

The Rime

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FROM THE EDITOR

◆Check out all the meet results and upcoming swimming events on our website at www.ancientmariners.org

◆Please send comments and suggestions: to dbuch@mindspring.com

GREAT CHESAPEAKE BAY SWIM AND CHESAPEAKE CHALLENGE — JUNE 9

by Dottie Buchhagen

Another year, another challenge for ANCMs who braved the dark, polluted waters of the Chesapeake Bay for the annual 4.4-mile and 1-mile swims. Conditions were generally good, but a change in current several hours into the 4.4-mile swim resulted in difficulties for several of our swimmers.

Here are comments from some ANCMs in the cross-bay swim:

Bob Benson: I finished the 4.4-mile Chesapeake Bay swim in 3:20:23 for a second out of two in my age group (75-79). It was my 20th completion out of 22 attempts (out of a possible 25) since 1989 (including my 2011 finish without an official time due to the race being called because of lightning as I was approaching the finish line). The last mile between the bridges was very difficult this year due to strong currents and my severe eye pain. The eye pain turned out to be due to bacterial conjunctivitis acquired from the bad water quality because I had some trouble with my goggles. The eye improved after a week on antibiotics.

Paul Doremus: Paul's wife Colleen reported that Paul completed the 4.4-mile swim for the 16th year in a row with a time of 1:52 to place eighth in his age group.

Wendy Friedland: Wendy did the 4.4-mile swim for the 19th time. She placed third in her age group for the first time. Husband Warren said she was stoked.

Cathy Gainor: I really enjoyed the Bay Swim his year. It was a gorgeous day for a swim, and until the last mile or so, the water was relatively calm. I finished sixth in my age group (45-49) with a time of 2:03:31. And lunch afterward with fellow ANCMs was fun and a nice way to cap the day. I'm already looking forward to next year.

Cliff Barlett: My third bay swim completed successfully — sort-of. It was a really beau-

tiful day; no wind, a few clouds, no waves, and water temperature about 75. I think of the swim in three parts: the start from the beach to between the spans; between the spans, i.e., the real bay swim; and, the final stretch to Hemingway's. ... I had finished the first three miles in just less than two hours; my last mile "between the spans" took over an hour. The end of the spans was a very welcome sight! I even managed to swim all the way to Hemingway's ... okay, maybe I walked a few steps.

And, comments from 1-mile swimmers:

Dave Siskind: It was a lovely day — warm calm water, mild weather, great ANCM turnout, and nice post-race lunch. And topped off by a cozy nap when I got home.

Kara Permisohn: The race was enjoyable for me this year because I was able to experience it with my Mariner teammates! Everyone did a fantastic job and I'm sure training together had a lot to do with our successes. I was excited and proud to improve my time from last year (even if it's rumored that the course was not measured at a full mile).

Neal Gillen: My time was off due to cramps 100 yards from finish.

Dottie Buchhagen: This was my ninth year and my times get better every year — I am very glad for that! I came in second in my age group (70-74).



Dave Siskind, Dot Lane, Tom Denes, Dottie Buchhagen, Cathy Gainor, Kara Permisohn, and Jody Gan at Hemingway's Restaurant after the swim.

BREWMASTER IN THE FAST LANE

by Tom Denes

Once we put on our goggles and jump into the frothy mire, we tend to focus on swimming -- at least some of us do. But turn to your wet neighbor and ask him what he does outside the pool. The answer may surprise you.

I did just that in May and discovered that one of my fish-like lane mates, George Humbert, is a Brewmaster at a Maryland Craft Brewery! Below is my interview with George.

Q: Tell me about your business.

We are a small craft brewery, which we started in 2006. We produce about 3,500 barrels of beer annually -- roughly 108,000 gallons or about 48,000 cases of beer. We produce about 12 different styles of Pub Dog beer plus four seasonal beers and then also a few limited on-off rotating beers, which is usually whatever we feel like brewing. We are a wind energy and bio-diesel powered brewery. We recycle our spent brewer's grains to local farmers who feed them to Maryland cows.



