

# The Rime

Volume 26 Number 1

January 2020

## WHAT'S INSIDE

**Page 2: Effects of Swimming Pool Environment on Swimmers' Health**

**Page 3: How to Prevent Shoulder Injuries in Swimmers Go the Distance Team Meeting**

**Page 5: Pickin' Up Steam Meet Summer Fitness Challenge**

**Page 6: Holiday Party Photos**

**Page 7: Brunch Photos Picnic Photos**

**Page 8: Lane Chat Announcements Event Calendar**

### OFFICERS

Dave Harmon, President  
 Cathy Gainor, Vice President  
 Kate Fiskens, Treasurer  
 Dottie Buchhagen, Newsletter Editor  
 Dottie Buchhagen, Webmaster  
 Pam Blumenthal, Registrar  
 Jeff Roddin, Recordkeeper  
 George Humbert, Nanci Sundel, Social Committee  
 Jeff Roddin, Past President, Record Keeper  
 At-large officers:  
 Tom Denes, Jeff Dubin, George Humbert, Peter Johnson, Kristen Koehler, John McCaffrey, Todd Moses, 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)

## SOLSTICE MEET AT GERMANTOWN

by Julie Goldberg

ANCM swimmers wrapped up 2019 by competing at the Seventh Annual Solstice Meet hosted by Germantown Maryland Masters on Saturday, December 7, in Boyds, MD. More than 130 swimmers from 30 teams, including 11 ANCMs, participated in this annual short course meters meet.

Germantown Maryland Masters took home the team title with 576 points and also won both the men's (292 points) and women's (194 points) team titles. ANCM finished fifth overall with 179 points and second in the women's scoring (118 points) and sixth in the men's scoring (61 points).

The quartet of Julie Roddin, Peter Johnson, Todd Moses, and Bonnie Johnson teamed up to win the title and the huge trophy in the 500-meter freestyle crescendo relay with a time of 6:21.02.

Sixty-three meet records and one national record were set during the competition. Three ANCMs were among meet record setters. Dave Harmon set three records in the men's 70-74 age group in the 50 freestyle (34.16), 100 freestyle



Julie Roddin, Bonnie Johnson, Todd Moses, and Peter Johnson with the Crescendo Relay trophy

## CHESAPEAKE BAY SWIM AND CHALLENGE

by Dottie Buchhagen

Swimmers going to the Great Chesapeake Bay Swim (GCBS) woke up Sunday morning, June 9, to a steady 26-mph wind from the ENE. In addition to strong winds and small-craft warnings, heavy rainfall throughout the Chesapeake Bay watershed in the weeks before the event increased the intensity of the predicted tides. Weather conditions had deteriorated drastically the day before, forcing the race director, Chuck Nabit, to notify swimmers that the usual 4.4-mile swim was shortened to 2.2 miles for the first time on advice from the safety fleet coordinator. With safety of the swimmers being the primary concern, the new course was modified to a clockwise triangle starting and finishing on the eastern shore of the bay close to Hemingway's Restaurant. It partially overlapped the course of the one-mile Chesapeake Challenge held earlier that morning. Although the 700-yard bridge causeway created a somewhat sheltered area, it did not alleviate the chop. The cross leg of the 2.2-mile triangular course was beyond the protection of the causeway and directly in the path of a strong headwind. In spite of the poor conditions, several intrepid ANCMs swam the abbreviated course and the one-mile Challenge course.

### 2.2-mile swimmers:

**Holly Donnelly:** The Bay Swim was really rough this year. They made the right call to shorten it. Swimming toward the finish was like being in a washing machine.

**Cathy Gainor:** Last year was my 10th Bay Swim, so I was very disappointed that the course was shortened to a loop. I certainly understood — the swim was difficult enough (though fast!) two years earlier, when the strong wind pushed us across the Bay — so to have the wind against us with a small craft warning, rain threatening, and not the greatest visibility would not have been fun, not to mention dangerous.

