

# The Rime

Volume 24 Number 2

November 2018

## WHAT'S INSIDE

Page 2: Steve Godwin's Triathlon Championship

Page 3: Team Outreach

Page 5: St. John Power Swim

Page 6: ANCM Service Award  
ANCM Team Meeting  
Gold Club  
Hawaiian Night  
*The Waterproof Swimmer*

Page 7: ANCM Brunch Photos  
ANCM Picnic Photos

Pages 8-9: The Margot Swim Workout

Page 10: Lane Chat  
Announcements  
Event Calendar

### OFFICERS

Dave Harmon, President  
Cathy Gainor, Vice President  
Holly Donnelly, Secretary  
Mauricio Rezende, Treasurer  
Dottie Buchhagen, Newsletter Editor  
Dottie Buchhagen, Webmaster  
Pam Blumenthal, Registrar  
Jeff Roddin, Recordkeeper  
George Humbert, Nanci Sundel, Social Committee  
Jeff Roddin, Past President  
At-large officers:  
David Cheney, Tom Denes, Jeff Dubin,  
Alex Goldberg, George Humbert, Peter Johnson, Debbie Kelsey, Kristen Koehler, John McCaffrey, Kara Permisohn, Nanci Sundel

### 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)

## THREE NEW ANCM COACHES



New to coaching in 2018, **David Cheney** has a long history as a swimmer. He was an age-group swimmer in Austin, Texas, and competed at junior nationals as a 17-year old. He swam for Brown University during 1974-1977, competing mostly in butterfly and breaststroke events. After a long gap, he began Masters swimming at the Silver Spring YMCA in 1996. David joined the ANCMs in 2002. He competes regularly and has posted a few USMS "top 10" times, mostly in events like the 200 fly that sane people don't swim.



**Leslie Anchor** is a Level 1 and 2 Certified Masters Swimming Coach with a passion for swimming and triathlons. She loves helping adults with swim techniques to become more confident, comfortable, and efficient, particularly in tackling the open-water swim portion of triathlons.



**Kathy Kirmayer** was a pure sprinter back in college (Div III), but when she returned to swimming years later, she embraced the open water. She's done swims around Key West, across Long Island Sound, and completed "3 Seas in 3 Days" in Israel. She retired her goggles a few years ago but still loves recruiting new swimmers to the sport and happily fills in as needed at Olney.

## CHESAPEAKE BAY SWIM AND CHALLENGE

by Dottie Buchhagen

Another year – another Chesapeake Bay swim! On Sunday, June 10, several ANCMs braved the 4.4-mile width of the bay and the triangular one-mile course at the eastern end of the bridge. This year's cross-bay swim was extremely challenging with strong currents. Among the 4.4 milers, Cathy Gainor again placed third in the 50-54 age group and Dave Filbeck was third in the 40-44 age group. In the one-mile Chesapeake Challenge, Lili Peng placed first in the 30-34 age group and Dottie Buchhagen placed first in the 75-79 age group. Here are comments from the swimmers on their experiences:

### 4.4-mile swimmers:

**Bob Benson:** My daughter, Sue Stock, came from Minnesota to swim across the Bay with me. Unfortunately, this year the combination of waves and current prevented us from making specific cutoff times. I was pulled after 2-1/2 hours near the three-mile marker, and she was pulled after 3-1/4 hours just prior to the four-mile marker. While there was some consolation in not being the only ones pulled, it was a great disappointment for each of us not to be able to complete another crossing and join the two and 18 finishers in our respective age groups (male 80+ and female 55-59). Sue has made it twice before, and I was trying for my 25th crossing. During the early part of the race, I kept close to the northern span and everything seemed to be going fine. Then, within a short time, I found myself near the south bridge and swimming at a steep angle to stay in my "lane." Sue had a similar experience. Her GPS watch indicated that she swam approximately six miles before being pulled.

**Cathy Gainor:** This year's swim was a struggle, both physically and mentally. And it was an excellent reminder that nature, not you, is in charge.

The current was extremely strong, pushing us south. At the one-mile marker, I was swimming under the northern span, where I wanted to be, and then, when I looked up again, I had been pushed all the way to the southern span. I spent the rest of the race

(Continued on page 4)

## ANCM STEVE GODWIN GOES DOWN UNDER TO COMPETE IN THE WORLD TRIATHLON STANDARD DISTANCE AGE GROUP CHAMPIONSHIP

by Steve Godwin

**Gold Coast, Australia, 3 a.m., Sept. 16:** I can't sleep. I'm too excited about today's race. For someone who hasn't participated in organized sports beyond fourth grade, I'm as surprised as anyone to be here. I tried my first triathlon as a lark eight years ago. This morning, I'm halfway across the globe from home, with my family in tow, to compete at the international level for the first time. Tomorrow I'll turn 65. What a way to celebrate becoming eligible for Medicare.

