

# The Rime

Volume 24 Number 1

May 2018

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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: for articles to [dbuch@mindspring.com](mailto:dbuch@mindspring.com)

## 26th ANNUAL ALBATROSS OPEN MARCH 3

by John McCaffrey

The ANCMs hosted their 26th Annual Albatross Open on March 3 at the Kennedy-Shriver Aquatic Center (KSAC) in North Bethesda. More than 219 swimmers from 38 clubs participated in the meet, including a whopping 49 ANCMs. The Germantown Maryland Masters posted a combined team score of 705 points to take the overall team plaque for the eighth consecutive year. The ANCMs finished a mere 29 points behind with a combined team score of 676. The ANCM women, however, finished in the top slot with 245 points, outpacing the women from Lane 4 Swimming (157 points) and Germantown (137 points). D.C. Aquatics (DCAC) finished third overall with a combined team score of 291 points.

Holly Donnelly and Kara Permisohn once again served as Meet Co-Directors, running a flawless event. Dozens of volunteers pitched in to help the meet run smoothly, and Holly and Kara were quick to share the credit: "The meet was a lot of fun this year," Holly said, "special thanks are due to some key volunteers, especially Dave Siskind, our head timer, and our dedicated team at the registration desk." Kara agreed: "All volunteers are appreciated. However, Dave Harmon, our Entries Chair, does a meticulous job keeping track of the entries, seeding the meet, juggling odd requests from swimmers, confirming records, and finalizing the end results. The meet could not run without his dedication!" Among the volunteers again this year were numerous Montgomery County students volunteering their time to earn Student Service Learning (SSL) hours.

There was one world/national record set at this year's event – Doug Martin's 28.65 in the men's 50 fly (65-69 age group) on behalf of Little Rock Masters. Dozens of meet records were also broken at the 2018 Albatross, including new standards by

ANCM Clay Britt (55-59 age group) in the men's 50 back (29.16) and 100 back (1:03.86). Clay also improved on the meet record in the 100 IM (1:06.20) but was edged out by Gregory Harris of Virginia Masters (1:04.09). ANCM Margot Pettijohn annihilated the meet record in the women's 200 fly (70-74 age group), lowering the mark from 3:57.45 to 3:43.45. Dave Harmon unwound from his arduous Entries Chair duties by going 5:55.88 in the men's 400 free (65-69 age group), nearly five seconds faster than the existing meet record. Unfortunately for Dave, that was only good enough for third place this year, as the previous meet record was shattered by James Thornton of Colonials 1776 Masters, who finished in 4:53.91. Craig Franz of DCAC (5:32.79) also went under the old 400 free record. ANCM Julie Roddin set a new meet mark in the women's 400 free (40-44 age group), going 4:58.73.

Several ANCMs posted multiple first-place finishes in their respective age groups. In addition to her meet record in the 200 fly, Margot swam to victory in the 100 fly and in the 100 and 200 breast events. Fresh off her meet record in the 400 free, Julie Roddin (40-44 age group) also claimed victory in the 100 back and 200 back, while husband Jeff (45-49) won the 100 fly, 100 IM, and 200 IM. Roger Leonard (70-74 age group) swam away with first place in the 100 free, 100 back,

(Continued on page 4)



## SENIOR GAMES

by Kate Fiskén

If you've never participated in a National Senior Games, now may be the time to think seriously about considering this opportunity! The National Senior Games Association (NSGA) was formed in 1985 to promote healthy lifestyles for adults through education, fitness and sport and offers national competition. The Games are held every two years and provide a forum for both the elite athlete as well as for the novice.

Just last June, the 2017 NSGA biennial games competition featured 19 individual and team sports with more than 10,000 athletes, ages 50 to 101, participating in Birmingham, Ala. These Games won the 2017 SportsTravel Award in the category of "Amateur-Best Multi-Sport or Multi-Discipline Event."

After 32 years, NSGA exists today as a non-profit organization dedicated to motivating active adults to lead a healthy lifestyle through the senior games movement. It is made up of member organizations, usually at the state level, which hold annual games with qualifying competitions in the year preceding The Games. Athletes who meet specific criteria while participating in the State Senior Games qualify to participate. NSGA has held 15 summer national championships since 1987.

