

The Rime

Volume 4 Number 3

November 1998

LONG-COURSE NATIONALS-1998

by John Feinstein

It was a tough week to be Wally Dicks. First, his flight from Washington to Fort Lauderdale for the USMS Long Course Nationals was canceled, meaning he had to spend eight hours in transit with Michael Fell. Then, swimming the 100 meter breast stroke on the opening day of the national championships, he missed qualifying for the 2000 Olympic Trials by three-tenths of a second. Two days later, he jammed his finish in the 50 breaststroke and came out of the pool talking to himself about making a mental mistake.

When all his travails were over, Dicks had broken the world record in the 50 and the world record in the 100 in the 35-39 age group. He had gone faster in both events than anyone of any age in the meet--1:05.03 in the 100; 0:29.06 in the 50. Someday, he may get good.

Dicks was one of 10 Ancient Mariners who made the trip to Ft. Lauderdale and one of three team members who won national championships. Fell, who also never met a time he liked, won the 50 backstroke in 35-39 and was moaning

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FROM THE EDITOR

*The Montgomery Ancient Mariners will be on the web at <http://www.ancientmariners.org>. Launch date is imminent!!

*This issue marks the inauguration of a new section "Profiles" which will feature MAMs in and out of the water. Nominations for interviewees may be given to me at practice or sent by email to: dbuch@mindspring.com

THE MAGOG EXPERIENCE

by Nick Olmos-Lau, M.D.
and Nancy Thomas, M.D.

Quebecers love Marathon Swimming! Each year during their week long summer festivities in July, they set aside \$30,000 to invite 'The Best in the World' to participate in the main event, which is the Traversee International du Lac Memphremagog or Magog Marathon. One is made to wonder, what is so special about July? Well, in Quebec there are only two seasons: winter and July. So any excuse is good to catch all the rays you can get for a year!

There are two swimming days during this week long festival, the 42 km swim on Saturday, followed by the Sunday events, the 15, 5, 3 and 1 km races. You don't have to sign up ahead of time for the 1-5 km races, you just show up.

Lake Memphremagog is a long (26 mile) and narrow lake straddling the US and Canada. Scenic Canadian mountains and the US countryside of northern Vermont surround it. At its southernmost point is Newport Vt., a quaint, typical New England town, and at its opposite end is Magog, Canada, a bustling, French Canadian resort town.

My race took place on Sunday. This year the Canadian Swimming Federation chose the 15 km race as their National Championship. The course is 7.5 km south towards the Canadian-US border and back to Magog. We headed straight into the wind, which produced an incredible surf buildup and constant waves crashing for about three quarters of the way. The field was composed of young swimmers from ages 14 to mid 20. There were 15 spots reserved for Canadian competitors including men and women, I

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THE HISTORY OF MASTERS WITHOUT A MASTERS OF HISTORY

by Greg Wortman

Kathleen "some Yardage" Costello, Greg "some more Yardage" Wortman, Alan "more and more Yardage" Pollin, Nick "most Yardage" Olmos-Lau. What do these Ancient Mariners have in common? Besides the "Yardage", they have gone the distance, so to speak. They are the four remaining fishes from day one, numero uno of Masters at the MAC. When the Masters program began at the MAC, they were there.

Why have they stuck with it so long? They love to swim, especially for distance. Greg swam many mile swims in the pool, Kathleen swam the 5 mile Lake Minnetonka swim in Minnesota, Alan the 11 mile Chester River swim, and Nick the 12 1/2 mile Key West Ocean swim. Well, enough about these distance fiends. Let's review the history of Masters swimming in Montgomery County, specifically at the MAC.

First of all, before the MAC, there was MLK. Masters swimming at MLK, Silver Spring YMCA, and at the Rockville Municipal Pool has been going on well before the MAC Masters program. The MAC Masters program began in the fall of 1989.

