

# The Rime

Volume 18, Number 2

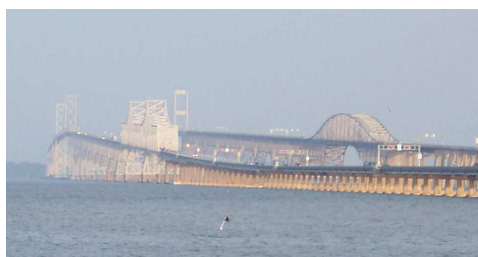
October 2012

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## GREAT CHESAPEAKE BAY 4.4-MILE SWIM AND 1-MILE CHALLENGE—JUNE 10

by Dottie Buchhagen



Again this year, nearly two dozen ANCMs participated in the 4.4-mile Great Chesapeake Bay Swim and the 1-mile Chesapeake Challenge on June 10th. The conditions were good – not too much chop or strong currents.

Here are comments from several of our teammates:

### 4.4-mile:

**Jeannine Williams:** This was my 3rd time doing the 4.4 mile swim. The water was very warm (about 75 degrees) and it was a beautiful day. This year, there were a couple of barges with wires anchored under the bridge that we had to swim around. Avoiding the wires definitely slowed me down a little bit. It was pretty choppy in the middle, but I didn't notice a whole lot of current this time. Overall, a great day for a swim.

**Bob Benson:** I finished the 4.4-mile Bay Swim in 2:57:20 for a 3rd out of three in the male 75-79 age group. I wore a long sleeved wet suit and after I crossed under the bridge (after crossing the bay) I unzipped my wet suit part way to cool off. I felt like I had just opened a parachute. I was able to zip it back up so I could finish my swim

**Paul Doremus:** Bay swim this year was great -- lovely weather, fairly mild conditions. My 15th crossing (in a row). [Paul

*(Continued on page 4)*

## 2012 USMS LCM NATIONALS - OMAHA - JULY 5-8

by Julie and Jeff Roddin

This year's USMS Summer Nationals was quite an experience for those who were able to make the trip to Omaha, NE. With approximately 1,250 swimmers, this was the second largest Summer Nationals in USMS history. The meet took place in the Olympic Trials pool shortly after trials concluded. The 10-lane 50-meter pool was the clearest, cleanest, most beautiful pool any of us have ever swum in. Built specifically for Olympic Trials, the pool was located in the CenturyLink Center, which seated nearly 14,000 spectators for Trials. We didn't have quite the fan support as Trials, but it was still a fantastic venue! We also got to use the Trials warm up pool. In a huge convention space within a very short walk from the competition pool, the warm-up pool had eight lanes of 50 meters and 5 lanes of 25 meters, so finding clear water for warming up and warming down was never an issue. A rarity for Nationals!



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## FROM THE EDITOR

- ◆Check out all the meet results and upcoming swimming events on our website at [www.ancientmariners.org](http://www.ancientmariners.org)
- ◆Please send comments and suggestions: to [dbuch@mindspring.com](mailto:dbuch@mindspring.com)



Hugh, Ruth Anne, Jeff, and Julie Roddin

*(Continued on page 5)*

## KNEEDED NEW KNEES

by Jody Gan

Dottie Buchhagen has been an ANCM for 16 years, edits the team newsletter, is webmaster, and provides other support to the team. Last November, she underwent major knee replacement surgery and is back in the water, swimming stronger than ever and doing a host of other athletic endeavors. Her recovery is very impressive and I wanted to make sure that she shared her story. Below is an inspiring interview with Dottie about her surgery, recovery, and some advice to others contemplating a similar procedure.

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

**A:** I had bilateral total knee replacements. Several ANCMs have told me that they most likely will have to have the same procedure at some point. I am not sure how I feel about leading the pack, but I hope that my experience can be of benefit to them and others.



**Q: Were you considering the surgery for a while?**

**A:** I was told about 10 or so years ago that it was in my future. I had degenerative joint disease which resulted in a loss of cartilage in the knees.

