

The Rime

Volume 7 Number 3

September, 2001

LONG COURSE NATIONALS - SEATTLE - AUGUST 16-19

by John Feinstein

The city of Seattle is one of the better-kept secrets on the planet. Perhaps it is because there is no easy way to get there--unless you live in Oregon--or it may be because those who live there talk constantly about how much it rains, a ploy, many are convinced, designed to keep people from moving there en masse.

Seattle in good weather is gorgeous. And, if you are sick and tired of summer heat, Seattle in August, with cool mornings and comfortable afternoons, is about as good as it gets. (No, this is not a paid advertisement for the Seattle Board of Tourism).

Sadly, Seattle is slightly more than 2,300 air miles from the Washington, D.C. area. That distance, great weather or no great weather, kept the contingent of Ancient Mariners who made the trek to this summer's Long Course Nationals, very small. In fact, a year after most of the team made the 30 mile trek from the MAC to UMBC for the 2000 Nationals, only five Mariners went west.

Penny Bates, Margot Pettijohn and Andrea Block (chairwoman of the Illinois branch of the team) were joined by Mar-

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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



THE DUPLICITOUS CHANNEL

by Nick Olmos-Lau, MD

On Saturday, July 28th, 2001, the English Channel allowed me to swim across it, accompanied by a support boat and crew. It took us 13 hours and 41 minutes. We departed from Shakespeare beach in Dover, England at 5:26 AM and landed on a muddy shore near the town of Wissant, France at 7:07 PM. Nancy [Thomas], my wife, was my trainer, responsible for monitoring my stroke rate and feeding me warm fluids every 30 mins. Lisa, my daughter, made the last painful hour go by faster by swimming along side me, acting as a pacer. The expert guidance of our boat Captain, Mike Oram, led us to completion.

Swimming the Channel is something that can't be taken for granted. Every single completed swim is a victory of determination, willpower, and skill against natural forces that do not intend for this event



to take place. Even the most skilled and expert swimmer struggles here, as I witnessed time and again. Savoring MY success did not last long, as soon thereafter it was tinged by a bitter sense of

tragedy. I learned that on August 12th, 2001, a 37 year old Swiss swimmer, expert triathlete, and fitness instructor was lost by attempting the Channel in 20 knot winds and high seas about one mile from Calais, after swimming for about 16 hours. Allegedly he disappeared under a 6 foot wave, and he never re-surfaced. His body was recovered floating near the port of

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SUPER SEXTO LATYCAR (SUPER SIXTH LATYCAR)

by Myriam Pero

We had a marvelous international swimming competition in San Jose, Costa Rica this past August, with more than 55 teams of 16 countries from Latin America and the Caribbean (LATYCAR).

This LATYCAR is held every two years in different places and the interest shown is greater every time we get together. For me it was great to be reunited with teammates of many years ago. It had been over 30 years that I had seen two of them; one even traveled all the way from Germany. And with the other teammates, it had been more than 7 years. Only three of them had competed in the previous LATYCAR in 1999, one of them my twin sister. This meet has also given me the opportunity to make new friends within our team.

The opportunity to belong to the Montgomery Ancient Mariners has helped me keep in good health and physical condition to compete as a member of The Bogotá Tennis Club, Colombia's National Team and win five gold and three silver medals in this Super Sixth. These medals gave me the points to be awarded with the trophy of the overall winner in my age group. Among the first places,

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MONTGOMERY ANCIENT MARINERS

Tom Denes, President
 Jeff Roddin, Vice President
 Michelle Chesnut, Treasurer
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 Dottie Buchhagen, Editor, Webmaster
 Jeff Roddin, Recordkeeper
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 Coaches: Tom Denes, Danielle Schaefer
 Marco Quinonez
 At-large officers: Martha Zeiger, Jason Krucoff, Barbara Clifford

ANCM PROFILE: TWO GUEST SWIMMERS

by Elena and Natali Selenski

After being asked if we'd write a small report about the time we spent with the swimming team in D. C, here it is:

You could claim that the swimming pool had a kind of historical importance for my sister and me. It was where we decided we would spend four weeks this past summer. Michelle Chesnut was so kind to agree to take two unknown German girls into her home. Thank you for your spontaneity.

