

The Rime

Volume 7 Number 2

June, 2001

SHORT COURSE NATIONALS - SANTA CLARA, CA

by Dottie Buchhagen

Twelve ANCMs competed at the 2001 USMS Short Course National Championships in Santa Clara, CA from May 17th to 20th. The team placed 5th out of 144 in the small team category. The times and places of the participants are:

Block, Andrea J (35-39)

200 Free	2:01.25	13
500 Free	5:28.46	11
50 Fly	27.59	6
100 Fly	59.91	5
200 Fly	2:12.15	2

Boyd, Timothy L (30-34)

50 Free	21.86	7
100 Free	46.80	2
200 Free	1:45.74	3
200 Back	2:02.22	5
50 Fly	24.80	9

Britt, Clay (40-44)

50 Free	21.80	2
50 Back	24.38	1
100 Back	52.19	1
200 Back	1:54.97	1
50 Fly	23.74	2
100 IM	53.41	1

Dicks, Wally C (35-39)

200 Breast	2:04.84	1
50 Breast	26.57	1

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FROM THE EDITOR

cCheck out all the meet results and upcoming events on the Montgomery Ancient Mariners website at <http://www.ancientmariners.org>.
cPlease send comments and suggestions to: dbuch@mindspring.com

UNFINISHED BUSINESS: THE ENGLISH CHANNEL - PART 2

by Nick Olmos-Lau, MD

Below is the continuation of Nick's experiences in attempting the English Channel crossing last Fall

FORMATION OF THE ENGLISH CHANNEL

The Channel was formed by the complex downfoldings of the earth millions of years ago and was filled by a sea until about 2 million years ago.

About 450,000 years ago the drainage patterns of the European rivers were different. The North Sea was a huge chunk of ice from Norway extending down to France and England; but the Channel did not exist then. The rivers Thames, Rhine, and Maas drained into a basin that was dammed by the ice in the North, contained to the South by a chalked land bridge that connected France and England, and blocked the water from flowing to the South. Until the last ice age about 25,000 years ago, the sea level in the North Sea was 300 feet lower than at present. When the sea level began to rise about 8,000 years ago, at the end of the last Ice Age, a torrential flood of immense proportions began to develop. A very high pressure built up that could not be contained by this chalky bridge, so the bridge began to crumble giving rise to the Channel. The existence of numerous underwater gorges carved into the bedrock of the Channel and giant displaced boulders that belong geologically several miles upstream bear testimony to this colossal event. These submerged chalky cliffs, composed of alternating layers of clay and limestone and rocky pebbles of flint, started getting loose underneath the water. After a while, the

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NINTH ANNUAL ALBATROSS: A RECORD-SETTING MEET

by Dottie Buchhagen

The Ninth Annual Albatross Open was a record breaker. Participants came from as far away as Maine [Hal Dower (69)] and Florida [Roger Hawkins (53) from Gold Coast Masters]. Greater than two-thirds of the 211 were from 14 Potomac Valley teams. In all, members from 24 swim clubs and three unattached swimmers competed in the meet hosted by the ANCM on March 31st at the Montgomery Aquatic Center. Swimmers ranged in age from 24 [Katie Hathaway (ANCM) and Daniel Jent (ALEX)] to 91 [Elizabeth Dziadus (CONN)] for the women and 79 [Clarence Webb (1776)] for the men. Eleven USMS or Fina World Records were set in the fast MAC pool.

An appropriate theme for the Albatross could have been "We're getting older AND better." VMST's Beth Baker celebrated her entry into the 40-44 age group by garnering four world records. Three were in the fly -- 50 m (29.68), 100 m (1:05.49) and 200 m (2:26.15). Her fourth record was in the 100 m IM (1:09.20). Beth's accomplishments can be put into perspective by noting that the previous records were set in 1993 (200 m fly at 2:29.19), 1995 (50m fly at 30.17),

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MONTGOMERY ANCIENT MARINERS

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ANCM PROFILE: LYNN WYMELENBERG

by Dottie Buchhagen

Lynn Wymelenberg will be competing to qualify for the Para-Olympics in the middle of June. I interviewed her about her disability and its impact on her swimming.

When did you begin swimming? Were you on a team?

My parents insisted we (my sisters and I) take swim lessons because our family owned a lake cottage and we went there often. And if we learned to swim we wouldn't have to wear our life jackets while there. I learned to swim at the age of seven through the Menomonee Falls (Wisconsin) Recreation Department. After one session, we joined the Menomonee Falls Swim Club.

Did you compete?