The swim started off OK, although 300 of us in my wave swimming at the same speed, all aiming for the same buoy was challenging. After the first turn, we confronted the strong current pushing against us. And many of us wasted time swimming toward an or-

(Continued on page 4)

(Continued on page 4)

## EFFECTS OF SWIMMING POOL ENVIRONMENT ON RESPIRATORY HEALTH

by Jody Gan



Jody Gan

The workout on Sunday, December 15 was dedicated to our beloved teammate, Margot Pettijohn, who died exactly one year earlier of lung cancer just six weeks after her shocking diagnosis. Margot was the third ANCM to die of a type of adenocarcinoma, the most common form of lung cancer, in a three-year period, and the death of our spunky matriarch was very sad and unsettling. After losing Margot, a group of concerned teammates, comprised of scientists, statisticians, engineers, and public health professionals, formed the ANCM Science Committee to begin exploring a possible relationship between the swimming pool environment and lung cancer. With the help of an American University (AU) public health student researcher and the support of U.S. Masters Swimming (USMS), the committee conducted a literature review and designed a survey to learn if other USMS clubs had experienced anything similar in terms of lung cancer and/or cancers of the respiratory tract and more about the pool environments where USMS clubs hold their practices. Here is a short summary of findings from a manuscript that has been submitted to the *International Journal of Aquatic Research and Education*.

USMS allowed us to survey club leaders to learn more about the age composition of club members (since cancer and age are correlated), frequency of practices, indoor vs. outdoor pool environments, disinfectants used in the pool and on the deck, and known cases of lung and other cancers of the respiratory tract. We developed a 25-question Qualtrics survey, approved by the AU Institutional Review Board (IRB), that USMS sent by email to representatives from 746 USMS clubs. We received 205 responses. Survey findings include:

- Seven clubs (3%) (including ANCM) reported known cancers of the respiratory tract, including three of the larynx,

one of the bronchus, and five of the lung; 97% of clubs reported none.

- 33% of club respondents reported known cases of chronic respiratory infections like bronchitis, sinus infections, and asthma. One club that held primarily indoor practices in a pool disinfected with chlorine reported 30 of its 50 members to be impacted by chronic respiratory infections.
- 30% of club respondents reported that club members frequently expressed concern about the ventilation/air quality in the club's primary indoor pool.
- 85% of the clubs reported using a chlorine disinfectant in the pool.
- 44% of the clubs hold all of their practices at indoor pools
- Most clubs offered four to six practices per week.
- The highest percentage of swimmers fell into the 50+ age group.
- Club sizes ranged from 2-600, with an average club size of 72.

With only 3% of the surveyed clubs reporting known cases of lung/respiratory tract cancers, it is difficult to make meaningful comparisons about any differences in the swimming pool environment (disinfectant used, indoor vs. outdoor practices, etc.) between clubs with cancers and those without. A major limitation of the survey is that club representative respondents (primarily coaches) may not be familiar with the respiratory health of all swimmers in their clubs. While the survey did ask about the smoking status of club members known to have lung/respiratory tract cancers, we did not ask the club representatives about these members' other non-swimming-related exposures associated with lung cancer, such as radon and asbestos, about which they would be highly unlikely to have knowledge. A next step could involve interviews with the afflicted swimmers (or their families) who would be more knowledgeable of these and other exposures among the swimmers with these types of cancers. Individual case studies are also recommended given the latency between harmful exposures and the development of lung and other cancers of the respiratory tract.