We should answer the most frequent question we were asked: What is differ-



Natali Selenski

ent about living here and living in Germany? This is hard to explain: It is the small things that altogether make the difference. I know this isn't satisfying, so you should find out for yourself. But for us, we

would say: If we had all our family and friends here and if we had more money, we could spend a part of our life in D. C.

It's impossible to see the entire city with all its beautiful sights, but we did enough sightseeing to get an impression. Furthermore, we had much fun in Ocean City, Baltimore and New York. And of



Elena Selenski

course--not to forget--we went to the swimming pool. Despite our professional dress (swim cap and goggles), we preferred, after having swum one single round, to change the frontier. We joined the seniors and enjoyed pedaling in the water.

We'd like to thank Angela Maddux and Renate (Fischetti) Winkler for their efforts to find a family for us, and especially Ray Ladbury and Michelle Chesnut for the wonderful time we spent with you and your friends. We love you.

Note from Michelle: You might be wondering how we lucked into this one. Well we answered the APB that Renata sent out when they were trying to find suitable hosts. I guess they were desperate, since we were chosen. Anyway, it was a great experience, and now I've got empty nest syndrome.

ANCM PROFILE: FOLLOW-UP

Lynn Wymelenberg qualified for the Para-Olympics in June. Her first place times in the 200m breast (class SB) were 4:35.09 in the preliminary 4:30.51 in the final. Both of these were American records. In addition, she placed third in the 100m breast and 800m free, fourth in the 400m free, and seventh in the 100m and 200m free. Congratulations, Lynn!

Rehobeth Revival Mile Swim

by Geoff Schaefer

On August 19th Rob Burkholzer, Peter Haack, Brian Davis and Geoff Schaefer swam in the Rehobeth Revival Mile race that was sponsored by the Warf Rat Swim Club. The ANCM team finished second only to the experienced Rehobeth Beach Patrol Lifeguard team. Congratulations!



Geoff Schaefer, Pete Haack, Brian Davis, Rob Burkholzer

Stoudts Brewery Trip Summer 2001

by Geoff Schaefer

On August 25th a group of young ANCM swimmers made the annual trek to Stoudts Brewery in Pennsylvania. After spending the day speaking German, dancing the Russian Waltz, winning the mug-holding contest and telling stories of yesteryears' glorious swim races, the group of nine went to the local camp site and roughed it for the night in their tents. It was a blast!



The gang's all here....



Geoff takes on the Stoudts challenge.

MONTGOMERY ANCIENT MARINERS - 2001



REMEMBER TO GIVE YOUR USMS REGISTRATION DUES AND SWIM FEES TO ONE OF THE COACHES.

FREE

All registered ANCMs are eligible to receive a free swim cap. Contact Tom Denes at 301-564-4234 or by email WaterPrfCh@aol.com if you have not gotten yours.

COACHES CORNER: CLAY BRITT

I sit to write this after the attacks on New York City and Washington and hope that all are well and safe.



Beginning this Fall, I will be taking a minimum of a year hiatus from coaching and coordinating the Montgomery Ancient Mariners program. I have asked our long-time team president, Tom

Denes, to handle these responsibilities for me and, fortunately, he has eagerly agreed to do so. In the future, please direct all questions to Tom regarding the team and the workouts.

Back in 1994 (as I recall), I was swimming with the team and then coach, Heidi. The word came out that Montgomery County Recreation Department was looking for someone to spearhead all their Masters swimming programs at the three different pools in the county. Jeff Kostoff and I were running swimming clinics for kids and adults at the time and decided to offer our help. We were fortunate to get the position from the Recreation department and started what would be a very rewarding experience for both of us. Jeff coached at MLK until three seasons ago when, as his life was becoming very full, he decided to retire. We were lucky enough to find Marco [Quinonez] to take over the MLK program.