**Q: Is it unusual to do both knees at**

**practically the same time like you did?**

**A:** Most surgeons prefer not to do both at the same time, although some patients opt for that. I decided to have them done 13 days apart so that I would have a "good" leg to help me in my recovery from the second operation. My surgeon assured me that I could cancel the second operation if I decided to not go ahead with it. The first operation wasn't so bad (I was on narcotics, so of course I thought it was okay!). I decided that I wanted to get both procedures over with in one stay. The surgeries took place at Sibley Hospital and my surgeon (Dr. Richard Grossman) arranged for me to stay at the Renaissance (the Sibley rehabilitation facility) between the surgeries and for ten days after the second

surgery. I was in the facilities for nearly a month. Two major surgeries so close together did take a toll on my endurance.

**Q: I heard your swimming friends checked on you frequently and even brought breakfast to you on Sunday after practice while you were recuperating! Tell us about that.**

**A:** I had a lot of great support from fellow ANCMs. Debbie Kelsey was a real trooper in helping me through the hospitalizations, my stay at the rehab facility, and later at home. Other ANCMs who helped me and visited me were Tom Dene and Cathy Gainor, Susan Blum, Dave Harmon, and Alvin Russell (all members of our post-Sunday morning practice "Breakfast Club"). Other friends, including Debbie's husband Rick, Cheryl Wagner, and Jillian Humphreys, also helped and stopped by. They gave me plenty of books, DVDs, and crossword puzzles to keep me occupied. Fortunately, none of those were too mentally challenging, as I was in a bit of a narcotics fog.

I got home a couple of days before Thanksgiving. Tom and Cathy cooked and brought over Thanksgiving dinner to share. And, yes, the Breakfast Club came over several times after their swim practice. We even went out in my neighborhood so that I could practice walking and several of them took me grocery shopping when I was more mobile.

**Q: How soon were you back in the water, and how long did it take for you to get back to your swim routine?**

**A:** I was back at practice at five weeks after the second operation -- once the second incision had healed and I got clearance from my surgeon. I started out slowly -- only 600 meters for the first practice (with a few water exercises thrown in). I didn't want to overwork my shoulders for the first couple of sessions. I was up to 1,500 meters the following week.

As many ANCMs know, I did the 2.4-mile swim in Florida on May 4 (approximately six months after my second surgery). I wouldn't characterize my swimming abilities as stellar -- but I do keep moving. I am working on increasing my kicking, something that I had stopped doing as my knees deteriorated.

**Q: I understand that you are biking, too, and have entered some competi-**

**tions. Tell us what you are up to.**

**A:** As part of my preparation for the surgeries, I intensified my gym workouts with a concentration on strengthening the leg muscles. Also, as I my knees lost cartilage, I had to cut back on hiking and walking, and I had to stop running. I discovered that spinning was not painful and was a lot of fun. That led to biking. And that led to Aquabikes -- the swim/bike portion of Olympic distance triathlons. I did four of those at Naylor's beach in Warsaw, Virginia, in 2008 through 2011. All that activity was extremely helpful in my recovery.

Since my surgery, I did the 1-mile Chesapeake Challenge in June and my annual 1-mile swim in Long Island Sound at Westport, Ct in July in addition to the Hurricane Man swim,

The morning of my second surgery, Debbie's husband signed me up (with my permission) for the Iron Girl Columbia triathlon (0.62-mile swim, 17.5-mile bike, 3.4-mile run) that was to be held on August 19, 2012. I thought it would be a good goal and doable -- once I found out that I could walk the run portion. When my surgeon told me that it would take nine months to a year for the scar tissue to completely remodel, I told him that was an unacceptable time frame. After all, I had that triathlon coming up in August! I completed Iron Girl and got first place in my age group (70-74). It was a lot of fun and so enjoyable that I signed up for another triathlon for my 70th birthday celebration the third week in September. That was in Bethany Beach. I completed the 0.62-mile swim, and started on the 18.5-mile bike ride but got a flat tire. I lost a lot of time (nearly 50 minutes!) fixing the flat and was only about nine miles into the bike course when they pulled the traffic support. I opted to stop rather than bike on the Coastal Highway with cars zooming by at 70 mph.

