Quebec. In 1999, he completed the 15-mile swim around Wye Island in the Western Shore and the 28.5-mile swim around Manhattan Island. He was the 89th person to make it across the Catalina Channel from Catalina Island to Los Angeles that same year.]

Q: What kind of practice schedule do you follow when you are training for one of your swims?

A: September and October are usually recovery months with easy swimming, some stationary biking and treadmill walks, gradually increasing the number of practices to 3-4 /week and distances so I can hold a 9-10 km practice in about 3 hours by New Year's. By December I start adding an extra day of swimming. My heavy and long practices take place on weekends. In January, I start to lengthen my weekend practices to 4 hours and by the early Spring I start getting into open water swims either in the Potomac or the Chesapeake Bay or a local lake. That is the part I enjoy the most! Getting out and enjoying nature in those long swims. By then I will be swimming at least 5- 6 days a week. My goal then is to lengthen gradually my long weekend swim until I cover 80% of the distance I am going to attempt. This means that if the event will be a 10 mile swim, the longest swim would be about 8 miles. For the English Channel I did a 10 hour swim during which I covered 18 miles but the total yardage for the week of my peak swimming (about 3 weeks before taper) was 40 miles of mostly all open water swimming. Another guideline I use is to gradually increase the weekly swimming distance up to at least twice the distance of the event. That is the reason for the 40 miles a week. As the summer approaches, I try to switch over my practices to a 3 hour morning swim, usually 5-8 a.m. at Hanes Point with John Flannagan. If I miss a session I will try to supplement with an evening practice at the MAC. I can usually cover 8-10 Km during those

3 hr. practices. I try to do at least one or two open-water swims a week as soon as the water temp allows it.

From the Editor: Nick describes his experiences in tackling the English Channel - see page 1.

ONE OF THOSE PRACTICE MOMENTS.....

One Sunday morning Coach Carole gave us a set of 4 x 500 free. I looked around at my teammates and based on the looks on their faces I could tell they had thoughts like, "oh no!" and "I'm never going to make it that far." I then noticed that Nick had a much different expression than anybody else - I think I could even detect a slight grin. The bubble over his head seemed to say, "Oh great, sprints! I probably should work on my turns because they're so important in such short races."

submitted by Jeff Roddin

ALBATROSS OPEN NOTES

by Tom Denes



The Albatross Open will be held at the Montgomery Aquatic Center on March 31 (entry form is included with this newsletter). This is a great meet be-

cause it's close, it takes place in the afternoon and it is followed by food!

If you are not planning to swim, we could use timers and helpers. If you are planning to swim, please help by offering up one of your friends, co-workers or relatives. It's a great place to meet new people, especially for those new in town. Please contact Tom Denes at 301-564-4234 or WaterPrfCh@aol.com.

We will have limited number of Albatross Open 2001 sweatshirts for sale for about \$16. We are not sure of the final price yet. If you are interested, please contact Tom Denes. We will order sweatshirts only for those who have pre-paid.

COACHES CORNER: GEOFF SCHAEFFER

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.

As a full time coach for the Academy of the Holy Cross High School (Kensington, MD) and a "part timer" for the Ancient Mariners, I have been fortunate enough to see a wide range of talent develop at both levels. The main difference between the



two groups is the conversations held. The girls of the Academy want to discuss their new boyfriends or relationships in general. The men at the MAC discuss their weekend getaways to Utah or the death-defying tumbles they take on Schaefer Road while mountain biking. The interaction between myself and the two groups are very interesting. I can see the future and past of swimming and it's an interesting mix.

When it comes to coaching the two groups, I think it's harder to give a practice to the Ancient Mariners. When I give hard sets such as 50 free sprint, 50 swim, 50 non-free, people look at me like a horn just emerged from my forehead. When I give the young women of Holy Cross the same set, they become as giddy as 4 year-olds on Christmas morning. I have come to the conclusion that the Ancient Mariners, in spite of their reaction, expect challenging swim sets, whereas, the females at Holy Cross will do whatever it takes to get out of the pool in less than two hours. Then again, the Holy Cross girls do have to complete eight man-killers every practice to my satisfaction or practice continues past 9:00 p.m. Basically, both groups have different standards. The Ancient Mariners welcome a challenge whereas Holy Cross swimmers just want to get out of there.

