

# The Rime

Volume 8 Number 1

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## ANCIENT MARINERS NEW ZEALAND - HOST TENTH ANNUAL ALBATROSS MEET POSSUMS, DOLPHINS AND FINA WORLD MASTERS SWIMMING

by John Feinstein

There is always something special about a swim meet hosted and run by your own swim team. There's the familiarity with the pool and the locker rooms and with most of the people on the deck. There's the knowledge as you drive up to the Montgomery Aquatic Center that Carole Kammel will not be on the deck suggesting that 4x400 IM is a nice way to get a workout started. It's fun, even if Tom Denes doesn't save a sweatshirt for you.

The Albatross Open has now become a staple on the local Masters swim calendar. Not only is it well-attended by most of the local teams, it draws swimmers from up and down the east coast looking for spring time short course meters meet, held in a good pool, that's well-run and has a good party afterwards. What's not to like (other than Tom and the aforementioned sweatshirt problem)?

And so it was that close to 200 swimmers showed up at the MAC on April 6th for the Tenth Annual Albatross Open. The meet was perhaps best summed up by Brigid Feinstein, age 4, who looked around the deck at one point and said, "Boy, there's a lot of people here working really (actually she said weally) hard."

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by Penny Bates

Marshall Greer and I, along with DCRP's Mark Pugliese, attended the Ninth FINA World Masters Swimming Championships in Christchurch, New Zealand in March. New Zealand is a beautiful country of almost four million mostly friendly people, 50 million sheep, and 70



million non-native red bush-tailed possums who eat 21 thousand tons of vegetation every night. In an effort to reduce the possum

population, a wide variety of possum products, including socks, gloves and sweaters are produced. In 1893 New Zealand was the first country to give women the vote and is known as something of a social laboratory.

Christchurch is located on the east coast of the South Island on the Canterbury Plain, the flattest land I've ever seen. Just south of the city, three extinct volcanoes form a hilly peninsula with two scenic harbors, Lyttleton and Akaroa, where you can swim with endangered Hector's Dolphins (while wearing a wet suit) or do a 3K open water swim (without wearing a wetsuit) in 60 degree water.

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## SUN SAFETY TIPS

by Patrick Hwu, MD

With the summer rapidly approaching, many of us will be spending more time in the sun. It's a wonderful time of year filled with outdoor swim practices, beach vacations, boating, gardening, and other fun activities. However, sun exposure also has its dangers.

Ultraviolet rays from the sun can damage cells in the skin, which can lead to several kinds of cancer. Some of these are highly curable if caught early; but some can be deadly if treated too late. This is especially true for melanoma, which is a cancer derived from pigment producing cells in the skin (the cells that cause sun tans). Melanoma is dangerous because it can spread (or "metastasize") to other parts of the body, including the liver and lung. In addition, as the protective ozone layer decreases, the risk of melanoma has increased over the years.

But if health risks don't bother you, remember that sun exposure also damages the connective tissue of the skin, causing premature wrinkles. (But there's always Botox, and who needs facial expressions anyway?)

These risks, though can be greatly decreased by following a few simple guidelines.

- The primary prevention is to avoid exposure during peak sun hours (10am to 4pm). Plan outdoor activities

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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](mailto:dbuch@mindspring.com)

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## ANCM PROFILE: BENGT BENGTTSSON

by Dottie Buchhagen

### Q. Where did you learn to swim?

In my childhood home village of Tomelilla in southeastern Sweden.

### Q. Were you on any teams while you were in school?

Yes, I swam with two different university varsity teams in the U.S. In Sweden, I always trained with club teams.

**Q. What style of coaching did you receive?** During my 20 years as a swimmer I received all different kinds of coaching. My coaches have been everything from “psychos” and “control freaks” to normal



human beings. Most of my received coaching has been elite type of coaching. While in Sweden I swam on a very competitive team with several

national team members. In the U.S. I received typical college coaching.

### Q. Is that the style that you are using for us?

I am consistently conducting self-studies on swimming and Masters coaching and when developing my own coaching style I have tried to pick the best from my own experiences and my studies. In my coaching style I also try to incorporate leadership and motivational skills that I have gained from my MBA studies.

### Q. When did you join the Ancient Mariners?

In April of 2001.

### Q. Do you compete often?

I swam at two Masters meets in 2001, but I do not have any plans to pick up serious competition within the foreseeable future.

### Q. What are your favorite events?

When I swam my Masters meets I stuck to short events, like 50 backstroke, 50, 100 and 200 freestyle. Before swimming at the Masters level my favorite event was the 400 meter freestyle.

### Q. What motivated you to become one

### of our coaches?

Before starting swimming at the Masters level I swam for 20 years, of which about ten were years of hard and dedicated training and competing. Nowadays I am working fulltime and I feel a little burned out on active swimming, and these are the reasons why I ended my pre-Masters swimming career. However, swimming has been for long, and still remains, my passion and I will probably be involved in swimming in one way or another for the rest of my life. When I was asked to coach I saw it as a great opportunity to remain within the sport and to help others.

### Q. Are we the only team that you coach?

No, I am also coaching the Swim Club Team at the University of Maryland, College Park. The members of that team are college students.

