

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:
for articles to dbuch@mindspring.com

25th ALBATROSS OPEN, MARCH 25

by Julie Goldberg



There was a lot of fast swimming and fun times had by all swimmers at the 25th Annual Albatross Open on Saturday, March 25th, at the Kennedy-Shriver Aquatic Center (KSAC). More than 220 swimmers from 37

teams, including 51 swimmers from the ANCMs, participated in this annual short course meters meet.

Germantown Maryland Masters took home the team title for the seventh consecutive year, scoring 905 points, and also won both the men's (503 points) and women's (302 points) team titles. ANCMs finished second overall with 674 points and in the men's (343 points) and women's (269 points) scoring. Virginia Masters Swim Team finished third overall with 194 points.

Holly Donnelly and Kara Permisohn served as co-meet directors for the second consecutive year and were assisted by dozens of volunteers who served as timers, helped at the check-in desk, assisted with the post-meet social, among other tasks.

Twenty-five meet records and one national record were broken during the competition. ANCM Margot Pettijohn broke her national record from last year in the 100-meter butterfly for the 70-74 age group with a time of 1:33.78, taking almost three-tenths of a second off her record time from last year. Fellow team member Jeff Roddin broke the meet record in the 400-meter I.M. for the 45-49 age group. His time of 5:02.60 took off more than 14 seconds from the previous record set in 2011. One international record was also broken at the meet. Diana Duque from Colombia set a South American record as well as a meet record in the women's 45-49 400-meter individual medley with a time of 5:34.80.

(Continued on page 4)

TRI-MEET—COLLEGE PARK, FEBRUARY 18

by Julie Goldberg



ANCM swimmers took home the team title at the first tri-meet with Alexandria Masters and the University of Maryland Aquatic Club (UMAC)—Terrapin Masters. The short course yards meet

was held at the University of Maryland Epley Recreation Center in College Park on February 18th.

Twenty-two ANCMs combined for 1,160 points. Alexandria Masters finished second with 954 points, and UMAC—Terrapin Masters was third with 483 points.

Many swimmers, who had never swum in a meet before or not in a while, took advantage of participating in this low-key meet. There were also many swimmers who compete regularly who swam events that they normally don't compete in.

ANCMs were well represented in the distance events. Five ANCMs competed in the 1,650 freestyle. Cathy Gainor placed first in the 45-49 age group, and Margot Pettijohn was first in 70-74. On the men's side, Jason Kralj placed first in 40-44, and Jeffrey Loman and Alexander Goldberg placed first and second, respectively, in the 55-59 age group.

Four ANCMs also competed in the 500 freestyle. Bonnie Johnson placed first in the 45-49 age group. David Filbeck and Jason Kralj placed second and third, respectively, in 40-44, and Tom Denes swam to a first-place finish in 55-59.

Every ANCM scored points for the team win. In addition to individual event successes, ANCMs were a part of five relay teams.

(Continued on page 3)

FROM LONDON: TIDES OF THE THAMES SWIMMING REPORT

by Sandy Kweder



It was a big move, but my husband and I couldn't resist. It has been one year since I arrived to take on the sole U.S. Food and Drug Administration (FDA) job in London, and I have not looked back. Every day, no matter how tough the work is, I get off the Tube (subway) at Westminster Station, look up at the clock in front of Big Ben and pinch myself – I live here!

As an ANCM, finding a place and group to swim with was a big priority for me, but it proved difficult. There are lots of public pools in the city and surrounding area and even a few Masters clubs. The key, though, is finding something near home or work. This is not only for the simple need to have a visual reminder if I am not swimming, but because, like most Londoners, I don't drive. Tube, bus, walk, bike, and catapult are the options on my CityMapper app, and I have them all down to a science! I tried a group at the Queen Mother Center, a large

public swimming and fitness facility close to home, on a Sunday evening. When I walked in everyone was already warming up and the eight lanes were crowded. I found myself in lane two, next to slowest, trying to understand how things worked. First, the lingo can be an issue starting with calling freestyle, "FC," for front crawl. Some coaches still call a length a lap. With this particular group, there was not much interest in explaining things to a newbie, even though I could hear a few American accents around. There were about 10 in the lane and, boy, they were not particularly friendly. This was compounded by the coach not seeming to be engaged with the swimmers. In short, it was not fun, and I didn't go back. The other groups I identified all swim pretty far away from me and at times that are really awkward for my schedule. Sigh!

