

The Rime

Volume 8 Number 2

September, 2002

USMS LC NATIONALS IN CLEVELAND, OH - AUGUST 15-18

by Jeff Roddin

USMS Long Course Nationals, as expected, produced very fast swimming times; and just as typical there was at least as much action away from the pool as there was in the pool. The meet included a social on Friday night at the Rock and Roll Hall of Fame where we had free reign of the entire museum. Plus the trip to Nationals wouldn't have been the same without a visit to a local brewpub - dinner at the Great Lakes Brewing Company on Thursday was a perfect way to kick off the meet. Also, several ANCM and Patriot Masters swimmers indulged in a wine tasting extravaganza led by Jason Crist on Saturday night (next year we'll stick to Manischewitz Grape). And, of course, configuring relays provided enough soap opera material to keep us all entertained.

Seventeen ANCM swimmers competed in the meet. Clay Britt, Wally Dicks, Margot Pettijohn and Lisa Van Pelt-Diller won multiple events while AJ Block and myself won one individual event apiece (if you go to as many Nationals as I go to sooner or later you get entered in an event with very little competition). ANCM relays swam extremely well with 7 of the 9

(Continued on page 6)



FIRST ARCTIC MARATHON RESULTS - BARROW ALASKA POLAR BEAR CLUB

by Nick Olmos-Lau, MD

On August 17th, at 2 pm, Scott Lautman, Nancy Thomas and Nick Olmos-Lau were inducted into the Barrow Alaska Polar Bear Club (PBC) by totally submerging into the 31F iceberg-littered Arctic Ocean among polar bears, whales, seals and walrus. The ambient temp was 31F and the wind chill 21F. In addition, Scott and Nick were the first-ever finalists of the Arctic Swim Marathon of 16 plus strokes as witnessed by Fran Tate, founder and president of the PBC. She said she never witnessed such a feat in the 32 years existence of the club. The local Eskimos stopped their fishing and watched in awe.

Upon completion, Scott said "I feel great except I can't feel my feet, hands and other lower body parts." Meanwhile Nick and Nancy were having trouble tying shoe laces and putting on their socks. They finally managed to stand up. At the end everyone took a leisurely walk through the tundra back to the Top of the World Hotel in Barrow, where all celebrated with hot tea (dry town), and a very, very long hot shower that nearly melted the local permafrost. In a very informal ceremony they were all awarded the Polar Bear Patch Award; a certificate will be mailed.



Scott, Nancy and Nick after the swim

SPRING USMS NATIONALS 2002 IN HONOLULU, HA - MAY 14-17

by Amy Weiss

Feeling truly "Ancient" for the first time in my life (I had just turned the ripe old age of 30 the day before), I boarded the plane bound for Honolulu and my first Masters Nationals with tons of questions running through my mind. Primarily, I wondered if I should take the meet as seriously as possible - resting in the hotel, staying out of the energy-zapping rays of the sun, etc.- or let the chips fall where they may, and go out and have a great time? Well, I shouldn't have worried - it turned out these options were not mutually exclusive. I was able to do both: swim well AND have fun, which as I'm beginning to find out is precisely the spirit of Masters Swimming.

Mike Fell, Dave Harmon, Rory Lewis, Hugh Roddin, Wally Dicks, honorary ANCM Barbara Clifford-Dicks, Jessica Klotz, Jeri Ramsbottom, and I made the 10-1/2 hour trip (ugh!) to Honolulu, and put in a respectable showing. In spite of (or perhaps because of?) the

(Continued on page 5)



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

MONTGOMERY ANCIENT MARINERS

Tom Denes, President
 Jeff Roddin, Vice President
 Lisa Berger, Secretary
 Karla Billick, Treasurer
 Dottie Buchhagen, Editor, Webmaster
 Jeff Roddin, Recordkeeper
 Tom Denes, Registrar
 Coaches: Marco Quinonez, Bengt Bengtsson,
 CJ Hall, Andy Fraser, Peter Johnson
 At-large officers: Helen Beven, Andy Fraser,
 Dave Harmon, Angie Nevaldine,
 Martha Zeiger

ANCM PROFILE: JOHN FEINSTEIN

by Dottie Buchhagen

Q. When and why did you join the Ancient Mariners?

I joined ANCM early in 1996. I had started trying to swim again in 1995 and had gone to a few meets swimming unattached. At those meets, I noticed the Ancient Mariners in part because I thought the name was the best one possible for a bunch of old swimmers and in part because they had some very good swimmers. I met Tom Denes and Warren Friedland because we were in a 50 fly heat together and they started encouraging me to join the team. Soon after that I met Jason Crist one afternoon at the MAC when I was there for an open swim and he said he was on the team and said I should join. He kept after me whenever we bumped into each other on Sunday afternoons--I was working out strictly on my own in those days--and eventually I decided to join...

Q. Are you glad that you resumed swimming?

I, like a lot of Masters swimmers, think that getting back to swimming--after a 20 year respite--was one of the best things I've ever done. I enjoy the competition; I'm in a lot better shape (I weighed 225 when I started again) and I've made great friends and greatly enjoy the camaraderie of the team. I remember one Sunday morning at practice Jeff Roddin, Jason and I were debating some topic at great length and Penny Bates turned around and said, "did you guys come here to swim or talk." We all looked at her and said, "both!"