I swam AAU. I competed for the Menomonee Falls Swim Club until the age of thirteen and then changed to the Wauwatosa (WI) Swim Club. I set many state records and Junior Olympic records. In 1968 at the age of 12, I won the 100 m free for Region 7 (WI, MN, IA, NE) and qualified for the Junior Olympic Nationals. My time for the 100m free was 1:08++. I beat out Sara James who swam in the 1972 Olympic Trials but did not qualify.



Girls' sports in high school started my sophomore year and I swam for the Menomonee Falls North H.S. Our team took second place in the state for two years. I was also involved with synchronized swimming in high school.

I swam in college for the University of Wisconsin-Eau Claire. Our team took second place in state.

What is the origin and nature of your disability?

My original injury goes back to 1973. I was hit by a car while riding a motorcycle. All the bones in my right leg were broken; a part of my right femur and my patella were smashed, and my ankle was broken. I had three different surgeries in a year, making my hospital stay a total of 6 months. I got my knee to bend to about 85 degrees. In 1994, I fell down some stairs and a year later I had arthroscopic surgery on my right knee, in 1996 a knee replacement and, in 1997, a revision. I was left with a knee that bends about 35 degrees.

How long have you been swimming with the Ancient Mariners?

I joined ANMC in 1995 after my arthroscopic surgery but quit when I had my total knee replacement. I started swimming for therapy in 1999 and joined ANMC again in 2001.

You swam in the Albatross Meet on March 31st. How did you do?

I swam the 100 and 200 breast. I needed times to qualify for the 2001 Disability Championships in Phoenix this month.

What are the Para-Olympics?

The Para-Olympics are held soon after the Olympics in the same city. They are international competitions for disabled athletes that began in the 1960s.

You are in a category designated S. What are the categories and how they are determined?

Swimmers with physical disabilities compete in Classes S1 – S10 (free, back, fly), Classes SB 1 – SB9 (breast), and Classes SM1 – SM 10 (I.M.). Swimmers who are blind/visually impaired compete in Classes S11, SB11 and SM11. Swimmers with cognitive disabilities compete in Classes S14, SB 14 and SM 14. I'm S10 in free, back, fly, SB9 in breast and SM10 in I.M.

For physical disabilities, the disabilities are determined by a series of tests. First there is the bench test, which is done by a qualified person to test range of motion, strength, etc. Then there is the water test which is basically swimming all four strokes, starts, turns, floating and kicking. The tests are done on a point system and, depending on the number of points you receive, you are assigned the category in which you compete.

How did your knee replacement affect your swimming? Did you have to change your style or stroke?

My swimming has changed somewhat. I start in the water and not on the starting blocks. And it took me a while to re-learn a flip turn. I can only come into the wall on one side and my right leg sticks out of the water when I flip. I push off on one leg, as I can't get my leg under me to push off. My breaststroke kick is affected. I cannot bend my knee to do the whip kick. My right leg is somewhat weak.

What is your training schedule? Do you have special coaching to help you prepare for qualifying?

I've been swimming under Coach Stan Tinkham at Olney on Saturday mornings. I try to swim 4 – 5 days on my own during lap swimming at Olney. My older sister is also my coach. She is a physical education teacher at a high school in the Chicago area and was a former high school swim coach there. Under her coaching, her school eventually won state. She e-mails workouts to me and we are in contact every other day. When she comes for a visit, we can be found at the pool working on my strokes. I had been swimming 20,000 – 25,000 yards per week. I've dropped down to 16,000 yards.

Have you had to alter much else in your daily routine to accommodate your knee replacement?

My life changed pretty drastically after my knee replacement. Since my knee only bends about 35 degrees I cannot do many things. I cannot run, ride a bike (my family is a biking family), take walks, hike, or sit in back seats of cars. I even have a hard time at movie theaters if there is no room for my legs. Going out to restaurants sometime poses a problem. In most dining booths my leg goes numb because my foot doesn't touch the ground. I cannot do things that involve bending the knee. I take stairs one at a time.

What do you do when you are not swimming?

I'm a (as I like to call it) Domestic Engineer. I'm a stay-at-home mom and I volunteer in the schools my children attend. I also volunteer for the American Red Cross at the National Naval Medical Center. I'm a first aid/cpr/lifesaving instructor. I'm also an assistant scoutmaster in my son's Boy Scout troop and a crew advisor in my daughter's venture crew.

COACHES CORNER: NADINE CLAYTON

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.