**4:15 a.m.:** I'm on my way to the tram to the race site. I'm leaving too early. I won't race for another four hours, but I'm restless and don't want to wake the family by bouncing off the walls of our small Airbnb overlooking the Pacific Ocean. With about 1,800 competitors and even more spectators, combined with little parking at the race site, this tram is already crowded. The earliest swim wave starts in a little over two hours. The trip, plus walking the 1.5 kilometers from station to race site, takes 30 minutes. I have a T-shirt on over my Team USA uniform. I figured I'd be warm enough, but by the time I get out of the tram, I realize I'm not prepared. The air temperature has dropped to about 60 degrees, and a stiff wind blows from the north. Not yet the predicted 15-20 mph, but enough to get me chilled. The warming sun of dawn won't arrive for another hour. Right now, I'm worried about being over-chilled and spending too much energy to stay warm.

**5 a.m.:** I've been to transition, pumped up my bike tires, and set up my transition area for the changes from swim, to bike, to run. It went much faster than I had expected. Now I'm hiding out in the Team USA bike mechanic's tent to get out of the wind.

**6 a.m.:** I get kicked out of the tent, so I go back to transition and pull on my wetsuit to get warm. Should have thought of this earlier. The rising sun has been warming up the air temperature, but also boosting

the wind speed. Within minutes, though, I'm warm again.

In the early morning light, I mix with several U.S. men in my age group whose names I've seen in the national rankings but have never met. I also meet friendly competitors from other countries – mostly Aussies, Brits, and New Zealanders. Our swim wave won't start until 8:20 a.m., among the last four or so waves, so many guys are standing around the bike rack exchanging pleasantries.

**7 a.m.** Transition closes. Time to walk the two kilometers along a winding path to the swim start. By now a brilliant sun beats down through a clear sky. First too cold, now too hot. I'm sweating a little in the wetsuit, but I prefer the heat to being chilled. We'll be swimming with the outgoing tide in a bay that empties into the ocean after a straight shot back to the transition area. I've never done a swim like this in a triathlon. Usually it's some sort of a circuit. When I get to the swim start, I watch other waves start and try to figure out the arrangement of buoys. You have to split two closely spaced ones at 500 and 1,000 meters. I can only see the first pair. I wish my vision were better.

A friendly Australian spectator tells me that the tide should be close to being slack by the time my wave starts. As we look several miles down the coastline, we can see a heavy bank of clouds headed our way. My new friend tells me that the boats from the marina across the bay all turned around and came back earlier because of the high winds and waves. This will be our first day on the Gold Coast without perfect weather. Still, the high will be no more than 75, with low humidity, and it should be sunny throughout the race once this big bank of clouds blows over.

As the tide slackens, the wind begins to shift to originating from the south and the Antarctic. The cloud bank hasn't reached us yet, so I begin stretching in the shade of a building. I keep drinking water to avoid dehydration and down a couple of energy gels. My energy had been flagging due to the short night of sleep, but the gels, spruced with caffeine, begin pumping me back up.

**8 a.m.:** The call goes out for the 65 to 69-year-old men to line up before getting into the water. USA Triathlon boasts at the US Nationals that it's the most competitive triathlon anywhere. Looking at my 60-man cohort, I'm not so sure. Almost every guy looks pretty lean and mean. You probably wouldn't find any fitter collection of 65 to 69-year-olds anywhere in the world. No

pushovers here.

Before I know it, we're in very salty water for a few minutes to acclimate. The high salt content of the bay, plus the buoyancy of my wetsuit, lift me high in the water. I feel like I'm almost on top of it. The water temperature is about 70, which feels refreshing. The announcer jokes "Forget your Garmin" and calls out the start. At 8:20 we're on our way. I've started out in the back of the group to avoid the usual scrum at the beginning. I soon get into a good rhythm and glide across the water – my favorite part of swimming. The gate of buoys at 500 meters comes and goes quickly. I'm stroking and pulling hard, but my arms



and shoulders feel strong. By 1,000 meters I'm drifting right as I usually do. I seem to be keeping a decent line on the finish, though, so I focus more on pulling than sighting. The swimmers have spread out quite a bit, so there's no bumping, but it also means I can't draft. After 1,200 meters I'm feeling fatigued on my left side and not pulling as hard, which causes me to drift right even more. I have to raise my head more often now to sight the buoys, which slows me down even more. I'm having a hard time sighting the last yellow turn buoys that will lead to the exit ramp, but I stay close to other swimmers who seem to have a bead on them. When I spot the turn buoys with about 200 meters to go, I turn on the gas. I'm hurting from the effort, but I'm also aware that I'm already a quarter through the last race of the season and the biggest race of my life. Better enjoy it while I can.

The swim has felt fast, and I'm pleased to see I'm right at 27 minutes after 1,500 meters as I charge up the ramp to the transition area. Margaret, and Miriam, our daughter, and Jamie, our son, are there to cheer me on in their "Team Steve" T shirts. They inspire me to sprint to my bike.

