

# The Rime

Volume 9 Number 1

May, 2003

## ALBATROSS OPEN - GREAT CHESAPEAKE BAY SWIM OBSESSION

by Jeff Roddin

On the afternoon of March 29th, 2003, the Montgomery Ancient Mariners hosted the 11th annual Albatross Open (SCM) in Bethesda, Maryland. This year the Albatross Open saw five different swimmers set a total of 11 individual USMS and/or FINA Masters World Records (as published in the 2003 USMS rulebook) within the span of the single day meet.

With approximately 190 swimmers from 25 clubs, the Albatross was once again one of the most popular local meets in the Potomac Valley region. Timothy Boyd of Patriot Masters won the Fastest Man in the Water award and Carolyn Voorhees won the Fastest Woman in the Water award. They earned these awards by virtue of their overall winning times in the Men's and Women's 50 free (24.29 and 28.32, respectively). The Fastest Woman at the Social award was not contested this year.

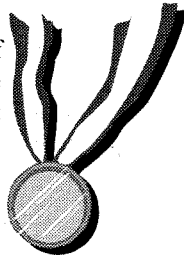
Below is a summary of the record breaking performances:

### Women 45-49

50 SC Meter Back:

Lisa Van Pelt-Diller, ANCM, 32.65

USMS National Record



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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)

by Cari Shane Parven

The problem with an obsession is that you never know where it will take you.

I have arm muscles I never wanted -- strong enough to overpower any pickle jar lid, anywhere; red highlights for my jet black hair that I really could do without; and, a washboard stomach that doesn't do laundry. All this because I like to swim ... a lot. Like everyday. And I'm not talking about casual, laze in the pool, float down the lane swimming, but hard-core, don't-waste-a-second-laps. I'm a six a.m. regular at the Montgomery County Aquatic Center in Bethesda. I like to swim so much that next month, I will, for the first time, swim The Dodge - Great Chesapeake Bay Swim (GCBS), an annual 4.4 mile trek across Maryland's Chesapeake Bay. It starts from the shores off Sandy Point State Park and finishes at a small beach on Kent Island. It sounded much more charming in February when I registered. Now I'm starting to get nervous.

As a 37-year old stay-at-home Mom from Potomac, I, along with 600 other swim crazies, will swim "the Bay" on Sunday, June 8th. I made the commitment on February 1st when my pool buddy -- Dr. Patrick Hwu, also of Potomac and much more techno-savvy than myself -- pulled into a gas station on 95-South while en route to North Carolina for a family vacation, plugged in his lap top, and one minute after the on-line sign up began, registered us for the swim. The Bay swim was closed within 5 hours. A record. There are 120 people on the waiting list.

All entrants pay \$150 for the privilege of "swimming through cross currents, swells, chops, hypothermia if the water is cold, nettle stings if the water is warm, and collisions with bridge supports or rocks,"

the official Bay Swim website, [www.bayswim.com](http://www.bayswim.com), reads. 100% of the proceeds go to the Chesapeake Bay Trust and the Maryland Chapter of the March of Dimes.

Paying the fee doesn't guarantee you a spot in the Bay. Applicants must prove that they have completed a three-mile pool swim in under 2 hours 15 minutes (a note from a pool manager will do) or demonstrate that they've recently completed an open water swim.

### Why do the Bay?

As a stay-at-home mother, I have the life-long challenge of raising three terrific kids (8, 7 and 4). But, by choosing to stay at home, I have also chosen to make my daily challenges all about the children. In my "former life," I was a television reporter and lived a life of deadlines, countdowns, and cue-times. I had the daily challenge of getting the story, getting it on air and getting it right. While highly stressful, my A-type personality fed off the adrenaline rush. Swimming, and training for the Bay specifically, has given me that same rush. Additionally, my time in the pool is time that belongs only to me, and has nothing to do with my life as a mother.

### My biggest fears?

I have no idea what to expect when I hit the water. Will my new wet suit allow my arms to work my stroke freely? Will I get thrown off course or disoriented? Will I have to go to the bathroom!?