Humana Inc., one of the nation's leading health care companies, has been a sponsor of the Games since 2006. Wilson Sporting Goods Company has also been a sponsor and has provided Official Game Balls for baseball, basketball, racquetball, softball, and tennis since 2015.

In Maryland, the Maryland Senior Olympics Commission (MSOC), a member organization of NSGA, will hold its qualifying games for the 2019 Games in Albuquerque beginning in May. The MSOC qualifying swim meet will be held September 15, 2018 at the Germantown Pool.

For information about the MSOC's calendar of 2019 qualifying sporting events and the registration process, go to: [www.mdseniorolympics.com](http://www.mdseniorolympics.com).

From the editor: Go to [www.nsga.com](http://www.nsga.com) for additional information.

## ANCM KATE FISKEN: RECIPIENT OF HUMANA'S 2017 GAME CHANGER AWARD

by Dottie Buchhagen



ANCM Kate Fiskén, who competed in Humana's 2017 National Senior Games in Birmingham, Ala, June 2-15, was one of 15 athletes to receive Hu-

mana's 2017 Game Changer Award. Adults over the age of 50 are eligible for the Senior Games, and Humana presents its Award to athletes who exemplify healthy aging and inspiration for seniors. Kate says she was "... profoundly humbled and gratified that I got it. I was chosen out of 10,000 athletes."

Kate was diagnosed with uterine cancer in February 2017 and had a radical hysterectomy the following month. Although free of cancer, she lost six weeks of training due to her cancer treatment but was determined to compete at the Senior Games. She did and ended up placing fifth in the 50-yard back, sixth in the 500 free, sixth in the 100 IM, and eighth in the 50 free in her 75-79 age-group. To her surprise, she took 20 seconds off her 500 free to earn fourth place.

Over the years, Kate turned to swimming to help her overcome other health issues, with the help and encouragement from ANCM coaches, especially Clay Britt, Tom Denes, and Ed Dulin. In 1999, Kate had a back injury as the result of being thrown from her truck when it was hit from the rear. Although that injury seemed to have healed, it reappeared five or six years later while she was practicing yoga. Her physical therapist used swimming as an alternative to back surgery to speed recovery from that stress fracture. Kate joined ANCMs in 2005 to continue her swimming therapy and to train for the one-mile Chesapeake Bay Challenge. Through perseverance, she progressed from two, to three, to ten laps, until she was lasting through full workouts. She achieved her goal and completed the Challenge in June 2006, coming in second place in her age group. Since then, she has participated in more than 100 swim competitions. Her husband of 50 years, Bernie, "... always goes with me, sits in the stands, and gives me a 'fist pump' for encouragement." Kate says she enjoys

both the physical and mental aspects of swimming. "I particularly like the camaraderie of teammates, the "zen-ness" of swimming, and the chance to think through ideas and issues when swimming laps."

Born in Los Angeles, Kate spent her early years in Seattle and began swimming at age three. Her mother was an accomplished athletic swimmer/surfer, and an uncle was a water polo player in the Los Angeles Summer Olympics in 1932. At age 13 Kate moved to Bucks County, Pennsylvania, and she swam in summer leagues until she graduated from college. With degrees in Chemistry and Sociology from Whittier College in hand, she heard President Kennedy's call and went to India to work in public health with the Peace Corps. Some of her memorable water experiences while in India were swimming in the Bay of Mumbai, the very rugged seas in Orissa and the Bay of Bengal, as well as forging the rivers and streams in the foothills of the Himalayas in Kashmir and areas near Nepal and Tibet.

After returning home to California, she continued teaching in the San Francisco Bay area, married, and moved to our area. During the late 1970s, when Bernie decided to start his own public accounting firm in the Dupont Circle area, she returned to school and began a career as a tax accountant. In 2001 Fiskén & Company merged with a large CPA firm in Bethesda, where Kate continues to work. Today her sons, Nik and Alex, have five children, ages 12 to 16. In September, her husband had a mild stroke, so now she is cheering him on just as he did for her last spring!

