

# The Rime

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## ALBATROSS OPEN

Tom Denes

We hosted another successful Albatross Open on March 24, 2007. More than 190 swimmers from 23 teams attended our Saturday afternoon meet. Sad to say that the Germantown Masters beat us 2,205 to 1,977. Coming in third was Health Unlimited Hurricanes with 915 points. Rounding out the top five were Reston Masters and Terrapin Masters.

Lynn Wymelenberg, a long-time Ancient Mariner, set three American Records for the S10 Classification for SWAD (Swimmer With A Disability). She recorded times of 1:12.21 for the 100 SCM Free, 37.39 for the 50 meter fly, and 1:30.46 for the 100 meter IM.

Jean Troy of Florida Maverick Masters set three USMS and World records in the 80-84 age group. She posted 3:26.52 for the 200 meter freestyle, 1:56.65 for the 100

meter IM, and 4:07.66 for the 200 meter IM.

The North Carolina Masters relay team of Jonathan Klein, Jon Blank, Timothy Lehman, Robert Schmitz set a USMS and World record. They blasted a 1:53.92 in the 200-239 combined age group.

Margaret Conze, a former Ancient Mariner, captured the Fastest Woman in the Water award for the second year in the row. She sizzled to a 27.38. Troy Johnson, Virginia Masters, was the Fastest Man on the Water for the fourth straight time, swimming an astounding 23.51.

Special thanks to Cathy Gainor who directed this meet for the third consecutive year.

## ANCM Results From 2007 USMS Short Course Yards Nationals

May 17-20, 2007, Federal Way, Washington

|                   |     |                              |     |
|-------------------|-----|------------------------------|-----|
| Greer, Marshall R | M70 | Roddin, Jeffrey H            | M38 |
| 100 Back 1:25.53  | 3   | 100 Fly 52.19                | 1   |
| 50 Back 35.54     | 1   | 100 Back 55.74               | 4   |
| Kauls, Laura J    | F59 | 100 IM 55.04                 | 2   |
| 50 Breast 48.34   | 7   | 50 Back 25.90                | 4   |
| 100 Free 1:23.06  | 15  | 200 IM 2:01.79               | 3   |
| 50 Free 35.37     | 16  | 100 Breast 1:04.12           | 7   |
| Klotz, Jessica C  | F30 |                              |     |
| 100 Back 1:03.73  | 3   | Roddin, Ruth A               | F64 |
| 100 IM 1:06.32    | 9   | 50 Free 36.10                | 10  |
| 50 Back 29.85     | 3   | 50 Fly 44.13                 | 8   |
| Roddin, Hugh J    | M65 |                              |     |
| 100 Fly 1:05.53   | 2   | Mixed 200 Free Relay 2:04.24 | 15  |
| 100 Back 1:10.80  | 1   | Roddin, Jeffrey H            | M38 |
| 200 Fly 2:39.15   | 1   | Kauls, Laura J               | F59 |
| 50 Back 32.79     | 1   | Roddin, Ruth A               | F64 |
| 200 Back 2:31.69  | 2   | Roddin, Hugh J               | M65 |

## Ancient Mariner Service Award to Cathy Gainor

Tom Denes

Cathy Gainor was the recipient of the 2007 Ancient Mariner Service Award. Since joining the Ancient Mariners in 2003 she has served as the Albatross Open meet director for three consecutive years (2005, 2006, 2007). She also served as the interim newsletter editor during 2004 and hosted the annual Ancient Mariners Holiday Party in December 2004. Cathy is currently the Friday night coach at the MAC.

We thank Cathy for her tireless service to the Ancient Mariners.



*Jeff Roddin presents Cathy Gainor with Service Award. Photo by Tom Denes.*

## The Tenth Annual 24-Mile Tampa Bay Marathon Swim

Lynn Wymelenberg



*L—R Paul Doremus, Matt McShane, Lynne Wymelenberg, Van Hoffman and Scott Moffit in Tampa Bay. Submitted Photo.*

Four Ancient Mariners joined with dozens of other swimmers and braved headwinds and waves during the Tenth Tampa Bay Marathon Swim on Saturday, April 21. Four solo swimmers and seven relay teams finished the swim of the entire 24-mile length of Tampa Bay.