I biked the Sea Gull Century on October 6. I was not sure when I started out that I would be able to complete the 100-mile course. However, it turned out to be a beautiful sunny day without very strong headwinds. I finished the full distance (actually 101 miles!) although the last mile was in a very heavy, stinging

*(Continued on page 3)*

## COACHES CORNER: USMS COACHING CERTIFICATION CLINIC

by Lisa Wolf



I had the pleasure of attending the USMS Coaching Certification Clinic, sponsored by Potomac Valley Local Masters Swimming Committee (PV LMSC) in Alexandria, Virginia. This was as part of a new program USMS has

developed with ASCA (American Swimming Coaches Association) to provide certification credentials to masters coaches, similar to USA Swimming, USA Triathlon, and many other sports organizations.

The Saturday clinic was geared for all levels of coaches and included a wide range of participants with experience levels of less than one to more than 15 years. Several local triathlon teams had coaches also attending.

Topics covered during the day included characteristics of a masters coach, understanding the adult learner, coaching triathletes and open water swimmers, writing workouts and safety management to mention a few. Sharing of ideas and questions was encouraged, and it was an excellent way to hear about other Masters groups in the area.

USMS is very focused on ensuring our organization continues to grow as well as retain the current membership. As many coaches had never been formally trained and may only be coaching once a week, USMS is working to ensure that our swimmers have a professional and organized coaching staff. While this training is not mandatory for any coach, it provides a wealth of knowledge to anyone that would seek to enter the coaching ranks. After completing the certification test, the coach is also member of ASCA and has many opportunities for continued growth as a coach.

Although I previously was certified as a Masters Coach by ASCA, I found the clinic to be engaging and worthwhile. One

topic that I felt was especially important was the idea of welcoming ALL swimmers, regardless of ability. A good coach makes every swimmer feel welcome and works to help them achieve their goals, from swimming a 500 straight or completing their Ironman swim under the time limit. As I said in a previous article published in the USMS newsletter, the coach is the first and last person a swimmer most interacts with at a practice, so make it professional, make it worthwhile and make it fun!

*Editor's note: Lisa Wolf coaches at the Olney Swim Center on Tuesday nights and occasionally on Sunday mornings at the Kennedy Shriver Aquatic Center.*

## NEW KNEES

(Continued from page 2)

rain. I felt very good afterwards and may do it again next year.

I am not running and have been told I shouldn't. I am hoping to begin jogging for intermittent short distances. I will ask my surgeon about it at my one-year evaluation.

**Q: You just had a big birthday! Do you have any special plans for this new decade?**

**A:** Now that I have discovered sprint triathlons, I have picked out several that I would like to try next year. The Naylor's Beach triathlon was moved to June (from late September), and I would like to do the full sprint version rather than the Olympic aquabike. Of course, I would like to do Iron Girl Columbia and maybe Iron Girl Rocky Gap (a new one that was held for the first time this year). Friends have asked me to do the Dewey Beach triathlon in September and I would like to try Bethany Beach again -- and finish it. In addition, I will do my annual swims -- the Hurricane Man in May, Chesapeake Challenge in June, and the Long Island swim in July. As for biking, I would like to do the Sea Gull Century or another century ride.

As for the rest of the decade, I hope to repeat the above for as many years as I can. And maybe throw in a few more challenges as well.

**Q: What does your orthopedic surgeon think of your amazing progress?**

The last time I saw him was for my checkup in March. He was pleased then (of course a good portion of it was due to his surgical expertise). He doesn't know what I have been doing since then and I won't see him again until the end of October. My physical therapists were impressed with my rapid recovery.