In 2016 Kate began teaching adults and young children how to swim at the KSAC and at the Bethesda Little Falls Outdoor Pool. She says she loves to follow their progress from fear to enthusiasm, from crying to jumping for joy!

Congratulations to Kate on her award and inspiration!





## ANCM NICK OLMOS-LAU: FORMIDABLE DISTANCE SWIMMER

by Dottie Buchhagen



Dr. Nick Olmos-Lau, a long-time member of the ANCMs, passed away at the age of 72 on March 9 after a long battle with cancer. He was married to Dr. Nancy Thomas, also an ANCM,

for 49 years. During the many years that Nick swam with us, he shared some of his swimming experiences: his 1998 7.5-mile Potomac River Crossing and the 26-mile Canadian Traverse International du Lac Memphremagog (or Magog) Marathon; his 1999 swim around Manhattan Island; his 1999 Catalina Channel crossing; a recounting of his 2001 crossing of the English Channel in three installments; and, the story of his seal training buddy. Here is a reprint of his experience in the first Arctic Swim Marathon:

### FIRST ARCTIC MARATHON RESULTS—BARROW ALASKA POLAR BEAR CLUB

“Yesterday (8/17/02) at 2 p.m., Scott Lautman, Nancy Thomas, and Nick Olmos-Lau, were inducted into the Barrow Alaska Polar Bear Club (PBC) by totally submerging into the 31F iceberg-littered Arctic Ocean among polar bears, whales, seals, and walrus. The ambient temp was 31F, and the wind chill 21F. In addition, Scott and Nick were the first ever finalists of the Arctic Swim Marathon of 16 plus strokes as witnessed by Fran Tate, founder and president of the PBC. She said she never witnessed such a feat in the 32 years’ existence of the club. The local Eskimos stopped their fishing and watched in awe.

Upon completion, Scott said, “I feel great, except I can’t feel my feet, hands, and other lower body parts.” Meanwhile, Nick and Nancy were having trouble tying shoe laces and putting on their socks. They finally managed to stand up. At the end, everyone took a leisurely walk through the tundra back to the Top of the World Hotel in Barrow, where all celebrated with hot tea (dry town), and a very, very long hot shower nearly melting the local permafrost. In a very informal ceremony, they were all awarded the Polar Bear Patch Award. A certificate will be mailed.”

## REMEMBERING NICK

The ANCMs lost one of their earliest and most significant members this spring. I met Nick Olmos-Lau through the ANCMs years ago and grew to become friends with him and Nancy. As a coach, it was a joy to work with such a determined swimmer who set high goals. He decided to swim all of the classic long open water swims, including the English Channel. Nick completed the channel on his second try after encountering unbeatable currents on his first try. There was no question he would try again! Nick came into my office shortly after his successful swim and gave me a rock from the beach in France that he collected at the finish. That was a special gift, and I will never forget how happy that made me to receive it. I enjoyed working with him in the pool. Nick was a great student and was so focused on improving his stroke technique. I marveled at his three- to four-hour swim workouts and, as a sprinter, mentioned to him that they give awards away for 50s also! Nick even took my call from an airplane when the side of my face went numb on a flight, and I called him in a small panic. He reassured me that I would be ok and he was right!

I will miss Nick greatly and feel so fortunate to have been his friend and to have visited with him and Nancy in January at their new home in Miami. Nick was a tough competitor when faced with any challenge small or large and never gave up in life. (ANCM Clay Britt)

Nick was an avid open water swimmer, having completed such challenging swims as the Manhattan Island Marathon and the Catalina Island. His open water career culminated in 2001 with the successful crossing of the English Channel. He was accompanied on the crossing by Nancy and his daughter Lisa in the pilot boat. Lisa, an accomplished swimmer herself, jumped in the water to help pace him. Those of us who knew Nick will remember his gentle nature. We will all miss him dearly. (ANCM Dave Harmon)

I have such good memories of him, from neurological consults across the lane lines to his words of wisdom about distance swimming in the Channel. A great guy. (ANCM Lisa Berger)