**8:50 a.m.:** My engine revs as I switch from working my arms to working my legs for the 24.5 mile distance. I've biked enough on the left-hand side of the

(Continued on page 3)



## STEVE GODWIN

(Continued from page 2)

road over the last three days that it doesn't feel weird. I make the first hairpin turn at good speed. Soon I'm catching up with racers whose swim waves started sooner, so I'm passing quite a bit. The men in age groups ranging from 40 to 59 started in swim waves behind me, so I'm also being passed by them, as well as the youngest competitors already on their second and final turn of the two-loop course. They zoom by in their aero helmets and sleek, fast bikes. The wind from the south has strengthened, so I feel like I'm flying. When I check my speed, I'm going over 24 miles per hour, considerably higher than the 21-22 mph that I average during a race.

Turning around into the wind feels like hitting a wall. It must be blowing at 20 mph or more. My speed drops 4-5 mph. Flying turns to crawling. I feel like I'll never get to the end of the first loop, but soon I hear my cheering section and spot them briefly. I'm boosted by their enthusiasm! At the start of the second loop, I have the wind at my back again. Upcoming is the short technical section near the start and a short, sharp climb. I'm not able to power over that hill like I could the first time. My heart pounds and quads burn as I crest the top. Then another right turn, and quick left, and then a short, speedy downhill going full blast. Soon I'm back on the main line. I'm flying over the pavement again and feeling the thrill of going fast on the bike. At the final turn-around, I again hit the wall of wind. Oh man, this is hard. I jockey with two other Americans as we pass and re-pass each other for the remainder of the bike course, which takes my mind off the fatigue and pain in my thighs. Before I know it, I hear Miriam cheering loudly as I approach transition.

**10 a.m.:** I have a long transition as I run awkwardly in my cycling shoes. Normally I pull on my running shoes while standing, but I'm so breathless I have to sit down rather than risk falling over. It costs me a few seconds, but I have no choice. Once on the course, my thighs feel thick and stiff as tree trunks, but I have the wind at my back, and pretty soon my muscles adapt and I'm into a good rhythm for the 6.2-mile run. Feels good! The run course is right along the bay, so there's no windbreak. I'll have to run into that wind for the second half of both loops of the course, about 1.5 miles each time, but right now I'm enjoying it. The theme

song from "Chariots of Fire" keeps running through my head, both relaxing and energizing me.

After turning around into the wind at the mid-point, I feel like I'm running through molasses. I can see whitecaps on the bay and the few small trees and shrubs in a small park at the water's edge dance around in the gusts. Tough going. Again, I'm greeted with family cheers as I start the second loop. I pass by the turn to the finish line and can't wait to be headed down that chute at the end of the final loop. At the same time, I'm very aware that the hours and hours of training for and anticipation of this day over the past year will soon be past. I'm both feeling the pain of the run and not wanting the race to end.



Godwin Team: Jamie, Miriam, Steve, Margaret

When I turn back into the wind the final time, I begin strategizing. I know I'm pretty spent and doubt that I can sustain a faster pace for the final 12 minutes. I decide to run a little under what I could do to save some energy for the final sprint and settle into a hard by steady rhythm. My family waves and cheers as the second-to-last turn to the finish line draws near. With an amazing surge of adrenaline, I blast through the turns and race all-out down the chute to the finish line.

As I cross the line, I'm both exhausted and exhilarated. I don't know how well I've done in my age group, but I'm thrilled to have competed on the world stage and raced as hard as I could. Now I just want to embrace my family. Good thing Jamie's 6' 4" tall. I spot his head looming over the crowd and exchange warm hugs. Miriam tells me I've come in 23rd in my age group in the world. I've finished with my best race of the year at 2:32:58 – with a max effort in all three legs: a 27-minute swim; 1:09:53 bike; and 49:15 run. I try to let that sink in. I find my coach, Julie Billingsley, who has just finished sixth in her age group, and give her a hug also. What a happy, happy moment!

## WHERE HAVE ALL THE SWIMMERS GONE?

by Nanci Sundel

*Are you hibernating? Switching sports? Switching teams (gasp)? Doing dryland?*

Whatever the cause, I have seen fewer than 15 swimmers at KSAC the past several Tuesday and Thursday nights. By the numbers, ANCM has had a nearly 15 percent, and Potomac Valley has had drops in membership of 13 percent this year and 21 percent over the past five years. Nationally, the drop has been five percent. These signal a concerning trend. In response, our team has assembled a committee to evaluate the problem and recommend solutions to increase membership. Some steps we're taking include a survey of former and current ANCMs to better understand what attracts swimmers to our team and why we lose swimmers. Please help us by replying to the brief 10-question survey when you receive it. We are planning outreach to triathletes, unaffiliated lap swimmers, parents of club and summer team swimmers, etc., by developing a flyer to disseminate at the team's pools and elsewhere. We plan to increase our Social Media presence and possibly change the name of the team. Finally, we are encouraging stronger engagement of coaches and current team members.