**Q: Do you have any advice for other athletes considering this kind of surgery?**

**A:** The best advice I can give is (a) find a good surgeon with a good hospital; (b) prepare, prepare, prepare by exercising and strengthening the leg muscles and general overall endurance; (c) stick with the rehab, which begins the day of the surgery (they have you on your feet and exercising); (d) get back to your normal physical activities as soon as you can. It will help reduce formation of scar tissue and keep the knees flexible; (e) don't get discouraged. You will notice improvement every day. I am so delighted to be able to walk without pain. It is an entire new life for me. I have a lot of lost time to make up.

## ENTRIES FOR THE 4.4-MILE GREAT CHESAPEAKE BAY SWIM AND 1-MILE CHESAPEAKE CHALLENGE

**Event Date: June 9, 2013**

The 4.4-mile lottery registration will begin on Friday, November 23, 2012 and extend through January 4, 2013. The first round of names will be randomly selected on Monday, January 7, 2013.

On-line open entry for the 1-mile swim will begin on February 1, 2013. Entries will be accepted until there are 450 entrants posted.

Details at <http://www.lin-mark.com/>

## A FLIGHT ON THE "VOMIT COMET"

by Jeff Roddin

The last time I was asked to write an article for the Rime about a business trip was twelve years ago. This time the trip did not include skinny dipping, so some of you might choose to stop reading now...

My recent project at NASA/Goddard is to develop robotic servicing of a satellite in orbit. We have several prototype models to develop the concept but one thing we cannot do on the ground is simulate how the satellite would respond to the robot in a zero gravity environment. In



September, I had an opportunity to travel to Houston to take an experiment onboard the NASA Zero Gravity aircraft (G-FORCE-ONE). This plane is a modified Boeing 727-200 that achieves weightlessness by doing acrobatic maneuvers known as "parabolas." The plane climbs to an altitude of 34,000 feet and then dives at a 45 degree angle to 24,000 feet. Next, the plane "pulls up" and climbs back to 34,000 feet at a 45 degree angle. During the dive, passengers are weightless for approximately 30 seconds. During the climb, passengers feel the pull of 1.8 Gs. This dive (zero gravity) and climb (high gravity) sequence completes a single parabola. My particular flight had 34 parabolas and the flight duration was about 2.5 hours. The Federal Aviation Administration clears a narrow swath of airspace above the Gulf of Mexico away from all

other air traffic for the plane to do a few out-and-back routes. G-FORCE-ONE is also known as the "vomit comet" for somewhat obvious reasons! Fortunately neither I nor the robot got sick!

During the high gravity portions (1.8 Gs), all fliers are urged to lie flat on the ground. My task was to ensure that a floating 100-pound metal target was safely on the floor prior to the high gravity portions so it wouldn't slam down on the aircraft floor or endanger any fliers while floating around. Therefore, I spent most of the time making sure I was anchored to the floor so I could safely control the target. This means I wasn't exactly doing somersaults during the flight! Nevertheless, the feeling of being weightless was an incredible experience. Even better than the swimming experiences in the Netherlands on a previous NASA business trip!

## BAY SWIMS

(Continued from page 1)

received an award at the awards ceremony along with the other 10-, 15-, 20- and 25-year swimmers.]

**Jonathan Jarow:** I swam the 4.4. Conditions were great; wish I could say the same for me.

**Anne Lewis:** My husband **Tommy Kaufman** and I both did the 4.4 swim.

[Editor's note: Tommy came in fourth in his age group 30-34. And, Anne was four months pregnant.]

**Also:**

**Glenn Remppe**

**Bob Huber**

**Mary Ellen Mess**

**Larry Demille-Wagman**

**Wendy Friedland**

**1-mile:**

**Mark Diglio:** This was my first GCBS one miler (I had done the 4.4 miler a few times in the past). I thought this would be an easy swim - it was and wasn't - I'll explain.

I figured the water temps would be fine to do the swim without a wetsuit. I was right. The swim was like a splendid walk in the park. Without pushing, I average 24 minutes in an indoor pool. I did 25 minutes 10 seconds for this open water swim.



Dottie Buchhagen, Jody Gan, Kara Permisohn, and Susan Blum after the 1-mile swim

It was so refreshing and genuine fun. I'm thinking that I could have-should have taken a quicker pace - oh well. I'm fighting some tendonitis at the moment.