The saving grace has been the sport club across the street from my office. Third Space Canary Wharf is the biggest club in London, boasting three levels and offering just about every fitness activity you can imagine. The pool is 25 yards and cleaned using ultraviolet light, so no chlorine! Two nights a week there is "Swim Camp," a coached workout for an hour. I miss Wednesday, which is usually the harder workout, because I have choir practice. However, the coaches, Lorcan Loughrey (who was a junior assistant for the United Kingdom Olympic team) and Sally Ann Chiu, post the workouts on our WhatsApp group so I do them on my own time. On Fridays I am all in! We have a great time, even though we have only two lanes and the ability is pretty mixed. I am twice the age of my camp pals and often one of the faster swimmers, but the coaches always manage to set up an excellent workout doing short distances at a hard effort. My 500 time still rots, but my shorter distances in freestyle have improved. It has been a pleasant surprise! My only gripe is too much freestyle, but we always do technique work, much of it quite challenging, and I can fit in the strokes on my own time.

I made a decision when I came here to try to focus more on overall fitness and strength. To keep myself honest, I have been participating in an online fitness program called My Peak Challenge. I never thought I would do something like



Sandy getting ready to start the virtual tri.

this, but I find the combination of workout structure and variation, along with a Facebook group for support, interesting and motivating. There is a big nutrition component, but I am not so good about following it. I gotta eat. This year there are 8,000 members, mostly women! Some of it is a little much, for reasons I won't go into, but I have found some kindred spirits and even swimmers. We compare notes about how to work in swimming when a set calls for cardio intervals. Those I chat with most are in the U.S., Canada, Australia, and a few other European countries. In fact, one person organized a virtual triathlon event a few months ago. Teams were randomly assigned and ended up having four members, in case someone had life interfere with participation. On a December weekend, I swam at the 50 meter London Olympics Pool, our cyclist was in Melbourne, Australia, our runner in Michigan had to use the treadmill as they had a blizzard, and one more in Queensland, Australia walked for two hours and took photos to share. Recently, a group of 30 participants from England met up and walked all day in London. I

(Continued on page 3)

TIDES OF THE THAMES

(Continued from page 2)

hiked in Aberdeenshire with another group while on a work trip to Scotland one weekend and even managed to connect briefly at the airport in Glasgow with a fellow swimming Peaker coming in from Minnesota as I was leaving. I had not previously met any of these people, and it was total fun!

But wait, I digressed! What about the swimming vibe? First, club teams rule for young swimmers. Like all sports in the U.K., swimming is never school-based. That said, swimming is huge here, in pools and outdoors in the wild – wetsuits are essential in most places even in warm weather. In the pool, we swim in lanes that are alternating clockwise and counterclockwise (aka “anticlockwise,”), apparently thought to be safer that way. I adapted to it with no trouble at all. The biggest difference I notice is the swim suits, or “costumes,” in the pool. TYR is nowhere to be found. Speedo is the major brand, but its lines are completely different from those in the U.S. and outright hideous. The women’s suits are frumpy, modestly cut, and have no patterns at all. The men’s suits are similarly boring. A newer Australian brand (Zoggs) is trying to break into the market with suits that look more like what we are used to, but the selection is very limited. I keep thinking about the opportunity for creativity in this niche...

