

The Rime

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WHAT'S INSIDE

- Page 2: Staying Sane
- Page 3: More Staying Sane
- Page 4: Still Trying to Stay Sane
- Page 5: Still Trying
- Page 6: Extreme Athletes
Thank you, Mauricio
- Page 7: Albatross
Back in the Swim
- Page 8: Albatross Photos
- Page 9: Wild Swimming
Zoom Happy Hours/Exercise
- Page 10: Pub Dog
Albatrosses in the News
- Page 11: Lane Chat
Announcements
Event Calendar

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 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
 ◆ Please send comments and suggestions: for articles to dbuch@mindspring.com

WHEN WILL WE RE-SUME SWIM PRACTICES?

I hope everyone is well and healthy and you are getting in some form of exercise daily. I wanted to report on the behind-the-scenes work being done to return to masters swimming workouts.



Clay Britt

First, the good news. There is a tentative start date of June 14. We are working on how to hold a workout while still following social distancing guidelines and, more importantly, keeping you all safe.

What I do know is that we will have a limited number of people in the pool at the same time. Whether that is one or two people per lane when we start back is to be determined. There are several ideas to make it work. One that we will most likely use is breaking the 1-1/2 hour workouts into two 45-minute sessions when we first start back. Though not ideal, 45 minutes of swimming sounds good to me right about now!!

We will be conducting a survey very soon to help determine who is interested in starting back right away. This will help us plan the workout structure so we can accommodate everyone.

At this point, the county is still locked down, and we may be delayed starting. The recreation department has not made a final determination yet, so I will update you as soon as the plans are set.

Stay well, and we will be swimming again.



A MESSAGE FROM OUR ANCM PRESIDENT

At our last practice at KSAC on March 15, I knew that the COVID-19 pandemic would affect us all for as long as it has. I certainly did not. Swimming is a big part of my life



Dave Harmon

and over the past couple of months, I have missed it dearly. More significantly, though, I have missed my teammates and the camaraderie of practicing together with them.

This has been a terrible time, and the loss of social contact may not be the worst thing that our folks have suffered. To those of you who have lost loved ones or who have lost their jobs, I extend my and the team's deepest sympathies. I hope that this will all come to an end soon so the healing can begin.

I would like to thank Clay for his efforts in negotiating with the County in getting us back into the water. It is a tremendous challenge to develop a workable plan that will keep us all safe, but I am hopeful that an agreement can be reached this summer.

I also want to thank Nanci Sundel for organizing the Zoom happy hours that we have had over the last month or so. It was great to connect with lane mates and teammates after being isolated for many weeks. A special thank you goes to Kara Permisohn who has been leading a weekly Zoom exercise class. She has been doing a terrific job in making sure that we keep some level of conditioning.

If I can offer one note of optimism, it is that this crisis will end. We will get back to swimming and our practices at some point in the future. And it may be sooner than we all expect. I am certainly looking forward to the prospect.

STAYING SANE WHILE CONFINED AT HOME



Cathy Gainor

(Cathy): Fortunately, I live with Mac-Gyver, or the professor from “Gilligan’s Island” (take your pick). So I have been able to do arm workouts that sort of replicate swimming strokes, with Tom’s creation of a bungee cord/innertube contraption in our basement. My arm workouts consist of an hour

with weights (including free and fly strokes) and innertube pulls (heavy on breaststroke and pulling through in general).

Tom also built an exercise rock garden, as well as a pull-up bar and a barbel made from bamboo stalks and rocks. While he can be found out in our back yard many days working out with his rocks (which he weighed and marked with a Sharpie), I haven’t used those. However, a couple times I have used his pulley/bungee/innertube/rock system, which he attached to one of our trees.

Meanwhile, I’ve increased my bike workouts — although it’s been so cold in the mornings that I have kept my road bike on my trainer. I’m doing twice-weekly run/walks, yoga, Jillian Michaels



Tom Denes

workout videos, and occasional YouTube HIIT workouts. I also take numerous walks, particularly on the Rock Creek trail, morning, afternoon, and night.