People are at the different practices for completely different reasons. At the MAC, there are superstars, like Jeff Rod-

din, Pete Haake, Jeri Ramsbottom and Carole Kammel, who use each practice to improve an aspect of their strokes and others, like Warren Friedland and Margot Pettijohn, who are dedicated to shaping their impressive physiques. My superstars at Holy Cross are there to meet boys, fulfill their parents' dreams of success and enjoy their teenage years. I wouldn't trade either group for the world, as they both have become an integral part of my world.

When it comes to both groups of swimmers, my main goal is to simply ensure that each swimmer comes away from a practice with a sense of accomplishment.

Editor's note: Geoff swam on the Towson State Swim team (Towson, MD) from 1992-1996 and was Captain in 1996. He has been swimming with the ANCM since 1996, the same year he began coaching at

SKILL BUILDING: PART III

by CJ Lockman Hall, M.A.

In previous issues of "The Rime," you learned about the first six of "The Nine Mental Skills of Successful Athletes," a model developed by Dr. Jack Lesyk, director of the Ohio Center for Sport Psychology. This article covers the seventh skill: dealing with anxiety.

Anxiety is a natural part of sport. Consider how Olympic hopefuls feel: years of preparation culminate in one or two swims at the Olympic Trials. Although few swimmers ever compete at the Olympic Trials, thinking about your own races can trigger Olympic-sized anxiety!

A little anxiety is good. Studies show that athletes who think anxiety helps their performance tend to be more successful than those who consider anxiety to be a negative factor. Successful athletes say that feeling some anxiety tells them that their minds and bodies are preparing for an important performance. Too much anxiety, however, can lead to tense muscles, fatigue, distraction, or worry.

The model points out that most anxiety comes from worrying about the "what ifs" that might happen before or during competition. Use the following three tips from the model to help manage—or even welcome—anxiety:

1. Positive imagery – Olympian Megan

Quann said she pictured herself repeatedly swimming her goal time and winning an Olympic gold medal. She just missed her goal time, but a gold medal wasn't a bad consolation prize! She said that she knew she could win, partly because she had "seen" herself successful so many times. Take a cue from Megan: rehearse what you want to happen and expect it to happen. Picture how good you will feel when you arrive at the meet, run through your well-practiced game plan, and get pumped up by the feelings of success from a well-swum race.

2. Relaxation – If you feel overly anxious at a meet, take a break. Leave the pool deck and find a place to relax. Close your eyes, review your good training and your game plan, and remind yourself how thrilling it is to put your training into action.
3. Develop a routine – A routine provides a sense of control, helps to keep you focused, and gives you that valuable feeling of being prepared. Your routine can include eating foods that you know make you feel good, knowing what types of warm up work for you, filling your mind with positive thoughts, and whatever else you have found contributes to doing your best. A comforting thought is that a good performance is rarely perfect, so don't worry if things don't go exactly as planned.

In upcoming issues, you can learn about concentration and dealing with emotions, the final two skills in the model.

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

WINTER SESSION IS WELL UNDERWAY. IF YOU HAVE NOT PAID, GIVE YOUR CHECKS TO COACH CLAY.

OPEN WATER SWIMMING

by Dottie Buchhagen

Open-water swimming is often a gamble. Events are scheduled according to time, not weather conditions. The only thing that a participant can do is pray for clear skies, a bright sun, and calm waters. All too often, one or more of the above is lacking. Contrary to my previous experiences, I found that the Summer of 2000 presented nearly ideal conditions for the six open-water swims I entered.

First, a little background. The fact that I was doing one- and two-mile swims in lakes and oceans is a reflection of the training that I got from Clay and the other ANCM coaches. I had been a "civilian" pool swimmer only. Then, I did a rash thing. I joined the Ancient Mariners. After five months of practices, I decided that swimming two miles in a lake sounded like fun!

My first attempt at open-water swimming was in Lake Audubon (VA) in 1997. Not only was I terrified of not being able to see the bottom or having a black line to navigate by, but the water was cold. Very cold! The annual Reston Masters swim is held in late May (occasionally early June) each year, long before the water has had a chance to recover from the winter. The temperature for my initiation to open water swimming was 58-59F. It felt strange to swim through the even colder currents that came into the lake via underground streams. Gradually, I overcame my panic and the shock of the cold water and managed to finish. I wasn't sure at that point that I would ever repeat the experience.