George Humbert at work

Q: How did you get into this field?

Good question ... sure beats paying for beer! Let's just say that Quality Control is one of my favorite parts of the job.

I started to learn to cook at a young age ... probably seven or eight years old. Both my parents cooked mostly from scratch so I picked up a lot of things early on.

I went to college in Boston in the late '80s when Samuel Adams, one of the first Craft Brewers on the East Coast, was emerging. I had a few of those and was intrigued. Mind you I couldn't afford to buy too many of those beers, but I lived near one of the first beer bars in Boston and they stocked over 150 beers. They had free food at midnight every night, so I would go there several nights a week and buy a different local or import beer and get something to eat. There was something that intrigued me about the taste of these beers which was better than what I usually bought in packs of 30 cans.

When I came back to the D.C. area after college, I had a good friend who was also getting into craft beers. I called him up one day and asked if he wanted to go grab a beer, and he said he had just started making a batch of beer at home ... I said, "I've got to see this, I'll be right over".

I watched and helped a little and about a month later we tasted the beer that he made. It wasn't bad -- it wasn't great either -- but I was absolutely intrigued at how simple the process seemed to be. I started buying homebrew books and reading every beer book I could find. There was a homebrew store in Rockville and we started brewing once a month at his house and brewing different styles of beer each time.

A couple of years later (in 1994), I was at a point in my life where I took a chance and decided to pursue my passion and began working at the first brewpub in Montgomery County, Olde Towne Tavern and Brewing Co. My first boss was an ex-Anheuser-Busch brewmaster who trained me for four years.

Q: Where do you sell your beers?

We are currently available in Maryland only ... about a 50-mile radius from Westminster in a triangle from Hagerstown to Baltimore to Bethesda. We are always looking to grow, but we try to keep things local.

Q: Where did you swim growing up?

Right here in MCSL at Carderock Springs. Clay was one of my swimming heroes when I was a kid and still is.

Q: Did you swim competitively in high school or college? If so, where?

I swam a couple of years in high school but had lost the drive for competing. I played some water polo in college but pretty much stopped swimming for about 15 years until I got back in the pool about five years ago when my kids started swimming.

Q: What was the best race you ever had?

I remember swimming a 200 IM when I was 12 and, ever since that race, I really enjoy swimming IM.

Q: Do you have an interesting swimming or brewery story to share?

Every production run, we hold back bottles during the packaging for various tests like carbonation levels and fill levels. We had an inspector once ask what we do with all of our lab sample bottles, which I have six-months quantity on shelves in my office.

I said "We test them....one at a time" and had a big grin on my face, and he just burst out laughing. The most frequently asked question I get from people is if we have tasting positions available. Short answer "yes" ... long answer "no."

Q: What is your favorite beverage?

Beer is my passion, but when I'm off the job, I drink coffee and iced tea.

Q: Any closing thoughts?

Brewing, if you can believe it, is a very physical, tough job. Although we do a lot of heavy lifting of kegs and sacks of malt, I was really out of shape when I joined the ANCMs last year. I've had a great time getting to know my lane-mates on Sunday mornings and have re-discovered the joy of swimming.

ENTRIES FOR CHESAPEAKE BAY SWIMS

Event Date: June 8, 2014

The 4.4-mile lottery registration will begin on Tuesday, Nov. 26, 2013 and extend through Saturday, Jan. 4, 2013. The first round of names will be randomly selected on Sunday, Jan. 5, 2014.

On-line open entry for the 1-mile swim will begin on Saturday, Feb. 1, 2014. Entries will be accepted until 550 entrants are posted.

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

2013 HURRICANE MAN — MAY 4

by Kathleen Etxegoien

The day started as usual ... too early, still dark, quite tired, consciously doubtful, and all too familiar. It's the familiarity of the last 12 years that prompts one through this bout of performance anxiety, I suspect.