My stomach churned when I read

(Continued on page 2)

### MONTGOMERY ANCIENT MARINERS

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## CHESAPEAKE

(Continued from page 1)

about the "cuisinart start," a jigsaw puzzle of flailing arms and legs as 300 people hit the water virtually at the same time. The Bay starts in two separate waves 15 minutes apart, with the faster swimmers in the second group. Based on our qualifying time (3 miles in 85 minutes), Pat and I are in the fast group. I've already planned to hang on the beach and wait for the cuisinart to turn off before get in the mix!

One of my biggest fears is not being able to breathe well when I first get in. I sometimes have trouble breathing in murky water, and the Bay is more than murky, it's plain old dark. And, while I'd like to finish the Bay in under 2:15, I'm really not all that concerned about my time, but rather just making it to the finish line while still breathing.

Each year, according to race director Chuck Nabit, the fastest swimmers finish The Bay in 1:28 to 1:35. Those who are unable to complete a mile in 45 minutes are plucked out of the water. 79% to 97% of those entering the Bay have finished in the past five years. Nabit starts planning the day and start time of the race a year in advance in order to keep those numbers high. "If I get my timing right then it gives the most opportunity for most people to get through the shipping channel with the slack tide before the flood tide hits" and knocks everyone off course. In '91 and '92 only 15% of the swimmers crossed the finish line because of unexpected rough currents.

In my quest to calm my nerves, I have sought the advice of some local distance swimmers. The best advice came from ANCM Nick Olmos-Lau, an elite swim-

mer from D.C. For Nick, who at the age of 55 swam the English Channel (21 miles in under 14 hours), the Bay is a "swim" in the park. "The swim is only about you, the conditions and finishing. When you're half way, turn over on your back, look up at the sky, the birds, the bridge, and enjoy the vantage point -- what no one else sees. The Bay is one of the most memorable swims of my life because it's so immensely beautiful." Nabit adds, "the bridges are an architectural wonder. You feel so insignificant when you're in the water looking up at them."

### How did I get here?

With no swim team background, I started swimming laps in college to ease a bad back. I continued swimming for exercise all through my pregnancies and three years ago started swimming with the Montgomery County Ancient Mariners Masters team.

I had been swimming with Pat for about a year when he popped the question: "Do you want to swim the Bay with me," he asked one day in between sets. I now refer to Pat, a cancer research doctor at the National Cancer Institute, as my "swim husband," since we spend so much time together "undressed." Pat, who will be 40 in June, is married with two young children.

Rounding out our training group are



ANCMs Tom Glista, Cari Shane Parven, Jan Peterson, Patrick Hwu

Tom Glista, 46 from Silver Spring, a triathlete, and Jan Peterson, 54 from Potomac. While neither of them are swim-

ming the Bay, they both workout with us diligently. Tom is there every morning timing our sets and Jan, the fastest of all of us by far, pushes us to the next level (when he can get himself out of bed on time!).

"No matter how old you are, peer pressure is a powerful motivator," Pat said panting one day after an especially fast 200 set. "When we swim together, we're twice as fast as when we swim alone. We all have our strengths and feed off each other."

### Our training regimen

The "boys" and I create swim sets based on workouts from a great training book called *The Waterproof Coach* written in 1997 by Tom Denes, the President of the Ancient Mariners. Since we only have about 45 to 50 minutes every morning (everyone needs to get to work and I need to be home by 7:15 so my husband can go downtown), we swim about 2000 to 2500 meters weekday mornings and another 5000 meters (3 miles) at the Sunday Masters practice.

### Getting better and getting ready

Pat and I plan to test the waters, so to speak, with a trial open water swim at Jim McDonnell 2-mile open in Reston. Slated for May 25th -- two weeks before the Bay -- the Reston swim is a good eye-opener. It's in a lake, so it will give us some of what we'll get in the Bay, namely dark, murky cold water. Since the Reston race directors are predicting a water temperature of 67 - 71 degrees that day, we'll get a chance to test out our new wet suits. About a month ago I bought a brand new suit, half price at Bonzai in Falls Church, Virginia, a store that specializes in triathlete attire and equipment. The man who sold it to me has done the Iron Man (a couple of times), so I figured he knew what he was talking about. His knowledge, however, didn't rub off on me and the first time I swam in my wet suit, I put it on inside out. It took me another 10 minutes to get it on the right way. Snug is an understatement.