Otherwise, I’ve been trying to think of myself as an athlete, not a swimmer, to make the time away from the pool less painful.

(Tom): My “rock garden” has rocks varying from six to 42 pounds. I do all sorts of lifts with them. I also have a pull-up bar made out of bamboo mounted between a tree and our shed. It bends a lot, but so far (knock on wood) hasn’t broken. The pulley in the tree is good for rows or “swims.”

I (Sunday morning RMSC swimmer from lane 4) and my 14-year-old daughter, Vivian, have been running five miles a day as a Quarantine challenge. We are also taking lots of hikes with my two other daughters (Dorothy, 12, and Evelyn, 16) and playing tennis. We also started a weekly Quarantine Challenge for their friends. One was a crazy hair competition (see photo). I and my girls all miss swimming and are hoping that the pools open up again soon.



Bonnie Johnson

I wish I were doing more! Walking, biking, and a little running but nothing to help my swimming!

Delivering beer growlers to my neighbors from George Humbert (Pub Dog Brewing).



Betty Rogers

I’m using my home gym for kettlebell workouts and other core exercises. My husband, Tom, and I are thinking about outdoor swimming with wetsuits. Maybe Sandy Point or Lake Anna if they are open.



Andy Fraser

MORE STAYING SANE

I have been trying to keep to some sort of schedule every day, although there are days here and there when I just say enough and binge on Netflix.

I have been doing a lot of yard-work, digging up weeds around trees and bushes, working Leafgro into the soil and laying down mulch. It's a lot of work here at the arboretum (or as I like to say the county farm) with frequent trips to the nursery for heavy bags of mulch and Leafgro. I am almost done - just one little area left to work on. This is good since the procedures for picking up more mulch and Leafgro have become increasingly complicated, as have all the things we used to do and took for granted.

I realized I had to start exercising after I started waking up with lower back pains (maybe from hauling around bags of mulch). So, I ordered exercise equipment to maintain the workout I did at the gym. I ordered running shoes as well. Both items arrived. I'm a little leery of running. The last time I ran I ended up having knee surgery. But I'm hoping the benefits of cardiovascular exercise will outweigh the risks of knee injury.



Dave Harmon

I ordered Stretchcordz to keep my swimming muscles active, but the backorder on those is weeks away. I guess every swimmer in the world put in an order the day the swimming pools closed.

Carol and I have been taking daily walks around Washington Grove and are getting to see parts of it that we never saw before. Even with good weather, there have not been many people out and about.

I really miss swimming and seeing everyone at workouts. I sure hope that we will once again be able to get back to it.



Dale Barnhard

With pools and my gym closed, I've been power walking through the Sligo Park Hills neighborhood two times per day, and I'm using full gallon paint cans as dumbbells! Don't laugh till you try it! I've got to do something to keep this old body from falling apart. Also, with all my clients working from home, there's not much need for my services as a dog walker, but it frees me up to do some nice hiking in obscure (hidden gems) parks. PS - Stay safe, stay well, stay sane! And particularly, stay away from multiple muggles!

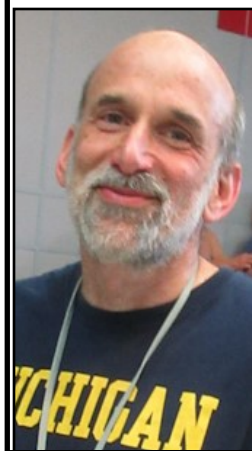


Amy Mensch

I am trying to jog on walks with my dog, Scout, once or twice a day. Sometimes my 2-year-old son, Remy, gets to come and run, too. Hope everyone is staying healthy and getting outside when you can!