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MONTGOMERY ANCIENT MARINERS

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MAM PROFILES: PATRICK HWU, M.D.

by Dottie Buchhagen

Tom Denes' team party (Sept. 26) showcased the musical talents of several Ancient Mariners -- Lisa Berger, Gary Dick, Clay Britt, and Patrick Hwu -- all on guitars. So, when Patrick handed me a flyer announcing a performance of his band, I already knew he could carry a tune and play more than one song.

On the night of Oct. 11, the Red Roof Inn was packed, mostly with friends of the band members including a half-dozen or so of Pat's swim teammates. Following the usual amp feed-back, *As Is* began a set of classic rock and original compositions that lasted nearly two hours. Lead singer, John Schmidt parodied a number of popular performers and infused his renditions with his own energetic performance style. Patrick played guitar and keyboard and led on several numbers. For those of you who weren't there, Patrick looks very different in a long wig with wild, unkempt dark hair. The group worked well together with a practiced, professional feel and the crowd responded enthusiastically (as good friends should).

Later, I asked Patrick how he got started in music. "I've been playing piano since third grade," he said, "and picked up the guitar in college (Lehigh U.). So many of the other students are into that kind of thing, and we would spend many nights playing together and exchanging riffs and chords."

He went on to explain that after medical school, he started an internship at Johns Hopkins in Baltimore in 1987. "I didn't want to live with other 'medical' people, so I went to the housing office at the Peabody School of Music to get some roommates. We started a band called *Move the Cat*, a compromise between one guy who wanted to call the band *The Move* and another who wanted it called *The Cats*. We played at a club in Baltimore called the 8x10 and there I met my friend John Schmidt. When *Move the Cat* broke up in 1989, John and I formed *As Is*. John at that time was working at a place called the Fish Market in Baltimore, which was a really great music 'amusement park' run by the people who

owned Dollyland. Jay Jones was a lighting guy there, and joined the band to be our drummer. We then took out an ad in the *City Paper* for a bass player, and after weeding through several people, we found Doug McNamara."

He and John found that they complemented each other well in the songwriting process and have written almost 40 songs together. "We began playing out at Fells Point in Baltimore, doing originals as well as some covers. We did this for 4-5 years, but then it got quite hard, since I was working and living down here in Bethesda and playing in Baltimore. We'd play until the bars closed at 1:30 am, then we'd have to lug all of our equipment, the P.A. system, etc., and by the time I'd get back to



Bethesda, it would be 5 am and I'd have to work the next morning!" As their schedules got busier, they stopped playing out and, until the performance on Oct. 11, hadn't played as a band for 4 years. That night was primarily a means to entertain their friends and give them a CD of their songs.

Patrick says that his infant daughter, Emily, seems to enjoy listening to him play. "Sometimes it's the only thing that calms her down. I like to think that it soothes her to sleep but perhaps I'm just boring her to sleep."

When Patrick isn't playing guitar or swimming, he and his wife Katie, a former gymnast, dance -- they've taken lessons in swing, tango, waltz, and ballroom dancing. And when he isn't dancing, he works at the NIH doing research to strengthen the immune system against cancer.

LONG COURSE

(Continued from page 1)

about his swim before he was even out of the water. He had three other top five finishes. Margot Pettijohn won the 200 breaststroke in the 50-54 age group but couldn't touch Dicks or Fell in the complaint category. She was actually HAPPY with her time and her performance. Clearly, she has a lot to learn about Masters swimming. She was also in the top five in three other events.

Every Ancient Mariner who participated in the meet scored points which led to a sixth place finish for the men in the small team division and a sixth place finish for the combined team. The three women who attended the meet--Pettijohn, Penny Bates and CJ Lockman-Hall all placed in multiple events with Bates, who top-tenned five times insisting that the only swimmer in the world worse than Dicks and Fell was her. On the men's side, Mickey Hall, forced to swim very fast to keep up with his wife, produced a stunning 2:19 200 meter butterfly, good for fourth in the 30-34 age group. Hall swam the 100 fly, the 200 IM and the 400 IM on the same morning, proving himself very tough if not terribly sane.