Q. Did you swim competitively as a child or during college?

I didn't swim competitively until I was 14. Until then I was either going to be the point guard for the Knicks or play centerfield for the Mets. I was in a freshman swim class and the coach, a guy named Ed Brennan, told me I had the potential to become a decent swimmer. I laughed and told him I was a basketball player. He pointed out there were not a lot of 5'3" point guards in the NBA and that being the second best player on the freshman basketball team didn't exactly bode well for my professional future. I decided to try swimming for one year and

see what happened...

Q. What is your best stroke?

I became a butterflyer my freshman year for one reason: we only had one guy on the team who could finish a 100 so I got drafted as the No. 2 guy to try to steal a point. My first crack at it I went 1:24--which only put me 21 seconds behind the guy who finished second-to-last. By the end of the season I'd gone 1:03 and I was hooked. Sadly, I still am since it is the only stroke I can swim with some level of proficiency...

Q. Did you grow up in the DC area?

I grew up on the west side of Manhattan. My parents moved to DC when I was a high school senior and I stayed behind, mostly so I could swim with my coach because swimming was my only chance to get into college. By then I was going low 54s for the 100 fly and 2:02 for the 200--which was okay in those days for a high schooler...

Q. What fostered your interest in sports?

I'm not sure where my interest in sports stems from. Both my parents were involved in the performing arts--my dad



was in arts management all his life: he came to DC to be executive director of the Kennedy Center and eventually ran the Washington Opera and The National Symphony. My mom taught music history at Columbia and then GW. But I was ALWAYS hooked on sports. Played everything as a kid and went to every game I possibly could. When I was home I'd

watch one game on TV, listen to another on the radio. My mom always said I learned to read because I HAD to read the sports section of the newspaper before they woke up. I always kept records of every game I watched in one form or another. I showed them to my wife (Mary) before we were married just so she knew what she was getting into. I still don't think she completely understood...

Q. Did you participate in any other sports besides swimming?

I played baseball and soccer in high school and became a reasonable golfer (lowest handicap 7) and tennis player. My dad always wanted me to be a tennis player. I'm not sure he's forgiven me yet for giving it up...

Q. At what point did you decide that your career would focus on sports commentary and reporting?

Since I was a sports junkie it was only natural for me to figure out a way to make a living in sports. Since the Knicks and Mets never showed much interest in me, I turned to writing. I first started working at the student newspaper at Duke as a freshman. I fell down a flight of stairs (sober!) and broke an ankle. That took care of swimming so I needed an outlet. A friend suggested the student paper was a good place to meet girls. He was right. I was lucky though that one of those girls who was my editor insisted I learn to write news as well as sports. It turned out to be very important to my future since my first job at *The Washington Post* when I graduated was as a night police reporter. I didn't completely focus on sports until 1984. My first seven years at *The Post* I bounced between sports and news. I still tell people someday I'll go back to news but it's getting kind of late for that...

Q. You have written about golf, baseball, basketball, football, tennis.... which one do you most enjoy covering?

My favorite sport, just as a fan, is baseball. My two favorite sports to cover are college basketball and golf. I love the atmosphere at a college hoops game and I know a lot of people in the sport which helps a lot.

Q. How do they differ from the writer's perspective?

Golfers are, in spite of their brutally right wing politics, the easiest guys to work with for a reporter because they get what we do; they're accessible and take less for

(Continued on page 8)

DOCOTR'S CORNER: ROTATOR CUFF IN- JURIES

by Dan Pereles, MD

Besides green hair, swimmer's ear, and the ever-present eau de chlorine fragrance surrounding us, a swimmer's life is relatively injury free. However, the one problem almost all swimmers get at some point is rotator cuff tendinitis. Just what is a rotator cuff? and why do I care what it does? are two very important questions. In order to understand the magnitude of the stresses on the rotator cuff, consider the number of times the arm rotates during an average practice. Let's assume that you swim 4,000 meters and can cover 25 meters in 13 strokes for a total of 2,080 strokes. That is more than 1,000 rotations per arm. If you swim three times a week with only two weeks off per year, that is 156,000 rotations per arm. Read on.

The rotator cuff is a group of four muscles that stabilize the shoulder joint and control upper arm rotation. They are particularly important in throwing and overhead movements (like swimming). Because these four muscles work in a very tight environment-closed in by the shoulder blade and a thick ligament in front-they are easily subject to overuse. The four muscles turn into tendons as they attach to the humeral head (the ball part of the ball and socket). The tendons are lubricated by a sac of fluid called a bursa that allows them to glide under the roof of the shoulder blade. When the bursa gets inflamed from overuse or lousy shoulder mechanics, you get bursitis. When the tendons get inflamed, you've got tendinitis. Easy so far.

Both tendinitis and bursitis travel together, so don't worry about figuring out which is which. If your shoulder burns with recovery during freestyle or butterfly or if the shoulder aches or burns after practice, you've probably got a little of both. The pain is usually felt on the top or

side of the shoulder but it can radiate all the way down to the elbow. Sometimes the back of the shoulder will hurt as well. The quality of pain is usually a deep ache or burn, but sometimes a very sharp stab will occur in one particular position or during one type of activity. Out of the water, overhead activity and reaching behind the back are particularly aggravating.