Unfortunate for me and fortunate for my ANCM workout friend, Doug (Noll), he beat me by over three minutes to take first place for our age group 50-54. The irony is he always tells me in workout that I'm the quicker freestyler and have more endurance. For one, I think Doug is one of the most humble guys I know. For two, I'll never do a bay swim without a wetsuit again. I heard they can shave a good 10-15% off regular pool speed. I've learned my lesson. I'll never do a GCBS without a wetsuit again - even the 1 miler.

The good news is where I used to think only the 4.4 miler was worth doing, I can tell you the 1 miler is plenty competitive, just as much fun and not so killing on the body as the 4.4 miler. I will still try to get into the 4.4 mile swim, but won't be so upset if all I can get is the 1 miler cause this really was a blast!

**Julie Roddin:** I loved the swim! I finished in 20:23 - 2nd woman, 9th overall. Beautiful day for a swim!

**Dottie Buchhagen:** This was my tenth 1-mile swim. I finished in 2nd place in my age group (65-69) with a time that was only 1:37 slower than last year and was my second fastest time.

**Also:**

**Jody Gan**

**Susan Blum**

**Duncan Ferguson**

**John Butler** (his first 1-mile swim)

**Kara Permisohn**

**Andrew Shipman**

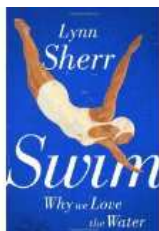
**Neal Gillen**

**Doug Noll**

**BOOK REVIEW****SWIM: WHY WE LOVE  
THE WATER**

**by Lynn Sherr**  
**Public Affairs**  
**New York, New York**  
**2012**  
**212 pages**

by Kathleen Etxegoien



This gem of a book nearly fits in the palm of your hand. The physical aesthetic of the book is engaging. Sketches, quotes, hieroglyphics, anecdotes and advertisements associated with swimming adorn each page. A bubbly swimmer glides across the bottom of each page and slowly makes her way to the finish as the pages advance. Postage stamps of swimming positions decorate the inside front pages. This book is gloriously familiar territory for most of us. The story is a “celebration of swimming”; an inquiry into why we swim and the lure of being in the water. It’s the essence of the DNA in all Masters swimmers.

*SWIM* is a treasure chest filled with all things swim related; the shoebox we might have under our beds filled with the history of our own swim careers; ribbons, medals, photos, newspaper articles, timesheets, and old training logbooks. The book gives the reader a historical narrative on the birth and maturation of the swimming culture. At times, the timeline is difficult to follow, but for most of the time, you read it as fluidly as you swim.

Lynn Sherr opens this narrative with a rendering of the legendary tale of tender new love; Leander swims nightly across the Hellespont for a night of secret romance with Hero. The author, too, takes us with her on her own swim journey across the Hellespont, the chan-

nel separating the Black Sea from the Aegean and Europe from Asia (I wish there were a better map in the book!). The Hellespont is a huge attraction for open water swimmers from around the world largely because of its historical origins. Yes, there are even swim vacations dedicated to it!

Ms. Sherr is in her late 60’s when she decides on setting this formidable goal. She is not an accomplished swimmer (swimming no further than one-half mile at a time until this momentous decision), but she trained for some eight months in preparation for the open water. The swimming, the training and the accomplishment of the goal inspired her in ways familiar to most of us. Unfortunately, I never could figure out the exact distance of the swim (a time limit of 1.5 hrs) and even a little research reported the length as anywhere from 1 to 3.5 miles. The strait (now known as the Dardanelles) has often played a strategic role in history. It is unique in many respects. The very narrow and winding shape of the strait is more akin to that of a river. It is considered one of the most hazardous, crowded, difficult and potentially dangerous waterways in the world. Yuck! Imagine the tanker traffic and oil slicks! Nonetheless, interspersed with her stream-of-consciousness musings about the training and the actual race are Ms. Sherr’s meanderings on a variety of swim topics: “The Skinny on Dipping;” “Celebrity Pools;” “Race relations;” and, my favorite, “You know you are a swimmer if...”