The Hurricane Man 2013 race start seemed more chaotic than years past. Arms, legs, feet, faces all in serious jeopardy of getting smacked and battered, albeit under a clear blue bright sky. The water visibility was poor, which just made matters worse. Strange that many open-water swimmers are thankful for murky water ... easier to deny the existence of marine life it seems.

A concentrated break from the crowd of frenzied swimmers found me in a cold, fast-moving current that I now fondly refer to as the "Grille Stream," after Pass-A-Grille. Thank goodness for the early current that lasted for three-fourths of the 2.4-mile race. The swimming was peaceful and calm, no drama, no incidents, no shark scares (whew,

unlike 2012!), no diversions; just stroking, rhythmic breathing, and an inner dialogue calmly reassuring yourself that you have good judgment. You are comfortable and know this drill. Stay straight, keep your head down. You're clearly making forward progress.

The Don Cesar Hotel flew by. Mile one down, thank goodness that's passed. Next up is the flagpole. Two miles, right on course. The big red buoy should come into sight soon, marking the end of the course. Take a sighting, and there it is, still a considerable distance away. A tall man on a paddleboard passes, and you share a few words about finishing. You're exhausted and want a lift to the end. It seems to take forever to close the gap between you and the buoy. But soon, as always, it comes sharply into view and you remind yourself to savor this swim to shore. "Anything else is just a sponge bath." Until next year.

The following ANCMs and friends completed the 2013 Hurricane Man Race in the Gulf of Mexico in Pass-a-Grille, FL: Veterans of the race were Kathleen and Jon Etxegoien, Dottie Buchhagen (first in her age group 70-74), Angela Nevaldine, Elizabeth James (Kathleen's niece), Tom Denes, Cathy Gainor, Dave Harmon (first in his age group 60-64),

Debbie Kelsey, Susan Blum, Amy Greenberg, Jillian Humphreys, Polly Phipps, Paulette Browne, Becca Knox, and Courtney Patterson. First-timers were Jody Gan, Duncan Ferguson, Yali Fu and her friend Fernando Vidal Vanaclocha.

ANNUAL ANCM TEAM MEETING

The Annual ANCM Team Meeting was held on Sunday, November 3 at the new home of Tom Denes and Cathy Gainor.

Following reports from the current officers, discussion of the Albatross Open to be held on March 15, 2014, and passage of the Budget for FY 2014, new officers were elected.

Dave Harmon will take over Jeff Roddin's role as President. Jeff diligently and successfully filled that challenging role for eight years. Nanci Sundel was elected Vice President, Holly Donnelly will be the team's Secretary, and Pam Blumenthal will serve as Registrar. New At-Large Board Members are Tom Denes, Jeff Dubin, David Friedland, George Humbert, Peter Johnson, John McCaffrey, Donna Minha, and Greta Ober. Current officers continuing in their roles are Mauricio Rezende, Treasurer; Dottie Buchhagen, Newsletter Editor/Webmaster; Jeff Roddin, Record Keeper; and Cathy Gainor, Debbie Kelsey, and Brent Peacock, At-Large Board Members

Minutes of the meeting and the detailed 2014 budget are posted with those of past years on the ANCM website: www.ancientmariners.org/documents.

FIRST SOLSTICE MEET HOSTED BY GERMANTOWN MASTERS

Germantown Masters will host their First Annual Solstice Meet on Sunday, December 7 at the Germantown Swim Center in Boyds, Md. This meet will be the last opportunity for swimmers to set SCM records for 2013. Let's have a good turnout of ANCMs! Entry form is at the Germantown Masters website:

<http://www.germantownmasters.org/solstice2013.htm>



Front row: Jody, Amy, Jillian, Cathy, Tom, Fernando; back row: Duncan, Dottie, Susan, Debbie, Angela, Jon, Kathleen, Elizabeth, Yali