Masters swimmers are fun to coach. There are no parental figures looming in the bleachers ready to pounce if their little Johnny does not get to lead the lane. I remember when I was swimming competitively in the YMCA program, one of my fellow swimmers had to contend with her father sitting in the balcony sending her hand signals on how to swim the practice. I can laugh at this now, but in my childhood swimming was surrounded by a lot of pressure. In Masters Swimming, there are no overbearing parents, and swimmers are free to pursue their own goals at their own pace.

The challenge of coaching Masters Swimming is to create a swim practice that meets the goals of all of the swimmers. In every Ancient Mariners swim practice we have a combination of social swimmers, competitive swimmers, swimmers who train for fitness and swimmers who are training for a triathlon. Every coach has a unique coaching style. For example, I prefer to give long, interval training sets that combine short distances in the form of a pyramid or a ladder. This type of practice may not be ideal for someone who is training to swim across the Chesapeake Bay. However, a distance swimmer can benefit from my coaching style by focusing on improving stroke technique and increasing the intensity of swimming throughout the set without losing the quality of the stroke.

Whatever your goal or purpose for showing up to practice, you can make the most out of any swim practice by concentrating more on the *quality* of your swimming than on the *quantity* of your swimming. Racing through the set as fast as possible to cram the most distance into the practice is not the best way to train. You

can swim longer and faster by improving your stroke technique. Next time you swim a set, count how many strokes it takes you to swim one length of the pool. Try to lower the number of strokes you take per length. Think about how you might develop your stroke technique to increase your stroke length. Are you pulling all of the way through the stroke? Remember that what happens under the water is much more important than how fast you can rotate your arms through the stroke. When swimming interval training sets, try maintaining the quality of your stroke throughout the fast swims. Save the racing mentality for when you are on the starting blocks. When in practice, make the most of your time in the pool by maintaining the quality of your stroke throughout the quantity of your workout.

Editor's note: Nadine is a substitute coach at the MAC. She coached a summer league community swim team in New Jersey and competed at the collegiate level as a Scarlet Knight for Rutgers University.

ALBATROSS MEET

(Continued from page 1)

1998 (100 m IM at 1:11.13) and, the most recent, last year (100 m fly at 1:06.61).

Clay Britt (40-44) was in his third month of celebrating his 40th birthday. The ANCM proved that he is not so ancient by setting three world records. Two of those were in backstroke -- 50 m at 27.44 and 100 m at 58.47. These records upset the 27.84 and 59.26 times set by William Specht (USA) in 1998. His third record -- 100 m IM at 1:00.54 -- beat out that of last year's record holder Dariusz Wolny from Poland (1:01.95).

Joann Leilich (60-64) from DCM bested her own world record in the 200 m breaststroke at 3:18.25. Her previous time of 3:18.34 was set in 1999. Joann added her new record to the 50 m and 100 m breaststroke records that she set at the Albatross meet last year. Those records still stand at 41.35 and 1:30.58.

DCM Anne Walker, who moved into the 85-89 age group, set two USMS national records in the 50 m backstroke (1:01.72) and 200 m backstroke (4:57.09). This was just further proof that swimmers really take advantage of aging up!

The awesome women's relay team from DCM consisting of Barbara Frid, Joanne Leilich, Jayne Bruner and Beth Schreiner set a USMS record (240-279) in the 400 m medley at 6:09.31. Their time broke the previous record of 6:24.68 set by the St. Louis team in 1992. The DCM women's relay team currently holds USMS records in the 200 m free (2:19.96 set in 2000), the 400 m free (5:25.45 set in 2000) and the 200 m medley (2:43.47 set in 1999). The DCM women are really taking advantage of the fast MAC pool -- all of their records were set at Albatross meets.

Clay Britt received the meet award as the Fastest Man in the Water. He clocked 24.56 in the 50 m free to become the oldest recipient of that award. He and last year's recipient, Mike Fell, also 40, competed closely for this year's award. Clay touched the wall 0.12 sec before Mike. The award for the Fastest Woman in the Water went to Dori Kauffman (30-34) from FXCM for her performance in the 50 m free (27.98). Laurie Hug of 1776 was designated the Most Versatile Swimmer by turning in a handicapped 2:19.71 in the 200 m IM (her actual time was 2:34.61).

Congratulations to meet directors Tom Denes and Jenni Main for an exciting event. Also, many thanks to the numerous ANCMs and their friends, who volunteered for registration, timing, refreshments, and other activities, and to the officials who monitored and recorded the swims. Marci McCalley's efforts in putting together the post-meet social were greatly appreciated by the hordes of hungry swimmers who gathered to eat Italian food and cookies as they watched the University of Maryland's basketball team lose their early 22-point lead over Duke in the NCAA Final Four.