Scott, Nancy, Nick after the Polar Bear Swim

Nick was one of a kind. When he decided to get into distance swimming, nothing would deter him. He would spend eight hours at a time going back and forth in a 25-meter pool. He swam around Key West and around Manhattan Island. He swam the Catalina Channel. And, finally, he conquered the English Channel in 2001. Nothing would stop him. Nick loved languages. He used to send me Hungarian phrases to decipher. In his last year, he was studying Biblical Hebrew online from Hebrew University in Jerusalem. (ANCM Tom Denes)

Nicky was one of my dearest and closest friends. Every time I go swimming, I will remember him and all he taught me about swimming and how to keep my mouth shut when confronted in the pool. I really loved and admired Nicky, as did all who really knew him. (Former ANCM Alan Pollin)

Nick was such an accomplished swimmer who was always willing to share his experiences with the team by writing about them for the newsletter. With his wife, Nancy, accompanying him swimming or as support in a kayak or boat, he completed some of the most challenging open-water swims. On a non-swimming note, he and Nancy took me with them while they shopped for high-end fountain pens – another of Nick’s many passions. (ANCM Dottie Buchhagen)

From the editor: Nick’s full obituary is at [www.legacy.com/obituaries/washingtonpost/obituary.aspx?n=nick-olmos-lau&pid=188517155](http://www.legacy.com/obituaries/washingtonpost/obituary.aspx?n=nick-olmos-lau&pid=188517155)

## REMEMBERING ANCM MARY RUPPE



Mary Ruppe, who used to swim with the ANCMs, passed away at the age of 48 on March 14. She was a regular Sunday morning swimmer in the early 2000s. Mary was a superb distance swimmer and still

holds several ANCM records (100 Fly, 400 IM). Mary had been living in Houston where she worked as a physician at Methodist Hospital.

From the editor: Mary’s obituary is at: [www.legacy.com/obituaries/southbendtribune/obituary.aspx?n=mary-ruppe&pid=188485314](http://www.legacy.com/obituaries/southbendtribune/obituary.aspx?n=mary-ruppe&pid=188485314)

# ALBATROSS

(Continued from page 1)

and 100 breast. Other ANCMs with multiple first-place finishes were Leslie Anchor, Neal Gillen, Justin Kenney, Kristen Koehler, and Deborah Yochelson.

The 2018 Albatross was also filled with great efforts by other ANCM team members. Stephanie Sugg (55-59 age group) picked up points in the 200 free, 100 IM, and 200 free relay. James Rosenthal (45-49 age group) won the men's 50 back and finished just behind Jeff Roddin in the 100 fly in one of the best races of the meet. The ANCM coaches once again proved their mettle in the water. In addition to Clay Britt's record-setting performance, Tom Denes, Cathy Gainor, and Peter Johnson combined for a total of eight individual events, including Cathy's first place finish in the 200 IM (50-54 age group) and Tom's 200 IM win in the men's 60-64 age group.

Thanks once again to the organizational efforts of Pam Blumenthal and Margot Pettijohn, the ANCMs made an overwhelmingly strong team showing in the relay events, fielding 25 relay squads and garnering 12 first-place finishes. Many swimmers swam in multiple relays, often swimming in back-to-back races.

The Social Committee of George Humbert, Nanci Sundel, and Gladys Arrisueno, put together a terrific post-meet social. More than 50 hungry swimmers, officials, friends, and family enjoyed Mamma Lucia's delicious food and Pub Dog's awesome beer. The raffle added some excitement to the evening - even though some speculated that the fix was in when Margot won Tom Denes's book, *The Waterproof Coach*, and Sangeeta Bhargava claimed a Pub Dog growler for a second time. The evening was a great opportunity to relax, refuel, and socialize after an afternoon of spirited competition at the 2018 Albatross. Thank you to Dottie Buchhagen for the use of her Georgetown Village Condominium's party room across from the KSAC!