Since it's really too hot to swim in a wet suit in an indoor, heated pool my first real experience using the wet suit will be the Reston swim. I'll be writing about our experience at the Reston 2-miler in my next article, coming up...

*Editor's note: A fuller version of Cari's article was published in the Washington Post on May 22, 2003.*

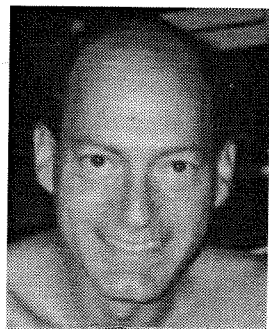
## DOCOTR'S CORNER: SHOULDER INJURIES

by Dan Pereles, MD

When last we met, we were discussing shoulder injuries in swimmers (like we should talk about runners?). Most injuries resolve with anti-inflammatories, cuff strengthening exercises, or cortisone. When conservative measure fail, it usually means extended time out of the pool (no way!) or surgery (really, no way!).

Swimmers generally have two types of surgical shoulder injuries: rotator cuff tendinitis/tears from 1) overuse or 2) instability. If physical therapy and cortisone fails to clear the overuse tendinitis or if the

cuff tears, then surgery is required. Arthroscopic cuff decompression and repair is the way to fly in 2003. In the olden days, shoulders were filleted open and the post op recovery was consider-



ably longer. Today a lot of people still do shoulder repairs open, but its not the state of the art. Either way, it takes 6 weeks to let the muscles repair themselves and another 6 weeks to get strong. Physical therapy is usually started 4 to 6 weeks after surgery and continued about 4 to 6 weeks.

If instability is the problem with the shoulder than your doctor may tighten the shoulder capsule with any number of methods. This will keep the ball part of the ball and socket from sliding out the front of the shoulder joint. You may lose a little rotation, but the only place you will notice it is in backstroke. Backstroke in time will return to normal, it just takes a little longer. The recovery from instability surgery is also a total of about 12 weeks.

The key to all of this is to listen to your body. A few sore workouts is one thing, but weeks of pain, especially at night can mean problems. Consult your physician and get a good exam. If he/she does not explain things well, ask them to try to help you understand better. If they seem unwilling, dump them and find a good communicator.

Stay well!

*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 PROFILE: JERI RAMSBOTTOM

by Dottie Buchhagen

*To add a personal perspective to Dr. Dan Pereles' information about shoulder injuries in swimmers, I asked Jeri to tell us about her shoulder problems.*

**Q.** How long have you been swimming?

**A.** Since I was 4 1/2.

**Q.** Did you grow up in the Washington, D.C. area?

**A.** For the most part. When I was younger, I split my time between Montgomery and Anne Arundel counties.

**Q.** Did you swim with any of the local clubs?

**A.** I swam for RMSC (Rockville Montgomery Swim Club) from 8-10 years old, then again in summers while in college. I swam summer league in Anne Arundel County.

**Q.** Did you compete in college?

**A.** Yes, I swam for Indian River CC in South Florida for two years, and then I transferred to Clemson University and swam there for two years.

**Q.** What are your favorite strokes?

**A.** Backstroke and Freestyle

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

**A.** I joined in 94 or 95, I'm not sure which.

**Q.** How often do you compete?

**A.** Prior to having knee surgery this past October, I was competing maybe six times per year, mostly at local meets like the Albatross, UMBC, Richmond, plus Zones and Nationals.