### Q. What major differences do you find between the two groups?

Actually there are great similarities between the two teams in spite of the differences in the swimmers' ages. However, at my practices at UMCP there are usually fewer swimmers per practice, which allows me to offer more individualized attention to each swimmer.

### Q. I have noticed that you are very technical in your approach to the sets. Do you have a special “philosophy” that you are applying?

Well, yes. As a swim coach it is my goal to make my swimmers better swimmers and I apply the coaching theories I believe in. This means that my sets are geared towards making my swimmers better and sometimes my sets can seem hard or require a lot of paying attention. I try always to have specific goals with each set and I try to avoid handing out “filler sets”. Sometimes I tell the swimmers what the goals of the sets are, but due to the large number of lanes and swimmers at each practice and the time it takes to explain, this is not always practical. If the swimmers know what the purpose of the set is, hopefully they will not feel the sets are meaningless and this should motivate them to try to accomplish the goals of the sets.

I also try to motivate and get my swimmers fired up when doing hard sets. While at practice, I want my swimmers to take as much out of the practice as they want. It is part of my coaching philosophy to try making my swimmers realize that there is an extra reward, besides all the

health benefits, from challenging themselves physically. Knowing that you did a hard set and gave it all early on a cold Sunday morning is great for your self-esteem. Once you get used to hard sets, you start noticing improvement and it becomes fun to challenge yourself to try to be faster than last time. Unlike a lot of other things in life, feelings of pride cannot be bought (not even with MasterCard) and a lot of people in today's society are stuck in daily routines that don't offer much for pride or personal rewards. I want my swimmers to realize that swimming is a source of that, but that it's up to them to earn it. For this reason I do not hesitate to hand out hard sets. If the swimmers are medically fit, they should not be afraid to swim sets the way I instruct them to. It is all about accepting the challenge and doing the work.

### Q. When did you come to America?

August of 1997.

### Q. What do you miss most about Sweden?

My family, friends, and all kinds of Swedish candy.

### Q. What aspects of America surprised you?

I was surprised about how hospitable Americans are. In case you didn't know it, Americans are considered to be very friendly people with nice personalities by foreigners who have lived here for a while.

### Q. What do you find most different and did you have difficulty adjusting?

The food in the U.S. is quite different from what I used to eat in Sweden. The food here is much more unhealthy and it took a while to get used to all the fried and fatty food here.

### Q. What is your occupation?

Systems engineer. More specifically, I am working on most phases of the development of communications equipment.

### Q. Are you using similar skills, namely an analytical approach, to work out the practice sets?

Yes, my work is very analytical and detail oriented. As a person I also tend to be very deep and I like to analyze a lot.

The annual ANCM Stoudt's brewery camping trip will be August 24th. Details will be posted to the ANCM website or contact Jeff Roddin at [PVRegistrar@usms.org](mailto:PVRegistrar@usms.org) for more information.

## REPORT ON THE MARCH 10TH DAN- NON DUATHLON

by Desiree Ficker

I knew there would be some tough competition going in but I had my mind set on winning. I flew in from San Diego late Friday night, as I had been training at the Olympic Training Center in Chula Vista, CA for the past few weeks. I was feeling fit, particularly on the bike. Alida Anderson met up with me at the airport and we got a sweet deal on a rented Ford F150 pickup truck with plenty of room for our bikes and other luggage. We drove to the hotel the race organizers had arranged and met up with Marjan Huizing, my training partner and good friend.

The next day we rode out the course under the hot Florida sunshine and I was happy to see the course was smooth and fast, aligned with lovely orange grooves all around. I was riding my new P3 Cervelo, courtesy of Mark (thank you thank you!) and Cervelo. I have never felt so comfortable or fast on a bike before, it felt like a little rocket ship!

Later in the evening we all went out to a pasta dinner in a fun group, including Tim Luchinske, Benny Van Steelant and two other Dutch guys that were visiting for the race. We had a great time eating pasta



heaps and sharing stories. The Dutch guys were extremely amazed by the size of the pizzas floating around the restaurant. They had never seen a large pizza before! My dad had joined us at this point so I had even more home support.

Race morning I woke up groggy at 5 am. I was nervous as heck but I kept

reminding myself to concentrate on my race preps, to breathe and relax. It helped to have Marjan and Alida around to distract me. Everything went smoothly leading up to the race and before I knew it I was on the starting line ready to go. The announcers called out the names of Andrea Ratkovick, Vicky Newcombe and Marjan Huizing. I was secretly pleased that they left my name out, knowing I had been given the chance to surprise everyone.....

The race took off fast, led by the pro men and Vicky Newcombe who must have gone through the first mile in under 5:10. I came through mile one in a brisk 5:20 and was feeling stiff and heavy. Negative thoughts began to creep into my mind but I kept reminding myself to stay smooth and strong, that I would be on my bike soon. My dad, Sarah Rosencranz, and other friends were extremely encouraging the entire first run. Andrea caught up to me at around 2.5 miles and we came out of T2 within seconds of one another, thanks to my transition practice in Colorado and the camps in San Diego.