# SWIMMING IS THE NEW GOLF!

by Jody Gan



Move over, Golf! Swimming may be the next sport to advance professional connections, as it has for me thanks to my powerful ANCM contacts. I started swimming with the team approximately seven years ago, and my friends in

the pool became an invaluable resource to me when just a few years later I left my job as a public health practitioner to join the world of academia teaching public health and health promotion at American University (AU). I was excited about this new opportunity but found some of my new challenges a little daunting, such as teaching students in my very broad "Introduction to Public Health" course about areas in which I did not have much professional experience.

Many of the ANCMs came to my rescue! Lane mate Sangeeta Bhargava, an immunologist at the National Institutes of Health (NIH), is a repeat guest lecturer for the class on communicable diseases, such as smallpox, HIV, and the NIH superbug. Judy Racoosin, a psychiatrist at the Food and Drug Administration (FDA) and wife of lane two swimmer Jeff Dubin, taught my students first-hand about the process of approving new drugs. Sandra Kweder, also of the FDA, who was mov-

ing to London, arranged for an Assistant Commissioner of the FDA to deliver a spirited lecture to my students about consumer advocacy. For the "Lifetime Health and Fitness" class I teach, who better to come and model the benefits of maintaining exceptional fitness throughout the decades than our own coach and world champion, Clay Britt, who really impressed the young men in the class with his accolades! Retired Public Health Service Captain Lynda Honberg twice served as judge for my department's annual Public Health Case Competition and also joined our Careers in Public Health panel one snowy evening. Of course, I made sure it was held on a Wednesday so not to interfere with swim practice! Becca Knox, a pal from high school, college, and now the Tuesday night post-practice shower, who works at Campaign for Tobacco Free Kids, sponsored a Capstone project for American University seniors.

Perhaps it's really not a coincidence that so many of us in the locker room late in the evening or early on Sunday morning work in a health-related field and are committed to promoting the health of the public as well as our own. I am most appreciative for my swim colleagues' enthusiasm for sharing what they know off the deck with my undergraduate students. If you are an ANCM in the field who would like a chance to influence the future careers of bright and engaged college students, some of whom are swimmers themselves, and I haven't hit you up yet, please look for me over in lane six. I'll end with a big splash to all those above who have helped me immensely with my not-so-new gig, in addition to all of their camaraderie in the water.



**Other Albatross photos**  
[www.ancientmariners.org](http://www.ancientmariners.org)





# 2017 CHESTER RIVER SWIM-FOR-LIFE

by Cathy Gainor

About a dozen ANCMs and swimming friends, aka non-ANCMs, headed across the Chesapeake Bay on July 15, 2017, to swim in the annual Maryland Swim for Life in Chestertown, Md., hosted by DCAC.

The swim is in the Chester River, with competitors starting and finishing along a small beach at Rolph's Wharf. Competitors can choose among 1-, 2-, 2.4-, 3-, 4-, and 5-mile swims.

The water, as usual, was a bit warm, in the low 80s, but with a lot of cloud cover helped keep the July heat down. This time, we swam with the current on the way out and had to battle it on the way back, which can be demoralizing. You're cruising along and then, bam! You hit the current, and all those nice, easy strokes you were enjoying turn into a struggle. But, eventually, you happily see the finish line and the bar full of refreshments awaiting you on the beach.



Unfortunately, this year's race was cut short for some swimmers by a tornado warning. A water spout developed in the Chesapeake Bay near the Bay Bridge around 11:30. The Coast Guard stopped the race out of fear the water spout would head up the river. Thankfully, it didn't. We picnicked on what I consider the best post-race food: a massive feast from the Chester River Association, complete with barbecued chicken and dozens of homemade salads.

ANCMs swimming this year were: Alejo Rodriguez-Jurado (2 miles), Lili Peng (2 miles), Tom Denes (2.4 miles), Tara Inverso (2.4 miles), Peter Johnson

# KEEP YOUR VALUABLES SAFE WHILE YOU SWIM

by Dottie Buchhagen

Swimming relieves stress. But having to worry about your valuables while you are in the water is counter-productive. You have something of value – someone else wants it. So, how to protect yourself against theft while you are doing those laps? First, use common sense. Don't leave your wallet, watch, jewelry, cell phone, or money unsecured.