Over the years, I have worked hard at balancing the demands of being a Financial Advisor, a competitive Masters swimmer, a Masters swim coach and, for the past 5 years, a husband. This past August, I was invited to join Salomon Smith Barney in downtown Bethesda and after 12 years with First Union Securities, I accepted this opportunity. The demands of this change and the responsibility to my clients required that I evaluate the activities in my life. After much thought, I concluded that my wife Mary could not be one of the things I sacrificed! Next came the new job and I too have bills to pay, so that stays! Next up was my swimming life. I knew that if I continued both my swim-

ming and coaching that both would suffer. Being a very competitive type, I felt that I could not put in less than 100% into my swimming and despite my threats of retiring over the years I plan to continue competing at my best. At the end of the day, the coaching was the thing that I had to let go. I am not willing to coach a group of enthusiastic swimmers if I can't put 100% into it and I felt that you all deserve 100% out of your coach. So with mixed emotion, I had to step aside from the coaching.

Tom and I have arranged to have members of the team help coach workouts along with our regular coaches. I feel this will work very well for you and the volunteers. I imagine that they will bring a new enthusiasm to the pool deck.

Finally, I want to thank everyone that made coaching the team so much fun. I have developed many great friendships and look forward to continuing to be very involved in the team. Have a great year.

2001 – 2002 COACHING CHANGES

by Tom Denes

Coach Clay will be taking a break from coaching and organizing the program this year. He has asked me to run the program in his place. CJ Lockman Hall and Nadine Clayton will serve as regular coaches at the Montgomery Aquatic Center. In addition, Stan Tinkham has retired as the head coach at the Olney Swim Center. In his stead will be Danielle Schaefer. Marco Quinonez will continue as the head coach at the Martin Luther King Swim Center. Schedules and bios for each of the coaches are presented below. Please e-mail (waterprfch@aol.com) or call (301-564-4234) me with your comments or concerns.

CJ Lockman Hall – Montgomery Aquatic Center (Tuesdays)



CJ Lockman Hall swam at Princeton University and joined USMS a few years after college. She has trained with the Ancient Mariners

team since its inception and has been a regular coach. She has also coached MSCL teams and Rockville Masters. CJ has USMS Top 10 rankings and USMS Nationals top-ten placings in many events. She is currently the Potomac Valley Treasurer and is married to Ancient Mariner Micky Hall.

Nadine Clayton - Montgomery Aquatic Center (Thursdays)

Nadine Clayton has been an Ancient Mariner since Fall 1995. Prior to attending college, she taught swim lessons and coached an age-group summer swim team in New Jersey. She earned a swimming scholarship to Rutgers University, where she competed as a

Scarlet Knight in the 50, 100 and 200 freestyles.

Danielle Schaefer – Olney Swim Center (all sessions)

Danielle Schaefer coached age group and master's swimming for six years for the Maryland Suburban Swim Club. She attended Catholic University where she graduated Summa Cum Laude in Greek and Latin and holds the school record for 200 butterfly. During her years at Catholic, she was a member of the All-Conference team and was a three-time NCAA Division III Academic All-American.

Marco Quinonez – Martin Luther King Swim Center (all sessions)

Marco Quinonez started swimming when he was 10. He was a champion swimmer in Guatemala at the 400m and 1,500m distances. He once performed an 18-km race in Lake Atitlan. He has been coaching since 1971 and is a member of the A.S.C.A., N.I.S.C.A. and M.A.C.A. He has been coaching the Montgomery Ancient Mariners for three years.



UNFINISHED BUSINESS: THE ENGLISH CHANNEL - PART 3

by Nick Olmos-Lau, MD

This is the third, and final, installment of Nick's experiences in attempting to cross the English Channel last Fall.

WEATHER CONDITIONS AND PREDICTIONS

Another factor of paramount importance in Channel crossing is weather prediction. Of all the factors that go into a crossing, weather is undoubtedly the most crucial for a successful swim.

The local TV weather forecasts are unhelpful for channel crossing purposes, concerning themselves mainly with land conditions, and often neglecting to relate the shipping or ocean forecast or conditions. We found a local Marina to be our best source of information, and we started regular visits there.