Nate Gordon, Dave Harmon, Nick Olmos-Lau and John Feinstein all scored points, most notably Gordon, who, swimming his first Masters nationals, placed in all six of his events and, most importantly, beat a loud-mouth graduate of Williams (Gordon went to Amherst) in the 100 fly. Gordon was so happy with himself that he went out and bought a new car. Feinstein was so happy with his ninth place finish in the 100 butterfly that he set a new personal record by not whining about ANYTHING for 20 minutes.

Three relays also placed--the men's medley (Fell; Dicks; Feinstein; Harmon) was second; the men's free (Hall; Fell; Feinstein; Gordon) was ninth and the mixed medley (Fell; Pettijohn; Feinstein; Bates) was fifth. Anyone notice that Feinstein scampered his way onto three relays?

It was left to the always eloquent Fell to put the week in perspective: "You know, if Wally and I hadn't had to leave before the 50 free to catch our plane, we might have done well."

There is always a black cloud behind every silver lining.

AN (ANGRY) CONSUMER REPORTS

Jason Krucoff has had problems with two Timex 100 Lap IronMan Triathlon watches (model number 721-70381). Both of his watches had defective interval timer buttons which broke off during practices. The full text of his letter to Timex detailing the problem is posted on the Bulletin Board at the MAM Web site (<http://www.ancientmariners.org>). *Caveat emptor!*

COACHES CORNER

MEET MARCO!



by Dottie Buchhagen

Reports coming in from swimmers at Martin Luther King pool about MAM's new coach, Marco Quinonez, are all positive. Well, there have been a few comments about "killer" sets, but that is in keeping with his background. Marco was a long-distance champion and coach in his native Guatemala. Among his highlights are state records in the 400 and 1500 meter freestyle and a national record for his 1962 swim across Lago Atitlan. He finished the 14 km lake swim, a major challenge for any swimmer, in 6 hours, 2 seconds.

Marco came to the U.S. in 1975 and joined the American Swimming Coaches Association that same year. He says that the best way to motivate swimmers "is to keep them swimming and exercising," a reflection of "the affection and respect that I have for them." And he does keep them swimming. He always gives them a pull set, high repetitions on 50s, 100s, and lots of variety. Marco emphasizes that well-designed sets (short on kicking) are important in keeping the training sessions "joyful and not boring," and adds, "I feel happy at the end of the session when the swimmers tell me that they liked the practice."

Marco lives in Silver Spring with his wife and young son.

Special thanks to Myriam Pero for her assistance with this article.

THE JOY OF SWIMMING: PART DEUX

by CJ Lockman Hall, M.A.

Last issue, we began looking at potential sparks to reignite your passion for swimming. Check out of the rest of "Five Ways to Keep Your Joy."

2) Use a buddy system.

If you find your biggest hurdle is just getting to the pool, make a deal with a teammate to be at practice. Knowing that someone is expecting you is a great motivator! You can also use the buddy system to motivate during practice: set a chal-

lenge with a lanemate or teammate, and then take it on together.

3) Add practice to your "to-do" list.

Schedule and perceive workouts as you would an important meeting - because it is! It is important time for the most important person - you.

4) Seek out the new.

Learn a new stroke, or swim in a meet, or swim a new event. We tend to stick with what we feel most comfortable with, but that comfort zone can keep us from enjoying new and unexplored challenges.

5) The big picture.

Here is a great quote from USA gymnast Blaine Wilson: "In gymnastics, you can constantly learn. From the day you start to the day you quit, you can always learn something, whether it's something about yourself, a new skill, how to manage your time, how to focus your frustrations..... That's why I think I'm still in the sport."

(Vaulting Into The Spotlight, by Mike Spence. The Olympian Sept/Oct 1998, 34-36.)



Ancient Mariner CJ Lockman Hall finds herself quoting Mike Spence quite often. For a free issue of the quarterly *Positive Performer* newsletter, send mailing address to micandcj@erols.com or Positive Performance, 1610 Forbes St., Rockville, MD 20851.