The only identification you need to enter the pool is a pool pass and/or credit card or other form of identification. And, you don't even have to take those into the locker room. Take advantage of the lock boxes that are on the wall to the right when you enter the Kennedy Shriver Aquatic Center (KSAC). Other pools have them, too!

Theft has always been a feature of the Montgomery County pools, KSAC, Olney, Martin Luther King (MLK), and Germantown, and the Rockville pool. It occurs equally in locker rooms for men and women. So, how to best avoid being a victim? The safest lockers are those in the more open areas. Thefts seem to occur most often from lockers deep in the bays. If you do take your valuables into the locker room, do not leave them in an unlocked locker. Also, do not leave items untended on the benches. Several women have reported having bags full of cosmetics "mysteriously" disappear while they were in the shower. Although

(2.4 miles), John Pugh (2.4 miles), Holly Donnelly (4 miles), Kara Permisohn (4 miles), and Cathy Gainor (5 miles). Former ANCM Ken Fung, who has moved to Howard County, also swam the 2-mile race.

At the post-race feast: Cathy, Gainor, Kara, Permisohn, Lili Peng

**NOTE: THIS YEAR'S RACE IS JUNE 23!!**



not valuable, having to replace \$25 or so in cosmetics is beyond annoying. Not to mention "lost" towels, shirts, and even swim suits.

Putting a lock on your locker sounds like a good idea, but even that is no guarantee that your items will be safe. People have managed to smuggle in lock cutters. This seems to happen most frequently during colder weather when heavy coats come in useful for that maneuver. Attendants at the front desks are always on the lookout for the heavy clothing, especially in warm weather!

Your valuables are not safe on the deck. Wallets, car keys, money, cell phones, and other items have been taken from swim bags. And, sometimes, the items were not even visible. Look out for groups of people clustered around areas where swim bags are set down. Some in that group may act to distract swimmers from noticing the actual thieves.

So, who is doing this stealing? It could be anyone who can access the pool by walking in past the front desk or by paying to get into the pool and swim. It can happen any time of day or during practice. Afternoons when seniors swim are prime times.

And, don't forget about your car. Visible valuables are invitations for "smash and grabs." Don't put valuables in your trunk after you park your car. Again, you are begging someone to break into it and steal them. And keys stolen from you in the facility are used to steal cars. All the thief needs to do is click the remote until the car answers.

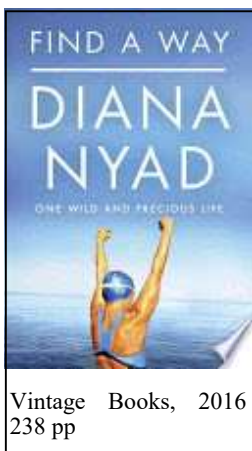
What should you do to protect your belongings? If you see suspicious activity or have items stolen, report it to the pool manager on deck. He/she will help you contact the National Park Police and fill out an incident form. Do not call 911. Montgomery County does not have jurisdiction at the pools. If you don't notice something missing until you get home, go back to the pool if it is still open and report it to the pool manager. If the pool is no longer open, you may contact the Montgomery County police who will turn it over to the pool manager.

Bottom line: as in the rest of life, be aware, take care, and say something if you see something.

*Author's note: Special thanks to KSAC Pool Manager Pam Ambrose for providing information for this article and to several ANCMs who shared their experiences about thefts of their belongings.*

## BOOK REVIEW

by Dottie Buchhagen



I enjoy open-water swimming – usually 1.0 to 2.4 miles in the ocean or Gulf of Mexico. But, to Diana Nyad, those distances are not even warm-ups. Nyad, whose name in Greek means “aquatic nymph,” was told by her father when she was five years old that it meant a girl or

woman champion swimmer. Nyad latched onto the word “champion.” Later, after discovering that her grandfather had been a championship swimmer, she realized that swimming was in her genes. One day while standing on the shore in Ft. Lauderdale her mother pointed toward Cuba and said “it’s so close, you could almost swim there.” The seed of a challenge was planted in her nine-year old mind.