But memories fade with time and by the next year I was willing to try it again, if only to prove to myself that the previous year's finish was not a fluke. Unfortunately, I got disoriented at the turns, lost precious time going the wrong direction and didn't finish within the time limit. But by then, I was hooked. I began to look for other open-water challenges. I had heard that there was a one-mile swim at Virginia Beach. It sounded like a piece of cake! Only half the distance! Of course, I had never swum in the ocean before either. Then again, I had survived the lake swim – maybe I'd survive the ocean swim as well. I signed up.

All of my fears converged on a windy

but sunny day in June 1998. I was certain I would be swept out to sea as soon as I took my feet off the ocean floor. I kept looking around as I swam to see if dorsal fins were heading in my direction. I was sure the incoming surf was going to drown me. What I wasn't expecting was that the hotels lining the boardwalk would move!

Let me explain. The swim is parallel to the shore. This makes it easy to navigate and to mark distances by looking for buildings and spaces signaling the one-quarter, one-half, and three-quarter mile points. I would swim past one landmark and the next time I looked, I was swimming past it again. Finally, the landmarks stopped playing games with me, stayed in their assigned locations, and I was able to reach the finish line buoy. The currents made it a very long swim! Again, I vowed "never again."

At least, not until July. My cousins live in Connecticut and had been after me to visit them during the summer. I now had the perfect reason to do so. There was a one-mile swim in Long Island Sound. Although I had decided that the ocean was too fickle with its waves and currents, I thought that a protected area like the Sound would be calmer. By this time, I was becoming more confident about open-water swimming, but I was still having difficulty with navigation. The large or-



Wesport Compo Beach Point-to-Point, 1998

ange balloons that are set up at the turning points and the end of these swims are visible from the shore. But they become very small and nearly disappear when you are at the same level they are. My course was not a straight line between two points, but rather a long series of zig-zags. A one-mile swim stretched out quite a bit. However, the conditions were great and, for the first time, I thought that this was one swim I would repeat.

The Summer of 1999 was a terrible one for me. I signed up for four swims. I was sick for the first one (Reston) and the

second one was cancelled because of a hurricane (Virginia Beach). In August, I began the two-mile swim at Chris Green Lake in Charlottesville, VA but was less than a half-mile from the finish when lightning strikes forced us to race madly for the shore and safety. The Long Island Sound swim was uneventful except for the jellyfish with the five-foot tentacles that I stroked over. Welts appeared across my chest, arms and legs. Adolph's meat tenderizer, administered by the EMS crew, took out the sting. A one-mile swim in Lake Montclair in Prince William County (VA) in September was the only really comfortable one that season.

All of which brings me to this past summer. The Reston swim was warmer (and later, on the first Sunday in June). We were told that it was 68F, but that was only at the shore. The center of the lake was colder. The Atlantic Ocean was relatively calm for the Virginia Beach swim and I managed to trim one hour off my 1998 time (which shows not only that the conditions were better but that I had improved my navigation skills and was better able to negotiate the ocean currents). Chris Green Lake was cool, a mere 78F (since that swim is in August, the temperature is often in the 80s). I received a special award given to swimmers who complete these three Virginia events.

The July Long Island Sound swim was rescheduled due to a fierce storm and was held on a sunny, windless day. The mild summer kept the water temperature lower there as well and the jellyfish stayed wherever they are when they are not in the Sound. The Lake Montclair swim was held in perfect weather conditions in late September. I had included one additional swim this past season. I did the one-mile Chesapeake Challenge in June. I was not quite ready to do the full 4.4-mile crossing. There are other issues to deal with on that one!

I never thought I would enjoy open water swimming so much. I have conquered most of my fears of lake and ocean water but have developed a healthy respect for the vagaries of nature and the challenges of these events. I am anticipating my usual swims in 2001 and hope to add new ones. It is fun to meet other swimmers and to see fellow ANCMs. Most of all, I am aiming to improve my

BARING MY SOLE

(Continued from page 1)

Dutch. The last pool said it had "naturiste zwemmen" on Zaterdag (Saturday) evenings from 7-11pm. All the pools had the word "zwem" as part of the activity descriptions so I was pretty sure it meant, "swim." I had an inkling what "naturiste" meant but wasn't sure. But I was soon to find out...