MAGOG

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was delighted and privileged to participate in a separate category as a 16th swimmer. The water felt comfortable, in the low 70s Fahrenheit. No wet suits are allowed and only one cap is permitted. The water was sweet and pure, and I drank a fair amount of it during the race; however the lack of salinity made it non-buoyant and colder to the body. A more vigorous effort is required under those circumstances. We were provided, as on the previous day for all Marathon participants, with a powerboat and a driver (A rowboat or kayak would have been useless in these conditions!). I was fortunate to have Nancy, my wife, to help me with feedings and support. She also used her binoculars to help

navigate the course. I held 14th place in the field until almost half way when a female swimmer passed me. A sixteen-year-old girl was behind me most of the time, but could not endure past the halfway point. I felt sad when she gave up, because I knew it would get easier once we turned around. I was tired after the first half, which took about two and a half hours. The return felt easy because the wind from behind pushed me. A Police escort boat followed behind me to prevent other craft intruding on the course. It helped cut the surf and simplified swimming. The return took only two hours.

Jokingly, I told my boat driver (who was quite skillful and supportive) that I was worried that the Police boat had caught up with me and was chasing me because they thought I was "another wet-back" trying to get into Canada. He did not understand my reference or connections to the Rio Grande and Mexico.

After the race was over, I was called to the awards platform and given a special award. I was pleased to find that the 15 km. Canadian National Champion, David Chisolm, from Sudbury came in around three hours and six minutes. The winner of the Woman's Championship, Maxime Mentha, came in around three hours and twenty minutes. I was very happy to finish, and four and a half hours seemed like a great time, because I thought this event was even more challenging than the 12.5 mile Key West swim in many respects.

I was congratulated by organizers and officials whose kindness and affability made this a very enjoyable experience. Their hospitality was touching and they made me feel like a "celebrity". A local official and spectator who was very appreciative said that he didn't think anyone my age could do this! I guess we found out.

MESSAGE ANYONE?

Massage therapist, Sue Kelly, is offering a 10 percent discount to registered MAMs. Call her at 301-345-1704 to set up an appointment.

FOR SALE: Great deal. Brand new Speedo water sandals (size 12) for \$5.00. Have two available. If interested, please email me at gjw@comm-plus.net.

HISTORY

(Continued from page 1)

Some years later the Olney Pool was built and a Masters program started there. Montgomery County has a contract with Premier Swim, Inc. Clay Britt's company, to provide coaches for the Masters program at MLK, MAC and Olney. But it wasn't always that way. The county used to hire the coaches on a part-time basis.

Who was the first coach at the MAC? Joe Rodgers was his name. Joe was the guy who started the Masters program at the MAC. Joe was the swim coach at American University. He was a genuinely good coach in every way. His coaching technique was similar to Stan Tinkham's (the Olney coach for those of you who don't know). If you want to find out what this technique is like, then you should try a workout with Stan in Olney. I'll just say that these guys like to do sprints at the end of a workout (need I say more?).

Joe would also yell at you in a polite way in order to motivate you to swim faster. And you know what, it worked! It felt like boot camp. My favorite workouts from Joe were Sunday mornings. He would spend the first hour on improving one's swimming technique. So we mainly did drills for an hour. The second hour was the regular workout. Joe coached for a year. I still have fond memories of the guy. He had a good sense of humor. When I was tired and worn out we would tell jokes and watch everyone else do sprints.

The second Masters coach was Chuck Gatton. Chuck usually came prepared with a planned workout and he didn't deviate from the script. He liked to mix sprint work with distance stuff. For example, we would do five sets of 100s hard than a 500 easy. Chuck lasted for 2 years and then Heidi Hoth took over. She gave more distance workouts. In fact, I don't recall her giving us a set of 100s, mainly 200s, 300s, and up. And she lasted for 2 years. I was beginning to think that the coaches burned-out after 2 years. But then along came Clay Britt.