I pedaled hard with my feet on my shoes, keeping Andrea within legal limits. We approached a downhill in the first mile and I pulled ahead with a hard surge, thinking she would respond but that was the last time I had to worry about her, thank goodness. I was now in second and feeling very strong on little Cervelo. I felt like I was flying as I approached an awkward figure up ahead of me. A surge of joy and goosebumps broke out everywhere as I realized it was Vicky! I passed her with blast at mile five and, out of the corner of my eye, I could see her looking at me. I put my head down against the wind and plowed onward, knowing she and Andrea would both be running fast on the second run.

The bike went by quickly, the TV crew was filming me and cheering me on. As I began to pass a few pro men, I knew I was doing well. Unlike Benny, I had made sure I was aware that we were supposed to stagger as the motorcycle was watching me with the men. As I approached the transition, I spotted my dad who began jumping around with crazy excitement, seeing I was in first. I had no idea where the next woman was behind me but I had a feeling she was a ways back. It was as if there was a certain stillness in the air. I got off my bike and felt a slight

cramp in my calf and began to think, even if I have to crawl my way in, I will keep this lead. A friend yelled out that I had a two minute lead and I knew that unless I collapsed I would win.

The sun was beating down hard and every cord in my body ached and burned. Trey Cassidy ran by me and shouted "Bonzai!!", the first of many. Several of the pro men were cheering me on while I ran by them in the other direction on the two loop course. My dad was telling me to pretend that the guy in front of me was a girl and I could see Andrea had gained a little on the last turnabout. She was too late. An enormous feeling of relief and happiness washed over me as I crossed the finish and I couldn't stop smiling for the next two hours. Marjan came across the line in a very strong fourth place and we hugged for a long time. I could tell she was very proud of me. The TV guys interviewed me and my dad stood behind them, looking like he had just won also.

The rest of the day was great. Trey, Mary and Alida (2nd amateur overall!) all had very good races. Steve Locke was there and made me feel very special. I gave a little speech at the awards and received the biggest paycheck I have ever won by far. We spent the day at the pool with our little crew and I am pleased to say that I can swim much faster than Benny. Then again, I think anyone could, what form! Yikes.

I look forward to seeing you all soon. I am extremely thankful for Mark and for setting me up with my new race bike, and to my coaches for tuning me into shape in San Diego.

### 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](mailto:WaterPrfCh@aol.com) if you have not gotten yours.

### FOR SALE

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

T-shirts \$11

Swim caps \$ 3

Contact Tom Denes at 301-564-4234 or by email [WaterPrfCh@aol.com](mailto:WaterPrfCh@aol.com)

## NEW ZEALAND

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After 26 hours of flying and sitting around in airports, I arrived at my Christchurch hotel at nine a.m. three days before the meet started. Since my room wasn't yet ready, I walked four blocks to a new 25-meter pool and went for a swim. Cost: about \$1.75 US dollars. Then I walked into one of the internet cafes that are on every block and let everyone at home know I'd arrived safely. Most cafes charged about one New Zealand dollar for 10-15 minutes use. With one U.S. dollar converting to about \$2.25 New Zealand dollars, this was a great deal. Sandwiches all over town were \$4, or about \$1.75 US. I also discovered how good cranberry chicken pizza can be. Since the food was quite good, sometimes I had two lunches per day! One Japanese swimmer liked the food so much, he took a picture of his sandwich.

The brand new competition pool at Queen Elizabeth II Park is about 10 kilometers from the city center. It must have been fast as 104 world records were set. Unfortunately the new leisure pool with slides, a lazy river, hot tubs and other unimaginably fun stuff, is not due to open until June. The meet itself was not too large with about 3000 swimmers, divers, water polo players and synchronized swimmers. Consequently, days at the pool were not marathons like the last world championships in Munich. If you want to go to one of these meets, I recommend going to one that is at least a 12-hour flight from nearly anywhere in the world!

During the days preceding the meet, I was able to see quite a bit of Christchurch, including the International Antarctic Center, the stepping off point for most Antarctic expeditions, and the Christchurch Museum where I saw everything from dinosaur bones to Queen Victoria's shoes. One day while trying to decipher the Christchurch bus system, I met a 67-year-old swimmer from Las Vegas and convinced him to go to the Christchurch Gondola with me. The gondola is perched on the rim of one of the extinct volcanoes and has a 360-degree view of the city, the Canterbury Plain and Lyttelton Harbor. Carole Kammel would have been proud of me.

Mark and I experienced New Zealand hospitality after taking the city bus in the

general direction of the Willowbank Wildlife Reserve for dinner and a tour of the "New Zealand Experience." After wandering rural roads in ever increasing darkness for quite a while and wondering if we were anywhere near where we were supposed to be, we met a local couple who gave us directions and told us to stop back at their house for coffee and they would drive us back to our hotels.

Even though I suspected they must be serial killers, we did stop at their house and they did give us a ride back into town. They seemed quite nice, but since they dropped me off first and since Mark and I were not swimming on the same days for the next four days, I wondered if he was still alive. Fortunately, my imagination is overactive and when I returned to the pool, I found he was alive and well and on what he termed his "ironman day," had won the 200 back and placed third in the 100 fly. I later met other complete strangers who offered rides and overnight stays in their homes. A bus driver stopped the bus to help a lost boy crying by the side of the road. I couldn't help but think that in the U.S., she may have run him over!