Remy and Scout



Dave Siskind

I've been spending my time, like everyone else, trying to find substitutes for swimming — walking, jogging, weights, even did a couple of yoga classes with my wife. I've done a lot of gardening with the cool, rainy weather. And, while gardening is definitely relaxing and a great way to be outdoors, in the

lingo of the pandemic, there are some issues. Namely, I'm trying to get the rabbits, squirrels, and chipmunks to practice social distancing from my plants. "Wear masks, don't touch and most importantly - stay six feet away from my friggin' plants!" Well, think of the recent photos of the reopened Ocean City Boardwalk to know how the rodents in my garden have responded. Oh well.

STILL TRYING TO STAY SANE!!!



Holly Donnelly

I've been swimming in the river in my long sleeved wet suit. The water temps have fluctuated between 48 and 53. The cold nights are killers. It can be dangerous to swim in cold water, so here are some tips for swimmers new

to cold-water swimming.

1. Wear ear plugs and two caps.
2. Enter the water gradually, don't just jump in all at once. Step out (or down the ladder) gradually, splashing some water on your face.
3. Immersion will likely cause an involuntary rise in heart rate and make it difficult to catch your breath. Learn to anticipate this; surface and concentrate until you can bring your breathing under control.
4. This might be all that you are able to do the first day. The second day will be easier. Know your limits and don't stay in past them. The claw (being unable to move your hands) is one sign you should get out. A feeling of compression in your arms or legs as more blood rushes to the core is another.
5. Don't swim too far from a safe entry point where you can re-warm. In the summer, I routinely swim a mile out. On some days now, I stay within 10 minutes of the dock.
6. Afterdrop is real. A minute or two after you emerge, the blood that concentrated in your core to keep your vital organs warm will rush out and be replaced by the colder blood from your extremities. This will cause violent shivering (but also sometimes euphoria.)
7. Stay safe from boats – keep between the shore and the channel marker or stay close to the docks.

Miss you all and our Sunday morning workouts!



Holly is on the right with the yellow buoy.



Lisa Berger

I've had a sea change, so to speak, in my swimming life. About a month before COVID -19 hit, I was doing yet another course in PT for my shoulder. I've had shoulder

problems for years, with both having been repaired, and the left one re-tearing. (Part of me thinks this is somewhat self-inflicted — too much time with the pull buoy!). This winter, yet again, my shoulder doc and physical therapist told me if I kept swimming, I'd need a shoulder replacement sooner rather than later (the new damage can't be repaired). So, despite the loss for me, I've quit swimming and masters permanently.

As you know now, sadly, not swimming carves a huge hole in your life. I'm sure everyone on the team is feeling the pain of not being able to get in the water. For me, it's as if a close friend has died. Still, this is the right move for me. By not ruining my shoulder in the pool now, I'll be able to play tennis, bike, and work out at the gym for years. (Also, I'm hoping that almost 30 years of ANCM's workouts has given me great lungs for resisting the virus!) For the team, and lane 3, I'm thinking about you, especially on Sunday mornings.

P.S. I have been reading about how the chlorine/bromine chemicals in outdoor pools kill the virus. Good time for a private pool!



Sangeeta Bhargava

I am working from home (WFH) and running. Nowadays, solo running (so boring). I miss swimming and hope we can go back soon. I miss ushering (at Strathmore), too. Stay safe!!

Water 60 degrees, but Matthew likes it cold. He stays warm with 50 laps of butterfly twice a day in our pool. He hates the short length, but what can we do?



Matthew McMeekin



I took up jogging again. I run four to five miles per day or walk up to eight miles per day. I also have a spin bike, so I bike for an hour some days instead. I have a renewed interest in floor exercises, too, so some days I do ab exercises, pushups. And, I just bought a step

-climber for great upper and lower body workouts. Take care!

Denise Chambers



Brent Peacock

KEEP CALM AND SWIM OUTDOORS

STILL TRYING



Neal Gillen

I'm taking advantage of the Whole Foods shopping hours for seniors at 7-8 a.m. with mask and rubber gloves. Few people in the store and first crack at the fresh vegetables and sourdough bread just out of the oven.