Clay has coached for 4 years and he's still coming back for more. He reminds me of the Energizer Bunny that just keeps going and going. Clay's been the stable force that has maintained the Masters program in Montgomery County. However, there's another Energizer Bunny among

us. That's Tom Denes.

Tom Denes is one unique dude. Without him, we would not have the Ancient Mariners and all the parties that go with it, no Albatross Open, and certainly no newsletter to read about ourselves. Tom has been the backbone for our social club and he devotes a lot of his free time to keep it going and going.

So over the years, what were the swim accomplishments? Well, I'm really not the one to write about that. I swim to stay in shape and not to shave-off my body hairs to swim a second faster. However, I do admire the distance swimmers. We had the first Israeli citizen (Eitan Freedman) to swim the English Channel. Many of us have done the Bay swim not once but two or three times or more. Alan, Nick, and Steve Jolles swam the 8.5-mile Potomac River swim. I'll never forget one time in the locker room when I was talking about triathlons to a fellow Masters swimmer. He told me how he was bored of participating in triathlons and how he was preparing for a 100 mile cross-country ski race. Wow, I was a bit surprised by this and so I asked him if he ever did the Hawaiian Ironman triathlon. He said, "Oh, only seven times." He was a true Ironman or just a nut case.

The most amazing individual accomplishment over the years has to go to Margot Pettijohn. She started swimming in my slow lane and chit and chatted with the rest of us. She's now swimming a couple of lanes up from us. She has improved every year and is now competing at the national level. I tip my goggles to her.

Thanks to Tom the Masters group has become a social club. Now we know swimmers in other lanes. It's amazing how many friendships and relationships have begun because of our swim activities, like the parties after swim meets. And many of the relationships have led to marriages and with future swimmers being born. Oh, I should mention that Kathleen and I are lane mates. We met while swimming in the same lane. So to all of those single swimmers, don't forget to have fun and talk to your lane buddies and attend the swim social activities. You never know that maybe Mr. or Mrs. right may be a swimmer, too. Hey, a swim mate for life, eh?



WALL TIME

Tips and Advice from Flo Tation

Dear Flo, What's with all this stuff at the end of each lane? It looks like someone scattered the Lost and Found across the pool deck. Are all these objects useful for swimming, and are they community property? Signed, Tripping Over Junk

Dear Trip, Although it may look like the team is having a yard sale, those objects are supposedly valuable training aids. Here's a brief rundown on the Dos and Don'ts for using, and borrowing them. The most common object is the water bottle, although some people's water is disguised in coffee mugs, lemonade canisters and ice tea bottles. You'd be amazed how much people sweat, even when swimming, so a gulp after a set or so really does help. I've heard of people asking for a swig from someone else's bottle. I think the right response is: Not on your life. Or, sure, if you don't mind my backwash.

The next most popular item are pull buoys, those exciting styrofoam contractions that go between your legs. Despite their appearance, they're not a sex toy but keep hips and thighs high in the water, making it easier to work on your stroke. Some people go faster with them, others slow down, but they do build up your shoulders and arms. Borrowing buoys is definitely a personal matter – some people don't mind being on either end, but I've seen people balk at sharing what could be considered an intimate possession (hey, if Bill can turn a cigar into an object of desire, who knows what people may think of these things).

Flippers, including those short Zoomers, the full-sized training model, and even the huge Sea Hunt variety, are popular for good reason: they make the kick set go quicker! And, they make your

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SO, YOU WANT TO GET TO FRANCE IN THE WORST WAY....

by Dottie Buchhagen

If you find that swimming 3,000 or more meters during a 1-1/2 hour practice leaves you weak and lifeless, you are not ready to repeat Ben Lecomte's recent feat of swimming from the United States to Europe. Ben dove into the surf at the Hyannis (MA) Yacht Club on July 16 of this year and arrived in Brest, France on September 25. His total distance was 3,736 miles (that's right, miles!), or 5,856 kilometers for those of you who are bound to the metric system. The thirty-one-year-old's swim was undertaken to raise funds for cancer research and was dedicated to his father, Pierre, who died from colon cancer in 1991. Lecomte had vowed to honor his father by accomplishing something that no one else had ever done.