Note: We raised \$2,358 at the meet this year!!!



CJ Hall's regular column will reappear in the next issue. She is taking time off from writing.

NOTES FROM THE BACK OF THE PACK: Report on the Bethesda Triathlon, April 1, 2001

by Richard Sachs

At 6:00 in the morning of April Fool's Day I stood in the soccer field of the Bethesda Y with about 180 other people. The temperature was in the low 40s, the clouds were low and dark and it looked like it was going to rain. A drop of a couple of degrees and it might snow. Half the people were stripped down to their speedos and I was about to join them.

A big guy racked his bike next to mine. He was built like Clay but even bigger. He looked at the sky, down at me and said, "Let me tell you, we don't have weather like this at Kona." I was speechless. He turned and trotted off to the pool. The ground shook under his feet. Naturally, I never saw him again.

This was my first triathlon, a sprint distance with a 500 yard swim, a 10 mile bike and a 2.5 mile run. I had been training, sort of, since January although I hadn't actually ridden my bike until February, mainly because I didn't have a bike until the end of December and hadn't been on a bike in almost 40 years if you don't count a graduate school summer in England. This triathlon, a benefit for a group called Cure Autism Now, was sort of a spring training triathlon. Low key and they didn't time the transitions. This was good for me because I was nervous enough.

I had seeded myself slower than dirt for the swim but still ended up in the third of five waves. The swim was in one of the outdoor pools at the Y; it was heated and it was the best part of the race. There is something really delicious about swimming in cold air and warm water. We swam more or less in heats and it was the only time I actually passed other racers. My goal for the swim was to go steady, not worry about the time, and come out of the water with my heart rate (HR) around 118 beats per minute (BPM) - during my train-

ing I had become a slave to my heart rate monitor (HRM) - a very aerobic pace (AP). And that I did. Got out of the water and felt great (only 500 yards - I could do that standing on my head). I headed for my bike.

Because there were no times for the transitions, people stood around and chatted, dried off, had a cup of coffee, took their time. I was psyched and hustled right along. My goal for the bike was similarly modest: stay upright, shift when appropriate, don't crash. I headed off on a route that went down Old Georgetown Road to Cedar Lane, left down that long hill by the fire station, then right on Wisconsin past Bethesda Naval and back through the northwest quadrant of downtown Bethesda and back up Old Georgetown Road to Cedar Lane. Two circuits of this.



Immediately I fell behind. It became clear that my bike training had been woefully inadequate. I had no technique, no power, no knowledge. Also, I was just learning to use clipless pedals and discovered that even though on my training rides I had gotten myself clipped in pretty quickly, in the race, I was way down the road before I got my other shoe clipped into the pedal. On the first circuit, by the time I got past Bethesda Naval, I was getting passed by everyone. I got lapped by a racer in a tear drop helmet who almost blew me off the road in his wash. I got passed by a middle aged woman riding a Raleigh three-speed with a wicker basket on the front. It was like getting passed by Miss Marple. I finished the first circuit and one of the race marshals hollered to me, "Is this your second time around?" Nope.

By the time I finished the bike course, three-quarters of the soccer field was empty. People had finished, had some coffee and doughnuts and gone home, probably, I thought, to crawl back into their nice warm beds, a place that began to have a lot of appeal to me. I set out on the run and two things became apparent. First, my run training had also been flawed. Too much flat work, not enough hill work. I never realized this part of Bethesda was so hilly. It seemed like I was doing nothing but going up and down. Second, I was sure I was dead last and I could hear the volunteers collecting the pylons behind me.

Again, I was passed by lots of folks and I never passed one. But I was still keeping my aerobic pace and staying between 118 and 122 BPM. The HRM doesn't lie. I thought I must have a lot of gas left and I sent the signal to my legs to get moving, but my legs just weren't receiving. This was the longest two-and-a-half miles I had ever run. Maybe I had gotten lost, I thought. And just then I passed the half way mark and got some water. On and on, I ran alone. I passed a house having a yard sale and pushed away the thought that it would be nice to stop and browse.

Then I came up a rise and in front of me was the finish line and, amazingly, there were still people there. They shouted encouragement: "You're great." "Thanks so much for coming out today." There was even a finishing chute. A crowd (small) was gathered. I got my legs to simulate a kick and ran through the chute and people actually patted me on the back and shook my hand and told me what a great race I'd run. I chose to believe them. It was only a suburban street in Bethesda, but it was Kona to me.