Joining a new team can be intimidating. Here is what you can do to make new members welcome. When a new swimmer starts in your lane, be sure to 1) introduce yourself, 2) introduce others in the lane, and 3) make them feel welcome.

If you are part of a group or listserv — such as triathletes — where there are others who may be interested in some level of swim training, spread the word formally and informally through that channel, stressing that we encompass and accommodate all levels and speeds in our swim workouts.

If you are interested in joining the committee, helping with the outreach, have suggestions for outreach, or have a group you would like to recommend, please email me at [the.sundels@verizon.net](mailto:the.sundels@verizon.net)

For those of you reading this who aren't currently swimming with us, maybe Jan, 1, when we usually have an influx of New Year's Resolution swimmers, will entice you to return to the pool. We hope so!

## BAY SWIMS

*(Continued from page 1)*

swimming diagonally. Sometimes it felt like I wasn't going anywhere at all. After the first shipping channel, the current seemed to ease up a bit, and I was able to straighten out closer to the middle of the bridges. But then the current picked up again, and I was back to swimming diagonally and trying to avoid the rock islands under the two big piers. In positive news, it actually got easier after mile three, which rarely happens.

My goal had been to break two hours. But looking at my watch at each mile, I increasingly realized that was out of the question. And then the self-doubt kicked in: Had I not trained enough? Did I not taper enough? Was that tasty cookie on Thursday a bad idea? What did I do wrong? You don't know when you're in there how anybody else is doing, that everybody else is encountering the same problems.

I was at two hours when I reached the four-mile buoy, so I had basically another half-mile to make peace with what was going to be my worst time in all nine swims. So, I just swam hard and tried to leave it "all in the water." When I finished, I was relieved when a volunteer quickly said that everybody was slower this year. That was confirmed by Kara Permisohn, who awesomely came to the swim to support us. (Thanks again, Kara!)

Despite my 2:16 time, I ended up third in my age group and 103rd overall, which is pretty much where I usually finish, so I was happy.

In reviewing the day, I have been reflecting on advice from my friend Bob Huber: Your first goal is to stay safe. Your second goal is to finish. After those two, your third goal can be to have a good time. But sometimes, the Bay does not cooperate.

**David Filbeck:** Despite the threatening weather, tough currents and murky water, the race was a success for me. The currents were much stronger than predicted and seemed to increase in intensity until well after the two-mile buoy. After the three-mile buoy, there seemed to be a tail current which kept up all the way to the finish. The middle of the race felt like a long slog and resulted in one of the slowest times I have done in 13 GCBS starts but, strangely, my best place finish ever. As always, the Bay Swim is an unpredictable but better-than-average way to spend your Sunday morning.

**Mark Diglio:** The swim was an awesome experience except for the current. I can swim 200 yards in three minutes in an indoor pool for an hour (about 27-minutes per mile). Because of a predicted lightning storm, the organizers moved up the start by 30 minutes. That move resulted in a much stronger current for the bulk of the swim. In a wetsuit, I swam the bay in 2 hours 47 minutes, or a total of 167 minutes. I figure the 10% wetsuit advantage was wiped out by my two stops for electrolytes and crackers. But those stops made it a pain-free swim. I had plenty left in the can by the end of the race, but I was swimming at a 30-degree angle cross-current for more than three miles of the 4.4-mile swim. However, 167 minutes at 27 minutes/mile equals an equivalent 6.2 miles! Current aside, it was a fabulous day — low chop, cloudy, and little wind. I loved it as a benchmark on my 60th birthday. I now pledge to be in better shape for my 70<sup>th</sup> — but if only they can keep that current under control!

**Holly Donnelly:** The Bay Swim is a wonderful tradition, even when conditions are difficult. It was great to swim with old friends, new friends, Bay veterans, and first-timers.

**Kevin Scott:** The first mile was fun. Rain, thunder, and lightning held off, and the water was cool but not cold. After about one mile, however, a strong southward current picked up, pushing swimmers back and to the south. I had been swimming just inside the northern span of the bridge and before I knew it I was pushed almost underneath the southern span. After swimming hard for 15-20 minutes just to get to a comfortable spot between the spans, I then had to swim consistently at an angle to maintain my position; it was a struggle the rest of the way. For the last mile-and-a-half, all I could think of was the sandwiches at the finish. I finally made it there — sore, tired, and hungry. And the sandwiches were delicious.