His schedule during the ordeal was four 2-hour swims spaced over 11 hours each day. He swam with a Shark Protective Ocean Device (POD), which emitted signals to fend off would-be predators. His breaks and nights were spent on a 40-foot sailboat (with a crew of two) which accompanied him. For those of you who like to eat, note he was given six meals of 7,000 to 8,000 calories per day during the swim.

Note: DO NOT TRY THIS ON YOUR OWN. Lecomte had professionals assisting him, namely Dr. Edward Coyle, Director, Human Performance Laboratory, of the University of Texas at Austin, and four other health and fitness experts.

Lecomte had spent 8 years preparing for his feat with supervised training which included swimming for 3-5 hours a day, 6-days-a-week coupled with cardiovascular cross-training, such as bicycling and calisthenics. His previous marathon swims, done in preparation for the crossing, were across Lake Austin (TX) on July 15, 1998 (20 miles in 8

hours and 15 minutes), and Lake Travis (TX) from April 17-18, 1998 (60 miles in 23 hours).

Lecomte graduated from The University of Texas at San Antonio in 1995 with a degree in marketing (Bachelor in Business Administration). He was born and raised in France and began his university education at the Sorbonne in Paris. According to the news reports, he takes frequent trips from Texas to his homeland, presumably by more conventional means!

Read more about Lecomte's feat at <http://www.swimatlantic.com>

AGING OLYMPIAN

by Dottie Buchhagen

At the close of the 20 century, Jeff Farrell, a gold medalist from the 1960 Rome Olympics might win the over-50 vote for athlete of the century. He has been an elite swimmer for the last five decades. At the 1998 Short Course Nationals in Indianapolis in May of this year, he won gold medals in the 50 yds (23.57), the 100 yds (53.21) and the 200 yds (2:01.36).

In 1960, Farrell set his own personal standard of 22.50 to complete a 100-50 freestyle double victory at the United States Nationals. In the intervening 28 years, Farrell has "slowed" at a rate of only 21 to 28 one-thousandths of a second per year in the 50 freestyle. Farrell was indisputably the fastest sprinter in the world at the 1960 United States Olympic trials in Detroit. He missed qualifying for the 100 meters by a whisker due to an appendectomy six days earlier. Instead, he went to Rome as a member of the United States 800-meter freestyle relay team which won a gold medal and set world and Olympic records.

So, how has Farrell been able to maintain his performance over the decades? "I don't breathe in the 50 now," he said recently, "and that was unthinkable back then. I now take fewer strokes per lap. I use the body suit," he added, referring to a swim suit made of fibers that assist in streamlining the body, reducing lift and drag. He also trains longer and more efficiently. "In 1960, there was little or no stroke analysis," he said. He logs 2,000 meters, three days a week, considerably less than his 1960 schedule of 2,000 me-

ters five-to-six-days a week.

At what point does the speed-versus-age-curve finally catch up to a world-class athlete? Competitive swimmers like Farrell appear to survive the test of time at peak performance longer than athletes in other timed sports. The Masters All-American Graham Johnston of Houston (65-69) recently improved upon his 60-64 age group times. Gus Langer of Connecticut, now 94, who set Masters records in numerous age categories over two decades, only "noticed the curve downward in my mid-80's and it was exponential after that." [MAM John Feinstein wrote an article about Gus for the *Washington Post* Magazine, October 3, 1998.]

Dr. David Costill, a director at Ball State University's Human Performance lab and a 62-year-old competitor of Farrell's, initiated scientific studies that found, among aging swimmers, that many in their 60's and 70's maintained the maximum heart rate of a 30-year-old - 190.

The older swimmer must maintain a continuous training regimen. "In sprinters like Farrell," said Dr. Jim Miller, chairman of sports medicine research for Masters Swimming, "the 'fast twitch fiber' decline is based on use." Farrell has been sprinting steadily since 1981. He probably has 20 or more years to beat his own 1960 record.