**Q.** What Master's records do you hold?

**A.** Various team records in free, back, fly, and IM. (Different distances in age groups 19-24, 25-29, 30-34 in mostly yards and SCM). When I was in the 19-24 age group, I broke the national records in 100,

200 SCM backstroke, but I think they've been broken. Then last year, Susan (Williams), Wally (Dicks), Jeff (Roddin), and I broke the national record in 400 yd mixed medley relay at Zones.

**Q.** When did you first notice that there was a problem with your shoulder?



**A.** I first noticed a problem in January or February of 97. However, my shoulders sometimes came out of socket and

quickly went back in while diving when I was younger.

**Q.** What were the symptoms?

**A.** I would occasionally get a really sharp pain in the back of my shoulder usually while streamlining or something similar. Sometimes when I would extend my arm to pick something up off the floor, I would get the same sharp pain.

**Q.** Did you try to treat the problem yourself initially?

**A.** Yes, I did the ice and ibuprofen thing for a while. I didn't go to the doctor right away because I was training for master's nationals, and I thought they would tell me to stop swimming. I didn't want to train all year for nothing, so that's why I just iced, etc.

**Q.** At what point did you go to an orthopedist?

**A.** I called the orthopedist fairly soon after Master's nationals in late May. I don't think I got an appointment until mid June though.

**Q.** What did he recommend or was surgery the only option?

**A.** He had me doing Physical Therapy for two months or so to try to strengthen all the muscles around my shoulder, but it didn't help. I didn't think it was going to, but I thought I'd give it a try.

**Q.** What kind of surgery did you have?

**A.** Arthroscopic. Basically, the ligaments in my shoulder were too stretched out, so they weren't holding the ball in the socket anymore. In addition to swimming since I was four, I played a lot of volleyball from 8<sup>th</sup> grade on, plus in my 5<sup>th</sup> year of college after my swimming eligibility was done. So they shortened the liga-

(Continued on page 4)

## JERI RAMSBOTTOM

(Continued from page 3)

ments in my shoulder.

**Q.** How long was your recovery?

**A.** I had surgery on 10/31/97 and I was in Physical Therapy three times per week until the third week of January. So I began to swim again the third week of January.

**Q.** Do you have any aftereffects?

**A.** I don't really think about my shoulder at all anymore. I think I still have normal soreness like everyone else from training, but it is doing great.

**Q.** What advice would you give to a fellow swimmer who is beginning to experience

some of the symptoms that you had?

**A.** Definitely ice your shoulders anytime you feel any pain. I would also stay away from butterfly for a while too. It seems to put more stress on the shoulders than the other strokes. And definitely go see an orthopedist if the pain isn't going away.

**Q.** Has the surgery changed your stroke?

**A.** I don't think it has at all. I haven't seen much video of my strokes in recent years, but I think about stroke mechanics all the time. I've always done that though, so I'd say my strokes are very similar to the way they were prior to surgery.

## ALBATROSS

(Continued from page 1)

100 SC Meter Back:

Lisa Van Pelt-Diller, ANCM, 1:09.98  
USMS National and FINA World Record

### Men 40-44

100 SC Meter Back:

Clay Britt, ANCM, 58.28  
USMS National and FINA World Record

### Men 45-49

50 SC Meter Free:

Gregory Oxley, 1776, 24.82  
USMS National Record

50 SC Meter Back:

Fritz Lehman, NCMS, 28.40  
USMS National and FINA World Record

## 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.

100 SC Meter Back:

Fritz Lehman, NCMS, 1:00.09  
USMS National and FINA World Record

200 SC Meter Back:

Fritz Lehman, NCMS, 2:13.36  
USMS National and FINA World Record

200 SC Meter Breast:

Gregory Oxley, 1776, 2:31.41  
USMS National and FINA World Record

100 SC Meter IM:

Gregory Oxley, 1776, 1:02.79  
USMS National and FINA World Record

### Men 50-54

50 SC Meter Free:

Paul Trevisan, 1776, 24.81  
FINA World Record

100 SC Meter Free:

Paul Trevisan, 1776, 55.49  
USMS National and FINA World Record

*This article was also published in the May issue of The Swimmers Ear.*

## ANCIENT MARINER SERVICE AWARD

by Tom Denes

The 2002 Montgomery Ancient Mariner Service Award was presented to Greg Wortman, Kathleen Costello and Patrick Costello following the Albatross Open. Greg has run the Albatross Open check-in desk EVERY year since the meet's inception in 1993. Greg's careful attention to detail has ensured the success of this critical meet function. Kathleen,