On the first day of the meet, I arrived at the pool with plenty of time before my 800 free. Of course I forgot we were swimming two per lane, but since I am compulsively early, I still had a few hours to spare. The



Keeping warm

who sat next to me on the flight from Los Angeles to Auckland. Laura swam for Mexico in the 1968 and 1972 Olympics and told me her goal was to catch me from 30 seconds behind. She was successful. I found that swimming long course with only one long course practice in six months is not so fun.

Marshall and I swam adequately. Mark had the meet of his life, winning the 50, 100 and 200 back and 50 fly, and finishing third in his initial attempt at his experimental event, 100 fly.

During a day off from the meet, I visited Kaikoura, about 100 miles north of

Christchurch, and saw some adolescent sperm whales. Even though they are young, they are still large. On the way home, we stopped by the side of the road and



found dozens of seals lying on rocks. Along the way were millions of sheep and several elk and deer farms. On another day, I went for a cruise in Akaroa Harbor where we saw the Hector's Dolphins. I returned to Akaroa later and swam with them. These small black and white dolphins are found only off the coast of New Zealand and are the rarest marine dolphin in the world.

The open water swim on the last day of the meet was in beautiful Corsair Bay, in Lyttelton Harbor. Wet suits were not allowed. The day was sunny and the air temperature was in the seventies, but the water was a different story. Rumors placed the temperature anywhere between 16 and 19 degrees Celsius, or between 60.8 and 66.2 Fahrenheit, so I choose to believe it was at least 18. That was a mistake. Mark started off in the second wave and with my wave due to start in a few minutes, I stepped into water that was colder than any I'd ever been in so I quickly got out. I waited another minute, waded out to my knees and seriously considered wading back out and getting dressed. But Mark already had left and I knew Robbie Allen would give me endless grief for being a wimp, so I walked up to the starting line. The woman standing next to me was covered head to toe in goose bumps. The gun went off and the two of us looked at each other and asked if we really were going to do this. We were. We are stupid.

Immediately, I was breathing like a horse in winter and gasping for air. Within a few minutes, I realized all my extra lunches weren't helping keep me warm and my feet were pretty numb. The first leg of the triangular course was endless and a bit rough but I finally rounded the buoy and then promptly started to dry heave and wonder why I do these things. I looked around and admired the scenery but it didn't help me forget how cold it was. The second leg was over relatively quickly and I rounded the second buoy

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## SUMMER READING: LIFE IS NOT A GAME OF PERFECT

by CJ Lockman Hall

If you're roaming the bookstore aisles this spring looking for a good read, consider picking up *Life is Not a Game of Perfect* by Bob Rotella, former head of the sport psychology department at the University of Virginia and currently a consultant to athletes and business people. *Life* focuses on cultivating what Rotella calls "real" talent, which consists of character, attitude, devotion, courage, persistence, and determination. Through stories of people who cultivated real talent to achieve success, *Life* shows the value of building and following a solid process for success.

In chapters that include chasing dreams and setting goals, the success process, honoring your commitments, and how real talent responds to failure, Rotella provides plain and simple advice on achieving your goals, and ultimately living your dreams.

Enjoy a summertime of success.



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

### NEW ZEALAND

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and headed for the finish. By this time I was not confident of my ability to finish, or even locate the finish, and there were few people around to follow. I zig zagged my way in, with the third leg seeming nearly as long as the first, not feeling my feet and questioning my sanity.

At the finish, people were waiting with piles of gray wool blankets (sheep products, not possum). I told the first person I saw that I was very cold and he said he would get me straightaway to a hospital! Since I wasn't quite that bad, I passed on the offer, but went directly to the hot shower where I discovered Mark had survived as well. After a long shower, putting on eight layers of clothes, consuming hot

tea, soup and mashed potatoes (I passed on the critter stew) and running for about ten minutes, I was fine. Other people weren't so lucky and many were taken to the hospital. If I ever die in one of these events, it will be Robbie's fault.

I ended up sixth in my age group and Mark was fifth in his. The second, third and fourth finishers overall were women and two of them were in my age group. Aren't we supposed to get slower as we get older?

After the meet, Marshall went off to jet-boat and visit a sheep ranch and then happily flew to the Great Barrier Reef for eight days of scuba diving. Mark and I flew home and worked on our jet lag. After a week of being tired and grumpy, I would still return to New Zealand in a minute.

Complete results from the meet can be found at [www.eventnz.co.nz](http://www.eventnz.co.nz) or [www.swiminfo.com/results](http://www.swiminfo.com/results). For possum products, [www.nzpossumproducts.co.nz](http://www.nzpossumproducts.co.nz).

### TENTH ALBATROSS

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Yes there were. None worked harder than those who won the meet's special awards. Penny Bates, triumphantly returning from the world championships in New Zealand--and still claiming to be jet-lagged--won the award for most versatile swimmer with her performance in the 200 IM. A protest of her victory was filed after the meet--by Bates--who claimed that if the newly-devised FINA formula for handicapping IMs (by age and sex) had been used, the winner would have been another ANCM, Amy Weiss. The protest was turned down by rules-guru and USMS titan Jeff Roddin on the grounds that the old formula was what was printed in the meet program.