This article was abstracted and up-dated from an article by sportswriter Joseph Coplan (*New York Times*, 5/3/98)

FLO

(Continued from page 4)

legs work harder. I've heard if you really kick, you go into oxygen debt more quickly and so increase cardiovascular fitness. I don't think borrowing is a problem, except they have to fit and you'll probably have to fight their owner who may well insist on using them throughout the set.

There's a smattering of hand-paddles and hand-gloves (that wacky Margo is always experimenting with her tiny fists) that people use to perfect their underwater pull. The paddles correct flawed hand positioning and the gloves force you to pull with your entire arm, not just the hand. I don't think there is a problem borrowing these things, but who would want to? They're hard work!



THE BULLETIN BOARD

KUDOS

by Tom Denes

- Jeff Roddin received his Professional Engineering registration in August. This is an extremely difficult test with a very low pass rate. Congratulations, Jeff!
- Carole Kammel demonstrated yet another new talent when she won her age group in the Kensington 5 mile run on September 26 with a time of 37:20.
- Congratulations to New Parents: Both Tracey & Joe Diss and Brian & Kim Crilly had new babies recently. Tracey and Joe met at one of our Albatross Opens! Tracey and Brian and Tracey become both new parents and aunts and uncles at the same time because they are siblings!
- Congraulations to Barbara Clifford and Wally Dicks who were wed on September 26. They met at the Albatross Open in 1995!
- Wally Dicks' name appeared in Swimming World for his No. 11 ranking in the world in the 50 breaststroke. This isn't a Masters ranking but a ranking of the most elite swimmers in the world!
- Barbara Clifford's advertising work for a government client was mentioned in a recent TV news show. Congratulations!
- Goodbye to Roger Emch who moved to England in October. He welcomes Ancient Mariner visitors!

HAPPY TOYOU....

- Lindsey Stevenson
- Hal Dower
- Evan Parker
- Marco Quinonez
- Ximena Dussan
- Peter Krucoff
- Nick Olmos-Lau
- Phil Saltzman
- John Harrison
- Michael Bartlett
- Wayne Mosle
- Kimo Phillips
- Casey Scace
- Stan Tinkham
- Marc Grande
- Caroline Lewczyk
- Lori Beardsley
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- Alan Pollin
- Marci McCalley
- Wayne Considine
- Jeri Ramsbottom
- Anthony Van Lierop
- Melissa Kemmer
- Jonathan Schuman
- Sarah Nark

BIRTHDAY

- November 1
- November 7
- November 10
- November 11
- November 13
- November 15
- November 16
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- November 18
- November 22
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- December 28



- Ellen Murray December 30
- Barbara Glancy January 1
- Clay Britt January 3
- Jon Peis January 7
- Renate Fischetti January 10
- Michael MacDonald January 10
- Noortje Dekkers January 12
- Steven Roethke January 12
- Sharon Groves January 15
- Brooke Budde January 16
- Wally Dicks January 16
- Jeffrey Richards January 18
- John Marquardt January 20
- David Slikker January 20
- Barry Bluefeld January 22
- Kathy Kirmayer January 23
- Judith O'Brien January 31
- Leslie Zirkin January 31
- Tracey Diss February 1
- Julie Andrews February 3
- Jennifer Arch February 3
- Nancy Ragsdale February 5
- Jason Crist February 6
- Daniel Deffinbaugh February 6
- Andy Fraser February 12
- Kristine Pierce February 14
- Val Ford February 19
- Amy Nelson February 21
- Pamela Scarano February 21
- Nadine Clayton February 23
- Steven Butts February 27