AS THE TIDE TURNS

by John C. Pugh

Inspired by my girlfriend's multiple Bay Swim triumphs and hoping to impress her and myself, I submitted my name early this year and was fortunate enough to be accepted for the 4.4-mile swim. Sue seemed concerned when I told her, possibly because she knew from personal experience how difficult this undertaking would be, and perhaps also because she had visions of our fledgling relationship being cut short as I drifted off towards the Atlantic. I had completed open water swims of up to three miles but



John pre-race at Sandy Point State Park

always at a slow pace, typically emerging from the water after the prizes had been given out and the fast swimmers had feasted on the buffet and were on their way home. To allay her concerns and calm my own fears, I began what I considered a vigorous training regime, showing up at Masters practices at least three times a week and informing friends, relatives and acquaintances of the upcoming challenge in the hope this would inspire me to train harder still. I received valuable help from coaches and tips from Bay swim veterans, and after two months of training I felt ready. It was about this time that my preparations for the swim went slightly awry.

Sue and I had scheduled a hiking holiday in my native England and, as a consequence, my pre-race taper started three weeks out from the event and included a succession of greasy English breakfasts and copious volumes of strong Yorkshire ale. On our return just one week before the event, I was no longer in peak swimming form, though with all the walking we'd done I could have easily hiked across the Bay bridge and back without blisters or cramps. Undeterred

and driven by naive optimism, I bought a wet suit from Amazon and showed up on the beach at Sandy Point State Park early on the morning of June 9.

Perfect weather provided a clear view across the calm waters of the bay. The bridge appeared endless — the thought of driving across seemed ambitious and swimming across unthinkable! But standing there in a yellow cap with a number on my arm and in the presence of my support team (Sue) and other ANCMs it seemed too late to back down or to pretend that I was there to volunteer or cheer on the other swimmers. And, besides, I had now informed so many people, including my mother who was concerned about sharks and my boss who shook his head and asked me to arrange a back-up for my big meeting on June 10, that to walk away was no longer an option. As I waited anxiously on the beach, an amplified voice rose above the sound of pre-race chatter — mostly triathletes swapping tales of sporting injuries. The race organizer announced to the crowd that due to excessive run-off after heavy rains the local authority had declared the water unfit for swimming. I breathed a sigh of relief, assuming that his next announcement would be that the event was canceled. Instead, the news was met with derisive laughter. Not wishing to appear a softy, I laughed along with the type-A athletes as I applied sun block and anti-chafing lotions with trembling hands, secretly wishing that I had put my affairs in order before I left home and that I had arranged with my doctor to receive a hepatitis vaccine and a tetanus booster.

As the assembled swimmers sang the national anthem I struggled to find a suitable place to store the energy chews I was told would sustain me after the three-mile mark, finally sticking them under my swim cap as alternative options seemed impractical. And then we were off. Not wishing to be part of the general melee that marks the start of open water races, I followed the first wave toward the buoy at a respectable distance, swallowing a large gulp of brackish water in the process and trying hard not to think about the health alert. There followed a sublime three miles of swimming between the bridge spans, with occasional pauses to glance backwards to enjoy the view and revel in