Prior to conducting the survey, the committee reviewed the few articles found in the scientific literature about swimming pool exposures and cancer and respiratory health. There were studies demonstrating that chlorinated pools irritated the lungs of children, evidenced by

an increase in cases of asthma, but there were no studies examining a relationship between swimming and cancers of the respiratory tract. The most relevant literature to our investigation explored the presence of disinfection by-products (DPBs), which form from the interaction of chlorine and swimmers' body fluids and skin-care products. One disinfectant, chloramine, was found in the lower airways of swimmers after swimming. Chemical compounds, called trihalomethanes (THMs) that form when disinfectants react with the chlorine or bromine-based disinfectants, were found at levels seven times higher in the blood and breath of swimmers after swimming in indoor pools, with increased levels of THMs associated with more time spent in the pool. Although most U.S. swimming pools use chlorine-based disinfectants, bromine can contaminate chlorine, and some pools use bromine as a primary disinfectant. Some THMs have been found to be carcinogenic in rodents, and some epidemiology studies have associated a possible risk of bladder cancer in humans with exposure to bromine-derived THMs. Associated lifetime cancer risk for swimmers exposed to trihalomethanes (THMs) via inhalation was approximately three times higher than via ingestion or dermal absorption. DPBs have been shown to produce inflammation and other adverse effects on lung cells and increased mutagenesis in bladder cells found in the urine of humans. Another interesting finding from the literature showed swimmers to have increased lung permeability and increased lung capacity, potentially leaving them more vulnerable to the effects of exposure to DBPs.

From the literature, we were surprised to learn that few guidelines exist for safe levels of DBPs in the indoor pool environment in the United States. It was less of a surprise, from our survey, to learn that the shower-before-swimming policy is not strictly enforced at the pools where most clubs hold their practices. This policy is of interest given that potentially harmful DBPs are formed when chlorine and bromine interact with body fluids and skin products. As Masters swimmers, we would like to ensure that we all reap the tremendous benefits from swimming, while minimizing possible harms. The following next steps are recommended to learn more about and protect Masters swimmers from elements in the swimming pool environment that may be hurting their respiratory health:

(Continued on page 3)

## HOW TO PREVENT SHOULDER INJURIES IN SWIMMERS

by Dorota Hassett and Michelle Martin



Dorota Hassett

Studies have shown that many swimmers will experience injuries to their shoulders over the course of their swimming careers. Given that swimmers perform hundreds of thousands of arm rotations, it should be of little surprise to learn that this type of work and frequency places a lot of stress on shoulder muscles and the shoulder joint.

Shoulder-related injuries are generally a result of poor posture and faulty mechanics in the water. The shoulder is a very mobile joint and, in being so mobile, needs to be well-controlled by the muscles and ligaments that surround it. Poor stroke technique, over-training, fatigue, hypermobility, weakness, tightness, and previous shoulder injuries can lead to muscles and ligaments being overworked and stressed. As a result, you may develop “swimmer’s shoulder,” a term to describe a common condition among swimmers characterized by pain and dysfunction of the shoulder complex.

So, what can you do to help prevent “swimmer’s shoulder?”

- Use good stroke technique, which consists of:
  - body position – think hydrofoil, not tugboat! Less resistance equals less stress on the shoulder;
  - body rotation – proper axial rotation (turn of torso and shoulders) will decrease the peak of shoulder flexion range of motion to minimize stress on the shoulder;
  - hand entry – “don’t cross midline” and make sure your fingers, not your thumbs, touch the water first.
- Lessen repetitive strokes, which are the cause of overuse injury: Make sure you swim all strokes throughout your swim workout to work on different muscle

groups to help with muscle balance and allow the other muscles to recuperate. Swimmers who do a lot of any one stroke are more prone to injury due to muscle imbalances created by over-use and repetition.

- Perform core strengthening and cross-training exercises out of the pool.
- If you have shoulder pain, consider alternative training techniques rather than training through an injury.
- Use periods of rest to recover.
- Focus rehabilitation efforts on stabilizing and strengthening the rotator cuffs and scapulae.

Speak with a musculoskeletal professional, such as a physical therapist or athletic trainer, if you have any concerns about injuries or prevention/recovery strategies. Do this when you first experience discomfort. Do not wait until the pain becomes intolerable.