If you think the above description fits you, get one of the coaches to look at your mechanics. Many times stroke mechanics bring on rotator cuff problems. High hand position during recovery, letting your hand drop too deep during pull-through, and trying to shove water "out the back" during the end of the pull are three leading causes of rotator cuff tendinitis. If your stroke is gorgeous, then maybe it's a little bit of overuse. Back off on the speed work and stretch after warm up. If you already stretch and warm up properly, then let's move on to pharmaceuticals.

Anti-inflammatories for a short period of time do wonders to irritated muscles and tendons. Ibuprofen (Motrin, Advil) is best when 600 mg is taken three times a day. That's three of those over-the-counter pills 3 times a day taken with food. Don't forget the food part or you'll wind up with a stomach ulcer. Aleve (Naproxen) works well also and you only need 2 pills twice a day with food. Glucosamine and chondroitin have not been shown to do anything for cuff tendinitis, so save your money on supplements.

Avoid swimming butterfly when you've got shoulder pain; it only makes it worse. Breaststroke is the easiest, but man is it slow. Backstroke and freestyle are both reasonable to try with a little shoulder tendinitis. Usually, stretching, anti-inflammatories and ice after practice calm the shoulder down pretty well. If the problem is persistent, see your doctor. They may suggest a cortisone shot into the bursa. DO NOT PANIC! One shot into an inflamed bursa often relieves the problem and will not cause you to spontaneously combust. Properly used, cortisone can help cuff tendinitis when it starts to really become a problem. Most times, you can swim through a little rotator cuff tendinitis, but if the pain keeps you up at night, then get your butt to the doctor.

Progressing from tendonitis to a tear is very unusual but can happen with a sudden trauma to the shoulder or constant irritation under a sharp or hooked

acromion (the roof of the shoulder). Tears keep you up at night and often cause the arm to become weak. Tendinitis can also keep you up at night but often comes and goes. To really be sure, you need an MRI of the shoulder. Your doctor needs to order this test. If shoulder pain does not resolve with antiinflammatories and rest, then read on next month for treatment strategies...

(to be continued in the next issue of The Rime.)

Dan Pereles is a sports medicine specialist in an orthopaedic group practice located in Kensington at the corner of Knowles and Connecticut Ave (10400 Connecticut Avenue). The telephone number is 301-949-8100 if you have questions. Dan is a physician volunteer for the US Olympic Committee and also does work for US Track and Field (formerly TAC). He is on the science and advisory board of Runners' World Magazine. He swam for the University of Pennsylvania and stopped after the 1984 Olympic trials. He says he has "three itty bitty kids ages 8, 5, and 3.5."



ANCM NAMED 2001 USMS POOL ALL- AMERICAN

Lisa Van Pelt-Diller (40-44) was accidentally omitted from the list of ANCMs named in the last issue. Congratulations, Lisa!

FREE

All registered ANCMs are eligible to receive a free swim cap. Contact Tom Denes at 301-564-4234 or by email at 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
Bags	\$45

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

MY FIRST OPEN-WATER SWIM

by Amy Weiss

I had never done (or desired to do) an open water swim. For some silly reason, sharing my swimming water with fish, jellies, and sharks had never appealed to me. However, when Holly Donnelly invited me to stay at her family's condo in Ocean City and do an open water swim with her, I knew it was an opportunity too good to pass up - especially, I thought, since I hadn't been to the beach yet all year (somehow I had forgotten about Nationals in Hawaii). Still, I figured I ought to go and give open water swimming a try. Besides, I looked on the website, and the race was only 2.4k - that's a lot less than a practice. How hard could it be?

Very. First of all, the 2.4k turned out to be 2.4 miles, and the 2.4 miles turned out to be more like 3 miles (but more on that later). Furthermore, Holly bailed out on me because she had the nerve to get pregnant (can you believe that!?) and her doctor wouldn't let her do the swim. Actually if Holly followed her doctor's advice to the letter she'd have to spend the next seven months living in a plastic bubble, but that's another story. Anyway with Holly out of the race, we were down to eleven competitors. I figured that if there were a shark around I would have a one in eleven chance of getting attacked. I didn't like those odds. So, I took some precautions, which I thought would hopefully make my competitors look tastier than I. First, I wore the darkest suit and cap I could find (bright, flashy colors might attract shark attention). Second, I decided to lather up with "sea monster" repellent. So, after taking these precautions, I was more or less ready to start the race.

The race did not start off well. We had to swim head-on into the incoming waves for about 100 yards to get out to the first buoy. This was no easy task, especially with three or four of the other swimmers kicking me in the face (I think they were trying to eliminate me Tonya Harding style). Anyway, since most of my competitors were beach lifeguards and presumably experienced in ocean swimming, by the time I got out to the first buoy and made the turn to the right, I was at the back of the pack.

I was amazed at how choppy the water was. For some reason I had assumed that once we got out to the buoys and past the breaking point of the waves, the water would be fairly calm; however, it was so wavy that it was worse than a Sunday morning MAC practice without lane lines. Every stroke was a struggle. Oddly, kicking didn't seem to help, so I reduced my usual steady six-beat kick to almost nothing and just let my arms do the work.