**Yali Fu:** Going in I knew there was a 50-50 chance I might be pulled for personal reasons or due to weather changes. Since this was my first try for an open-water swim beyond the Ironman 2.4-mile distance, I swam more over the winter. I thought about training in the Wilson 50-meter pool but couldn't bring myself to drive to DC and fight for parking. The body contact at the start was as expected, with a lot of arms and legs coming at me, but after surviving that, I had my own pool! The vastness of the open water was

elating, and I quickly got into my rhythm. At mile 1.5 at the first pillar, I was trapped in the current and couldn't make any progress. That was a bit stressful. Eventually I got out of that and kept going. Mile three came by as I enjoyed looking up to the bridge spans and seeing cars, but from mile three to four the waves seemed bigger. I started looking for the exit too early, so that made me anxious. Once I saw the multi-colored balls, I knew I made the crossing! The final leg to the finish was just an easy swim. I am happy to have done it, and now can fully appreciate why people would do this over and over again. I thank Tom Matysek from South Carolina for sharing his knowledge and passion for this swim.

### One-mile swimmers:



One-milers: Jody, Dottie, Lili, Pam

**Jody Gan:** For the fourth consecutive year, I enjoyed swimming with both my neighborhood pool friends and my ANCM friends and was happy to receive a personal best time for the one mile (great conditions).

**Lili Peng:** I had a wonderful time this year at the one-mile Chesapeake Challenge. The weather conditions were great, and the water was not too cold or warm. Although I'd stopped a few times after swallowing ocean water, I was quite surprised to have come in first in my age group! There was great energy and ambience as usual. I'm happy to have gotten to hang out with my ANCM teammates as well, including celebrating their age group awards!

**Pam Hepp:** Swimming the mile was terrific! The water temp was perfect — no waves, just a slight pull of current on the outermost stretch. Had fun hanging out with other ANCMs and meeting other swimmers. Spoke with a guy from Ohio — people come from all over the US to swim the bay.

**Dottie Buchhagen:** Conditions were good for my 16<sup>th</sup> one-mile Challenge. The

*(Continued on page 6)*



## RACING IN DAMAGED BUT PICTURE-PERFECT ST. JOHN

by Dottie Buchhagen

Two Category Five hurricanes, Irma and Maria, pummeled the Virgin Islands in September 2017. Beaches and buildings were decimated. St. John was hit hard, forcing closed beaches, campgrounds, and restaurants and drastically hurting tourism.

The destruction caused by the hurricanes put into doubt the 15<sup>th</sup> annual Beach-to-Beach Power Swim, which is run by the Friends of the Virgin Islands and held every Memorial Day weekend. The race directors didn't decide until almost March to go ahead with the swim, but with a catch. The normal course — in which all swimmers start at one beach and then swim along the coast for one, two-and-a-quarter, or three-and-one-half mile swims, finishing at various beaches — had to be changed. The

to the event. We discovered at registration that Allison Alexander, who swims frequently with ANCM and was there with her husband, also had signed up.

The first evening, Friday, May 25, was beautiful with a gorgeous sunset and balmy weather. The next day we checked in at the race site to confirm our registrations, get a better feel for the courses, and test the water in Trunk Bay. The bay is home to several coral reefs. The water was a beautiful shade of aqua and amazingly clear. It was glorious just to swim in it.

Later, we spent time exploring St. John, which is 80 percent National Park. Being part of an extinct volcanic chain, the island has a lot of very steep, windy roads. It also has numerous hiking trails and sandy coves.

Sunday morning, we got up early to catch a Safari Taxi to the race. We were greeted on the beach by a rainbow over

Swimmers in the one-mile raced from the beach, half-way around a small island called Trunk Cay, then parallel to shore and back in. Two-milers, on the other hand, kept swimming past Trunk Cay and got to swim over a reef!

We could see the coral and lots of colorful fish. Unfortunately, the course also featured sargassum. Swimming through that — and there was a lot of it on the two-mile course — was not fun. Once past Trunk Cay, Cathy and Allison basically swam together until the finish, stopping at each buoy to figure out where they were going.

The ANCMs cleaned up in the awards. Tom (60+ age group) came in second overall in the one-mile. In the two-mile race, Cathy, Kara, and Allison placed first in their respective age groups (50-59), (40-49), and (17-29). Dottie was second in the 60+ age group and at 75 received an oldest swimmer award. The awards were lovely blown glass starfishes, sand dollars, sea turtles, and a plaque (to Tom).

Monday, our last full day on the island, involved rest and more exploration, this time to Maho Bay for snorkeling to see the sea turtles and coral-dwelling fish. We were not disappointed, as sea turtles were everywhere. You didn't even need snorkel gear to see them. The turtles were shallow enough that mere goggles were sufficient.

As on the previous nights, we had another delicious meal and viewed another gorgeous sunset before heading home the next morning.

St. John has continued to rebuild, according to the Friends of the Virgin Islands who send us regular emails about their progress. Some of the closed beaches have reopened as have campgrounds. The restaurants have been repaired, as have many other buildings that had blue tarps covering damaged areas.

Next year's swim should be back to the three-bay course. If you are looking for a fun, laid-back, beautiful open-water swim, consider the St. John Beach-to-Beach Power Swim.