In addition to questions about swimming, I am often asked what it is like being an American living here. To start with, there are lots of us here. Our accents are a blaring announcement everywhere I go! While clothing styles between Americans and the British are similar, there are a few dead giveaways to picking us out on the street. Only Americans wear clothing with a university name emblazoned on it. American men wear brown shoes with blue suits, while Brits wear black ones, and their blue suits are much brighter shades. Women wear black opaque stockings all year long. Our winter scarves have horizontal stripes, if any, while Europeans love stripes on the vertical (long axis) and always tie them, “just so.” In the gym or pool, we are “wiped out,” or “dead,” while the Brits are “knackered,” or “smashed.” Everyone’s

trainers are clean at all times, unlike our running shoes, which are only legitimate if they are a little ratty. And Ladies, I have been surprised at how modest women are in gym locker rooms, covering up at all times. They must have something we don’t have in Montgomery County! I can’t speak for the men, but I will try to make a study of it to report back....

Finally, it is interesting to be living in the midst of the U.K. setting upon a path away from Europe. It is made all the more bizarre by watching the U.S. political scene from across the ocean. Everyone, and I mean everyone, knows our political landscape well and asks about it. Taxi drivers know who our congressional leaders are, and people on the Tube know which American politicians are far right and far left. I am often asked what I think

of our new president and the asker is always quick to tell me how appalled he or she is, and how afraid. As fascinating is the way political views seem to be expressed in a manner that is civil and a little less judgmental. A good debate is welcome and no feelings hurt in its wake, but I guess that is being British, leaving emotion at the door. I actually am learning a lot from it. So, if I get riled up about something I see on the news, I go to the pool and let it go.



Sandy’s favorite bridge: Miller Bridge connecting Battersea and Chelsea.

TRI-MEET

(Continued from page 1)

400 Freestyle Relay (35+)

1st place: Todd Moses, David Filbeck, Kara Permisohn, Bonnie Johnson

400 Freestyle Relay (55+)

1st place: David Cheney, Linda Foley, Elaine Rose, Kenneth Hinga

800 Freestyle Relay (35+)

1st place: Jason Kralj, Todd Moses, Kara Permisohn, Bonnie Johnson

2nd place: Alexander Goldberg, Elaine Rose, David Harmon, Margot Pettijohn

400 Medley Relay (35+)

1st place: Kristen Koehler, Aydar Gabidullin, David Filbeck, Kara Permisohn

After the meet, team members gathered at Tom Denes and Cathy Gainor’s house for pizza and beer to celebrate the win and socialize with teammates outside of the pool.



ANCMs at the Tri-Meet

ALBATROSS OPEN

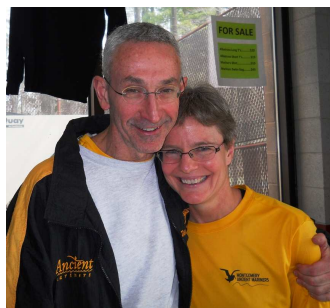
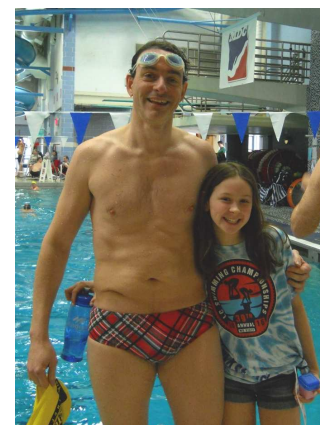
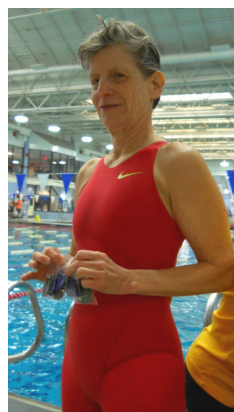
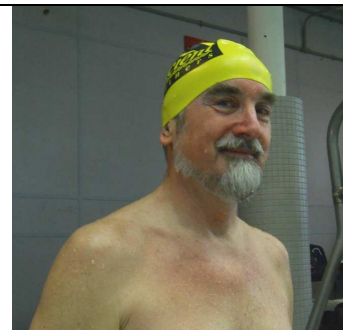
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Multiple ANCMs contributed to the team's overall point total with multiple first-place finishes in their respective age groups. Amy Mensch (30-34) touched first in the 100 butterfly and 200 I.M.. Julie Roddin (40-44) notched four first-place finishes in the 200 freestyle, 100 and 200 backstroke, and the 400 I.M. Linda Foley (60-64) won both the 100 and 200 backstroke and 100 I.M. Deborah Yochelson (60-64) was a double-event winner, touching first in both the 100 and 200 breaststroke events. In addition to her national record in the 100 butterfly, Margot Pettijohn (70-74) also won the 100 and 200 breaststroke events and 400 I.M.