Holly and Amy

By the time I reached the second buoy I had passed all but one competitor. At that point I figured I could either pass the last one and be forced to rely on my poor vision to sight the buoys and stay on course, or just stay with her (and perhaps rely on her poor vision). The problem was that neither seemed like a very good option. The buoys were spaced so far apart that it was impossible to see them. I had been told that "only ten buoys fit on the boat," so that regardless of the distance of the race, only ten buoys are used. Well, that's fine for a 1k, but for a 2.4 miler, that means that the buoys are spaced about 470 yards apart! It was virtually impossible to see the buoy in front of you until you were at least halfway between it and the previous one. So, although it may have been a case of

the blind leading the blind, I figured that since the other woman was a lifeguard, she might be better at figuring out how to stay straight (don't ask me how). I decided to stay directly to her left and hoped for the best.

We stayed side by side swimming like synchronized swimmers for a long time. I was getting tired of breathing to my right to keep an eye on her, but the few times I switched to the left, by the time I returned to the right, I had wandered so far away from her that I gave that up. Anyway, by the time we reached the fifth buoy, I decided to strike out on my own. I hadn't found our pace particularly challenging, so I decided to make my move and take my chances on swimming straight. I put my head down, turned on the jets, and (I thought) buried her in my wake.

Five minutes later, I found myself so far out to sea that the lifeguard on the surfboard had come out to direct me in. The reason I hadn't seen my competitor for so long was not because I had gotten so far ahead of her but rather because I had gotten so far to the left of her. By the sixth buoy we were together again and I resigned myself to stay with her for the remainder of the race.

As we rounded the final buoy and headed for shore, I figured I had the race won. After all, I had quite a bit of energy left after not pushing myself particularly hard during the race, and I figured I could outsprint her to the finish. Unfortunately, just as she had known how to get out to the first buoy better than I, she was also more skillful at riding the waves in. She ran right by me as I got knocked down by a wave while trying to get out of the water. I swear she was pointing at me and laughing, but I guess I couldn't tell for sure as I was lying face down in the sand. (Holly later told me that although she hadn't pointed and laughed, she had in fact almost tripped over me.) By the time I uprighted myself, she had already crossed the finish line. I finally crossed it - in second place - in a blazing time of one hour.

After finishing, I was told that our times were much slower than the top finishers last year (thanks a lot!). In fact, a Masters swimmer named Robbie Allen, who had finished in 40 minutes, held the course record. Well, being the modest swimmer that I am, I knew that there was no way that some old guy could have

(Continued on page 5)

FIRST OPENWATER

(Continued from page 4)

beaten me by 20 minutes. Well, it turned out that the water had in fact been especially rough for my race. My competitor (the woman who beat me but didn't deserve to) told me she had swum the race last year in 47 minutes. So, I figured my swim hadn't been that bad after all. For my efforts I received a piece of wood that said "2nd place," a lovely t-shirt, an abrasion on the right side of my neck that my students would have a field day with at school ("Looks like you had a fun weekend, Senorita Weiss!"), and a souvenir parking ticket (the meter had expired because it took me so long to finish). Best of all I had more or less conquered my fear of marine life after making it through the entire 3 miles (I'm figuring on 2.4 for the course plus 0.6 for the detours) without running into even one critter. I was pleased, and even considered attempting another open water race someday.

The next day, Holly, her husband Bob (who, by the way, is the greatest person in the world to hang out with), and I went to the beach, this time to play in the waves rather than fight them. However, within five minutes of our arrival, a HUGE dead 200-pound turtle washed up on the shore practically right at our feet. "Don't get in the water!" the lifeguards warned us after the turtle had been taken away. "We don't know what killed that turtle, and whatever it was could still be out there!" Maybe the turtle forgot to put on her repellent.

HONOLULU

(Continued from page 1)

distance that many swimmers had to travel to get to the meet this year, there was some very tough competition - there were numerous former Olympians and other top notch swimmers in attendance. I was really looking forward to watching them swim; unfortunately, at these deck-seeded meets, it is impossible to figure out when they are swimming! Since so much of one's time at these big meets is spent as a spectator rather than a competitor, it really is frustrating to watch without heat sheets - the meet becomes impossible to follow, and you end up being less involved (you know you're not following the meet closely enough when deck-changing by Wally and Mike is even remotely interest-



Wally Dicks, Jeri Ramsbottom, Mike Fell, Jessica Klotz

ing.)

Some of the top ANCM finishes included: Wally's convincing breaststroke victories - in spite of not having the best starts I've ever seen - in the 35-39 age group 50 (26.40), 100 (57.73) and 200 (2:07.93); Mike's second place finish in the 40-44 age group 50 free with a time of 21.97 (yes, he did swim in the fast heat this time!) and third place in the 200 free (1:48.14); Jessica's third place finish in the 25-29 age group 50 back (29.94); Barb's third place in the 35-39 age group 100 back (1:03.83); Jeri's second place swim in the 30-34 age group 200 back (2:16.35) (yes, Jeri, there are eight laps in the 200 back!) and third place in the 50 back (29.98); and Hugh's three second place finishes in the 60-64 age group 200 back (2:33.91), 200 fly (2:34.18), and 400 IM (5:28.42). However, the top performance of the meet perhaps goes to Dave, who with a 6:07.29 dropped an incredible 18 seconds off his 500 free time! Wow!