Cathy, Allison, Dottie, Kara, and Tom after the race in Trunk Bay

damage to the facilities was too great at some of the beaches and not enough volunteers were available to handle such a long course. So, the swim became two triangular courses of one and two miles in postcard-perfect Trunk Bay and was billed as “The Hurricane Edition.”

Looking forward to a long weekend, several ANCMs flew to St. Thomas and took the ferry to St. John to enjoy the beautiful Caribbean waters, have a fun swim, and support the reconstruction efforts of the island. Cathy Gainor, Tom Denes, Dottie Buchhagen, and Kara Permisohn (accompanied by her sister Kelly) signed on

the water — a good sign for the swim.

The race features several divisions: one-mile, two-mile, unassisted, and assisted — which means you can wear fins and/or snorkels — men, women, and age groups. We met one woman who was a free-diver who swam using her ginormous diving fins. Of course, she came in first in her age group.

Many of the swimmers were from the Virgin Islands and other Caribbean islands, as well as Florida, California, Kansas, and other parts of the United States.

### ePOSTAL NATIONAL CHAMPIONSHIPS

01/01-02/28: 1-hour, 25-yard or longer  
 05/15-09/15: 5K/10K, any LCM pool.  
 09/15-11/15: 3,000/6,000 meter, 25-yard or 25-meter  
<https://www.usms.org/events/national-championships/epostal-national-championships/2019-epostal-national-championships>

## 2018 ANCM SERVICE AWARD

by Dave Harmon

Holly Donnelly and Kara Permisohn were presented the ANCM Service Award at our annual picnic on Sept. 23<sup>rd</sup>. They have been co-directors of the Albatross Open for the last three years. Being Meet Director is a challenging job. It requires finding and organizing the many volunteers needed, making sure we have the necessary supplies and equipment, and running the meet so that everything goes smoothly. Every year there is a particular challenge. This year we lost the leaders of our officials team, Jim and Ellen Carey, and had to find replacements. We also had to contend with a big windstorm the night before the meet and had to prepare for the possibility of no power. But Kara and Holly persevered, and we had one of our more successful meets. Holly is stepping down as co-chair but will continue to serve as club secretary, a position she has held since 2014. Please congratulate Holly and Kara on their award.



Holly, Dave, and Kara

## ANNUAL ANCM TEAM MEETING

The Annual ANCM Team Meeting was held on Sunday, Oct. 23<sup>rd</sup> at the home of Tom Denes and Cathy Gainor. Minutes of the meeting are posted with those of past years at [www.ancientmariners.org/documents](http://www.ancientmariners.org/documents) on the ANCM website.

**SAVE THE DATE  
SATURDAY, JAN. 5TH**

**ANNUAL HOLIDAY PARTY**

**DETAILS WILL BE POSTED ON  
WEBSITE BULLETIN BOARD**

## WE ARE NOW A GOLD CLUB!

by Dave Harmon



This month, the ANCMs were awarded the Gold Club Designation by United States Masters Swimming (USMS). The Gold Club designation entitles us to USMS marketing tools and gives us discounts for USMS education courses for our coaches.

How did we get the designation?

1. We offer free trial USMS membership to people who want to try our masters swimming with our club.
2. We have USMS-certified coaches.
3. We have accurate club information in the new Club Finder on the revised USMS website.
4. We display the USMS logo with the registration link on our website.

As a Gold Club, we will be participating in the Try Masters Swimming week and will participate in at least one USMS-sponsored Fitness Series event.

The Gold Club designation is one of several strategies USMS is employing to attract and increase membership.

## JULY 31 — HAWAIIAN NIGHT AT LITTLE FALLS



Laura Ramos, Kristin Lemos, Jim Vandergriff, Kathy Kransfelder, Jen Whitman, Marshall Greer, Margot Pettijohn, Nanci Sundel, Dave Harmon, and Dan Blumenthal enjoyed Hawaiian music and flamingo races. Hosted by coach Ed Dulin.

### 2019 CHESAPEAKE BAY SWIMS

**Registration, now open for the 4.4-mile swim, closes on Jan. 6. Entry fee is \$350 plus a \$48 registration fee.**

**Registration for the 1-mile Challenge opens on Feb. 1. Entry fee is \$60.**

## A LIFETIME OF SWIMMING WORKOUTS IN ONE WATERPROOF BOOK

ANCM coach Tom Denes's new workout book is called *The Waterproof Swimmer: More Swimming Workouts for Swimmers and Triathletes*. It contains 40 pages of workouts cut into three segments: the first segment contains a warm-up, the second a main set, and the third a cool-down. You can create different



workouts by mixing and matching the segments. The pages can be configured into more than 13,000 workouts; if the book is used three days a week, it would take more than 80 years before the same workout is repeated.