For the record, the winning time was 6:33 (swim), 30:33 (bike) and 16:39 (run), total of 53:45. And I didn't finish dead last, in fact I finished second in my age group (55-59). Full disclosure - there were only two of us. Nevertheless, one of the small pleasures (and few) of aging up.

CRAZY HURRICANE WOMEN

by Angela Nevaldine and Kathleen Etxegoien

Alligators, Sting Rays and Sharks Beware! The Lane 2 cabana girls competed in the annual St. Pete Beach Hurricane Man swim in Florida on May 12th. Both of us successfully completed the grueling 2.4 mile swim. With the exception of the 6:00 a.m. visit to the problem desk (one of us forgot to sign the death and dismemberment form), the conditions were perfect for the race -- a brilliantly sunny sky, warm air, warm 75° (?) water, and flat, calm sea. A mere warm-up for the 2002 Five-Mile Swim-Around St. Croix!

The St. Petersburg Masters Swim Team sponsors the annual swim that ends at the Hurricane Restaurant (hence the name of the race). Our times were 1:26:05 (Angie) and 1:33:03 (Kathleen). These times obviously reflect the fact that we chatted for the first mile in true lane 2 fashion. The overall female winner swam with a time of 50:11; the oldest female swimmer was 80! We now have two goals -- get our times down to 50 minutes and do it before we reach 80. We have a few more years to work on it!



Crazy Hurricane women: Kathleen and Angie

We were accompanied by our extensive race support team, "The Moms" [Ann Galioto and Carolyn Nevaldine] celebrated Mothers' Day weekend with us. The Moms provided the comfort (wine the night before and rice crispie cookies the morning of) and the confidence to undertake such a terrifying adventure. And we can't forget to thank the cabana boy who, the previous afternoon, provided most valuable information about the seas, con-

ditions, marine life and landmarks that helped us navigate a course with only two buoys -- one at the start and one at the finish! Who says Lane 2 isn't serious?

P.S. Any takers for next year? The beach down there is beautiful. We ought to know, we sat on it all afternoon after the race.

SCM NATIONALS

(Continued from page 1)

100 Breast	57.02	1
100 IM	54.44	3

Fell, Michael A (35-39)

50 Free	21.75	2
100 Free	47.96	5
50 Back	25.88	4
100 Back	55.43	1
50 Breast	28.56	10

Lewis, Rory B (35-39)

50 Free	22.46	12
50 Fly	25.17	14
100 IM	58.27	13

Lim-Sharpe, Judy (50-54)

200 Free	2:30.40	12
50 Free	28.53	5
100 Free	1:05.60	6
500 Free	7:05.34	13
50 Fly	32.32	7

Osborn, Erik C (30-34)

50 Free	21.49	2
100 Free	47.43	4

Ramsbottom, Jeri M (25-29)

50 Free	25.76	4
100 Free	56.31	8
200 Back	2:16.77	4
50 Back	29.45	4
100 Back	1:02.83	3
100 IM	1:03.85	7

Roddin, Jeffrey H (30-34)

50 Free	22.41	12
100 Back	55.48	6
50 Fly	23.90	6
100 Fly	52.12	2
200 Fly	2:00.11	3
200 IM	2:00.96	7

Van Pelt-Diller, Lisa (40-44)

50 Back	28.24	1
100 Back	1:01.72	2
200 Back	2:15.73	3

Williams, Susan O (35-39)

50 Free	26.41	18
50 Back	29.00	5
100 Back	1:03.60	9
50 Fly	27.83	8
100 IM	1:04.12	7

Mixed 200 Free Relay 1:34.20 1

Osborn, Erik C

Ramsbottom, Jeri M
Williams, Susan O
Boyd, Timothy L
Men 200 Medley Relay 1:34.45 1

Britt, Clay
Dicks, Wally C
Roddin, Jeffrey H
Fell, Michael A

Men 200 Free Relay 1:25.85 1

Dicks, Wally C
Fell, Michael A
Lewis, Rory B
Britt, Clay

Women 200 Free Relay 1:44.48 4

Ramsbottom, Jeri M
Williams, Susan O
Block, Andrea J
Van Pelt-Diller, Lisa

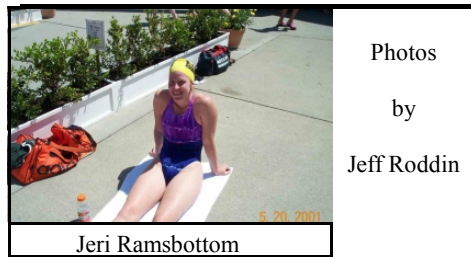
Mixed 200 Medley Relay 1:45.84 2

Williams, Susan O
Roddin, Jeffrey H
Britt, Clay
Ramsbottom, Jeri M

Mixed 200 Medley Relay 1:44.39 1

Van Pelt-Diller, Lisa
Dicks, Wally C
Block, Andrea J
Fell, Michael A

Congratulations to all these ANCMs for their terrific performances!