In Chapter 3, “Fish Out of Water,” a discussion on the fish part of our evolution ensues, but sadly, there is no mention of the Aquatic Ape Theory made famous by Elaine Morgan (a theory in which I believe). In “Different Strokes,” we learn that “side swimming” was early promoted for its speed and economy (hence and forever vindicating me for using it in the Hurricane Man Race!).

Although Chapter 5, “The Fast Lane,” opens with a race start photo that could easily be of ANCM open water swimmers, we now enter the world of elite Olympic swimmers. WOW! 45,000 meters per week. These are the swimmers who know, as Dara Torres says, that every second has a beginning, a middle, and an end. We are at Swim Training

Camp in Curacao and in the pool for eight to nine hours per day every day but Sunday. We meet Ranomi Kromowidjojo (and we can even pronounce her name after having watched nearly every swim race in the 2012 Olympics). We hear from and about our beloved human torpedoes: Cullen Jones, Dara Torres, Ryan Lochte, Michael Phelps, and Missy Franklin.

Perhaps the most interesting discussion in the book is the never-ending debate of open water versus the pool -- the untamed blue waters or the clearly defined beauty of a pool and lane line. You know which one you are! Not that there’s anything wrong with swimming pools. Pools are pure simple shapes that are constructed for our benefit. But, I’ll take the warm and shimmering open waters, always in motion, always a tad dangerous.

And so it goes. *SWIM* is an ode to your swim lane pals, the big red turn buoy, the silence of the underwater, and the slow mental release that engulfs and nourishes us with each workout. Read it and celebrate your inner Aquatic Ape.

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*Editor’s note: ANCM Kathleen Etxegoien is a PV LCMS Top Ten Butterfly Swimmer who manages to find time to swim 1,500 meters per week.*

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**USMS NATIONALS**

(Continued from page 1)

Four ANCMs, all with the last name “Roddin,” competed in this year’s Summer Nationals. Hugh led the way winning all five of his events in the 70-74 age group. Also noteworthy, Hugh and Jeff (40-44) each won the 100 Fly in their respective age groups and Julie (35-39) won the 1500 Free, completing her sweep of both “mile” events at Nationals this year. But the star of the family 200 Medley Relay was our anchor, Ruth Anne (65-69), who swam a very speedy 50 free to hold off nearly all of the other teams in our heat! We didn’t know at the time, but our relay actually had 5 swimmers in the water -- Baby Roddin #2 swam along with Julie in the backstroke leg! Jeff and Julie will add a new member to the family around mid-March. Right around the Albatross Open once again!

### TEAM PHOTO



## USMS 5K NOBLESVILLE, IND JUNE 23

by Cathy Gainor



No lanes, no lines, no walls.

That's the motto of the USMS 5K Championship, which I swam in June.

Since I was locked out of the Great Chesapeake Bay Swim, I needed another challenge last

summer -- so Tom Denes and I headed out to Noblesville, Indiana (cute downtown!) and the Morse Reservoir northeast of Indianapolis for the 5K Championship.

It was a perfect day for a swim - sunny skies, no wind, smooth-as-glass water, just a little chill in the morning that quickly grew warmer as the sun rose higher. The ambiance was friendly -- the portion of the reservoir we swam in was narrow, with houses and trees lining both sides.

Technically, the course was a delight -- lots of buoys for sighting, with yellow ones on the way up, and orange buoys on the way back.

The competition was fierce -- 154 swimmers participated from all over the country. And I quickly found out that

these were top racers. A bunch of swimmers in my wave dashed out in front. No matter, I thought -- they'll die and I'll start passing them since I swim better in the second half of my races. Nope. I might have passed two people the entire 3.1 miles. Pretty brutal.

But for a truly pleasant finish, we just had to swim underneath the finish banner for your timing chip to register. That meant actually strolling leisurely onto the sand, unlike the typical painful finish -- stand up, try to ignore your jelly-like legs, and sprint to the mat. Fantastic!