The book also offers advice on drills and racing techniques using a lively coach/swimmer dialog. And, it is 100% waterproof so swimmers can take the book poolside. *The Waterproof Swimmer* is available on amazon.com where Tom welcomes your book reviews.

## Bay Swims

(Continued from page 4)

weather was clear, slightly overcast, and not too hot. The water was refreshing and, fortunately, there was almost no chop and no strong currents to battle. I had fun being with other ANCMs before and after the swim and was very happy to place first of three in my age group (75-79). I am looking forward to next year's swim!

### Spectator:

**Kara Permisohn:** This year was the first time that I was a spectator from land. Being at the start and taking photos and meeting everyone at the finish was more fun than I could have imagined. I was proud to know so many ANCMs, Arundel Breakfast Club (ABC) members, and other swimmers from random teams. It was exciting to yell each person's name as he or she passed through the finish gate, wave, and catch a photo of them. Hopefully next year I'll be able to try my hand at swimming the 4.4-mile crossing. Congratulations to everyone who swam the one- and 4.4-mile events!



## BRUNCH — LITTLE FALLS POOL IN BETHESDA — JULY 15



## PICNIC — CABIN JOHN PARK — SEPT. 23



**View photos from the first 26 years of the ANCMs on our website at [www.ancientmariners.org/photos.htm](http://www.ancientmariners.org/photos.htm)**



**THE MARGOT SWIM WORKOUT—SUNDAY, NOV. 18**



Front row: Dorota Hassett, Nanci Sundel, Holly Donnelly; Back row: Bogdan Stoica, David Stoica, Kevin Scott, Dave Siskind, David Cheney



Coach Tom Denes with his workout.



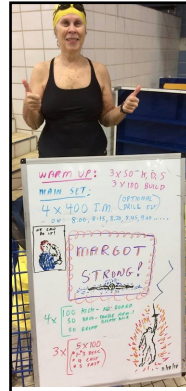
Dan Blumenthal, Dave Harmon



Jeff Dubin, Cathy Gainor, Ricardo Rius



Jon Howard, Derek Letourneau, Mia Cortes, Debbie Yochelson, Sylvie Durmelat, Stefanie Rhein, Marty Weiss, Jane Coburn