In her compelling memoir *Find a Way*, Nyad recounts the experiences and people who influenced her life and swimming career – for good and for bad. She swam competitively through high school. After college, she was introduced to marathon swimming. She loved it. Her swims of 10 to 25 miles took her to bodies of water around the world. In 1975, she was the first female – and the first person since 1927 – to swim around Manhattan Island, a distance of 28 miles in seven hours, 57 minutes. She recounts her awe in looking at New York City with every breath to her left. In 1978 at the age of 28, she remembered her mother’s words and attempted a solo swim from Havana to Key West in a shark cage but was forced by a rough seas and jellyfish stings to abandon the effort after 41 hours, 49 minutes. The following year she swam from Bimini to Florida. Riding the Gulf Stream, her swim of 102.5 miles took 27 hours and 38 minutes.

Nyad retired from swimming at the age of 30. For the next 30 years, she led an exciting and fulfilling career as a sports commentator, documentary film-maker, and interviewer. Her quest for stories took her to Rwanda to see the gorillas and to Belize, the jaguars. She traveled the

length of Vietnam on a bicycle with war veterans and climbed Mount Kilimanjaro. But she was still troubled by demons created by childhood experiences. At the age of 60, she looked for another challenge and turned back to swimming to provide it. Her research for a suitable marathon swim that would provide ideal conditions, such as a temperature to keep her warm for more than two days, a distance of at least 100 miles, and favorable currents, came up empty. She returned to unfinished business – the Cuba to Florida swim. What had been only a challenge became a full-blown obsession. She gathered lifelong friends and formed the Xtreme Dream Team. Nyad recruited experts in many areas to help her navigate perilous waters infested with jellyfish and sharks and the strong Gulf Stream with its unusual eddies and changing direction.

*Find a Way* describes the numerous obstacles that Nyad and her team faced and the methods they used to overcome them. It also details her exhausting training to prepare for the undertaking. Swims that ranged from four to 16 hours in a 50-meter pool progressed to ocean swims of 10 to 24 hours. Her first attempt at a crossing in 2010 was aborted after only four hours and 30 minutes.

The Cuba swim kept nagging at her. She tried again, and again, and again. Finally, on September 2, 2013 – success! In her fifth attempt, she completed the 110.86 miles in 52 hours, 54 minutes, 18 seconds. She was the first person to complete the crossing as a continuous swim without a shark cage. Her recollections of the ago-

nies and joys of her life in and out of the pool make for compelling reading, including her hallucinations during that last swim – the Taj Mahal appearing in all its marble glory at night in the Florida Straits and the Seven Dwarfs leading her along the Yellow Brick Road toward Florida. Nyad’s first words after finishing the swim on Smathers Beach in Key West that September afternoon were “Never, ever, give up.” She was 64 years old.

Nyad’s accomplishment was met with skepticism in the marathon swimming community. Nyad said it was her understanding of the sport that the first person to make a crossing got to set the rules for that body of water. Her “Florida Straits Rules” stated no flippers or shark cage, no getting out of the water, never holding on to the boat or a kayak, and never being supported by another human being, lifted up, or helped by buoyancy. They did allow, however, for a protective, non-buoyant, full bodysuit and mask to protect her from potentially fatal jellyfish toxins. All 44 members of her team, including two independent observers, testified to the accuracy of her claim of a nonstop swim.

During her swim Nyad benefited from extremely calm water conditions, an unusually mild tropical hurricane season, and a favorable northward current. She said she locked the computer GPS charts that tracked her swim, the speed and direction of the current, her calculated swimming speed, extensive film footage, and data from a research buoy that recorded the northward current at 1.6 mph in a vault. Posterity will be the final judge.

## GERMANTOWN SOLSTICE MEET DECEMBER 2





**HOLIDAY PARTY—JANUARY 6  
TOM AND LYNN deBETTENCOURT'S HOME**



**Other Holiday Party photos  
[www.ancm.org](http://www.ancm.org)**



**View photos from the first 25 years of the ANCMs on our  
website at [www.ancm.org/photos.htm](http://www.ancm.org/photos.htm)**

## LANE CHAT

● ANCM Laura Ramos, Dennis Mancini, and almost-five year old Antonio welcomed Gabriel Mattis Ramos Mancini on February 25 at 5:34 p.m. Gabriel weighed seven pounds four ounces and was 20.25 inches long. Laura said that “my bag was packed and I had all intentions of swimming at practice that (Sunday) morning until the contractions started!” Laura reports that “Gabriel truly enjoyed his first bath and already seems to be a natural in the water.”