The Team “YoSalinity Sam” placed second and was comprised of four swimmers from Ancient Mariners: Paul Doremus; Kathy Kirmayer; Matt McShane and Lynn Wymelenberg. They were joined by Scott Moffit, who practices with Ancient Mariners at Olney on Saturdays, and water polo player Van Hoffman.

For more details on the event, visit [distancematters.com](http://distancematters.com).

## Ancient Mariners Lead Interesting Lives out of the Pool

Tom Denes

You can never tell what that swimmer in the next lane actually does when dry. I queried some Ancient Mariners about their jobs and found that many of them have quite fascinating “second lives.” The stories of a few are below:



**Jeff Trussell,  
Filmmaker**

### **Describe your current job**

I'm part of a team that puts together short films and documentaries for the Humane Society of the United States.

**What is the most interesting part of your job?** We travel to some amazing places and use very sweet gear when putting together our videos.

**What is the hardest part of your job?** Seeing animal cruelty first hand.

**Have you had any close calls?** Every year we head up to Canada to film the annual slaughter of baby seals for their fur. We primarily use helicopters to film the hunt, something the hunters don't like us doing. Each year the hunters do their level best to intimidate the crew -- pushing, shoving, threatening. It's worth it, though, to get the word out. Check out [protectseals.org](http://protectseals.org) to see this year's hunt.

**What advice would you have for someone who wants to enter your field?** Do it -- it's a great job with cool toys and a lot of creative latitude.



**Jeremy  
Kranowitz,  
Mediator**

### **Describe your job.**

I work at The Keystone Center, a non-profit organization dedicated to conflict resolution and education. I work primarily on energy-related issues, working to bring together diverse groups of stakeholders and find consensus on issues. Currently, I'm working with stakeholders discussing the future of nuclear power in this country.

**What is the most interesting part of your job?** The job is fascinating because I get to work on a range of issues—I've worked to help a national lab as it worked with its neighbors to site a bio-safety lab; with NASA when it wanted to site new satellites to communicate with deep space probes; with the Centers for Disease Control and Prevention on preparing for a possible flu pandemic; and with the Department of Energy on its research efforts to find ways to store carbon dioxide in deep underground reservoirs as a way to mitigate climate change.

**What is the hardest part of your job?** The hardest part is working with all the stakeholders - while it's one of the best parts, there are often people who have been in a particular fight for years with folks "from the other side." Keystone provides a neutral forum, but it's hard and takes time for

some of those past hard feelings to be put aside in the effort to find a solution everyone can live with.

**What is the most rewarding part of your job?** The most rewarding part is bringing enduring solutions to formerly intractable problems. I also get a real kick out of the opportunities to work with both educators and students, helping to convey that there are lots of ways of looking at an issue, and just because someone approaches it differently than you would, it doesn't make it wrong or bad, and understanding why that person thinks differently can be eye-opening.

**What advice would you have for someone who wants to enter your field?** The field of conflict resolution is wide open. Most are single practitioners who work on family or neighbor disputes, or local city issues. For larger scale policy dispute resolution, there are a handful of firms. Most of my colleagues have masters degrees, varying from sociology to public policy to urban planning to social work - all over the map. What we all have in common is an ability to listen, and a willingness to engage in disputes while remaining neutral about how they are resolved.

*Continued on Pg 4*

## Upcoming Meets in Colonies Zone

For more details on upcoming meets, please visit <http://www.colonieszone.org/> or <http://www.usms.org/comp/calendar.php#COLONIES>

July 1: [TERR Terrapin Cup at UMD in College Park, MD](#)

July 7: [UMD 25th Annual 800/1500 LCM meet at MLK in White Oak, MD](#)

July 7: [VMST Eastern States 2 Mile Cable Swim in Charlottesville, VA](#)

July 22: [DCRP 26th Annual LCM meet at Hains Point](#)

August 9-12: [USMS Long Course Meters Nationals in The Woodlands, TX](#)

August 18-19: [TERR Colonies Zone LCM Championships in College Park, MD](#)

## Interesting Jobs (continued from pg 3)



**David Cheney,**  
Policy Analyst

### Describe your job

I'm the director of the science and technology policy program of SRI International, a large non-profit research firm (originally the Stanford Research Institute). We do research and analyses to help clients (mostly governments) make better decisions about science and technology. We work mostly for U.S. government agencies, such as the National Science Foundation, but also do a lot of international work. I'm writing this from Riyadh, Saudi Arabia, where we are currently helping the Saudi national science agency improve its science and technology system.