Jeri Ramsbottom

Photos
by
Jeff Roddin



Wally Dicks finishes

Jeff Roddin

FOR SALE

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

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

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

UNFINISHED

(Continued from page 1)

high velocity of the water began to push these pebbles to the beaches and that is the reason they are so numerous.

Few other underwater sites on Earth have been so extensively explored as the English Channel, mainly because of a longstanding interest in the construction of a tunnel to connect England with the continent.

Some attribute the seabed chalk to marine fossils, because most limestone contains a high percentage of marine fossils (urchins and corals). Others attribute the

origin of the glassy dark brown or gray flint stone pebbles to the silicified remains of sponges and other marine creatures.

What is particularly puzzling is how these beach pebbles were engulfed into the chalk. Some think that flint originated from muddy chalk that hardened with time.

Many old buildings both on the English and French shores of the

channel built with chalky stones have incrusting flints in them (for example, Trinity Church in Dover). Some geologists attribute the alternating layers of chalk and rock pebbles in the hills to effects produced by retreating glaciers.

CURRENTS AND TIDES

The English Channel has some of the strongest tides known to man. They are particularly intense at the Strait of Dover, where the narrowing produces an hour-glass effect. The water oscillates in a North-South line with corresponding rises in the West and a fall on the East.

The moon has a powerful effect on the Channel tides, giving rise to "spring" and

"neap" tides. This is of particular significance to channel navigation and swimming.

There are twice daily tides, with ranges that can vary as much as 30 feet in some portions of the Channel. The water flows in (floods) from the Atlantic to the North Sea for 6 hours, and then flows back down in a reverse direction for another 6.5 hours ebb tide).

Strong tidal currents are created when the Sun, Earth and Moon line up. This is due to a greater gravitational pull on the water, causing what is known as Spring tide. This occurs every 14 days.

Conversely, when the moon is at right (90 °) angles with the Earth and the Sun there are minimum tides known as neap tides. Neap tides are more favorable for a successful swimming crossing. Additionally, strong tidal currents are present near the shore on both sides of the channel and parallel to it. These are due to the tidal water drainage from rivers. This is the reason that stronger effort is usually necessary to break away from land and to get into shore upon arrival.

The Channel surface water temperatures vary from 45-61F during the year. Warmer temperatures in the lower 60s can be seen occasionally in the summers near the shore. This is a serious limiting factor for prolonged immersion, because of the danger of hypothermia.

Editor's note: The next, and final, installment of Nick's story of his 2000 English Channel attempt will explain how weather conditions and predictions factor into the swim. The first two installments are accessible on the Bulletin Board of the team website [http://www.ancientmariners.org]. Nick will make a second attempt to conquer the Channel this coming August.

ANCMs IN 2000 USMS SCM TOP TEN

by Dottie Buchhagen

Eighteen ANCMs achieved the status of placing in the Top Ten of USMS swimmers in their individual events for the 2000 Short Course Meters season.

Among women 30-34, Jenni Main achieved four (50 F, 50, 100, and 200 BR), Barbara Clifford three (50, 100 and 200 BK), Carol Kammel two (50 and 1500

F) and Terese Kominski one (50 BR) positions in the Top Ten..

Penny Bates ranked in three (200 BR, 100 and 200 FL) and CJ Lockman Hall in two (100 and 200 BR) Top Ten times among women 35-39.

Margot Pettijohn (50-54) garnered six Top Ten positions in 50, 100 and 200 BR as well as in 50, 100, and 200 FL.

Eleven ANCM men also placed in the 2000 USMS Top Ten. Dan Rudolph (25-29) qualified in 400 IM.

Among men 30-34, Jeff Roddin had six Top Ten times (50 F, 100 BK, 100 BR, and 50, 100 and 200 FL). Tim Boyd had two (100 BK and 100 FL). Mickey Hall placed in the 200 FL.

Clay Britt and Wally Dicks each had four Top Ten times in the men's 35-39 age group. Clay's were in the 50 F, 50 and 100 BK; Wally's were in the 50 F, 50, 100, and 200 BR. Mike Fell placed in the 50 and 100 F and 100 IM. Jason Crist placed in the 50 FL.