the distance I had traveled from the shore. I settled into a steady pace and when I stopped at the refreshment boat I felt elated and confident that I would be able to finish. After a quick drink, an energy chew, and a chat with the captain I pushed on, remembering the advice I had received to stay to the left. Despite this I quickly found myself on the right side of the channel and fighting to stay inside the bridge spans. The tide had turned seaward with a vengeance and strong currents made it a challenge just to stay within the lane, let alone make forward progress. My pace had been too relaxed and now I had to suffer the consequences. The tide held me in place for what seemed an hour before a kayak led me to a support boat. I climbed aboard and sat in the boat with another swimmer, both of us happy to be out of the water and grateful to the fabulous group of support vessels and their volunteer crews. Another swimmer soon joined us, but she was distraught and, through tears, complained bitterly about being taken out, convinced that she could have made it across — an odd attitude, I thought, and had the skipper decided to grant her wish I suspect we would have cheered. After the boat picked up a fourth swimmer who was shivering uncontrollably, we headed to the dock. I wandered around the awards area and finally found Sue, who was happy to see me, having grown anxious when I failed to emerge with the other swimmers. She may also have been a little bored as her friend, who had traveled with us from D.C., was among the fastest swimmers and had finished his race almost two hours earlier, collected his prize, and consumed two large sandwiches and a dozen mini-donuts while waiting for me to appear. I apologized for my delay, and they led me toward the refreshments and showers provided courtesy of the local fire department.

While I was a little disappointed at not finishing the swim, the experience of preparing for and participating in this formidable challenge was extraordinary. I suspect that I've acquired a strange condition common to Bay swimmers — I'm hooked and eager to try again. But next time I'll have a more serious training plan and a better race day strategy.

THREE ANCMS STROKE TO 17 MEDALS AT THE 2013 MARYLAND SENIOR OLYMPICS

by Neal Gillen

On September 7th, Margot Pettijohn, Kate Fiskien, and Neal Gillen's yellow ANCMs swim caps cruised through the Maryland Senior Olympics competition at the Germantown Swim Center. The fast-paced meet, beginning at 9 a.m. and finishing at noon, provided swimmers little time to catch their breath in the quickly moving 14 events.

Margot Pettijohn (65-59) had a perfect day, finishing first in all her events: the 200 freestyle, 50 breaststroke, 50 and 100 butterfly, and the 100 individual medley. Kate Fiskien (70-74) was first in the 50 backstroke, second in the 50, 200, and 500 freestyle, and third in the 100 freestyle. And, Neal Gillen (76-80) finished first in the 50, 100, and 200 backstroke, 50 breaststroke, 50, 200, and 500 freestyle, and second in the 100 freestyle. The meet was a yards event.

JEFF RODDIN WINS THE 2013 TED HAARTZ USMS STAFF APPRECIATION AWARD

Jeff Roddin was recognized for his longtime volunteer service to USMS at the local, LMSC, and national levels. In the award presentation he was characterized as "a formidable beta tester for programs and services designed for registrars. ... Whatever project he's working on is better for his input." He was lauded for the "many, many hours making sure that various moving parts are oiled and in good working order, that everyone is meeting deadlines,

planning, promoting, and executing critical functions."

The award is named in honor of Ted Haartz, a leader in USMS since 1970. Ted helped establish the foundation for USMS's evolution into a professionally-operated organization. During Haartz's tenure as President, USMS became the only self-governed Masters organization in the world.

Congratulations, Jeff!



Jeff pictured with Ted Haartz (on the left) along with the USMS National Office Staff. Jeff is holding his award, a five-foot walking stick, or *staff*.

LANE ETIQUETTE

- Make sure you are swimming in the appropriate lane for your speed.
- The fastest swimmer leads the lane.
- Swim to the right!
- Turn on the cross and swim to the right after you turn.
- Finish to the left - to make room for your lanemates.
- Always leave 5 seconds between swimmers (unless you agree to 10 seconds).
- Do not tailgate. If you're faster than the swimmer in front of you, pass him at the wall or go ahead of him in the next set.
- Always wait for the other swimmers in your lane unless you're on a rest or time interval.
- Do not stop in the middle of the lane – only at the wall.
- If you are hanging out at the wall, stay to the right away from the cross.
- Do not start swimming when someone is coming to the wall for a turn. Wait until after that swimmer pushes off.
- If you are late, join the set when your lanemates finish at the wall.
- Lane consensus is required to modify sets.
- Do not use paddles in a crowded lane.
- Be aware of what is going on within your lane and where your lanemates are.
- Be friendly, helpful, and have fun.