*About the authors: Dorota Hassett, Master of Public Therapy (MPT), and a licensed Physical Therapist, has worked at MedStar National Rehabilitation Network (NRH) in Germantown for the past eight years and specializes in orthopedic injuries. She is a USMS swimmer with the Germantown Masters and swims with ANCM.*

*Michelle Martin received her MPT and Doctor of Physical Therapy (DPT) from Marymount University in Arlington, Virginia. She has been with the NRH-Germantown facility since 1999.*

### GO THE DISTANCE

GTD is a self-directed event intended to encourage Masters swimmers to regularly exercise and track their progress. There is no time limit for the distance milestones, except that they must be achieved in the calendar year. Speed does not count—just the effort to attain whatever goal you set for yourself.

GTD is on the honor system—you track the distance you swim. Daily, weekly, or monthly, you enter that information into your online Fitness Log (FLOG). When you achieve certain milestones, you’ll have the opportunity to purchase GTD awards.

There’s no cost to enter GTD. You can register through your FLOG in the [My USMS](#) section of the USMS website. Your FLOG allows you to track all your fitness activities—such as running, biking, weight training, and yoga—while participating in GTD. Track your weekly, monthly and annual totals online. Your results are automatically included in the daily summary reports, and the link to purchase your milestone awards will appear on your FLOG when you reach the various milestones.

## RESPIRATORY HEALTH

(Continued from page 2)

- Learn more about guidelines for DBPs in the indoor pool environment and how they are measured and monitored.
- Encourage conversations with the managers of pools where Masters clubs hold their practices about the potentially harmful interaction of DBPs with the respiratory tract and the enforcement of shower-before-swimming policies.
- Interview family members/close associates of Masters swimmers who have died from lung cancer to learn more about the number of years and hours/week they spent in the indoor pool environment, as well as their exposure to known carcinogens including tobacco smoke, asbestos, and radon.
- Research protective health benefits from using less chlorine and newer disinfection processes, such as UV light, salt, ozone, and direct hydroxyl injection.
- Collaborate with the CDC’s Healthy Swimming Program and researchers at Purdue University investigating swimming pool water disinfection methods and the effects on water and air chemistry in the indoor pool environment, both of which have been alerted to the cluster of lung cancers among ANCMs.
- Continue to look out for new reports of adult swimmers diagnosed with lung cancer.

*About the author: Jody Gan, Master of Public Health (MPH), Certified Health Education Specialist (CHES), is a Professorial Lecturer in the Department of Health Studies at American University where she teaches undergraduate courses in public health and health promotion. She earned her MPH from Boston University and a B.A. from the University of Michigan. Jody has been an ANCM for 10 years! She was pleased to lead this research and write it up in memory and admiration for Margot’s love of the sport and locker room companionship.*

## ANNUAL ANCM TEAM MEETING

The Annual ANCM Team Meeting was held on Sunday, Oct. 20<sup>th</sup> at the home of Tom Denes and Cathy Gainor. Minutes of the meeting are posted on the ANCM website with those of past years at [www.ancm.org/documents](http://www.ancm.org/documents).

## BAY SWIMS

*(Continued from page 1)*

ange buoy that was not on the course — a jet skier eventually chased down the pack I was in to turn us in the proper direction. Swimming toward shore was also difficult, with the wind pushing the choppy waves toward us. It got easier as we swam past the jetty and the relative calm as we approached the Hemingway's beach.

Fortunately, it didn't rain. And I got my 10-year plaque, even though I didn't cross the bay this time. Obviously, I'm planning to swim it again this year to legitimately cross the Bay 10 times.

**Allison Alexander:** The swim was crowded, lots of people swimming over each other, and not a lot of direction on where the buoys were located. It was a relief that it was only two miles, with the rough waters. I think they made the right safety call on shortening the swim. The beer at Hemingway's after was the best!