Bates, kicking and screaming, was forced to keep her award.

Mike Fell, who normally kicks and screams BEFORE he swims, won the award as fastest-man-in-the-water for the second time in three years. Fell beat a stellar field that included fast-closing Jeff Roddin and Wally Dicks with a semi-spectacular 24.52 in the 50 free, negotiating wave-free water to victory. Beth Baker of Virginia Masters, also won for the second time in three years, capturing fastest woman honors with a 27.61. Both proved the theory that you can get better as you get older: Baker is 41; Fell, 40 -- though technically 41 under

those pesky FINA rules which age everyone up on January 1. Sort of like horses.

There were, as you might expect, a number of outstanding performances by ANCM swimmers. Roddin, who manages to go unnoticed most of the time while



out-performing 99.9 percent of the swimmers alive, produced a sterling :58.94 100 fly; Clay Britt, cranking up the wrecking-ball tour, went :58.96 in the 100 backstroke and :27.48 in the 50. Wally Dicks made breaking 30 seconds in the 50 breast look easy: :29.96 on cruise control and Fell went :54.42 for his 100 free. The evil Tom Denes produced a very fast 50 freestyle to win his new age group (45-49) and a fascinating 200 fly in which he negative split by 10 SECONDS (impossible to do) the second 100. Susan Williams was dominant in both the 50 and 100 backstroke and scared the hell out of all alleged butterflyers with a :30.24 50 fly. It was suggested by some that she stick to backstroke. The ANCM women dominated the 30-34 age group with Jeri Ramsbottom, Carole Kammel and the un-retired Mary Dowling all turning in outstanding times in sprint freestyle and in backstroke (Ramsbottom) and breaststroke (Kammel). Margot Pettijohn, rushing back from the birth of her new grandchild, arrived just in time to win a couple of events and once again declare herself a lousy sprinter.

Jason Crist was voted most obnoxious timer in a unanimous vote of all swimmers, non-swimmers, family members and members of Congress.

There were three world records set in the meet: Anne Walker of DC Masters set yet another record in the 100 backstroke in the 80-84 age group; Roger Franks of (Philadelphia) 1776 broke the 50 backstroke record in the 70-74 age group. The third record was set by the ANCM 160+ 200 medley relay of Britt, Dicks, Feinstein and Fell which went 1:50.77 to smash the old record of 1:52.41. The relay's accom-

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## TENTH ALBATROSS

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plishment was best summed up by Brigid Feinstein's mother who, learning of the achievement was heard to say: "Gee, I would think almost ANYONE could swim the butterfly leg on a relay with Clay, Wally and Mike and break a record."

Oh yeah? That butterfly leg had to be finished LEGALLY you know.



## THANKS TO MEET ORGANIZERS HELEN BEVEN AND ANDY FRASER



## ....AND TO DOUG MARKOFF FOR ARRANGING THE SOCIAL



## THIRD ANCIENT MARINERS SERVICE AWARD

by John Feinstein

In the spring of 2000, when it was decided to annually give an award to a member of the Ancient Mariners for service to the team that had nothing to do with split times or national and world records, picking a winner was so easy that it was decided to name the award after him: Tom Denes.

After all, Denes had been at the heart of everything the team did almost since the beginning. A year later, picking the winner of the second annual Tom Denes Award was just about as easy: Dottie Buchhagen, who keeps everyone up to date on what's going on within the team via the newsletter and website.

But would a third winner be as easy to select? Let's give that some thought. Suppose there was someone on the team who made sure everyone was registered for USMS each year--and constantly replenished lost registration cards for certain not-too-bright team members--who represented the team and the region each year at USMS meetings; who could tell every member of the team his or her best, worst and in-between times dating back to the middle of the 20th century off the top of his head; who ran practices, organized trips and never once complained about being left off a relay, no matter how whiny or undeserving some others might have been? That

person would be another easy choice, right?

Right.

And so it was that Jeff Roddin was awarded the third annual Tom Denes award during the Albatross Open post-meet social.



John Feinstein presents service award plaque to Jeff Roddin

Proving selfless as always, Roddin gave an acceptance speech that was several minutes shorter than the long-winded

speech given by the long-winded presenter of the award.

Few people have worked harder the last several years to make being part of the Ancient Mariners an enjoyable experience than Jeff. He has answers to every question--including what is the square root of pie divided by 2547--available upon request and, when he runs workouts, always manages to find ways to make the time in the water more...interesting. It is impossible to imagine the team without Jeff. Happily for all of us, there is no need to do so.

His job during the 12 months he holds the plaque is to have it restored to its original wording and to find a fourth winner who is as deserving as the first three.



Past Albatross Art drawn by Barbara Clifford

## SUN SAFETY TIPS

(Continued from page 1)

- ties, if possible, early or late in the day.
- If you're outside in strong sunlight, try to seek shade whenever possible and wear a hat and tightly-woven clothing.
  - Although sun screen does not protect perfectly against UV rays, its use can still cut down on some kinds of skin cancer. The American Association of Dermatologists recommends a sunscreen with an SPF (sun protection factor) of at least 15. It also recommends using a "broad spectrum" sunscreen that can block out both kinds of ultraviolet rays, UVA and UVB.
  - Apply sunscreen to all sun-exposed areas. Often people miss the back as well as the back of the legs. For those areas you can't reach, ask someone to help. This could actually be a great team bonding activity before Sunday morning practice. But for those of you with a "fear of intimacy", they do make squirt bottles which can be used to apply lotion onto the back.
  - Reapply sunscreen every 2 hours or after prolonged exposure in water or

after sweating excessively (not a problem for some of us at practice!) Water-resistant sunscreens are also available for swimming.