At about 8pm I drew up my courage and went back to the last pool. I walked through the lobby and then saw the glass doors to the pool itself. Sitting at a table by the door was a man and a woman with a sign-in sheet and refreshments for sale. My suspicions were validated immediately - everybody had on the same suit ... their birthday suit. I did my best to appear as if nothing was out of the ordinary. The man started to stand to greet me and I said, "No, please, sit down - no need to stand up on my part." Realizing I spoke English they did their best to ask me if I wished to just swim or to also use the saunas and baths (there were two admission prices: pool only was the equivalent of \$3 and the full facility was \$7). Still in shock I hesitated. He thought I didn't understand his English so he said, "Tell you what - why don't you go in there (pointing to the locker room) and get undressed and then we'll show you around and then you can decide." After putting my clothes away I realized I would still need my wallet to pay, yet I had nowhere to carry it. I had a backpack with me so I put the wallet in there, slipped the backpack over my shoulders and marched back to the desk for my tour. Inside they had a steam sauna, a regular dry sauna, foot baths and tubs. There were tables and chairs around a 25-meter pool with people eating, drinking

and socializing - all wearing that same suit (some were more wrinkled than others, though). After the grand tour I opted for full admission.

I stretched and then prepared for the swim workout I had written that morning. I laughed as I looked at it because it included a lot of IM work and totaled about 700 meters of backstroke! I also donned my swim cap out of habit but did indeed find the idea a bit silly. Nick - I believe I now have the ANCM team distance record for doing 4200 meters wearing only my cap and goggles! And I'll bet the bodysuit I wore would turn many more heads than the Fastskin™ body suit did in Sydney.

After my swim I strolled over to the saunas. The suggested routine is to visit the steam sauna and then the dry sauna with stops in between at the whirlpools. I think I know why, but one thing that was unusual was they had a "cold tub" as opposed to a hot tub. The water temperature must have been in the sixties - I didn't make it past my toes in this tub. Another tub was probably in the 70s but it actually felt nice if you got in immediately after coming out of a sauna. I began making friends because people recognized me from the pool - I must have stuck out. I should clarify: most people in the pool were swimming a little faster than a float and I was doing a serious workout. Some people spoke limited English and others asked questions through those who spoke both English and Dutch. At one point I was in a sauna and people were conversing all around me in Dutch. Nobody was pointing and laughing at me so I think it is safe to say they weren't talking about me. There was a woman sitting quietly next to me so I wondered if perhaps she was also only English speaking.

I asked her if she spoke English and she replied, "little English." I hope she was simply answering my question and not addressing me. Another time I took an empty seat next to a girl. A few minutes later another girl sat down on my other side. And a few minutes after that I had Cal Ripken's lifetime

batting average calculated to four decimal places...

Perhaps the most humorous part of the evening was when I returned to my hotel room. I went through my standard procedure of walking to the bathroom to hang up my suit and towel. I had to laugh out loud because there was no need to hang up my suit! Needless to say this was a very eye-opening experience I won't soon forget. I am also happy to say when I walked in the door the following Saturday a woman yelled, "Jeff, welcome back!" Unfortunately I do not have any photos from my visits but if you ask me on deck I can tell you more about the scenery. Perhaps the Montgomery County Recreation Department will consider adding this option to the Ancient Mariners' program. Bill Bullough and Clay: are you listening?

DUES INCREASE

by Jenni Main, Treasurer

For the first time in five years, the Ancient Mariner's Officers voted this fall to increase the annual team dues from \$7 to \$12 per swimmer. This \$5 increase will allow the team to continue providing the same level of services and equipment to our members as we have in the past. As you may know, the team spends its budget on a variety of things -- copying and mailing this newsletter, swim caps for everyone, t-shirts for swimmers attending Nationals, equipment (additions and replacements) like kickboards, time clocks, etc., as well as paying for relays at meets, and maintaining our website. We also host our big meet, the Albatross Open, each spring. Although we usually make a little money from it, it is still a large financial transaction (around \$5,500 in revenues and expenses) and requires the team to have cash available to pay for expenses before we receive meet fees from swimmers. The annual budget is published in this newsletter (see Minutes on page 7).