**What is the most interesting part of your job?** Over my career, I've worked on everything from earthquake safety to nuclear weapons testing to Internet policy to policies to promote innovation and technology based economic development.

**What is the hardest part of your job?** Managing the workflow and people when all of our work is on relatively short term, competitively awarded projects. There is usually either too much or too little work. We constantly have to write proposals and win new projects to stay in business. When we win lots of projects, we are too busy to hire people but we can't hire people when we don't have work. There is a tendency to go through boom and bust cycles that are hard on everyone.

**What is the most rewarding part of your job?** Sometimes one can see

that one's work has a big impact. When I was with the Council on Competitiveness, studies we worked on were incorporated directly into Bill Clinton's technology agenda when he was a candidate, and shaped his technology policies when he became president. I think that policies that shape science and technology have a big impact on the world, and whenever one influences those policies, it is rewarding.

**What advice would you have for someone who wants to enter your field?** It's good to have an interest and some training in science or engineering, as well as some background in the social sciences. It's also good to develop an ability to look at problems from many different viewpoints, as well as good writing skills.

*Continued on pg 5*

## INTERESTING JOBS (continued from pg 4)



**Kevin Strange, Flight Instructor**

**Describe your job** I work as a Flight Instructor at the Montgomery County Airpark where I primarily teach new pilots to fly single engine aircraft. Some students progress on to more advanced training and I provide multi-engine and instrument training as well. Initial pilot training usually consists of 40-60 hours of flight time.

**What is the most interesting part of your job?** The most interesting part of my job is working with the wide variety of personalities that come through the door. The type of person who will decide to pursue flight training is usually someone with a strong personality. They're usually someone who is driven and successful and it's a great pleasure to meet and work with them.

**What is the hardest part of your job?** The hardest part of my job is dealing with the hours and unusual work environment. I work on week-ends from the early morning to the late evening, sometimes in cold or other unfavorable weather. Of course, on those beautiful sunny days I have the privilege of making the blue sky my office!

**Have you had any close calls?** I haven't had any close calls in terms of safety. It's my job to watch my students closely and anticipate

challenges. Safety is the primary focus of flight training.

**What advice would you have for someone who wants to enter your field?** If someone were considering becoming a Flight Instructor, I would advise them to be sure that they enjoy 1) flying and 2) teaching. The problem that some new flight instructors run in to is that they have a glamorized view of what to expect from their job. They imagine flying in perfect conditions, with students that are always happy for just a few hours a day. The reality is quite different, but if you thrive on challenges and enjoy working outdoors, Flight Instruction, or at least becoming a pilot, may be for you.



**CJ Lockman Hall, Mother**

On any given day, I am (in alphabetical order) artist in residence, assistant tree climber,

banker, chauffer, chef, comedienne, doctor, fashion consultant, head negotiator, housekeeper, hug and kisser, laundress, math teacher, meeting planner, music and dance teacher, nurse, nutritionist, playmate (no, not that kind), psychologist, science teacher, and storyteller. I am on call 24 hours a day, 7 days a week, as a volunteer. I did not receive a handbook when I started, nor did I receive hands-on training. I am not paid. My job is priceless. I am a mother.