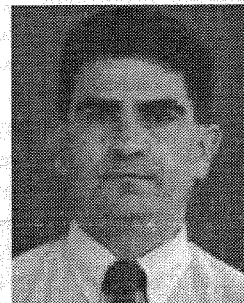
an annual helper at the check-in desk, was also the team's first newsletter editor from 1993 to 1995. In addition, Kathleen performed all the legal paperwork to enable us to become a non-profit organization. Kathleen's brother, Patrick, has helped at every Albatross Open between 1993 and 2002, yet is not a member of the Ancient Mariners and lives in New York City! The team is grateful for the service provided by Greg, Kathleen and Patrick.

## MEET MAURICIO - ANCM TREASURER

by Dottie Buchhagen

Mauricio Rezende did not know that joining the ANCM two years ago would

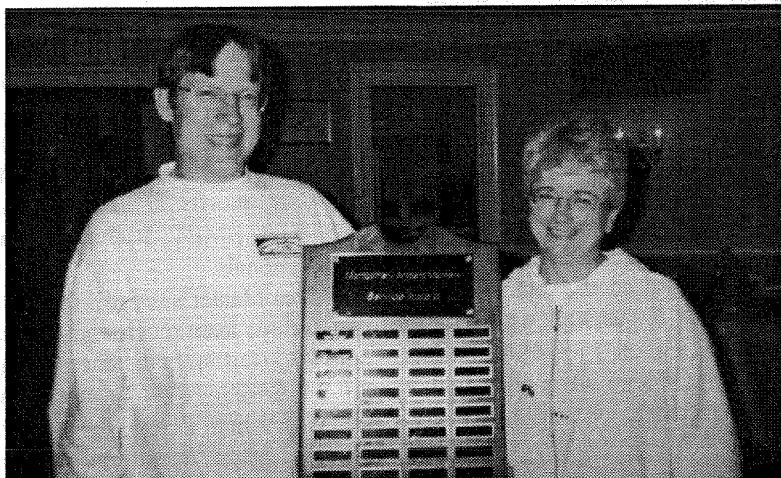
lead him to a new position of responsibility – as team Treasurer. But this native of Sao Paulo, Brazil is well qualified to handle the team's finances. He is Chief of Capital Markets



Operations (Treasury area) at the Inter-American Development Bank in Washington, D.C.

Mauricio moved to New York in 1982 and to Montgomery County, MD in 1991. Besides swimming, he is a runner, plays soccer and likes to sail and bike. He and his wife, Jenny Wiederhold Rezende, have two children, Justin (8 years old) and Mariel (13 years old).

Thank you, Mauricio!





Giuseppe Randazzo, Jennifer Stolbach, Tommy Corcoran, Jennifer Crawford, Penny Bates, Tom Denes at Riverwatch, July 2002

## MINUTES OF THE ANCM ANNUAL BOARD MEETING, NOVEMBER 3, 2002

by Lisa Berger, Secretary

We had a huge turnout this year (the post-sniper effect?). Twenty of us crammed into Tom's living room, after stuffing our faces with doughnuts, Danish, bagels and Margot's famous home-made pastry, which this year was peach torte.

First item was nomination and election of board members. The results: Tom Denes -- President, Jeff Roddin - Vice President, Yours truly - Secretary, Karla Billick - Treasurer, Dottie Buchhagen - Newsletter Editor/Webmaster, and Registrar - Tom. This year's at-large members, winning in a landslide, are Richard Sachs, Peter Johnson, Amy Weiss and Mike Boyle.