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



UNFINISHED

(Continued from page 1)

only faintly visible. Someone said "if you can see France it is probably too windy on the other side." To my back were the majestic White Cliffs of Dover, and perched on top of them the Dover Castle, one of the largest fortress Castles in Europe, built in 1180 by King Henry the second.

Just ahead to my right was Shakespeare Cliff, of *King Lear* fame, with Shakespeare Beach slightly below it; the usual starting place for most Channel crossings.

I had spent a great deal of time before that day reading books on marathon swimming and many published individual accounts of Channel crossings, as well as magazines and publications related to this topic. I had talked to many previous channel swimmers. I felt sufficiently convinced that this was an achievable and reasonable goal, considering my previous swimming experiences. I was well prepared, and while keeping out all negative thoughts, and I was trying to evade the fact that even the world's best swimmer or a seaworthy craft on any given day could not consistently match the challenge of this Channel. Trying to find a better answer to my own query of: "Would I be able to do this?" The obvious evaded me: "Yes, you may swim across this Channel if everything goes right...and if it lets you!"

ADAPTING

Shortly after my arrival in Dover, still fighting jet lag, I resumed my cold water

adaptation. The swimmers tended to congregate at a spot in the harbor to help each other out. A spontaneous camaraderie developed easily, given our common goals. Twice daily hourly swim practices in the harbor were the routine. It did not take long to discover that two people were necessary to go swimming on this beach. The ritual of entering the water was fixed: one entered the water with sandals on; after one was in, one threw them back at someone waiting on the beach to take them away to safety. I thought that this was an odd routine, but the best one in order to avoid foot injuries. My only hope was that someone would be out there to assist me upon my return emerging from the water, allowing me to climb the rocky stone beach hill with sandals on. Without an assistant even crawling would have been too painful or frankly impossible.

A day or so went by, and the next thing I noted was that the mighty and voluminous incoming tide could easily engulf and sweep away clothes and sandals as it furiously rushed in. A distance that might have been considered safe to leave clothing at by other ocean standards was by no means safe here. The beach itself was protected from erosion by long steel fences, placed cross-wise at periodic intervals jutting from the front pier into the water. These fences looked similar to mid-line steel highway dividers, except that they were totally covered by barnacles as they are often submerged in the ocean. Serious injuries could result from ignoring these fences, or by accidentally being thrown into them by the strong tides.

These events took place within the "protected" Dover Harbor, sheltered on all sides by huge tank containers with cement walls, and a long fishing pier built to diminish the impact of the ocean in order to permit easier and safer swimming, sailing, and small craft boating. At each end of the front retaining Harbor wall there were openings where the water rushed in. Going through these openings was an experience we learned to minimize while crossing the bay back and forth during our regular mile long training swims inside the Harbor from one end to the other.

DOVER

While waiting for my tide and time to swim I discovered Dover's attractions and sights. I found Dover to be a very interesting city with excellent museums, well-informed and knowledgeable guides, and

excellent exhibits. The people running them were very kind and helpful.

At the site of the present day Dover the Romans founded the Port of Dubris. The Dover River, which is now only a small stream because of silt, drained into the Ocean between two high hills. The Romans built two lighthouses, or Pharos, on top of these hills. Only one of these Roman Pharos partially survives as part of a Saxon Church bell tower inside the Castle.

The Channel, rather than the walls of the Dover Castle, has been England's first line of defense through the ages. Julius Caesar first landed his invasion of England in AD 55 across the Channel near Dover. Since then other outstanding military figures and conquerors have been thwarted by the channel in their efforts to conquer England. The list includes the Spanish Armada, Napoleon and Hitler. The D-Day European invasion efforts were similarly complicated not only by the Channel's tides but by its unpredictable weather.

The Dover hills are made by chalk a porous and water permeable material. This is what makes them white. Across Dover, Cape Gris Nez in France also has white chalky cliffs. The reason for their geologic similarity is that Dover and Cap Gris Nez were bridged together until approximately 8000 years ago, when a remarkable geologic event took place, transforming this location permanently, making England into an island.

Editor's note: This is the first installment of Nick's description of his attempt to conquer the Channel, to be continued in future issues..