- Remember that sun exposure doesn't only occur at the pool or beach. Make sure to protect your skin on the soccer field, when running or biking, and even on cloudy days.
- Don't forget to protect your kids also. This may be the most critical time to avoid sunburns, since childhood sunburns have been linked to skin cancer years later.
- Don't use tanning salons. The "pale look" is making a fashion comeback, and is a much better alternative to early wrinkles.
- Limit outdoor workouts on hot days and make sure to drink lots of fluids to avoid dehydration.
- Make sure to consult a dermatologist for any changing skin lesion, especially if pigmented.

The bottom line is, you don't have to spend the summer in a cave, but with some sunscreen and common sense, you can have a fun and safe time in the sun this summer!

(For more information on sun exposure and your skin, check out the American Association of Dermatology web site: <http://www.aad.org/pamphlets/Sun-Skin.html>)

## CASEY AND GREG'S BIG ADVENTURE

by Greg Scace

As you may know, Casey and I have been racing sailboats for as long as we have been together. We race an International Tornado catamaran, which is the fastest of the eleven sailing classes in Olympic competition. A Tornado is a pretty awesome machine. It's a 20 ft long, 10 ft wide, 32 ft tall twin hulled missile capable of doing over 30 miles per hour. It can blow off powerboats when the conditions are sufficiently windy and rough. It's way stronger than we are and it can really rattle your brains out launching off of waves in the ocean. Holy Moley What a ride! It's so intense, like ripping down the most insane ski run, or driving reeeeeeeaaaly fast on a race track. Tornado sailing is responsible for our absence from swimming every summer while we train, race, and preach the gospel of big speed. We'll try converting anyone to our particular cult. We've had Margot and Ken Petijohn and Steve and Jill Rothke at sailing clinics we've instructed, and we've gotten our clutches into other Ancient Mariners as well. Watch out for us! We're worse than those people in the suits that ring your doorbell, wanting to give you those little pulp newsprint magazines while you're eating grapefruit in your underpants.

Sailing in an Olympic class is a really good way to learn to sail. And everyone who sails boats is still learning to sail. In the Olympic classes you get to see the current state of perfection thrown in your face at every major regatta that you go to. If you want to see the most efficient, practiced, fluid and flawless boathandling, just take a peek at the folks who run up front. There's likely to be former Olympians there, showing you how it's done. It's up to you to emulate them. Think you've got good sails and understand how to use them? There's only one way to really know and that's to gitcher ass out there and measure yourself against the best. There's plenty to learn. Jes get to work!

We've been working a little bit harder lately. Rather than take the winter off, Casey and I went to Miami,

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Florida in early December and late January to sail a three regatta series and get in some quality training. Miami is a most pleasant place to sail. We camped in the back of our truck behind a shed full of boats at the Miami Yacht Club, listening to rustling palm trees at night. Miami Yacht Club is only a stone's throw from South Beach, so we could get some fine victuals at night if we so desired. More often than not, we just hung out at the Yacht club with our sailing friends. By day, we trained or raced. What a great learning opportunity! We got to sail against two former World Champions, three Olympic medallists, and the entire Tornado squad from the United States Sailing Team, including the 2000 US Olympians in the Tornado class. In addition to sailors from the United States, the fleet included sailors from Portugal, Brazil, Canada, Sweden and The Netherlands.

There are good reasons why such a talented group should descend on South Florida. First, South Florida is a sailing paradise in the winter and it's an ideal place to train. The tradewinds are quite reliable. Prevailing winds are from the southeast unless a cold front pushes through. The air and water temperature are moderated by the Gulf Stream, which travels northward just a couple of miles off of Florida's coast. One can pick and choose from a variety of sailing condi-

tions, all easily accessible. One can practice in the relatively flat conditions of Biscayne Bay, or sail out Government Cut, into the Atlantic. Close to shore, the waves are long and smooth. But venture into the Gulf Stream when the wind is blowing from the North and you'll spend your day launching off of 15 foot tall monsters. For US sailors, the Miami regatta trio was especially important. Results from these regattas would decide who would be on the 2002 United States Sailing Team.

Our dream was to make the US Sailing Team. We used this goal to shape our winter program. We swam regularly at Olney Pool in the fall of 2001 so we would be fit for sailing. In addition, Casey did 2 to 3 sessions per week in the weight room. Tornado sailing is extremely physical for crews (Casey's job on the boat). Tornado crews do virtually all of the sail trimming and shaping, so that the helm can give undivided attention to accurately steering the boat. We scheduled on-the-water training time prior to each regatta.