**Lili Peng:** After months of training in Boston, I was looking forward to swimming my first 4.4-mile GCBS race. While initially disappointed that the race was shortened to just over two miles, I found the abbreviated race challenging in its own respects. With the strong currents that persisted throughout miles one and two, the race felt longer than it actually was. I compare the racing experience to be similar to the Alcatraz swim in terms of currents.

### One-mile swimmers:

**Dave Siskind:** The one mile wasn't bad — I didn't throw up! Someday, I'll even learn how to swim in a straight line — won't that be wonderful!

**Bob Benson:** After many completions, and a few times when I didn't make it, I promised my wife, Marilyn, that I would not enter the 4.4-mile bay swim in 2019. So, for the first time, I entered the Chesapeake Challenge one-mile swim. It turned out to be a good decision, because the 4.4-mile swim was replaced by a 2.2-mile one due to high winds that led to a small-craft warning on the Bay. The one-mile swim was also off the Eastern Shore but, fortunately, it didn't extend as far into the bay. It was rough going on the leg farthest from shore but nothing like what the 2.2-mile swimmers said that they experienced on their outer portion. I was comfortable in a long sleeve wetsuit, with the water temperature in the mid 70s, and finished 145 out of 243 with a time of 36:30. I was the only one in the 80+ age group. The shorter swim was fun, but I missed not having the bridge spans for lane markers.

**Pam Hepp:** I remember being thankful that I was not out in the white caps getting seasick while swimming. I was glad the one-mile stays in the more protected cove over by Hemingway's Restaurant. The water was clean and a great temperature. The other swimmers are always friendly and supportive. There was the usual discussion of jellyfish while we stood in the water waiting for the

start. Every year when I finish I vow that I will practice sighting and swimming in a straighter line but... It is a great regional tradition to do every year and an event that everyone should do at least once.

**Dottie Buchhagen:** Well, I did it. My time was not great, but I was first in my age group (75-79). The two others didn't show up. It was rough. At the awards, the organizer gave Bob Benson and me special recognition for being the oldest male and female one-mile swimmers. ANCM Bob is 84 and usually does the 4.4-mile swim. The organizer later came over to the two of us to point out that our combined ages was 160 years. Thanks a lot, Chuck!

## SOLSTICE MEET

*(Continued from page 1)*

(1:14.77), and 200 freestyle (2:46.80). Fellow team member Julie Roddin set the record in the 400-meter freestyle with a time of 4:56.57 in the women's 40-44 age group. Cathy Gainor also set a meet record in the 200-meter individual medley with a time of 3:12.39 in the women's 50-54 age group.

On the women's side, five swimmers contributed to the team's overall point total with first-place finishes in their respective events. Cathy Gainor touched first in the 200 butterfly. Bonnie Johnson (45-49) notched first-place finishes in the 50 and 100 backstroke events. Julie Bargeski (55-59) won the 100 breaststroke. Linda Foley (60-64) placed first in the 100 and 200 backstroke events. Debbie Yochelson and Stephanie Sugg also contributed points to the team total.

On the men's side, two swimmers finished first in events in their respective age groups. Todd Moses (55-59) won the 400 freestyle. Tom Denes (60-64) swam to four first-place finishes (50 freestyle, 200 freestyle, 50 backstroke and 50 butterfly). Peter Johnson (60-64) also contributed to ANCM team totals.

In addition to the crescendo relay win, our swimmers scored 20 points in two additional relay events.



Dave Siskind, Pam Hepp, Dottie Buchhagen, Bob Benson



Debbie Yochelson, Linda Foley, Julie Bargeski, Bonnie Johnson

## PICKIN' UP STEAM MEET

by Dottie Buchhagen

On September 28, five ANCMs drove to Randolph-Macon College in Ashland, Virginia, for the third annual Pickin' Up Steam meet. However, only Tom Denes, Cathy Gainor, Dave Harmon, and Peter Johnson swam. I went along to support Dave, who was the Meet Director, and the others and to take photos. The meet owes its name to the railroad tracks that split the campus and that are located beside the swim center. Swimmers heard the trains that rolled through during the meet. The prize for the fastest swimmer in the pentathlon events was a railroad engineer's cap.