## MARINERS COMPETE IN HURRICANE MAN

Lynne Wymelenberg

Several Ancient Mariners traveled to Pass-A-Grille, Florida to compete in the 2.4 Mile Hurricane Man Swim on May 5, 2007. Results are below:

### By Age Group:

**Women 35-39 2.4 Mile Open Water**  
2nd place Gainor, Cathy 39 ANCM-MD 1:08:25.00

**Women 45-49 2.4 Mile Open Water**  
9th place Etxegoien, Kathleen 48 ANCM-MD 1:46:55.00

**Men 45-49 2.4 Mile Open Water**  
3rd place Denes, Tom A 49 ANCM-MD 1:02:05.00  
19th Etxegoien, Jon F 49 ANCM-MD 1:37:15.00

**Women 50-54 2.4 Mile Open Water**  
2nd place Wymelenberg, Lynn 51 ANCM-MD 1:09:40.00  
7th place Nevaldine, Angela 53 ANCM-MD 1:30:28.00  
9th place Knowles, Julie 53 ANCM-MD 1:36:55.00

### Overall Standings out of 215 swimmers:

41st Denes, Tom A 49 ANCM-MD 1:02:05.00  
73rd Gainor, Cathy 39 ANCM-MD 1:08:25.00  
80th Wymelenberg, Lynn 51 ANCM-MD 1:09:40.00  
154th Nevaldine, Angela 53 ANCM-MD 1:30:28.00  
167th Knowles, Julie 53 ANCM-MD 1:36:55.00  
170th Etxegoien, Jon F 49 ANCM-MD 1:37:15.00  
184th Etxegoien, Kathleen 48 ANCM-MD 1:46:55.00  
214th Buchhagen, Dorothy, ANCM-MD 2:09.00

## Ancient Mariner Conquers the English Channel

Erin Miller (as interviewed by Tom Denes)

Erin Miller, of the Montgomery Ancient Mariners, participated in a six-person double-crossing relay of the English Channel in September 2006. The relay took 21 hours, 37 minutes in water temperatures ranging from 60 to 64 degrees Fahrenheit as well as 7.5 foot swells. I posed some questions to Erin:

**What was the hardest part of your swim?** Originally, I thought it would be the cold water, but after acclimating in the Dover Harbor each morning and afternoon for training swims while we waited for a 24-hour window of good weather for about a week and a half, the cold water was doable or at least survivable (for me, at least)!!

The seasickness was the hardest part, had nothing to do with swimming. The only time I did not feel sick was when I was in the water swimming and OFF the boat!! (so, I could not WAIT to get into that CRISP and refreshing English channel. 2nd hardest part was swimming in the dark in the open water with a spot light on you and not thinking.. "hmmm, I hope that CARGO SHIP can see us!" I was the first to be affected by our nightfall start...no horizon to keep you from getting "that feeling." I was hanging over the side of the boat about 45 minutes after we left the Dover Harbor !!

**What did you think about while you were swimming?** 1st swim: My first swim was from 11:30pm-12:30am: GET ME OFF THE BOAT so I stop

puking and then I started I swimming, felt MUCH BETTER. all I thought about was "stay close to the boat...stay close to the boat". I did not get really cold until the last 10 minutes of my 1st swim, my feet went numb.

2nd swim: ..."we have to be getting close to France by now. Gosh, the water is WARM on this side of the Channel!" ...sun starting coming up during my 2nd swim to reveal...FOG, DENSE FOG, 100 yards visibility, French channel authorities told our pilot to "abandon the swim, get back to the harbor". Luckily, we did not do that and continued swimming.

Andy Grannell, a fellow relay member, landed on France, he climbed out, cleared the water line, and got back in and started swimming again. Half way..

3rd swim:...heading back to England ...Feeling better, stopped puking and drank some water! whew. WINDY and lots of WAVES, but sun is starting to break through the FOG!!! I got really hungry half way through my 3rd swim...and all I thought about was what I wanted when I got back on the boat. I wanted ginger ale. then, I wanted some of these really good English cookies called "hob nobs". So, I swam to the beat of "hob nob, hob nob" in my head...and got out VERY hungry after my 3rd swim. I ate several hob nobs!!!