Since we were not sailing in Florida for the entire winter, we had to establish a realistic training strategy. We elected to do all of our training in Biscayne Bay, the site of all three regattas, rather than venture out into the ocean. Previous regatta results for the year had shown that our upwind speed was excellent, and our downwind speed was competitive, although not stellar in all conditions. Instead of speed tuning with other boats, we chose to focus our training on improving our boat-handling mechanics, what we perceived to be our weakest link.

In particular, we worked to improve our spinnaker handling and our race-starting mechanics.

Our approach worked!! We vastly improved our mechanics, which allowed us to get good starts, critically important in sailboat racing. Our improved boat-handling allowed us to race comfortably, with our attention where it belonged – on the race course and not obsessed with running the boat. Our upwind speed was superb, as we expected. And we improved our downwind speed over the course of the three events. Best of all, by setting specific training goals and

executing our plan we achieved our prize (Thanks CJ!!!). We became the 5<sup>th</sup> ranked Tornado team in the US, and we were selected to the United States Sailing Team.

Being on the US Sailing Team is a great learning opportunity for us. In sailboat racing, coaching is key! US Team members receive coaching grants from USOC. We are invited to all US Team training camps, a huge benefit. Luckily for us, the team's strength and conditioning coach, Rob Slade, lives in Reisterstown, north of Baltimore. He quickly got us both on a Tornado specific strength program of rowing and weight training. I have never had my butt kicked so hard as it gets kicked by a Concept 2 rowing ergometer. The team employs a sports psychology coach and a nutrition coach as well. Dr. Jerry May, the psychology coach, has a long background training elite athletes. He worked with both the US Track and Field team and the US Ski Team before coming to work for the US Sailing Team in 1992. In addition, he was Monica Seles's psychology coach. We expect the combination of Dr. May and CJ Lockman-Hall to help us improve our error recovery tools, and help us to relax and focus in stressful situations. I also expect that Casey will develop those Monica-type grunts when she yanks on ropes.

Making the US Sailing Team is changing our lives in ways that we didn't imagine. We had no idea how much it would enhance our confidence. It's given us the confidence to commit ourselves to a full-blown Olympic sailing campaign, something that we have never done before. And we're totally blown away by the help that we're receiving as we ramp up our campaign. We're quickly learning about fundraising, thanks to ANCM Elizabeth Deal and Melissa Maslar, a publicist who is donating time to our campaign. Podickory Point Yacht and Beach Club, in Annapolis, has donated their facilities to us so that we can train locally. A local web designer and photographer is helping us build a website. The domain name is [www.sailfaster.org](http://www.sailfaster.org). and we expect the site to be up and running in May. The theme of the site will be "anatomy of an Olympic campaign." We intend to present a detailed



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look at how our campaign is structured, from anatomy of the boat, to anatomy of our training program, to anatomy of our fundraising efforts to anatomy of Casey (OW!! Quit hitting!!). We'll be updating the site with training and racing updates while we're on the road. Casey's employer, Network Associates, has given us a large grant, and is allowing her to take time off to train and race. I will probably end up working part time for the next two and a half years. It'll be quite an adventure. We can't wait!

For information about how to help our campaign with a tax-deductible donation visit <https://secure.ussailing.org/Forms/donate.asp> or phone Michelle Villacorta of US Sailing at 401 683 0800 Ext. 686

## ANCMS NAMED 2001 USMS POOL ALL-AMERICANS

These six ANCMs were named 2001 USMS Pool All-Americans are:

- Jeri Ramsbottom (30-34)
- Margot Pettijohn (55-59)
- Wally Dicks (35-39)
- Michael Fell (35-39)
- Clay Britt (40-44)
- Marshall Greer (65-59)

Congratulations to all for their achievements!

## MASTERS HELPING MASTERS

The team is compiling a roster of ANCMs and their areas of mastery, e.g., real estate agent, home decorator, lawyer, caterer, psychologist, etc., for posting on the team website. The purpose of the roster is to provide a resource for other team members looking for individuals with a particular expertise. If you are interested in participating, please email Dottie Buchhagen at [dbuch@mindspring.com](mailto:dbuch@mindspring.com) to receive a short form to fill out.



## SUMMER PARTY

WHEN: Saturday, June 22

TIME: 6pm

WHERE: Susan Williams House  
4211 Colchester Dr.  
Kensington, Md

More details will be sent out by email in the near future.

**THE SUMMER SESSION BEGAN ON MAY 27. REMEMBER TO GIVE YOUR USMS REGISTRATION DUES AND SWIM FEES TO ONE OF THE COACHES.**

Potomac Valley website: <a href="http://www.pvmasters.org">http://www.pvmasters.org</a>				United States Masters Swimming			
<b>UNITED STATES MASTERS SWIMMING MEMBERSHIP APPLICATION 2002</b>							
<b>PLEASE PRINT LEGIBLY THE NAME YOU WILL USE IN COMPETITION</b>							
Last Name		First Name		Mid Initial Jr.,Sr.,III, etc		<input type="radio"/> RENEWAL <input type="radio"/> NEW REGISTRATION	
Street Address ( )						(Office use only) <b>102-</b>	
City		State		Zip		<b>Fee \$35.00</b> Make check payable to: <b>Montgomery Ancient Mariners</b> 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 <b>12 - Montgomery Ancient Mariners</b>		<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 <input checked="" type="checkbox"/> Please check here if you coach Masters swimmers. I have added these amounts to my registration fees					
"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

- Jill and Steve Roethke, now of Nantucket, had a baby boy on April 1, 2002. Tyler Steven Roethke was born at Cape Cod Hospital. Jeff Roddin is the proud uncle.
- Margot and Ken Pettijohn welcomed grandson Kenneth Cooper on April 5
- Former Rime newsletter editor and Ancient Mariner Natalie Ferrell and her hus-

band Scott welcomed Aurora Grace Ferrell into the world on March 26. Scott and Natalie live in Irvine, CA, just a few blocks from Nadine Clayton, another former newsletter editor and Ancient Mariner!