After the meet we got down to celebrating Hawaiian-style, complete with plenty of mai-tais on the balcony of Peter Ward's hotel room, and a beautiful view of the gorgeous Hawaiian ocean (unfortunately the drunk naked guy on a neighboring balcony didn't return for a repeat performance). Then we went down to Duke's for dinner on the beach (complete with Jeri's favorite pineapple), and of course, more mai-tais (who's counting?). After all this partying, most of us were so wiped out that we turned in for the

night, but Rory won the stamina award by going out dancing! The next day, weary and tanned (although some of us didn't get as dark as you fake bakers! Cheaters!), most of us packed up for home, although Dave, Wally, Barb, and the Roddins (those lucky dogs!) got to extend their vacation. All in all though, it was definitely a successful meet/vacation, and even if you weren't completely happy with your swims, you could at least find comfort in the fact that you weren't the guy who swam the entire 1650, only to find out he had been disqualified for a false start.

MONTGOMERY ANCIENT MARINERS 2002-2003 ANNUAL MEETING

Who: All Ancient Mariners

Why: To plan our upcoming season!

When: Sunday (Nov 3) after practice (approx. 10:30 a.m.)

Where: Tom's house

4522 Everett Street, Kensington
(301) 564-4234

Agenda:

- Nomination of Officers
- Officers' Reports
- Proposed Budget
- Albatross Open
- New Business
- Election of Officers

Brunch: Bring food to share. No admission without food

CLEVELAND

(Continued from page 1)

relays taking top three finishes. On Friday night Clay, Wally, myself and Mike Fell won the 200 Medley Relay with a new USMS record. Closing out the meet on Sunday was another relay victory with Lisa, myself, John Feinstein and AJ winning the 200 Mixed Medley with the fastest time of the meet regardless of age.

Of the 17 ANCM swimmers, 13 of them (AJ, Clay, Jason, Rusty Deane, Tom Denes, John, Mike, Myriam Pero, Margot, Hugh Roddin, Ruth Roddin, Lisa and Amy Weiss) set new team records. Furthermore, backstroke specialists Lisa and Clay set new masters World Records in the 40-44 age group.

I did not set any team records but I had a hand in a few of them. I counted for both Amy and Tom in their 800 free races - each swam about 20 seconds under the existing team record. I'm sure the counter had at least a part in 10 of those seconds, right? John swam much too fast to need a counter in his 800 but had I counted for him I'm sure he would have won. That is of course if I miscounted for him by about a hundred meters...



L-R: Margot Pettijohn, Ruth Roddin, Amy Weiss

Speaking of huge time drops, Myriam had an amazing drop of over a minute in her 1500 free. Rusty surprised all of his competitors by drastically lowering his seed times while also showing off his new full bodysuit. Tom experimented with his new bodysuit and split 28.40 on a 200 free relay without the bodysuit and then 26.75 to anchor a med-

ley relay with the bodysuit only 30 minutes later! Hopefully we'll hear more from him on any conclusions he has drawn with regard to the suit. Also, my Mom (Ruth) lowered her 50 free time by 5 seconds and then went an additional 2 seconds faster on a relay. Rumor has it my Dad (Hugh) told her he would clean the house for a month if she broke 40 seconds on the relay. In all seriousness, it was amazing to watch my Mom swim. I've watched my Dad swim for as long as I can remember and have even watched him win various races at previous Nationals. But it was even more exciting to watch my Mom's 50 fly than it was to see my Dad win a 200 fly (although they almost took the same amount of time ☺).

On Sunday morning I witnessed several impressive performances. One of them was Clay beating a stacked field in the 50 back while also lowering the World Record for the third time this summer. Also in that heat I watched in amazement as Mike Fell beat Bill Specht to pull an upset and get third place. Considering Mike's condition when he woke up I was surprised to see him *show up* at the pool much less compete. When I was a kid I once saw a magician pull a rabbit out of a hat - while Mike produced no rabbit he did indeed pull something out of somewhere for that swim!

Six ANCM swimmers (including myself) were brave enough to enter the 200 fly - Jason Crist was the only one smart enough to scratch the event. Actually, AJ and Margot both won their age groups while April Oliver and Hugh each finished second. Me - I finished 2nd to last...

At the conclusion of the meet the ANCM women were presented with a banner for their spectacular third place finish in the Small Women category (seven or less swimmers). Margot was quick to point out it was a good thing there weren't more ANCM women at the meet because we would have then been in the Large Women category.

Block, Andrea J	F41
200 Free	2:19.97 3
50 Fly	30.48 3
100 Fly	1:08.33 2
400 Free	4:56.01 2
200 Fly	2:33.26 1
Britt, Clay	M41
100 Back	1:00.91 1