Dottie Buchhagen



Peter Levine, Bonnie Johnson, Jeffrey Loman

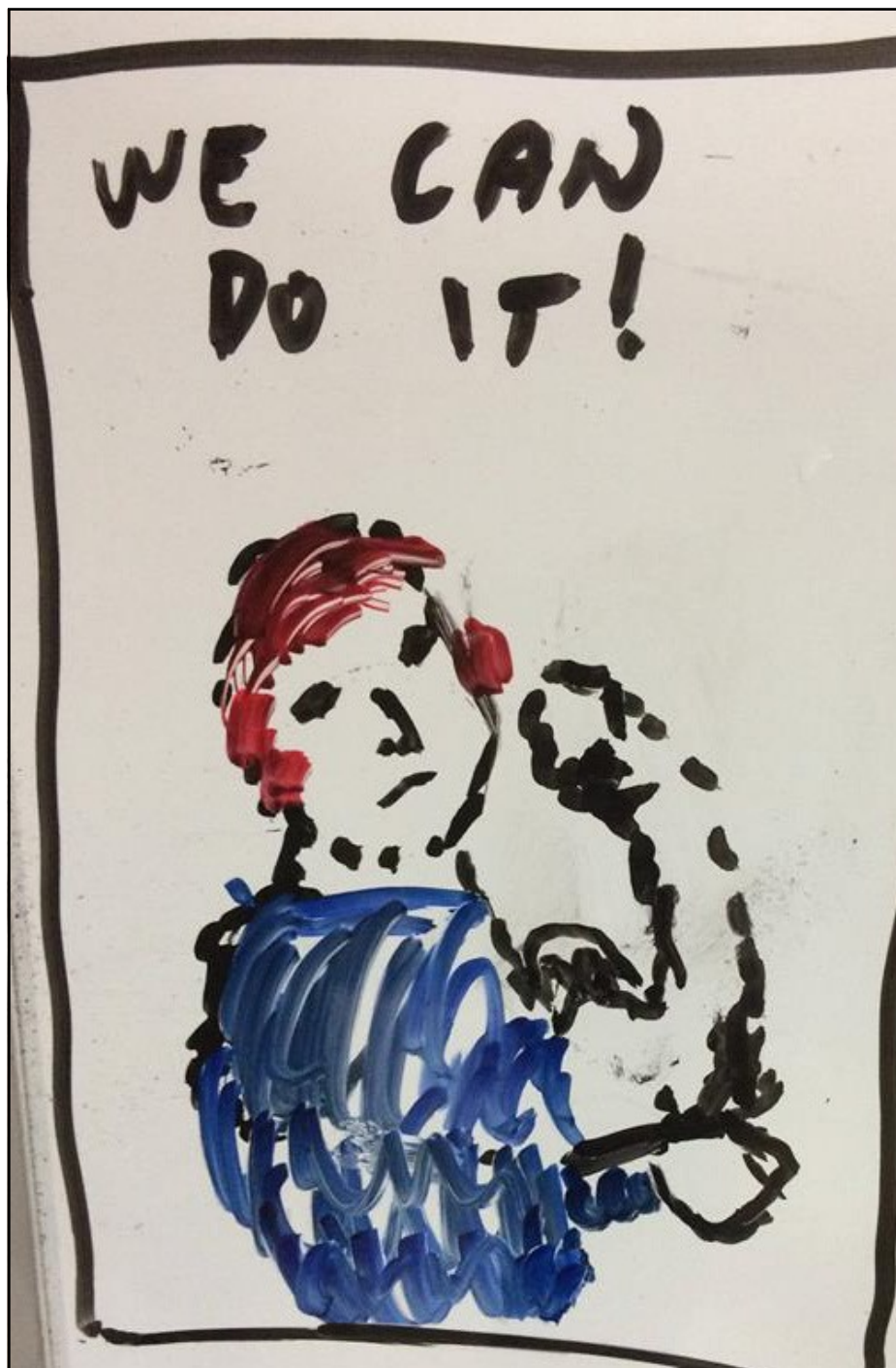


Martin Lespada, Linda Foley, Julie Goldberg



Jody Gan





## LANE CHAT

● ANCM Lili Peng mixed a little running with her swimming in August to win the women's division of the French Creek Swimrun in Norristown, PA, in 42 minutes. The event was a 1,000-meter swim followed by a 5K run. She swam against a mostly upstream current in the Schuylkill River.

● Former ANCM Ben Stubenberg, who moved to the Turks & Caicos some years ago, co-founded the “Race for the Conch” Eco-SeaSwim. Saturday, June 29, will be the 10<sup>th</sup> anniversary of this event. Many ANCMs have participated in this beautiful open-water swim race through the clear turquoise waters of Grace Bay, Providenciales, and some have taken home conch trophies. Race distances are 2.4 miles, 1 mile, and ½ mile. For more information and registration, go to [www.ecoseaswim.com](http://www.ecoseaswim.com).

● ANCMs Margot Pettijohn and Tom Denes at the Terrapin Cup Meet, University of Maryland at College Park, June 9.



● Whereas ANCM Jody Gan and Allison Alexander swim on opposite sides of the pool most Sundays, here they are in the same lane at the annual meeting of the American Public Health Association in sunny San Diego on Sunday, Nov. 11.



● ANCM President Dave Harmon in team gear — cap, jacket, and swim bag.



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

## VISIT THE ANCM BULLETIN BOARD - KSAC LOWER LEVEL

*Photo credits: p.1: David Cheney, Dottie Buchhagen; pp.2-3: Steve Godwin; pps.4, 5, and 7: Dottie Buchhagen; p.5: Kara Permisohn; p.6: Dottie Buchhagen, Nanci Sundel, Tom Denes; pp.8-9: Tome Denes, p.10: Tom Denes, Jody Gan, Pam Blumenthal*

**THE FALL SESSION BEGAN ON SEPT. 9 — 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

12/01: Sixth Annual Germantown Masters Winter Solstice SCM meet, Boyds, MD.  
[www.clubassistant.com/club/meet\\_information.cfm?c=2124&smid=9383](http://www.clubassistant.com/club/meet_information.cfm?c=2124&smid=9383)

2019

01/27: Tropical Splash Meet, SCY, George Washington Recreation Center, Alexandria, VA. [www.usms.org/events/events/2019-tropical-splash-short-course-yards-meet?ID=7779](http://www.usms.org/events/events/2019-tropical-splash-short-course-yards-meet?ID=7779)

03/30: ALBATROSS OPEN. KSAC, NORTH BETHESDA, MD.

04/05: Colonies Zone Championship, SCY, George Mason University, Fairfax, VA. [www.usms.org/events/events/colonies-zone-scy-championship?ID=7746](http://www.usms.org/events/events/colonies-zone-scy-championship?ID=7746)

04/25-28: USMS Spring National Championship, SCY, Kino Aquatic Center, Mesa, AZ. [www.usms.org/](http://www.usms.org/)

05/25-26: Jim McDonnell Lake Swims, 1 mile, 2-miles, and Open-Water Clinic, Lake Audubon, Reston, VA

06/09: Great Chesapeake Bay 4.4-mile swim and one-mile Chesapeake Bay Challenge, Stevensville, MD. Lottery is now open for the 4.4-mile swim. [register.chronotrack.com/r/31962](http://register.chronotrack.com/r/31962). The one-mile Bay Challenge will open to online entry Feb. 1.

06/29: Turks & Caicos Eco-SeaSwim 2.4 miles, 1 mile, and ½ mile. [www.ecoseaswim.com/](http://www.ecoseaswim.com/)



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.