**President's Report:** The team is growing. We're up to 254 registered members, although not all of these people swim with us. (Some just join for the free caps! In truth, I think it has something to do with swimming with winning relay teams at meets.) Tom reported that USMS has raised dues \$5, the first raise in many years, and that it is going to be passed

along to members.

**Treasurer's Report:** We began the year with \$8,725 and ended with \$8,245, a loss of \$520. Our net income was down from last year, largely because of all the Ancient Mariner gear we've bought (bags, caps, shirts) that hasn't been sold and greater expenses for the Albatross Open. Presumably the numbers will turn around as we sell more gear and do better on the Open. On the subject of unsold gear, we tossed around marketing ideas but didn't come up with any sure-fire strategies. If you have any suggestions, pass them on to Tom.

**Proposed Budget:** Estimated income for the coming year is \$9,060, mostly from dues and the Albatross Open. Estimated expenses are \$8,725, with the largest categories being the newsletter (\$1,050), the Albatross Open (\$5,550), and Miscellaneous (\$1,125 for a new pace clock, team banner and other items). Net income is \$335.

**Albatross Open:** Andy Fraser and Helen Beven have again volunteered to co-direct the meet. Jeff Rodin (God bless him) is doing entries. However, we do need directors-in-training for the following year, so anyone with the least bit of interest, please talk to Andy and Helen. The Open's scheduled for Sat, March 29, at the MAC from 2 p.m. to 8 p.m., includ-

ing warm-up time.

### New Business:

**The Fun Meet:** This year's "fun meet" is in jeopardy (like, we've done nothing yet), because the last one had such a tiny turnout. We talked about maybe doing something with the Patriot Masters (they've got a great pool) or going back to the Holton Arms pool. But honestly? Probably won't happen this year. · **Socials** - Last year's holiday party at Michelle Chesnut's was a big hit and we're going to do it again. Andy Fraser's checking out his apartment building's penthouse party room for either December 13th or 14th.

**Newsletter and website:** Dottie wants all contributors to know that she'll check with them before making any editorial changes to their stories. (*Editor's note: Material deemed inappropriate for a general audience will be sent back to authors for revision.*) She also noted that team records are updated weekly on our website. Lastly, we are going to stop paying for website management and join the USMS website network, which will cost us nothing other than annual fee for our domain name. Look for a small change in our website address.

Amy Weiss, who often coaches on Sundays, says the lanes are getting too crowded. So we're going to ask the county about ways to relieve the congestion.

We adjourned and got out of Tom's by 1 p.m.

### *The Waterproof Triathlete: Waterproof Workouts for Triathletes*

by Tom Denes and Desiree Ficker

The Waterproof Triathlete is available at a \$10 discount to currently registered members of Montgomery Ancient Mariners.

### STOUDT'S PARTY

The 11th Annual ANCM trip to Stoudt's Summer Beer Festival in Adamstown, PA will begin on Saturday, June 14. For details, visit the Bulletin Board on the ANCM website at [www.ancientmariners.org](http://www.ancientmariners.org). You may also call Jeff at (301) 603-0528 (home) or at (301) 286-2590 (work). Jeff's email is [jroddin@hst.nasa.gov](mailto:jroddin@hst.nasa.gov).

## BULLETIN BOARD



♥ Chip McElhattan received the National Award for Heroism, the Federal Law Enforcement Officers Association's highest honor, for his courageous performance in the evacuation of American citizens and other foreign nationals trapped in the Palestinian territories in March and April 2002. Ask Chip about some of his harrowing experiences. We are proud have to such an esteemed person as a member of the Ancient Mariners!



♥ Babies, babies: October 8 - a daughter, Hailey to Rusty Deane and his wife; January 17 - a daughter, Victoria, to CJ and Mickey Hall; September 6; - a son, Zachary Isaac, to Johnathan Martel and his wife; and, April 8 - a daughter, Helena, to Holly Donnelly and her husband.