Nicky beside the monument commemorating the 125th anniversary of the first English Channel crossing

YOU CAN MAKE A DIFFERENCE

Megan Cardy, a 14-year old swimmer at one of the pools used by the Germantown Masters team during the summer months, is in need of a bone marrow transplant. Screenings will be conducted by the NIH and will take place the evening of February 9 at the Community Center by the A pool (20000 Father Hurley Blvd). The \$80 cost of the screening is tax-deductible.

If you want to help, contact Mark Walters at waltersmrk@aol.com for further information.

MONTGOMERY ANCIENT MARINERS: MINUTES OF THE ANNUAL MEETING, DECEMBER 3, 2000

by Lisa Berger, Secretary

The meeting practice at Tom's this year was sparsely attended, to say the least. While we didn't field even a quorum, we gallantly pushed ahead to elect officers, pass a budget, discuss the Albatross Open and gossip about all the members who weren't there. (Especially missed was Margot and her home-made treats.)

In the president's report, Tom noted that our membership has shot up from 200 to 245 (must be the coaching!). Jeff Roddin, vice president and in charge of records, reported that we've saved money this year by not mailing out team records but posting them on our website. Jenni Main, our treasurer, talked about money, of course, and noted that last year was the first time we ran a deficit (\$490). Nevertheless, we ain't broke. We've got a \$5600 balance in the bank to draw from when we run short. Our big expenses are the Albatross

Open, which usually makes us a little but in recent years has been operating close to break even. There was brief mention of this year's dues' increase from \$30 to \$35, the first raise in five years.

In other business, we talked about our website. A number of us asked about another color for the background field, since the yellow comes up on some of our computers as sextremely pale, making words hard to read. How about blue? We also discussed moving our site to a member's hosting company. The subject of our video library came up and we all professed general ignorance about how many and which videos we have. (FYI, we have instructional videos members can borrow.) On a personal note, Jeff Roddin mentioned that he had recently been swimming in Europe and offered to find us the international hit, "Naked Men and Women Swimming Through Europe."

Next up on the agenda was our September 2000-August 2001 budget, which we approved. Here are the highlights: Income, mostly from the Albatross Open and team dues, \$8,760. Expenses include newsletter, \$750, national team and relays, \$350, miscellaneous, which

includes swim caps for all, new kick boards, web page costs and the MLK program, \$1,590, the fun meet, \$150, and the biggie, the Albatross Open, \$5,100.

On the subject of the Albatross Open, Tom announced that he and Jenni Main will share the director's chair this year. The meet will be March 31 at the MAC, and Tom and Jenni are already prowling for helpers.

Under "New Biz," we talked about perpetuating the Tom Denes Service Award, which John Feinstein inaugurated last year and has now become the Ancient Mariner Service Award.

After listening to rousing nomination and acceptance speeches, we elected officers and board members, namely Tom Denes, president and registrar, Jeff Roddin, vice president and record keeper, Jenni Main, treasurer, moi - Lisa Berger - secretary, Dottie Buchhagen, newsletter editor and webmaster, Michelle Chesnut, member-at-large, and Martha Zeiger, member-at-large. Barbara Clifford and Jason Krucoff are also at-large board members. Of course our coaches, head coach Clay Britt plus Stan Tinkham and Marco Quinonez, remain an essential part of the team power structure.

We adjourned before 1 p.m., an early

IF YOU HAVE NOT RENEWED YOUR ANCIENT MARINER USMS REGISTRATION, THIS IS YOUR LAST NEWSLETTER! USE THE FORM BELOW TO RENEW.

Potomac Valley website: http://www.pvmasters.org				United States	
UNITED STATES MASTERS SWIMMING MEMBERSHIP APPLICATION 2002				Masters	
PLEASE PRINT LEGIBLY THE NAME YOU WILL USE IN COMPETITION				Swimming	
Last Name		First Name		Mid Initial Jr, Sr, III, etc	
				<input type="radio"/> RENEWAL <input type="radio"/> NEW REGISTRATION	
Street Address				(Office use only)	
()				102-	
City		State	Zip	Fee \$35.00 Make check payable to: Montgomery Ancient Mariners Mail form and fees to: Michelle Chesnut 5809 Ridgeway Ave Rockville, MD 20851	
Phone Number		Birthdate (mm/dd/yy)		Age	Sex
()					
Potomac Valley Club Name or Unattached		<input type="radio"/> I wish to contribute \$1 (or \$) to the USMS Foundation <input type="radio"/> I wish to contribute \$1 (or \$) to the Intl Swimming Hall of Fame Foundation			
12 - Montgomery Ancient Mariners		I have added these amounts to my registration fees			
<input type="checkbox"/> Please check here if you coach Masters swimmers					
"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."					
Signature _____				Date _____	
email (opt): _____					
\$8 of the membership fee supports the PVLMSC; \$8 is designated for the calendar year subscription to SWIM Magazine; \$7 supports USMS; \$12 supports ANCM.					