4th swim: I was the last swimmer and got to swim back into the Dover Harbor . My last swim was 37 minutes and the sun was shining (it was about 6pm when I started my last

swim)...I remember thinking..."we are almost done, I can't believe this is almost over." Then, my hand scraped some sand and pebbles. I stood up and ran out of the water, cleared the water, did my dance of joy and victory while the boat pilot honked the horn, sounded some sirens, my teammates cheering. I was welcomed back on the Dover harbor beach by Al's wife Leigh, the Queen of the Channel--Allison Streeter--, a few onlookers, and a South African swimmer. It was FANTASTIC. I had to swim BACK to the boat to get back to the boat harbor.

**Describe your training prior to the swim.** Lots of distance in the pool starting in January: Our long Saturday morning swims in the pool got up to 7000 yards. Then, we started swimming outside as soon as the



Erin Miller at the English Channel. Submitted photo.

## English Channel (continued from pg 6)

Chesapeake Bay got near the 60 degree mark...no wetsuits. The first swim was about 100 yards in 55 degree water... There was a lot of acclimating to do!! Continued open water swimming in the spring, did the Chesapeake Bay swim with no wetsuit. We did lots of training on weekends in Ocean City for the rough water training and cooler water. One training swim was memorable because some dolphins decided to swim with us...kind of scary at first because all you saw at first were FINS!! Our beach swims were usually 45 minute swim, get out warm up and then get back in for another 15-30 minutes. Get out get warm and eat. We were supposed to be bulking up to make sure we could survive the cold water in the English Channel. You really have to eat a lot when you are swimming long distances AND trying to put on weight!

**How did you acclimate to the cold temperatures and waves?** We arrived in Dover about 1 week before our seven day window began. We swam every morning in the Dover Harbor to acclimate to the "real" temperature of the English Channel. The harbor ranged from 60-64 degrees. BRRRRR. My first swim in the harbor lasted 8 minutes. I didn't think I could make it. But, every day we increased our time in the water - it became a mental game. Our goal was to swim to get up to an hour each day in the harbor. We had to do this in four to five days. The interesting thing that happened to me is that I knew exactly how long I was in the water based on how I felt. The first 20 minutes were GREAT...I swam FAST to get my body temperature up. At 35 minutes my teeth started chattering. At 45 minutes I could feel the chills all

over my body. At this point, I knew I only had to make it 15 more minutes and could get out and go take a HOT HOT Shower.

**How did you deal with sea sickness?**

Hang over the railing and puke. After swimming I would change out of my suit, put on several layers of clothes, hat gloves and wrap up in a down comforter. I sat at the back of the boat on a bench with my head back against the railing while I waited for each swim. I closed my eyes and tried to think warm happy thoughts. I held hot water in my hands when I thought I could drink something. It was pretty much a mental game. I was not going to be the one who crapped out and caused the relay to fail. And, the only time I did not get sick or feel sick was when I was swimming. So, I actually, could NOT WAIT to get back into the water!!

**Tell me about your teammates.**

My fellow relay members were Jack and Sally Iliff, Annette Holmgren, Andy Grannel, and Al Gruber. They were INCREDIBLE. Four of us were seasick. Everyone cheered everyone on and we tried to keep our spirits up and light. I could not have survived those first two swims without help from my teammate, Sally. She was a ROCK and INCREDIBLE. She actually had to help me get my suit on because I could not move without getting sick...it was a slow and painful process. Sally was my saving grace.

**What about your support crew?**

One support crewmember, Craig kept me safe in the water. He knew I was sick and he knew I was nervous about the channel, and he kept his eyes on

each swimmer and he was always there standing on deck watching us swim -counting our strokes and giving us time signals. I could not have swum as well as I did without him. Our other support crew member, Dianne...was seasick but she still took care of the rest of us seasick swimmers...she fed me ginger ale and hob nobs after my third swim when I could hold food and drink down!!

**What was the high point of your swim?** Eating hob nobs! The start. The finish. Being in the English Channel

**Would you do it again?** Hmm... gosh.....hmmm.... depends... hmmm...maybe. ;-)



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Look for more details soon!

**Seneca Creek  
State Park**

**Sunday  
August 26**

# **SUMMER PICNIC**

Ancient Mariners

**SAVE THE DATE!**