50 Fly	26.87 1
200 Back	2:19.80 1
50 Back	27.88 1
Crist, Jason A	M40
200 Free	2:11.79 9
50 Fly	29.06 11
200 IM	2:30.70 4
Deane, Rusty	M32
50 Free	26.03 7
50 Breast	33.86 4
100 Breast	1:15.95 6
100 Free	58.07 6
Denes, Thomas A	M45
800 Free	10:43.03 10
200 Free	2:20.01 15
50 Fly	30.54 8
400 IM	5:50.53 11
100 Fly	1:08.60 6
Dicks, Wally C	M39
50 Fly	27.82 8
50 Free	25.71 5
50 Breast	30.55 1
100 Breast	1:07.65 1
Feinstein, John	M47
100 Back	1:21.93 14
50 Fly	28.81 3
100 Fly	1:07.64 4
50 Back	33.56 9
Fell, Michael A	M41
50 Fly	28.28 6
50 Free	25.60 2
50 Breast	33.74 2
50 Back	29.51 3
Greer, Marshall R	M66
100 Back	1:30.53 6
50 Back	38.58 4
Oliver, April	F41
50 Back	38.58 8
200 Fly	3:18.48 2
50 Fly	33.04 7
100 Fly	1:19.78 5
50 Free	31.83 10
Pero, Myriam	F53
1500 Free	23:52.50 7
200 Free	2:53.89 8
50 Free	36.28 9
400 Free	6:09.97 10
100 Free	1:18.10 7
Pettijohn, Margot K	F56
200 Breast	3:24.36 1
400 IM	7:02.11 2
50 Breast	42.17 2
100 Breast	1:34.74 1
200 Fly	3:33.36 1
Roddin, Hugh J	M60
100 Back	1:20.19 2
400 IM	6:17.50 3
100 Fly	1:14.75 3

(Continued on page 7)

CLEVELAND

(Continued from page 6)

00 Back	2:56.83	3
200 Fly	2:58.33	2
Roddin, Jeffrey H	M33	
50 Fly	26.94	3
100 Fly	59.77	3
200 IM	2:23.09	4
50 Back	29.45	1
200 Fly	2:24.75	4
Roddin, Ruth A	F59	
50 Fly	49.50	4
50 Free	41.66	8
Van Pelt-Diller, Lisa	F44	
100 Back	1:10.38	1
200 Back	2:36.63	1
50 Back	32.49	1
Weiss, Amy K	F30	
800 Free	10:10.82	2
200 Free	2:20.74	5
200 Back	2:45.68	3
400 Free	4:55.24	3
100 Free	1:04.40	6
Mixed 200 Free Relay	1:54.51	3
Van Pelt-Diller, Lisa	F44	
Block, Andrea J	F41	
Feinstein, John	M47	
Crist, Jason A	M40	
Mixed 200 Free Relay	1:56.00	8
Deane, Rusty	M32	
Weiss, Amy K	F30	
Oliver, April	F41	
Denes, Thomas A	M45	
Women 200 Medley Relay	2:15.23	3
Van Pelt-Diller, Lisa	F44	
Weiss, Amy K	F30	
Block, Andrea J	F41	
Oliver, April	F41	
Men 200 Medley Relay	2:01.52	3
Crist, Jason A	M40	
Deane, Rusty	M32	
Feinstein, John	M47	
Denes, Thomas A	M45	
Men 200 Medley Relay	1:48.75	1
Britt, Clay	M41	
Dicks, Wally C	M39	
Roddin, Jeffrey H	M33	
Fell, Michael A	M41	
Women 200 Free Relay	2:12.40	8
Oliver, April	F41	
Pettijohn, Margot K	F56	
Pero, Myriam	F53	
Block, Andrea J	F41	
Men 200 Free Relay	1:40.20	2
Britt, Clay	M41	
Crist, Jason A	M40	
Dicks, Wally C	M39	
Fell, Michael A	M41	
Mixed 200 Medley Relay	2:32.71	3

Greer, Marshall R	M66
Pettijohn, Margot K	F56
Roddin, Hugh J	M60
Roddin, Ruth A	F59
Mixed 200 Medley Relay	2:03.76 1
Van Pelt-Diller, Lisa	F44
Roddin, Jeffrey H	M33
Feinstein, John	M47
Block, Andrea J	F41



NATIONAL USMS CONVENTION - DALLAS, TX - SEPTEMBER 11-15



Potomac Valley delegates to the USMS: first row: David Diehl (Terrapin Masters), Myriam Pero (ANCM), Jeff Roddin (ANCM), Margot Pettijohn (ANCM); second row: Debbie Morrin-Nordlund (Terrapin Masters), Eric Nordlund (Terrapin

Myriam Pero (ANCM), Dr. Phillip Whitten, anthropologist, gerontologist and Chair of the International Committee, and June Krauser, 2001 Masters Swimmer of the Year and the "Mother of Masters Swimming."



ANCMs at the Aquatics Awards Banquet: From the right: Myriam Pero, Jeff Roddin, and Margot Pettijohn



FEINSTEIN

(Continued from page 2)

granted than other athletes because most of the time they've struggled a while before having success. Least favorite sport to cover: tennis. They should all be taken out and shot...except for Pete Sampras. A true sweetheart of a guy...

Q. Did you have much contact with Bob Knight when you were writing *A Season on the Brink*?

During the research of *A Season on the Brink* (my first book) I spent, essentially, every waking moment for six months with Bob Knight. It was fascinating, exhausting, draining. I've always said it is something I'm very glad I did but would never want to do again. The most important thing about the book is that its success allowed me to pick and choose the books I did after that...

Q. Describe what it was like being on the PGA Tour when you were doing the research for *A Good Walk Spoiled*, your book on golf.

Doing *A Good Walk Spoiled* was a good news/bad news deal. The good news was I spent so much time on tour--33 events in a little more than a year, that I was able to get really inside, really know the players and, most important, get them to know me--which is crucial. I enjoyed the camaraderie I felt with a lot of them, particularly some of the lesser lights who I openly rooted for--and still do. A number of them are still close friends. The bad news was that I became a father for the first time midway through the research and every trip from home after that--and since then--was very tough on me and on Mary. It is still true today even though the kids (Danny and Brigid) are now eight and five...