The remaining three men who achieved Top Ten SCM times were Gerry Gray (40-44) in the 200 IM, John Feinstein (45-49) in the 50 and 100 FL, and Marshall Greer (60-64) in the 50 and 100 BK

Specific times can be found on the USMS [http://www.usms.org] and the ANCM websites. Congratulations to all for their achievements.

DOTTIE BUCHHAGEN WINS ANCM SERVICE AWARD

by Tom Denes

The 2001 Montgomery Ancient Mariner Service Award was presented to Dottie Buchhagen at the Albatross Open social. Since joining the team in 1996, Dottie quickly became a force on the team. In 1997, she graciously volunteered to take over the newsletter and has been editor ever since. The newsletter is now a rich compilation of articles and information. Dottie established a team web site in 1998 and has been maintaining it ever since. In addition to her role as editor and webmaster, Dottie also competes in swimming. She enjoys the challenges of one- and two-mile open water swims. Thanks for everything you have done, Dottie!



Nick beside the bust of Webb, the first person to cross the English Channel 125 years ago

ONCE AROUND POPLAR ISLAND

by Meryem Tangoren-Masood

Talbot County in eastern Maryland is one of the most beautiful places I've been to. There are several old farms and historical homes. The weather was a lot like England, cloudy and rainy the entire weekend.

It was so quiet when we arrived, that I nearly couldn't sleep. Our room in the old servants quarters had thick beams, uneven floors and lots of other details of colonial architecture. Saturday morning I woke to the sound of birds chirping. Like a child, I was filled with excitement to begin exploring the area. Nasir, my husband, caught up to my energy level once he had a shower. We ate in the sun room of The Wade's Point Inn. It was like a scene from a movie. The water surrounded our entire view. The room was filled with white wicker furniture, ceiling fans, and scenic landscape watercolors on the walls.

After we ate freshly baked rolls and muffins, we decided to drive towards the race site. As we drove out of the Inn, we saw free range chicken and lots of other animals. Our eyes continued to be filled with more farms and scenes of the Chesapeake Bay.

the main road, we went for a 1/2 hour swim. I loosened up and got a temperature reading, 64 in the deeper areas, 67 in the shallow areas. It felt very comfortable.

After the swim, Nasir and I joined Joe on a boat ride around the island. This was a great way to see the course and learn about the island. Paul, who owns Lowe's Wharf, gave us a very informative tour. He recently purchased Jefferson Island. Later you'll understand why I thought that it was pretty neat to meet the owner of Jefferson. After our boat ride, we drove towards Tilghman Island and ate lunch outdoors. We had a cloudy view of the race course in the distance. The rest of the afternoon we strolled through St. Michael's, a very adorable town with flower boxes lining the narrow main street.

On Sunday, race day, there was no sun, just overcast and some fog. Rev. Erv Brown from St. Michael's led an invocation for us swimmers. Together we prayed for strength and courage. The water, not very salty or rough, was 63-64 degrees. About five minutes into the swim, there was a huge field of jellyfish. My arms and face got it bad. But I kept swimming. I told myself that it was good to overcome my fear of swimming with jellyfish. I started to make a game of dodging them if I could. Then I realized

it didn't matter, and that I was wasting my energy. Once I got into deeper waters they thinned out. I am no longer afraid of the stingers — I can swim through them.

Poplar Island has been eroding for years. Recently the island has been undergoing a huge 12 year long, \$307 million restoration project. The U.S. Army Corp. of Engineers and the State of Maryland are using

struction site, filled with huge barges and cranes. The scenery was not very glamorous. But this project is so high profile that they have barges coming in and out of the site around the clock, even on Sundays. Some of us swimmers had to wait for the shipping channel to clear, but it wasn't long at all. The tug boats move so fast. I loved swimming across the deep cool access channel, it was refreshing.

The neatest part of the swim was at the pasta dinner the evening before. Mary Jane Fairbank spoke about how she grew-up on Jefferson Island, which is part of Poplar Island. Jefferson Island was a "club" for Presidents around the 30's-40's. Mary Jane's father was a caretaker and she told us of her experiences when President Truman and Senators were there. I thought of Mary Jane and her memories as I swam, knowing that a part of the moneys raised from this swim will help plant trees on the new Poplar Island.