Laura, Antonio, Dennis, Gabriel



Tyler Roethke



Justin Roethke

● Tyler (15) and Justin (12) Roethke, sons of former ANCMs Jill and Steve Roethke, have been "churning up the waters" in New England. Tyler is the Massachusetts High School Champion in the 100-yard freestyle (47.45). Justin placed in nine out of nine events in the New England 11-12 year old Championships and was one of the high point award winners. The boys are also the grandsons of ANCMs Hugh and Ruth Anne Roddin and are the nephews of ANCMs Jeff and Julie Roddin.

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

## VISIT THE ANCM BULLETIN BOARD - KSAC LOWER LEVEL

Photo credits: p.2. Kate Fiskien; p..3, 4, 6, 7. Dottie Buchhagen; p.3. Nancy Thomas; p.4. Kara Permisohn; p.5. Cathy Gainor; p.8. Laura Ramos, Jill Roethke

**THE SUMMER SESSION BEGAN ON SUNDAY, APRIL 15 — REGISTER AND RENEW YOUR USMS REGISTRATION AT [www.ancientmariners.org/registration.htm](http://www.ancientmariners.org/registration.htm)**

**VISIT OUR FACEBOOK PAGE FOR WORKOUTS AND TEAM NEWS [www.facebook.com/ancientmariners/](http://www.facebook.com/ancientmariners/)**



### TEAM GEAR

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

## EVENT CALENDAR

2018



- 05/26-05/27:** Jim McDonnell Lake Swims, 1 and 2 miles, and U.S.M.S Open-Water National Championship (2 miles only), Lake Audubon, Reston, Va.
- 06/02:** Oxford-Bellvue Sharkfest Swim, 1500 meters across Tred Avon River, Oxford, Md.
- 06/03:** Swim Across the Potomac, Washington's Crossing, 1.4 mile, National Harbor, Md.
- 06/09:** UMAC-Terrapin Cup, LCM, University of Maryland, College Park
- 06/10:** Great Chesapeake Bay 4.4-mile swim (entries closed) and 1-mile Chesapeake Bay Challenge, Stevensville, Md.
- 06/23:** Swim for Life, Chester River, 1, 2, 2.4, 3, 4, or 5 miles, Chestertown, Md.
- 07/07:** John Shrum Memorial Cable Swim, 1 and 2 miles, Chris Greene Lake, Charlottesville, Va.
- 07/07:** Race for the Conch, Turks & Caicos, 0.5, 1, 2.4 miles. Eco-seaswim.
- 07/21:** Swim Ocean City, 3 and 9 mile, and 9-mile three-person relay, Ocean City, Md.
- 07/28-08/04:** Pan American Games, LCM, Masters Championships, YMCA Aquatic Center, Orlando, Fl.
- 08/12:** HarborFest Tri Swims, 750 m, 1.2 miles, 2.4 miles, 5 km, National Harbor, Md.
- 08/18:** Virginia Beach Lifeguard Association (VBLA), 1 mile, 5 km, Virginia Beach, Va.
- 09/16:** Swim Across America-Baltimore, 1, 3, 5 miles, Redhouse Cove on High Tide Farm, Pasadena, Md.
- 09/22:** Swim for the Potomac, 500 m, 3 km, 5 km, 10 km, National Harbor, Md.
- 10/06:** Swim Across America-Richmond, To the Bridge and Back, 2.4, 5, and 10 miles, Upper James River, Midlothian, Va.
- 10/11:** National Coaches Clinic, College Park Marriott and U.Md. Natatorium, College Park.

These are only some of the upcoming swim events. Go to [www.ancientmariners.org/event.htm](http://www.ancientmariners.org/event.htm) for details and events.