There was a lack of consistency of most afternoon forecasts from those released earlier in the day. The channel forecast issued in the morning rarely held up. Invariably the winds shifted direction or speed, the cloud covers would move in, storms of various strengths including gales and every kind of foul weather seemed to pop out of nowhere.

The weather conditions remained poor during my neap tide, meaning the wind speeds, direction, waves and chop were unfavorable for navigation, swimming or both.

Many channel swims are cancelled because of poor weather and rescheduled on a different tide or a different season. Because of the effort in preparation and the expense, this is a rather onerous alternative. Our next hope was to find a good weather day during the following Spring tide, hoping for the best conditions possible. Unfortunately, there were other complications.

As the Spring August tide advanced, we observed from the beach one morning during preparation for our morning training session that the tall Harbor front retaining wall was almost submerged by the height of the high tide water level. I was told this was not a favorable sign, because

it meant unusually high tide with more water volume, which produces stronger currents. This can occur if there have been numerous preceding storms, or if there have been strong winds pushing back the tide.

The structure of the Channel favors the flow of water upstream (in an Easterly direction) until the tides switches direction by the pull of the moon. In other words, high tide at Dover means the water will continue flowing past Dover at a variable speed up the North Eastern aspect of the Channel for another 4 hours past high tide. This is called "tidal current" and in the English Channel it can reach speeds of up to 4-6 miles per hour during Spring tides. For all practical reasons the swimming experience outside the Harbor is more subject to lateral displacements and can hamper forward advances.

When I attempted to cross the channel during the second Spring tide last August 2000, I chose to swim during the Spring tide because it was the only time I was able to get reasonable weather, and I could not stay in England for the next Neap tide.

MY ATTEMPT

A brief account of my attempt can be summarized as follows. We left from Shakespeare Beach (near Dover) around 11 20 am. I was pushed for 5 hours after high tide in Dover in a North Easterly direction, then when the tide changed for another 5 hours in the opposite direction. The distance covered by this lateral pull-push effect covered 30 miles. Because of a slightly more powerful northerly displacement I was placed into a wider part of the channel. This would have caused me to attempt a crossing beyond the narrowest stretch of the Channel of 21 NM, to a distance of approximately 42 NM in a wider point of the Channel to the level of Dunkirk or Oostende. This was one of the major factors in my decision to stop my swim, considering that it would have taken probably more than 20 hours to finish if at all. After such a long period of swimming the additional coastal tide current required effort would have made landing very difficult to achieve in the face of fatigue and very prolonged immersion. When I left the water after swimming nearly 10 hours, I had covered almost 15-16 miles of the length of the channel, but I was in good health and good spirits. I felt it was the right decision, and after a short rest I felt ready for another year of training.

DUPLICITOUS

(Continued from page 1)

Oostende, Belgium, 6 days later.

My channel experience, while exhilarating, in many ways felt like a 1-2-3 punch. The water was cold and polluted. Countless passing tankers, liners, and ferries magnified the current, swells, and chopiness. Gigantic, colorful jellyfish loomed in the waters mid-way across, while I hoped I wouldn't be crossing their paths. Close to what appeared to be the welcome end, the 3-mile marker was a crucial and deceptive turning point. It was near that point that Mike Oram said "for the next 45 minutes I want you to swim as hard as you can, sprint ALL-OUT, or else your swim is over." In truth, the only alternative, had I not picked up my pace would have been to swim in place, fighting the current for another 5 hours until it changed, hoping not to get swept too far off course. This was disheartening considering the great effort I had made thus far to hold a steady pace for 12 hours in freezing water. I was ready for a break not a sprint to the finish. After surmounting that stumbling block, touching the sands of Wissant beach was an exhilarating and unforgettable moment that I know I will cherish forever.

The English Channel is a mysterious and enigmatic body of water. Complex navigational skills are necessary to cross it, since the routinely adverse conditions alone place a great strain on the swimmer. Occasionally, unexpected treacherous conditions can create even more serious perils. I know now why I felt so spellbound by it ever since I contemplated plunging into those infamous waters for the first time.