Marcee Smith and Tom Biery

Richard Sachs

Photo credits: p.2 - Cari Shane Parven; p.3 - Dottie Buchhagen, Tom Denes p.4 -Mauricio Rezende; p.5 - Tom Denes; p.7 - Richard Sachs, Tom Biery

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

### SCHEDULE OF EVENTS

**May 15 - Sep 30:** 2003 USMS 5K/10K Postal Championship PST-LD; Mel Goldstein, 5735 Carrollton Ave, Indianapolis, IN 46220, 317-253-8289, [goldstein@mindspring.com](mailto:goldstein@mindspring.com)

**May 27 - Jun 9:** 2003 National Senior Games - Hampton Roads, VA SCY; Scott Rabalais, 4 McLaughlin Ct., Savannah, GA 31419, 912-927-7016, [scottrabalais@compuserve.com](mailto:scottrabalais@compuserve.com); [www.nationalseniorgames.org](http://www.nationalseniorgames.org)

**May 31:** Potomac River 7.5 Mile Swim Point Lookout State Park, MD Info: Cheryl Wagner (202) 387-2361 [cherylw@crosslink.net](mailto:cherylw@crosslink.net) <http://www.crosslink.net/~cherylw/pr2003i.htm>

**June 7:** Around Fenton Island, Atlantic City NJ Starts at 6:30PM. 1 mile. Contact Sid & Kara Cassidy [qcass@aol.com](mailto:qcass@aol.com) 609-653-0939. <http://www.apexswim.com>

**June 8:** 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/baytimeline02.htm>

**Jun 14:** 2003 USMS 3K Open Water Championship - Hartwell Lake, Clemson, SC Jacque Grossman, Clemson Aquatic Team, 864-654-4704, 864-646-8836 (d), [jelg@innova.net](mailto:jelg@innova.net)

**June 14:** Jack King 1 mile Ocean Swim - Virginia Beach, VA Betsy Durrant, [durrant6@cox.net](mailto:durrant6@cox.net) Web: <http://www.vaswim.org>

**June 27:** 1 mile Bay Swim - Somers Point, NJ 6:30PM Start. Contact Karen Pratz 609-398-6900

**June 28:** 12th Annual Swim for Life - 1, 2, 3, 4, 5 Mi Swims - Chestertown, MD; Dawson Nash, DCAC, 4514 Connecticut Ave NW, Washington, DC 20008, 202-686-2150, [swimmerdn4321@aol.com](mailto:swimmerdn4321@aol.com)

**June 29:** Terrapin 800/1500 LCM Meet - Campus Rec Facility, University of Maryland, College Park, MD, Deck entries allowed. Contact: Dave Diehl: H: 301-946-0649 (before 9PM) W: 301-314-5372 Email: [dd119@umail.umd.edu](mailto:dd119@umail.umd.edu) Web: <http://www.crosslink.net/~cherylw/meet800.htm>

**July 12:** 2 Mile Cable Swim - Chris Green Lake Charlottesville, VA Patty Powis, [ppowis@aol.com](mailto:ppowis@aol.com) Web: <http://www.vaswim.org>

**July 12:** 1 Mile Ocean Swim - Swim for the Dolphins - Wildwood Crest, NJ 6:30PM start David Hirsch, 609-465-5590 Web: <http://www.lmsports.com>

**July 13:** 2.2 Mile Rainbow Challenge Bay Swim - Somers Point, NJ Polly Caffrey, 609-404-1591 [pollyphish@aol.com](mailto:pollyphish@aol.com) Web: <http://thieler.com/Rainbow>

**July 19:** Ocean City Masters 1 mile Swim Ocean City, NJ <http://www.lmsports.com>

**August 13-17:** 2003 USMS LC Championships - Sonny Werblin Rec Center, Rutgers University, Piscataway, N, Edward Nessel, 908-561-5339, 908-769-2892 (fax), [ednessel@aol.com](mailto:ednessel@aol.com)

**Aug 31 - Sep 6:** Latin American - Caribbean Games in Barbados. <http://www.latycar.org/spanish/proximos.htm>

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

Rockville, MD 20852  
5815 Edson Lane, Apt. 103  
c/o Dottie Buchhagen, Editor

**Montgomery Ancient Mariners**

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