Peter, Dave, Cathy, and Tom

Fifty-seven swimmers from 17 clubs throughout Virginia and Maryland competed. One competitor represented Connecticut Masters. Virginia Masters came in first overall with 188 points. E Team from Ruckersville finished second with 114 points, and Burkwood Aquatics Masters from Mechanicsville came in third with 106 points. Virginia Masters topped the women's competitors, with Tide Swimming from Virginia Beach taking first for the men's.



A special award was given to the person swimming the fastest total time in the pentathlon, which consists of 50 Fly, 50 Back, 50 Breast, 50 Free, and 100 IM. Jonathan Parker of

the Freedom Aquatic Club in Manassas, Virginia, came in first to win the engineer's cap. Tom took third place with a total time of 217.64 seconds.

Following the meet, the five of us went to the nearby Iron Horse restaurant for dinner. The restaurant is adjacent to the railroad tracks. We sat at a table in front of the restaurant and could almost touch the trains that went past while we were eating.

This meet has become an annual event. Dave is an alumnus of Randolph-Macon College and swam for the college when he was a student there. He has been organizing the meet and serving as meet director as a way of raising money for the college swim team.

Results, scores, and meet records are at: [www.rmcmastersmeet.org](http://www.rmcmastersmeet.org), the Randolph-Macon website.

*Editor's note: This article is adapted from one that Dave wrote for the Randolph-Macon team's website and newsletter.*

## SUMMER FITNESS CHALLENGE

by Dottie Buchhagen

Summer Fitness Challenge. When I first heard those words at the ANCM board meeting in October 2018, I was interested. I am a fitness advocate, I swim, and it was promoted as a challenge. What was there not to like? Then I heard that that the \$10 sign-up fee would go to a worthy cause, namely, promoting the Adult Learn to Swim program. That made it even more worthwhile. I wrote my check, sent in my entry, and waited for my cap to arrive.

July 18, 2019, the day of the Challenge, was sunny and warm. It was our usual Sunday morning practice at the 50-meter Bethesda Little Falls outdoor pool. I looked around to see that about 12 other swimmers were wearing their bright green Summer Fitness Challenge caps. The swim was to be 2,000 meters, a portion of our usual two-hour workout. (Since there were only three Challengers in my lane along with our other regular lane-mates, coach Tom Denes gave the workout to the entire lane.) After our warmup sets, each lane had the option of doing the 2,000-meter challenge using any of several sets. My lane chose five 400s consisting of 400 free, 400 IM, and a few other variations. Challenge ac-

complished! We finished off with our warm-down sets and headed to the showers and brunch.

Although our county-based Masters team requires swimming proficiency for membership, I do believe that all adults – and, of course, children – should know how to swim. Swimming is a wonderful form of non-weight-bearing exercise that can be done into late old age and is both fun and potentially life-saving. I applaud any program that advocates learning to swim. Several years ago I did an open-water swim in Turks & Caicos, an annual summer event organized by former ANCM Ben Stubenberg. The day before the swim, he asked four of us ANCMs to help him teach a large group of island teenagers to swim. What an eye-opener! Although these kids live surrounded by water, they had never learned to swim. When I asked one of my “students” why she was taking the lesson, she said “in case a hurricane comes.” You don't need fear of hurricanes to learn to swim, just fear of inactivity and a less enjoyable life.