On the men's side, Don Wood (35-39) placed first in the 50 freestyle and 50 breaststroke. In addition to setting a meet record in the 400 I.M., Jeff Roddin (45-49) also touched first in the 100 butterfly and 100 I.M. races. David Cheney (55-59) swam to three first-place finishes in the 100 and 200 butterfly events and the 100 I.M. Tom Denes (60-64) won the 50 fly and the 100 and 200 I.M. events. Dan Morrow (65-69) was a triple-event winner, touching first in the 100 breaststroke, 100 butterfly, and 100 I.M. Neal Gillen (80-84 age group) notched two first-place finishes in the 50 and 100 freestyle events. Marshall Greer (80-84 age group) was also a double event winner, finishing first in the 50 and 100 backstroke races.

Margot Pettijohn and Pam Blumenthal coordinated the ANCMs' relay efforts. ANCMs made a strong showing in the relay events, where the swimmers teamed up for 20 relay teams in 12 events and contributed 202 points toward the team's overall total.

George Humbert, Nanci Sundel, and Gladys Arrisueno organized this year's post-meet social at the Georgetown Condominium party room. Swimmers enjoyed a delicious Italian buffet, desserts, and the ever-important beverages, including George's Pub Dog Brewery beers, as they swapped stories and celebrated another successful Albatross Open!



FOUR POOLS IN ASIA

by Lisa Berger

The downside of travel is that it ruins your carefully crafted routines, like swimming schedules. So when I was packing for a three-week trip to Asia, I tossed in my suit, cap, and goggles, vowing to swim in every pool I encountered.



The Mandarin Oriental pool in Bangkok

The first was in Shanghai after a 25-hour travel day. Like many swims, I didn't want exercise so much as to stretch out and loosen stiff muscles. Finding the pool wasn't easy – it was accessible only by two separate elevators and two isolated walkways. But except for a couple of kids, it was empty, and the warm water was like a massage, making me feel loose and relaxed.

Next up was Saigon (Ho Chi Minh) at the Park Hyatt and outdoors in the soft tropical climate. I swam after dinner on our first night and even though it had a little waterfall and big wide steps for people to lounge, I found a straight line of about 25 yards (counting strokes is the only way I can figure out the funky distances of foreign pools). The big surprise was other swimmers with caps and goggles grinding out yardage.

Between pools, I had a chance to swim in the Mekong River. Other Westerners were in the water, but I passed, and I think my gastrointestinal system was better for it. Sometimes swimming is too risky.

The third pool was at the Raffles hotel in Phnom Penh. This pool was popular and both days I had to wait for a break between the fanny dippers doing a breast-stroke lap in five minutes and the hard core types. There was even a woman with hand paddles.

The last pool was a jewel. It was at the Mandarin Oriental in Bangkok, and it had sparkly jade-green tiles that made the water shimmer. This was a popular pool and, on the first day, I had to dodge an Aussie couple doing dog-paddle cross-wise. So the next day I got up at 6 a.m. and watched the pool from our room in order to slip in when it was empty.

The thing about foreign pools is that it's less about exercise and more about discovering a shared love of the water and a universal way to feel comfortable when surrounded by an exotic culture. From now on, I'll always travel with suit, cap, and goggles.

SWIMMING DOWN UNDER

by Holly Donnelly

I traveled to Sydney, Australia, in September and had a great time swimming at beaches, pools, and beachside pools all around the city.