Q. You have a new book coming out in November. What is it about?

The Punch (my 13th book) comes out November 1st. It is about the most devastating punch in the history of basketball--Kermit Washington's nearly fatal punching of Rudy Tomjanovich during a Lakers-Rockets game in 1977. The essence of the book is explaining how one fluke moment can change people's lives forever. Neither man has been the same since that night and it also radically changed the lives of others in the building--other players, coaches, referees, even the writers covering the game.

It also changed the NBA because every rule on fighting that exists now is because of that punch and that night. The book is completely different than anything I've done in the past but I really enjoyed it...My next book will be called, "Open," and it is, cleverly enough, about this year's U.S. Open golf championship, the first one ever played on a public golf course as told from the inside. It will be out in June...

Q. Were any of your sports books especially challenging to write?

The most challenging books I've written were *Season on the Brink* because I was dealing with a lunatic on a daily basis and *Hard Courts* because I dealt with tennis players on a daily basis. The two books I enjoyed the most--*A Civil War* (on the Army-Navy rivalry) and *The Last Amateurs* (Patriot League basketball) were challenging because my job was to make the reader care about people they had never heard of as opposed to writing about celebrities. Never enjoyed myself more than on those two books...

Q. What other sport or sports do you want to write about?

I guess the one sport I haven't written about that I enjoy is hockey. Maybe I could write a hockey book and call it *Season on the Rink*. I would love to write an Olympic book but you have to find the right subject. Maybe if Wally Dicks can actually MAKE the Olympic team next time I can do a book on him. I'd love to do a swimming book but you have to find the right story line. You can't just say, 'I'm a washed up old swimmer so I'll write about swimming.' It doesn't work that way...

Q. Is there any sport that you have no interest in?

I have no interest in yachting, billiards or rugby. I do sort of like cricket though...

Q. Tell us a bit about your creative process, about how you approach a new book

I can't say there's anything scientific about how I approach a book. My ideas come to me randomly--something catches my eye and I think, 'that could be fun,' and then I pursue it. When I proposed *A Civil War* and *The Last Amateurs* my agent and publisher both ran screaming from the room but I'm pretty stubborn once I decide I want to do something. Then I just do what I've learned to do as a reporter--go out and try to learn every possible thing I can about a subject. My goal--which I never fulfill--is to know more about that

topic than anyone alive. Then I sit down and write. The worst part of the whole process is the promotion. Stupidest question I was ever asked: a TV anchor in Indianapolis asked me if I had ever met Bob Knight. I said I was with him every day for six months. She said, "but did he know you were there?" I said, "no, you see I took these invisibility pills..."

Q. You have written two novels, one political based in Annapolis and a mystery featuring an unemployed sports reporter. Was writing fiction more challenging for you?

Fiction is a completely different challenge than non-fiction. The best part is you don't have to consult notes and tapes while you're writing. The worst part is not having any notes or tapes to consult while you're writing. I enjoyed both mysteries I wrote--they sold well into the dozens--and hope to go back to fiction someday when I have some free time. Bobby Kelleher certainly has some of me in him although Mary points out that I NEVER did as well with women as he does--and he doesn't do all that well.

Q. Are *Running Mates* and *Winter Games* the beginnings of a mystery series?

Running Mates did lead to *Winter Games* and I hope to try a third "Kelleher," mystery. Believe it or not, Tom Cruise's agent called at one point to say Cruise had read *Winter Games*, liked the character and might want to option it. When I reported this to Mary she said, "no, absolutely not, he's a bad actor AND a Scientologist." I said, "dear, I love you very much but if he wants to buy this book, he's buying it." Unfortunately for both of us he bought *The Firm* instead. *Running Mates* would have cost a lot less and could not have been a worse movie...Mary, by the way, is not a big fan of Bobby Kelleher. She has suggested I kill him in the next mystery. I find that a bit unsettling given that he is sort of an alter-ego. Even worse, a friend of mine who is writing a mystery has offered to kill Bobby in HIS mystery...


John Feinstein writes a weekly column for America on Line; a monthly column for Golf Magazine; contributes to The Washington Post and The Wall Street Journal; does commentary for National Public Radio and color on the Navy football radio network. In addition to The Punch, he currently is working on a golf book due out in June. He is also a USMS relay world record holder.



TEAM 2002



THE FALL/WINTER SESSION BEGAN ON SEPTEMBER 8. REMEMBER TO GIVE YOUR USMS REGISTRATION DUES AND REGISTRATION FORM TO COACH.