Nasir was on the safety boat, so I only saw him a couple of times. At the access channel he told me to pick it up, I was in fourth. I planned to do sprints once I cleared the island. As we left the island, there was a strong ebb that was pushing against us. My kayaker, David, said I had slowed down. Hearing that got me powered up to push harder. My arms nearly fell off as they spun crazily. David looked at me with awe and encouragement as I worked the last 2 miles. I took my last feed and he told me to keep trying to catch 2nd place. I focused on swimming well, pulling harder and stronger. The water actually felt too hot. I finished third overall, only a minute behind Bob Lazaro in 4:15. First overall was Julie Peterson with a time of 4:06. My friend Nick Olmos-Lau also finished really well, in 4:31.

This year is the last year Joe Stewart will be organizing races, after 10 years. I sincerely appreciate how patient and kind he has been. The swims he organizes are so much fun and they go towards worthy causes, like AIDS and the environment. Like the Potomac swim, the event is very low key, friendly and an overall wonderful experience. I'm so fortunate that I've been able to participate.

Meryem is a Master's Swimmer at Asphalt Green in New York City. She often visits her folks in Bethesda, MD and swims the Sunday work-outs with the Ancient Mariners. She will be swimming the Manhattan Island Marathon Swim on June 23rd and the English Channel in August.



Nick Olmos-Lau, Meryam, Julie Peterson (ABC, Annapolis, MD), Maureen Rohrs (ABC), Michael Lee (TERR), Kristen O'Laughlin (Portland, OR), Cheryl Wagner (TERR), Bob Lazaro (TERR), Rob Dobry (TERR), Bob Aitcheson (Charleston WV)

At Lowe's Wharf, we saw Joe Stewart, race director, and his mom, Dot. They were already getting things ready for the 10 mile swim around Poplar Island. After we helped Joe with signs to the Wharf off

dredging waste, from maintaining the shipping channels in the Baltimore harbor, to rebuild the island. It is really fascinating. Swimming around the island was like swimming around a huge con-

BULLETIN BOARD



Albatross Meet and Social

Photos by Dottie Buchhagen and David Marks



Quote of the month: "Your sadistic workout yesterday not only injured me, but I thought I was going to die the rest of the day; therefore, in retrospect I guess I liked it." Penny Bates to Tome Denes (April 9, 2001)

HAPPY BIRTHDAY TO YOU.....

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

SCHEDULE OF EVENTS

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; Entry Deadline 10/10/2001

7/1/01: Terrapin Masters 800/1500 LCM Meet - Campus Rec, College Park, MD Web: <http://www.crosslink.net/~cherylw/meet800.htm> Info: Dave Diehl dd119@umail.umd.edu Phone: 301-946-0649 H (before 9PM) or 301-314-5372 W

7/7/01: 2 Mile Cable Swim - Chris Greene Lake, Charlottesville, VA OW; Patty Powis, 2112 Waters Mill Pointe, Richmond, VA 23235-2915, 804-272-7291, ppowis@aol.com; www.vaswim.org/;

7/8/01: KING OF THE PIER-1 Mile Ocean Swim, Seaside Hts., NJ Web: <http://www.lin-mark.com>

7/14/01: Maryland Swim for Life - Chester River, MD 1, 2, 3, 4, or 5 mile swim to benefit persons with HIV/AIDS. Information: Joe Stewart: (410) 767-1354 Email: cherylw@crosslink.net Web: www.crosslink.net/~cherylw/sfl2001i.htm

7/14/01: 1 Mi Ocean Swim for the Dolphins - Wildwood Crest, OW; Dave Hirsch, Beach Patrol, 609-465-5590; Sponsored by the Brigantine Mammal Stranded Center & Wildwood Crest Beach Patrol

7/15/01: DCRP 21st Annual LCM Meet East Potomac Pool, Hains Point, Washington, DC, Meredith Gardner, 3020 Porter St, NW #203, Washington, DC 20008. (202) 364-4111, meredith@pressroom.com

7/21/01: 1 Mile Ocean Challenge Swim Wildwood, NJ Web: www.lmsports.com/occh.htm

7/22/01: Crossing Rainbow Channel Swim - Somers Point, NJ <http://www.lmsports.com>

7/28/01: Ocean City Masters 1 Mile Swim - Saturday, July 28, 2001 - Ocean City, NJ Web: www.lmsports.com

7/29/01: DC Masters LCM Meet - George Mason Univ, Fairfax, LCM; Joann Leilich, 7209 Hansford Ct, Springfield, VA 22151, 703-354-2130, jjl@rails.com; Barbara Frid, 703-550-7314; Sanctioned by PV LMSC #101-005

THESE ARE ONLY SOME OF THE EVENTS SCHEDULED

CHECK THE ANCM WEBSITE (<http://www.ancientmariners.org>) FOR A COMPLETE LISTING