I participated with the very popular Bold and the Beautiful open water swimming club in a 1500-meter swim from Manly Beach to Shelley Beach. Hundreds of people turn out for this swim every day at 7 a.m., regardless of the weather. The swim



Holly at Coogee beach with statue of Wilhelmina Wylie, first woman to swim for Australia in the Olympics (1920)

started with a short ferry ride from Circular Quay in downtown Sydney to Manly Beach. I was the featured "swimmer of the day" on the blog for September 24 and everyone came up and greeted me the next day! I obviously chose the wrong day to visit, though, because the next day, a pod of right whales swam within 20 meters of the group and everyone got great pictures.

Bondi Beach offered the best body surfing I have ever experienced. There were schools to teach body surfing with students in rented wetsuits. But, they should have

done a better job of staying out of my way. No children were actually hurt, but I passed up some great waves. It was totally worth the lost crown that resulted from a wipe-out.

The site of the Sydney 2000 Summer Olympics was worth the 40-minute train ride out of town. For a few Aussie dollars, you can swim in the pool where Ian Thorpe ruled and stand on the medal podium, too. Don't forget to tap your New South Wales public transit card out at the exit or a very intimidating transit cop will stop and threaten you with a large fine. Looking clueless and having a cool foreign accent will help you avoid this fine.

Australia is a snorkeling paradise. I saw small, non-aggressive Port Jackson sharks, rays, schools of colorful fish, corals and a nautilus only about 25 meters off shore at Manly and Coogee beaches. Coogee is the only beach without surfers in Sydney. There is a reef right off shore that makes it flat as a pond, even when the other beaches have huge surf.

Here are a few tips for swimmers and water sport enthusiasts who travel to Sydney:

- Everyone drives, walks, and swims on the left. This made for some interesting open water swimming encounters when the Aussies must have thought I was a very rude person who tried to collide with people.

- Surfers rule the beaches. At American beaches, surfers are contained to a few isolated areas. Sydney beaches are zoned for surfers. Swimmers without a board must stay between the posted signs, an area only 10 per cent of the beach.

- Don't go into an Australian store and ask for a bathing cap. You will be directed to the shower caps. (You want a swimming hat.)

- Australian public pools are all 50 meters, and it's a very eco-friendly place. In many places, showers are coin-activated, with tokens or coins necessary and strict time limits.

- Australians call jellyfish "jimbles" and there are a lot of them. I was glad to have my wetsuit, and not only because of the 18-degree Celsius water temperature.

AND YOU THOUGHT GOGGLES WERE SAFE!

by Dottie Buchhagen

Wearing goggles seems like a no-brainer. The reasons to wear them are many: better visibility and vision (especially if you wear glasses or contacts), protection from objects in the water, and prevention of conjunctivitis and other problems caused by chlorine and chemicals/substances in the water.



However, there is a downside. ANCM Nancy Thomas, who is an ophthalmologist, pointed me to a 2016 article in the *Journal of Glaucoma* with the title “Effects of Swimming Goggles Wearing on Intraocular Pressure, Ocular Perfusion Pressure, and Ocular Pulse Amplitude.” The bottom line is that goggles increase pressure in the eye due to compression of the tissues around the eye. That’s not shocking – most of us finish practice with severe “goggle eyes.” The good news is that the pressure is reversed immediately after we take off our goggles. The authors were not able to determine any long-term relationship between goggle use and glaucoma but recommended using goggles that have a larger and smoother edge and that fit properly. An earlier article by a different research team had suggested a correlation between glaucoma in a 36-year-old man and his use of tight-fitting goggles four hours a week over a 15-year period, whereas a second article concluded that swimming goggles wear is not associated with an increased prevalence of glaucoma.

As those studies mentioned other problems associated with using goggles, I decided to do a bit more investigating. Al-

though few articles existed, I did find several on MedLine. One reported “swimmer’s headache,” the lay term for supraorbital neuralgia experienced as pain and tenderness on the right side of the patient’s scalp. The headache began approximately one week after he had tightened the right strap of his goggles to prevent a leak. The pain disappeared after three weeks of not wearing goggles. The authors suggested making sure the goggles fit properly, using ones with a softer rubber and/or a smaller area of seal around the eyes, and placing the goggles in slightly different places to prevent repeated pressure trauma.