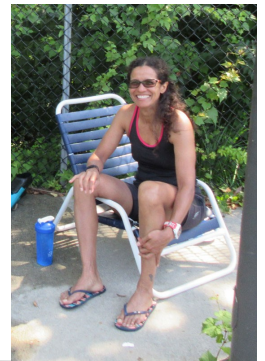


Approximately 3,210 swimmers nationwide participated in the 2019 SmartyPants Vitamins USMS Fitness Series. They helped raise more than \$25,000 for the USMS Swimming Saves Lives Foundation. The 2020 Fitness Series consists of a 30-minute swim to be completed between February 15 and 29, another 2,000-meter swim between July 15 and 31, and a fall one-mile swim between November 15 and 30. A bundle option is available for all three 2020 Fitness Series events. Bundle registrants receive a discount and special gold Fitness Series cap, access to training plans, SmartyPants Vitamins samples, special offers from USMS partners, and event caps with the Fitness logo. Entry is on the USMS website at: [usms.org/events/fitness-events/fitness-series](http://usms.org/events/fitness-events/fitness-series).

# HOLIDAY PARTY — JANUARY 4



## BRUNCH — LITTLE FALLS POOL IN BETHESDA — JULY 14



## PICNIC — CABIN JOHN PARK — SEPT. 22



**View photos from the first 27 years of the ANCMs on our website at [www.ancientmariners.org/photos.htm](http://www.ancientmariners.org/photos.htm)**

## LANE CHAT

● Long-time ANCM David Cheney moved to San Luis Obispo, California, last fall. Teammates sent him off with a small gathering on Friday, August 23 at Uncle Julio's in Bethesda and a brunch at the pool after practice on Sunday, Sept. 8. We look forward to hearing about Dave's new adventure in retirement living.



● To recruit new swimmers, ANCMs held a "Montgomery Ancient Mariners Open House" at the KSAC pool January 11. About 15 new prospects ranging in age from the 20s to 60s came to learn about our program. Coach Clay Britt gave a talk about the program and then the prospects milled around the room looking at team photos, eating snacks, and chatting with the seven other ANCMs in attendance. We think the Open House was a huge success and we may hold more at the other pools.

**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: Tom Denes; p.2: Dottie Buchhagen; p.3: Dorota Hassett, Michelle Martin; p.4: Dottie Buchhagen, Tom Demes; pp.5-8: Dottie Buchhagen

**THE WINTER SESSION BEGAN ON DEC. 29 — 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/](https://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

2020



02/01: VMST David Gregg III Memorial Meet, NOVA of Virginia Aquatic Center, Henrico VA.  
[www.clubassistant.com/club/meet.cfm?c=1212&smid=12743](http://www.clubassistant.com/club/meet.cfm?c=1212&smid=12743)

02/29: ALBATROSS OPEN. KSAC, NORTH BETHESDA, MD. [www.clubassistant.com/club/meets.cfm?c=1409&no%20valid%20smid%20found](http://www.clubassistant.com/club/meets.cfm?c=1409&no%20valid%20smid%20found)

03/15: Carol Chidester Memorial Swim Series Meet 6, Arundel Olympic Swim Center, Annapolis, MD . [www.teamunify.com/EventShow.jsp?id=1130190&team=msmdlmsc](http://www.teamunify.com/EventShow.jsp?id=1130190&team=msmdlmsc)

04/03-04/05: Colonies Zone SCY Championship, George Mason University, Fairfax, VA. [www.clubassistant.com/club/meet.cfm?c=1463&smid=12712](http://www.clubassistant.com/club/meet.cfm?c=1463&smid=12712)

04/23-04/26: USMS Spring National Championship, SCY, San Antonio, TX. [www.usms.org/](http://www.usms.org/)

05/24: Jim McDonnell Lake Swims, Lake Audubon, Reston, VA [www.clubassistant.com/club/meet.cfm?c=1107&smid=12736](http://www.clubassistant.com/club/meet.cfm?c=1107&smid=12736)

06/14: Great Chesapeake Bay 4.4-mile swim and one-mile Chesapeake Bay Challenge, Stevensville, MD. The one-mile Bay Challenge will open to online entry Feb. 1.

06/27: 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.