Photo credits: Penny Bates, pp.1, 4; Geoff Schaffer, p2; Desiree Ficker, p.3; Lisa Berger, pp. 5, 6; Tom Denes, p.6; Pat Hwu, p.7; Gregg Scace, p.8

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

### SCHEDULE OF EVENTS

5/15-9/30: 5 & 10K Postal National Championship Jill Wright, 1626 Williams St., Boise, ID 83706 email: jeig@innova.net  
6/1: Potomac River 7.5 Mile Swim Pt. Lookout State Park, MD; Info: Cheryl Wagner (202) 387-2361 Cherylw@crosslink.net <http://www.crosslink.net/~cherylw/pr2002i.htm>  
6/15: Jack King 1-Mi Ocean Swim - Virginia Beach, VA OW; Betsy Durrant, 211 66th St, Virginia Beach, VA 23451, 757-422-6811(h), durrant6@home.com ; <http://www.vaswim.org> ; Sanctioned by VA LMSC  
6/16: Great Chesapeake Bay 4.4 Mile Swim & 1 Mile Bay Challenge, Bay Bridge Marina, at Sandy Point St. Park, MD <http://www.lin-mark.com>  
6/23: GMU Patriot Masters Long Course Classic <http://www.pvmasters.org/entry.htm>  
6/30: Terrapin Masters 800/1500 LCM Meet; University of MD Campus Rec; College Park, MD Dave Diehl, dd119@umail.umd.edu <http://www.crosslink.net/~cherylw/meet800.htm>  
7/7: DCRP Hains Point 22nd Annual Long Course Meet <http://www.pvmasters.org/entry.htm>  
7/13: 2002 USMS 2-Mile Cable Championship - Chris Greene Lake, Charlottesville, VA OW; Patty Powis, 2112 Waters Mill Pointe, Richmond, VA 23235-2915, 804-272-7291, ppowis@aol.com  
7/13: Swim for the Dolphins 1 Mile; Wildwood Crest, NJ <http://www.lmsports.com>  
7/27: Ocean City Masters 1 Mile Swim - Ocean City, NJ <http://www.lmsports.com>  
8/4: DCM 17th Annual LC Meet at George Mason University <http://www.pvmasters.org/entry.htm>  
8/4: FINA World Cup IV Marathon Swim Atlantic City, NJ <http://www.acswim.org/>  
8/4: 1 Mile Ocean Swim , Wildwood, NJ, 6:30pm start (Lincoln Ave at Beach Patrol HQ); Ruth Manlandro (609) 522-5652 & L&M Sports, 89 Park Drive, Berlin, NJ <http://www.LMSports.com>  
8/11: Crossing Rainbow Channel 2.2 Mile Bay Swim , Somers Point, NJ: Polly Caffery, PO Box 850, Pomona, NJ 08240 (609-404-1591). Pollyphish@aol.com  
8/15-18: USMS Long Course Nationals @ Cleveland State University <http://www.mindspring.com/~lakeeriemasters/lcnats.htm>  
<<http://www.crosslink.net/%7Echerylw/Image318.gif>>  
8/24: 1 Mile Inlet Swim (YATES) - Captain Francis Bennett, Atlantic City Beach Patrol, Public Safety Bldg, 2715 Atlantic Ave, Suite 420, Atlantic City, NJ 08401. 6:45 PM start (609) 347-5466 or <http://www.ACSwim.org>  
8/25-8/31: Latycar Amistad Cuba 2002 - World Open Masters water polo, diving, open water and postal Championships in La Habana and Varadero, Cuba. <http://www.latycar.org>  
9/1: 1.5 Mile AC Pageant Ocean Swim , Bill Brooks, Atlantic City Beach Patrol, Public Safety Building, 2715 Atlantic Ave, Suite 420, Atlantic City, NJ 08041 9:45 AM start (609) 347-5466 Fax: (609) 347-5211 (in front Of The Showboat Casino) Web site: <http://www.ACSwim.org>  
9/6: Jersey Classic 1 Mile Ocean Swim , Atlantic City, NJ Contact: Kara Cassidy, 311 Montpelier Ave Egg Harbor Township, NJ 08234, email: Seacat4shore@aol.com or Call 609-653-0939 Web Site: <http://www.Apexswim.com>  
9/7: 2002 FINA Marathon Swimming World Cup / 10K for the USA Atlantic City, NJ (open to Masters) <http://www.acswim.org>  
9/21: Little Red Lighthouse Swim 7.8 miles NY, NY <http://www.nycswim.com>

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