Editor's note: Nick's articles are accessible on the Bulletin Board of the team website [http://www.ancientmariners.org].

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

LATYCAR

one was the 3 K Open Water Swim, which took place in a fantastic resort, Punta Leona, that I would describe as a paradise lost in the jungle.



Myriam (on right) with her twin sister Gladys

Our team with only eight swimmers did very well. We placed 7th overall and 5th in women among 56 clubs. We had a total of 13 gold, 4 silver and 4 bronze. We were able to participate only in two relays: we placed 3rd in the IM and fourth in the freestyle.

Our only male representative also did very well. He got 2 gold, 1 silver and 1 bronze medals.

I would like to take this opportunity to thank ARENA for their sponsorship. They provided the team with very nice swimsuits with the Colombian logo and swim caps.

I will try to promote Masters Swimming in Colombia; we definitely need to have a larger team in the next LATYCAR 2003.

HOW MANY OF YOUR TEAMMATES DO YOU RECOGNIZE ?



LCM NATIONALS

(Continued from page 1)

shall Greer and me at the King County Aquatics Center, which is in Federal Way, about 25 miles south of downtown Seattle.

It was in this pool that the 1990 Goodwill Games were held.

It was in this pool that Wally Dicks became the oldest man in history to qualify for the Olympic Trials.

So how come they forgot to build locker rooms or showers?

Okay, technically there were both. Each locker room came equipped with about 20 lockers and a dozen or so coat hangers. They did have showers although they lacked one ingredient: hot water.

There were 954 swimmers entered in the meet, a big drop from the 1,380 who Marshowed up to swim in Baltimore. Meets on the east coast always draw larger crowds and the fact that both nationals were held on the west coast this year with next year's short course event scheduled for Hawaii (Memo to Jason Crist: It is NOT a 90 minute flight from Los Angeles to Honolulu) clearly kept the number of swimmers attending down.

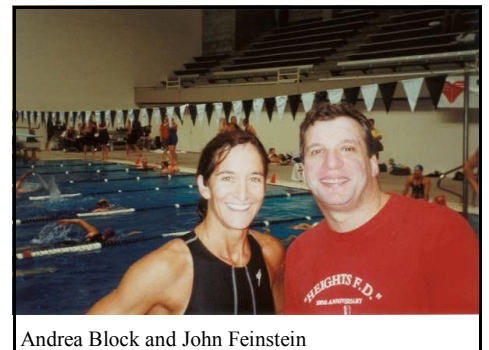
The good news about that was that the meet ran a lot faster than last year's did even though once again there was only one eight lane pool for competition. (Memo to Jeff Roddin: Someday you must use your overwhelming powers of persuasion to convince USMS to only schedule nationals in two-pool venues. If this means going to Fort Lauderdale every summer, so be it.) The meet was also run with daily check-in, the point being to cut down on the number of scratches in heats. Whether that was achieved is questionable; certainly sleep was cut down on since swimmers had to check in at a specific hour for each event, regardless of whether the meet was running behind or not.

But it all worked out in the end.

Each of the five ANCMs (even me) had several top five finishes. Block, swimming in the 40-44 age group, finished second in four events (50 and 100 butterfly; 200 and 400 freestyle) and third in one and swam a 2:34.82 200 butterfly, that was stunning to watch. In that same event, Bates did something almost impossible to do: improving her time from one year to another in a 200 meter race by 15 seconds. Bates also finished third in the 1,500 freestyle in her debut in the 40-44 age

group and swam the best 200 breastroke of her young life. Pettijohn, graduating to the 55-59 age group, had two seconds, two thirds and two fourths and, naturally, declared once again that she wasn't much of a sprinter.

Marshall Greer, who had the best reason of anyone to be in Seattle (his son lives there) made a nice comeback after a tough summer health-wise, finishing third in the backstroke events in the 65-69 and in the 50 freestyle. He did all this even though he only had three weeks to work out and had to swim next to an ex-Olympian every time he stepped into the



Andrea Block and John Feinstein

pool. "I'm wearing him down," Greer said.