Another article focused on diplopia, or double vision, caused by tight goggles creating a swelling of a structure in the eye and impairment of tendon and muscle actions. I also found two reports, one of “raccoon-like” areas of white skin and another of an itchy red rash around the eyes, due to allergic skin reactions to the neoprene rubber of goggles or to residual chemicals in the rubber. All of those conditions were temporary and were relieved by switching to better-fitting goggles or not using goggles for a while.

“Competition swimmer’s eyelid syndrome,” a somewhat baggy portion of the upper eyelid, was reported in several competitive swimmers after years of using non-padded, hard plastic goggles. Other reports described injuries caused by accidents in which goggles were pulled by their straps and then released to hit the eyes. Several of those injuries resulted in some permanent vision loss and the development of cataracts.



Even anti-fog solutions did not escape mention. Injury to the eyes was reported as a result of their improper use on the goggles. In those cases, the injuries consisted of abrasions of the corneas. Most of the

injuries were from a failure to follow the manufacturer’s instructions. In one case, there was suspicion that the anti-fog solution had been absorbed by the spongy material on the rims of the goggles and was released during the course of a two-hour swim. The corneas healed after several months to more than a year of using prescription eye drops combined with antibiotics. One patient reportedly went back to his old remedy for defogging – spitting on the inside of his goggles before swimming.

The most unusual report I found has the title “Swimmer’s Nose Deformity.” It describes a bump on the bridge of the nose that develops gradually over years of competitive swimming. Most of the

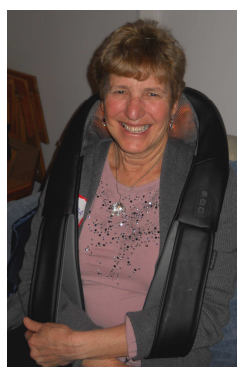


swimmers in the study had begun swimming around age eight. The nose deformity did not begin to become noticeable until after 10 years of intense training and was very prominent after

a 20-year career. About half of 40 collegiate swimmers examined had the nasal bump, which is thought to be due to bone and soft tissue remodeling in response to the repetitive trauma that occurs during the water reentry phase of breathing. The firm push against the “bow wave” resistance created by the head during the exhalation phase creates a force on the nose-piece that is concentrated on a very small point over the top of the nose. The deformity is usually more prominent on the water re-entry side of the nose and is permanent. Another good reason to try bilateral breathing! (You might want to check out the noses of your lane mates.)

These reports were published over the past three decades, although several were within the past five years. Some of the problems have been remedied by better goggle design and improved materials. The bottom line is wear goggles with good cushion seals, soft flexible frames, shatterproof lenses, and adjustable headbands. And they should certainly fit comfortably.

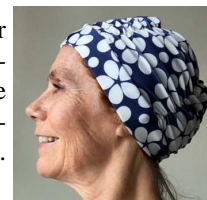
HOLIDAY PARTY — JANUARY 7 NANCI SUNDEL'S HOUSE



View photos from the first 25 years of the ANCMs on our website at www.ancientmariners.org/photos.htm

LANE CHAT

● New ANCM Mary Adams strolled with Joe Stewart in the Across the Bay 10K on Sunday, November 5, under perfect cool sunny skies. Mary said that being on the Bridge 186 feet above the water was just magical. The organizers did a great job of getting 20,000 runners and walkers from big faraway parking lots to the starting line on the west side of the Bay, then getting them back to their cars afterward. Mary said “the medal is very cool. It is a spinner with the Maryland flag coat-of-arms on "heads" and a runner on "tails." It weighs a ton ... well, four ounces. Will we do it again next year? We will decide in September, not before. Yeah.”