SCHEDULE OF EVENTS

- 1/1/98-12/31/98: Check Off Challenge; PST [See <http://www.usms.org>]
- 11/22: Turkey Classic - Gaithersburg, MD; SCY; Linda Bowers, 18802 McFarlin Dr., Germantown, MD 20874; 301-540-0158; Warmups: 7:30AM, Meet: 8:30AM; Entries Due: November 14, 1998; Entry Form: <http://www.swimgold/pv>
- 12/13: 1000/1650 yards meet - UM Campus Rec., College Park, MD. Warmups 8AM, Meet 9AM. \$10 Dave Diehl (301) 946-0649, e-mail: dd119@umail.umd.edu
- 12/31: Terrapin Masters' New Year's Swim! 99 x 25, 50, 75, or 100 yd 10AM-4PM. (Your choice!) UM Campus Rec Facility pool. \$6. Info: Cheryl Wagner, (202) 387-2361, email: cherylw@crosslink.net
- 2/6/99-2/7/99; Winter Invitational - Richmond, VA; SCY; Nancy Miller, 60 Bellona Arsenal, Midlothian, VA 23113, 804-320-2143(h), 804-285-2758(o), Email: planning@usms.org
- 2/20/99-2/21/99; Winter Meet - UMBC, Catonsville, MD; SCY; Barbara Protzman, 7919 Main Falls Circle, Catonsville, MD 21228, 410-788-2964, Email: swimbarb@erols.com
- 3/20: VMST SC Champs - Newport News, VA; SCY; Charles Cockrell, 757-865-6250, Email: cockrell@vabch.com ; Mary Rebarchak, 757-878-1090
- 4/11: 1000/1650 Meet - UMBC, Catonsville, MD; SCY; Barbara Protzman, 7919 Main Falls Circle, Catonsville, MD 21228, 410-788-2964, Email: swimbarb@erols.com

MASTERS FUN MEET!
Hosted by the Montgomery Ancient Mariners

DATE: Saturday, November 14, 1998

TIME: 5:00 - 8:30 P.M.
Check-in: 5:00 - 5:30
Warm-ups: 5:30 - 6:00

WHERE: Holton-Arms School (25 yard, 6 lane pool)
7303 River Road
Bethesda, MD

Directions: Very easy! From 495, take River Road exit toward Washington (190 East). At the first light, turn left onto Royal Dominion Drive. Then take an immediate right at the fork. This is Holton-Arms School. Follow the signs to the pool, which is by the tennis courts in the back.

WHO: We will be joined by the *Fairfax County Masters*.

COST: Pool rental cost will be covered by each team's treasury.

1. You must be a USMS registered swimmer to swim. *You must show your card at the meet or be prepared to pay \$23 to register.* This is for insurance purposes.
2. Each swimmer may swim unlimited number of events.
3. No points awarded this year.
4. In addition to fun events and relays we will swim 50, 100, 200, and 500 choices. Please fill out an index card for these races listing your name, age, and event and give them to your timer. A complete list of events will be available at the meet.
5. The meet will be followed by a social! Directions will be provided at the meet.
6. We welcome all those who do not choose to swim, to help run the meet and participate in the social.

For more information call Tom Denes @ (301) 564-4234 (H), (301) 652-2215 (W)

See you there!

LIST OF EVENTS

(Subject to Change)

200 Medley Relay (45+ Division)

200 Medley Relay (Open Division – ANCM vs FXCM)

*500 Freestyle (heat 1)

50 Stretch Cord Challenge (Mike Fell vs Chip)

25 Freestyle (any stroke)

*100 Choice

25 Tubbing Race (swim feet first from a push start)

100 Couples Relay (2 x 50 - married or engaged couples only)

*50 Choice

*500 Freestyle (heat 2)

200 Kick Board Relay (must start in water and kick)

*200 Choice

25 Two Person Swim (one person grabs the other's ankles—water start)

The Plunge (maximum distance traveled from a start without any stroking or kicking)

*50 Choice

*50 Challenge Race (Wally Dicks breaststroke vs Michael Fells backstroke)

200 Golf Ball Race (must swim with 2 golf balls in hands)

50 Fin Race

*100 Choice

200 Freestyle Relay (45+ Division)

200 Freestyle Relay (Open Division – ANCM vs FXCM)

* These races will be eligible for ANCM team records.