I ended up fourth in my age group and 20th among women, with a time of 1:26:40.4 -- which is great when they award places up to eighth and you fly partially across the country to compete.



## ANNUAL ANCM PICNIC

The Annual ANCM Picnic was held on Saturday, September 30, at Seneca Creek State Park. Many swimmers, friends, and family members turned out to enjoy a beautiful autumn day.



## LANE CHAT

Jeff Roddin was this year's recipient of The Championship Meets Award at the USMS annual meeting, held during the United States Aquatic Sports Convention in Greensboro, N.C., on September 16. The award recognizes efforts to assist USMS and meet hosts in providing excellent competitive conditions for championship racing or otherwise contributing to the success of USMS National Championships or national championship-level competitions, including international meets.

Congratulations, Jeff!



## VISIT THE ANCM BULLETIN BOARD - MAC LOWER LEVEL

Photo credits: pp.1, 2, 7 - Dottie Buchhagen; pp.1, 4, 6 - Jeff Roddin; p.3.-Lisa Wolf; p.4—Jody Gan; p. 8—Debbie Morrin-Nordlund

## FALL SESSION BEGAN ON SUNDAY, SEPTEMBER 9 - GO ONLINE TO REGISTER ([www.ancientmariners.org/registration.htm](http://www.ancientmariners.org/registration.htm))

### TEAM GEAR

- **SWIM CAPS:** All registered ANCMs will receive one free swim cap.
- **OTHER GEAR:** Swim bags: \$45, swim caps: \$3, cotton T-shirts \$11.

### Clay Britt Single Day Clinics

These clinics are geared to helping you swim faster. The clinics include classroom discussions, underwater videotaping, our "feel for the water" tools, and in-the-water instruction from Clay and his experienced coaching staff. You will receive a list of swim drills, techniques, and our "Swim Drills on Video" DVD and a copy of your swim on DVD with voiceover critique.

For more information email [clay@claybrittswimming.com](mailto:clay@claybrittswimming.com) or visit [www.claybrittswimming.com](http://www.claybrittswimming.com)

## EVENT CALENDAR

### 2012

**11/18:** Potomac Valley Short Course Meters Relay and Sprint Festival, Fairfax, VA <http://www.usms.org/comp/event.php?MeetID=20121118PVRSEFS>

**12/02:** Carol Chidester Memorial Swim Series, Glen Burnie, MD <http://www.usms.org/comp/event.php?MeetID=20121202NAAC3Y>

### 2013

**1/1-1/31:** USMS 2013 One Hour Postal Championships <http://www.usms.org/comp/event.php?MeetID=20130101DAM1Y>

**1/13:** Carol Chidester Memorial Swim Series Annapolis, MD <http://www.usms.org/comp/event.php?MeetID=20130120AOSC4Y>

**2/03:** ALEX Tropical Splash Alexandria, VA <http://www.alexandriamasters.com>

**3/16:** ANCM ALBATROSS MEET, KSAC, North Bethesda, MD

**3/24:** Carol Chidester Memorial Swim Series Annapolis, MD <http://www.usms.org/comp/event.php?MeetID=20130324AOSC6Y>

**5/09—5/12:** USMS Spring National Championships, Indianapolis, IN <http://www.usms.org>

**5/04:** Hurricane Man 2.4-mile and 1000-meter swims, Pass-a-Grill, FL <http://www.stpetemasters.org>

**6/9:** 4.4-mile Great Chesapeake Bay Swim and 1-mile Chesapeake Challenge, <http://www.lin-mark.com/>

**7/13:** Swim For Life Chestertown, MD <http://www.swimdcac.org/DCAC/swimforlife/Home.html>

**8/04:** 2013 U.S. Masters 2.4 Mile Open Water National Championship Dana Point, CA

**8/7-11:** .S. Masters Swimming Spring National Championship Indianapolis, IN <http://www.usms.org/comp/event.php?MeetID=20130509NATLY>



These are only some of the upcoming swim events. Go to <http://www.ancientmariners.org/event.htm> for more listings