The upset of the meet was that I failed to finish 11th in any event. I managed a second in the 50 fly in 45-49 and a fourth (dying like a pig) in the 100 fly along with a fifth in the 800 free, seventh in the 50 backstroke and eighth in the 100 back. (Memo to Clay Britt: Quit laughing about those backstroke finishes).

A year ago, with everyone present and accounted for, the team was dominant in relay events--winning four times, breaking world records twice. This year, scraping together two mixed relays was no small task. Nonetheless, the 200+ medley relay team of Greer, Pettijohn, Feinstein and Bates managed to finish seventh. The mixed freestyle relay would have squeezed out a 10th place finish if some moron swimming the anchor leg (me) hadn't jumped (at least they SAID I jumped) causing the relay to be DQ'd. Does that count as an 11th?

The good news was that no ANCMs were thrown out of the meet and no one on the the team made any meet officials cry. (These things have occurred in the past in Federal Way). The Long Course Nationals next year are in Cleveland, a short plane flight or a six hour car ride from Washington. You are all encouraged (and will be badgered) to attend.

BULLETIN BOARD

- Baby Cole Robert weighed in at 6 pounds, 14 ounces on July 18th. Cole's parents are Brett and Mike Bagshaw.
- Julie Andrews and Jason Krucoff became the parents of Aaron Satchel (7 pounds, 5 ounces) on August 19th.
- Jenni Main and Eliot Waxman welcomed Ethan Joshua (8 pounds, 7 ounces) into their arms on August 27th.

- Christy Underdonk and Brian Davis swept to overall victory in the Make-a-Wish Triathlon held in Bethany Beach on Sept. 23th
- Penny Bates won the women's 40-44 age group in the Make-a-Wish Triathlon and had the fastest women's swim split. Congratulations to all!



Penny Bates, Tom Denes, Patricia Clifford, Al Navidi, Jeff Roddin, Christy Underdonk at the Make-a-Wish Triathlon



Marcee Smith at the 2001 Triathlon National Championship on Sept 1st in Coeur d'Alene, Idaho



Dave Marks completing the Crossing Rainbow Channel Swim to benefit Alzheimer's research July 22nd in Somers Point NJ.

Photo credits: Nancy Thomas (p.1), Geoff Schaefer (pp.2 and 6)), Myriam Pero (p.5), Penny Bates (pp.5 and 6) David Marks (p.6), Al Navidi (p.6), Tom Biery (p.6)

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

SCHEDULE OF EVENTS

10/6: Columbus Day Meet - Washington, DC SCY; Eric Czander, 1736 13th St NW #1, Washington, DC 20009, 202-462-7919 (h), 301-295-4779 (w), Email: czander65@aol.com; www.swimdcac.org/documents/2001acdcapplication.pdf Sanctioned by PV LMSC

10/21: Patriot Masters Sprint Classic - George Mason Univ, Fairfax, VA SCY; Drew Moll, 9127 Glenbrook Rd., Fairfax, VA 22031, 703-352-9265, acmoll@acm.org; <http://www.pvmasters.org/entry.htm>

11/11: JCCNV 5th Annual Lox and Bagels meet at JCC-NV; Matthew Alvin 703-323-0880 ext. 32 or email matta@jccnv.org Web:<http://www.pvmasters.org/entry.htm>

12/2: Terrapin Masters 1000/1650 Yard Meet; Campus Rec Facility University of Maryland, College Park, MD. Call Dave Diehl 301-946-0649 H (before 9PM) or 301-314-5372 W or email dd119@umail.umd.edu Web: <http://www.crosslink.net/~cherylw/meet1000.htm>

12/31: Swim in the New Year; Campus Rec Facility University of Maryland, College Park, MD. Call Bob Lazzaro 410-442-7649 H (before 9PM) brlazz@aol.com <http://www.crosslink.net/~cherylw/ny02.htm>

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