CONGRATULATIONS TO ANCM 2016 USMS TOP TEN RECORD HOLDERS



Age	Name	# Records/Course	SCM Relays
F (40-44):	Julie Roddin	2 SCY; 3 SCM; 3 LCM	200 FR: Andrew Schulz, George Humbert, Jeff Roddin, Ed McCleskey
F (70-74):	Margot Pettijohn	8 SCY; 11 SCM; 10 LCM	200 FR: Tom DeBettencourt, Brian Oliver, Dan Morrow, David Cheney
M (45-49):	Jeff Roddin	5 SCY; 2 SCM; 2 LCM	200 MR.: Ed McCleskey, Dave Harmon, Tom DeBettencourt, Tom Denes
M (50-54):	Clay Britt	4 SCY; 1 SCM	400 FR: Ed McCleskey, Dave Harmon, Tom DeBettencourt, Tom Denes
M (60-64):	Ed McCleskey	2 SCM; 1 LCM	400 MR.: Virginia Sheikh, Viviane Callier, Gladys Arrisueno, Jeannine Williams
M (70-74):	Hugh Roddin	3 SCY	400 FR: Pam Blumenthal, Virginia Sheikh, Julie Roddin, Holly Donnelly
M (75-79):	Lou Diamond	1 SCY	400 FR: Lynda Honberg, Linda Foley, Pam Hepp, Sally MacKenzie
			200 MR.: Heidi Henning, Dan Morrow, David Friedland, Sally MacKenzie
			400 MR: Shelagh Hodson, Dan Morrow, Margot Pettijohn, Ed McCleskey
			200 MR.: Marshall Greer, Lou Diamond, Margot Pettijohn, Linda Foley

See the complete list with times at www.ancientmariners.org/team

SWIM PRACTICE — NEW POLICIES: Drop-in swims and two-step on-line registration (www.ancientmariners.org/registration)

VISIT THE ANCM BULLETIN BOARD - KSAC LOWER LEVEL

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THE SUMMER SESSION BEGAN ON SUNDAY, APRIL 23 — REGISTER AND RENEW YOUR USMS REGISTRATION AT www.ancientmariners.org/registration.htm

VISIT OUR FACEBOOK PAGE FOR WORKOUTS AND TEAM NEWS www.facebook.com/ancientmariners/



TEAM GEAR

- **SWIM CAPS:** All registered ANCMs will receive one free swim cap.
- **OTHER GEAR:** swim caps:\$3.
- **SPECIAL:** Team T-shirts (wicking) \$10.

EVENT CALENDAR

2017



- 05/27-28: Reston Lake Swim Open Water Clinic and 1- and 2-mile swims, Lake Audubon, Reston, VA. www.restonmasters.com/jmls-lake-swim/
- 06/04: Washington's Crossing Swim, 1.3 miles, Oxon Hill, MD. www.washingtonscrossingswim.com/
- 06/11: 4.4-mile Chesapeake Bay swim and 1-mile Bay Challenge, Stevensville, MD. linmarksports.com/. One-mile swim is still open
- 06/17: Swim RVA Mile Swims, 1- and 2-mile, Richmond, VA. pelusoopenwater.com/events/swimrva-open-h2o-race-series.aspx
- 07/01: Turks & Caicos Race for the Conch Eco-SeaSwim. 2.4-mile, 1-mile, 0.5-mile. www.ecoseaswim.com/
- 07/15: Maryland Swim for Life ,1-, 2-, 2.4-, 3-, 4-, and 5-mile, Chester, MD. swimforlife.swimdca.org/swimforlife/Home.html
- 07/14-30: 17th FINA World Masters Championship, LCM, Budapest, Hungary. www.fina.org/content/17th-fina-world-masters-championships
- 08/02-06: 2017 USMS Summer National Championship, LCM, University of Minnesota Aquatic Center, Minneapolis, MN
- 08/19: Swim RVA Down River Rip, 2.5- and 4.4-mile, Richmond, VA. pelusoopenwater.com/events/swimrva-open-h2o-race-series.aspx
- 8/13: Harborfest, 750m, 1.2- and 2.4-mile, 5k, Oxon Hill, MD. www.harborfestswim.com/
- 9/23: Swim for the Potomac, 500m, 3k, 2.4-mile, 5k, 10k, Oxon Hill, MD. swimforthepotomac.com/

These are only some of the upcoming swim events. Go to www.ancientmariners.org/event.htm for details and events.