BULLETIN BOARD

THIS 'N THAT

by Tom Denes

◆Forty four swimmers participated in the 2000 version of the Fun Meet. We returned to our old format of handicapping each race by age and throwing everyone together. We also counted points again. We competed against Fairfax County Masters and the Terrapin Masters and prevailed against both. A party followed the meet at the home of Tom Denes.

◆Carole Kammel placed third in her age group (30-34) at the Omaha Arts on the Green 1/2 marathon on August 29, 2000.

◆Erik Osborn ran the New Yoek City Marathon, his first marathon.

◆I bragged to the wrong person. I told Penny Bates that I had done 16 meets plus one open water swim this past year. That inspired her to tally up her meets:

10 swim meets/ 16 days total
8 running races (5 5Ks, 1 10K, 1 10M, 1 1/2 Marathon)
6 triathlons (1 mini, 4 sprints, 1 Olympic Distance)
2 biathlons (Madeira, Alcatraz)
2 open water swims (Reston, Chesapeake Bay)

That's 27 events over 33 days. I surrender.

◆Brian Davis ran the Philadelphia Marathon and qualified for the Boston Marathon.



◆Patrick Hwu reports that Allison Nicole was born Dec 28 (7lbs, 4oz). Photos and details: <http://members.nbci.com/thehwfamily>.

◆We ended the year with a record number of Ancient Mariners: 245 members! We ended last year with about 200 members.

◆If you would like to be on the team e-mail list, please forward your e-mail address to: WaterPrfCh@aol.com

HAPPY BIRTHDAY TO YOU.....

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

SCHEDULE OF EVENTS

1/27/01: DCRP SC Meet - Washington, DC SCY; Meredith Gardner, 3020 Proter St NW #203, Washington, DC 20008, 202-364-4111, EMAIL: meredith@pressroom.com; Pre-entry (1/22/2001) WEB: www.pvmasters.org/entry.htm

2/3-4/01: SC Winter Invitational - Richmond, VA SCY; Nancy Miller, 60 Bellona Arsenal, Midlothian, VA 23113, 804-320-2143, 804-285-2758(o), planning@usms.org; Sanctioned by VA LMSC

3/31/01: ALBATROSS OPEN MEET, MONTGOMERY AQUATIC CENTER, NORTH BETHESDA, MD - Entry form enclosed

4/7/01: Virginia Masters SC Champs - Newport News, VA SCY; Charles Cockrell, 107 Lilburne Way, Yorktown, VA 23693, 757-865-6250, cockrell@usms.org; www.vaswim.org/2000LCM.pdf; Sanctioned by VA LMSC; Pre-entry (3/30/2001) & Deck-entry

4/21-22/01: Colonies Zone SCY Champs - Goodwill Games Pool, Eisenhower Park, Long Island, NY SCY; Lisa Baumann, AquaFit Masters, 734 Franklin Ave #383, Garden City, NY 11530-4525, 516-294-7946, 516-294-7947 (fax), aquafitinc@aol.com; Entry to be posted mid-September 2000; www.aquafitmasters.org; Sanctioned by MR LMSC

5/15- 9/30/01: 2001 USMS 5K & 10K Postal Championship PST-LD; Pam Himstreet, 3339 NW Windwood Way, Bend, OR 97701, 541-385-7770, him@bendnet.com; Sanctioned by OR LMSC; Entry Deadline 10/10/2001

5/17-5/20/01: 2001 USMS SC Nationals - Santa Clara, CA SCY; Alma Guimarin, 48 Jackson St, Los Gatos, CA 95030, 408-399-6178 (h), 408-947-2298 (o), aguimarin@aol.com; Sanctioned by PC LMSC; Pre-entry www.santaclaraswim.org/competitions/2001USMSNationals/main.htm

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