Potomac Valley website: http://www.pvmasters.org				United States Masters Swimming		
UNITED STATES MASTERS SWIMMING MEMBERSHIP APPLICATION 2003 PLEASE PRINT LEGIBLY THE NAME YOU WILL USE IN COMPETITION						
Last Name		First Name		Mid Initial	Jr.,Sr.,III, etc	<input type="radio"/> RENEWAL <input type="radio"/> NEW REGISTRATION
Street Address						(Office use only)
City						102-
State		Zip		Fee \$35.00 Make check payable to: Montgomery Ancient Mariners Mail form and fees to: Karla Billick 104 King Farm Blvd- C402 Rockville, MD 20850		
Phone Number		Birthdate (mm/dd/yy)		Age	Sex	
Potomac Valley Club Name or Unattached		<input type="radio"/> I wish to contribute \$1 (or \$_____) to the USMS Foundation <input type="radio"/> I wish to contribute \$1 (or \$_____) to the Intl Swimming Hall of Fame Foundation				
12 - Montgomery Ancient Mariners <input type="checkbox"/> Please check here if you coach Masters swimmers		<input checked="" type="checkbox"/> 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."						email (opt):
Signature _____		Date _____				
\$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

by Dottie Buchhagen

♥ Stacy Victoria Rudolph was born on May 29. Based on body position preferences to date, her parents Jenn and Dan report that Stacy seems to be a breaststroker (and not a backstroker). She also loves kick sets.
♥ Marci and Pat McCalley welcomed Melissa Rose into the world on June 27.
♥ Kathy Kirmeyer and John Nichols have a sister, Lillian Jane, born on September 5, for the their three-year old

son Henry.

♥ Desiree Ficker raced at the Dannon Duathlon World Championships in Alpharetta, GA, on October 20. It was a 10k run, 40k bike, 5k run. She placed 14th overall among the pros and was the third American. Des earlier won the Dannon Duathlon in Everett, WA on July 28. That race was a 2 mile run, 10 mile bike, 2 mile run, 10 mile bike, 2 mile run. She was also the seventh female pro at the Duathlon World Championships on August 18 in Weyer, Austria, that was a 14K



run, 76K bike, 7K run. Whew! 'Way to go, Des!

♥ Christie Underdonk placed second overall female at the Columbia Triathlon on May 19. Congratulations!

Photo credits: p.1 - Nancy Thomas/Nick Olmos-Lau; p.2 - Jeff Roddin; p.3 - Dottie Buchhagen, p.4 - Amy Weiss; p.5 - Dave Harmon; p.6 - Jeff Roddin; p.7 - Myriam Pero; p.8 - Lisa Berger

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

SCHEDULE OF EVENTS

11/2: Virginia Masters Fall Invitational - Newport News, VA SCY; Charles Cockrell, 107 Lilburne Way, Yorktown, VA 23693, 757-865-6250, cockrell@usms.org; www.vaswim.org; Sanctioned by VA LMSC; Pre-entry (10/25) & Deck-entry

11/3: MONTGOMERY ANCIENT MARINERS 2002-2003 ANNUAL MEETING All Ancient Mariners are invited to attend to plan our upcoming season! Sunday (Nov 3) after practice (approx. 10:30 a.m.) at Tom Desnes' house 4522 Everett Street, Kensington, MD, (301) 564-4234

11/10: Great Bay Masters Mini-Meet - Portsmouth, NH SCM; Ed Gendreau, 432 Lilac Ln, Dover, NH 03820-5474, 603-742-7850(h), 603-337-1823(w); www.greatbaymasters.org/gbmmets.html; Sanctioned by NE LMSC #033-017-SSCM

11/17: JCCN Lox & Bagels Meet - Fairfax, VA SCM; Matthew Alvin, Jewish Community Center of No. VA, 8900 Little River Turnpike, Fairfax, VA 22031, 703-323-0880(x32), MattA@JCCNV.org; www.pvmasters.org/entry.htm; Sanctioned by PV LMSC #102-010; Entry Deadline 11/11

11/24: Fall Classic - Eisenhower Park, Long Island, NY SCM; Lisa Baumann, AquaFit Masters, 734 Franklin Ave #383, Garden City, NY 11530-4525, 516-294-7946, 516-294-7947 (fax), aquafitinc@aol.com; www.aquafitmasters.com; Sanctioned by MR LMSC #062-11; Entry Deadline 11/16

12/7-12/8: Colonies Zone SCM Champs - Rutgers University, Piscataway, NJ SCM; Rutgers University, 732-445-0462, antoniou@rci.rutgers.edu; www.colonieszone.org; Sanctioned by NJ LMSC

12/8: Terrapin Masters 1000/1650 Meet - U of MD Pool, College Park, MD SCY; Dave Diehl, 12511 Littleton St, Silver Spring, MD 20906-4253, 301-946-0649(h), 301-314-5372(w), DD119@umail.umd.edu; www.crosslink.net/~cherylw/meet1000.htm; Sanctioned by PV LMSC #102-011; Pre-entry (12/2) & Deck-entry

12/14-12/15: New England Masters SCM Champs - Wheaton, MA SCM; Ed Gendreau, 432 Lilac Ln, Dover, NH 03820-5474, 603-742-7850(h), 603-337-1823(w); www.greatbaymasters.org/02scmchamp.html; Sanctioned by NE LMSC

12/31: Swim in New Year 2003 - U of MD, College Park, MD SCY; Bob Lazarro, 3314 Roscommon Cr, Gleneig, MD 21737-9710, 410-442-7649, brlazz@aol.com; www.crosslink.net/~cherylw/ny03.htm; Pre-entry (12/8) & Deck-entry

2003

4/11-4/13: Colonies Zone SC Champs - Fairfax, VA SCY; Cheryl Ward, 4207 Univeersity Dr, Fairfax, VA 22030, 703-359-5366, cherylaward@yahoo.com; www.pvmasters.org; Sanctioned by PV LMSC

8/14-8/17: 2003 USMS LC Championships - Sonny Werblin Rec Center, Rutgers University, Piscataway, NJ

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