CAN YOU IDENTIFY THESE ANCMs?



**IDENTITIES WILL BE POSTED ON THE BULLETIN BOARD AT OUR WEBSITE
www.ancientmariners.org ON NOVEMBER 15**

To enter your photo for the next photo ID challenge, mail a jpg to dbuch@mindspring.com.

ANNUAL ANCM PICNIC

ANCMs and their families, friends, children, and dogs gathered for the Annual ANCM Picnic on Sunday, October 5, at Seneca Creek State Park. The weather warmed up to make it seem more like previous August events than a fall gathering.



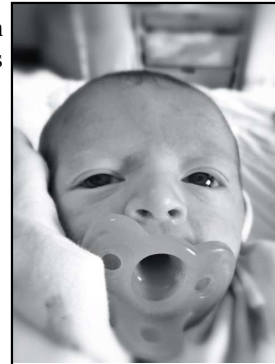
LANE CHAT

◆ Jason Crist reports that his two sons Grayson Robert and Andrew Stephen were born on May 31. Mom (Kay) and the boys are healthy and happy. Dad is exhausted but elated and humbled. Here are the boys on June 7.

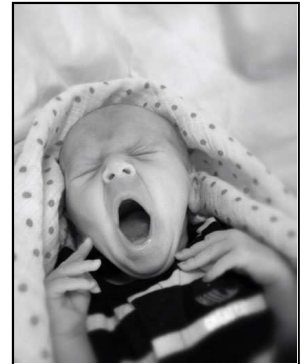
◆ Jonathan Jarow and his wife Jennifer Bragg welcomed a baby girl, Natalie Anne, on August 22.



Natalie with Mom



Grayson Robert Crist



Andrew Stephen Crist

VISIT THE ANCM BULLETIN BOARD - KSAC LOWER LEVEL

Photo credits: pp.1, 3, 7—Dottie Buchhagen; p.2—George Humbert; p.4 —John Pugh; p.6— Various ANCMs; p.5—Jeff Roddin; p.8—Jason Crist, Jonathan Jarow

THE FALL SESSION BEGAN ON SUNDAY, SEPTEMBER 8
GO ONLINE TO REGISTER (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.

EVENT CALENDAR

2013

12/7: GERM First Annual Solstice SCM meet, Germantown Swim Center, Boyds, MD.
 Entry form at <http://www.germantownmasters.org/solstice2013.htm>

2014

1/26: ALEX Tropical Splash, Alexandria, VA.

3/15: **ALBATROSS OPEN, KSAC, North Bethesda, Md**

4/4-6: Colonies Zone SCY Championships, George Mason University, Fairfax, VA.

5/1-4: USMS Spring National Championships, Santa Clara, CA.

5/3: Hurricane Man Rough Water Swim, 2.4-mile and 1000 meters, Pass-a-Grille, FL. Sponsored by St. Pete Masters

8/3-10: FINA World Masters Championships, Montreal, CA www.finamasters2014.org/

5/11: Centennial Lake 1 Mile Swim, Ellicott City, MD. Contact: Michael Jacobson - 410-493-5233.

5/24-25: Jim McDonnell Memorial Lake Swim 1- and 2-mile swims and 5K and OW Clinic, Lake Audubon, Reston, VA. Contact: Lynn Hazlewood - 703-786-7292. www.restonmasters.com/jmls/

6/7: Potomac River 7.5 Mile Swim for the Environment, Point Lookout State Park, MD. artemis.crosslink.net/%7Echerylw/pr.htm

6/7: Potomac River Sharkfest@ 4-km swim, King George, VA. www.sharkfestswim.com/default.asp?PageID=20120

6/8: Great Chesapeake 4.4-mile swim and 1-mile Chesapeake Challenge, Stevensville, MD. Contact: Chuck Nabit 410-727-2404. www.lin-mark.com

8/13-17: USMS Marriott Summer National Championships, College Park, MD

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