I've been reorganizing closets, drawers, and cabinets and discovering things I didn't realize I had. Then, there's washing windows, mowing the lawn, and yes, going through the garage. Now, I'm thinking about painting woodwork, window trim, and walls in heavy traffic areas. Mind you, just thinking about painting.

Oh, and, I watched about 25 movies, and read 10 books with two more to go that I checked out of the Potomac library the day it closed. Besides that, I've walked the dog so much that when he sees the leash he hides.

I had a trip to Germany through Iceland cancelled, but Icelandair refunded me fully even though it was a non-refundable ticket. I, my wife, Mary-Margaret, and our daughters have a deposit on a villa in Aix-en-Provence for a July wedding, and that's up in the air. I also had a meeting in Seville, Spain, in November that the Spanish government canceled this week. Foreign travel is probably not an option until 2021.

I teach teen writers at the Potomac Library, and I've been in touch with them sending writing prompts and editing their stories for a Maryland Writers Association Anthology.

What worries me the most, however, is the insatiable appetite that boredom has triggered. I can't seem to keep out of the fridge.

Ah, but the end is in sight. Well, if it is, it's still a month away. That said, I hope that all of you are well and stay so. See you soon, I hope.



75 days confinement. I'M FINE, THANK YOU!

After being with the team for over a decade, I moved to Ireland with my family last August. We are very happy to be in a country with competent leadership during this pandemic and the now-falling new case and death counts.

Ireland like other countries issued stay-at-home orders in March. While we had been limited to two kilometers and now five from our home, a swimming spot known as "low rock" that has a rocky beach on the Irish Sea was within the limit and stayed open (unlike other, busier beaches in Dublin). As the pool at the gym with its nice warm water was closed, I decided to brave the cold water. There is a hardy bunch of swimmers at this beach year round. The water right now is around 50 F and does not get warmer than 60 F in the height of summer. The air temp does not make up for it, either. It has been averaging in the low 50s. A really warm day is 60 F. Often on sunny (but still cool) days, I see families at this beach, all ages from kids to grandparents, going in the water with just bathing suits. The longer distance swimmers mostly wear light wetsuits, but not all. I opted for the most thermal wetsuit with cap and booties I could find, which luckily would ship to Ireland from the UK. I have to time my swims with the high tide, and I pick days when there is no wind so as to not get swells. I have started learning how to swim in open water and get more confident.



Mary Jo Braid-Forbes

I saw this article in the Irish Times about swimming in cold water. Can't say that I have noticed any of these benefits yet. But it is definitely good for mental health. www.irishtimes.com/sport/other-sports/i-always-feel-better-after-sea-swimming-reopens-for-business-1.4256326.

I am sorry to hear that you have all been out of the pool for so long. I hope the outdoor pools can open soon.



Dottie Buchhagen

I began sheltering-in-place the day we stopped swimming and had stopped going to my gym the week before. I now go out once a week or every 10 days for grocery shopping with maybe a short walk to Whole Foods in an "emergency."

My coronawalks have increased to three to five miles at least four times a week. I also do Zoom workouts with a friend and have gotten creative with the limited equipment (weights, exercise ball, stretch cords and bands, etc.) I have at home. While I watch the nightly news, I do my usual one-hour stretch/exercise routine that has expanded to include more weights, squats, step-ups, and core exercises. I miss swimming, seeing team- and lanemates (although the Zoom Happy Hours are good for catching up), and my gym and bike workouts. As the weather gets warmer, I will start biking outside. I made several masks from old t-shirts with no-sew instructions I found on YouTube. Reading, watching movies, and sleeping make up the rest of my days and nights. I am probably overdoing the sleeping part! I try to keep to a regular schedule so as to not be completely disoriented when we resume "normal" life. Sometimes I forget what day of the week it is! Boredom has forced me to get this newsletter together!

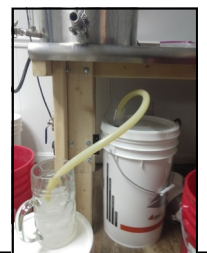


Deadlifts with heavy rocks



Jen (Gall) Whitman

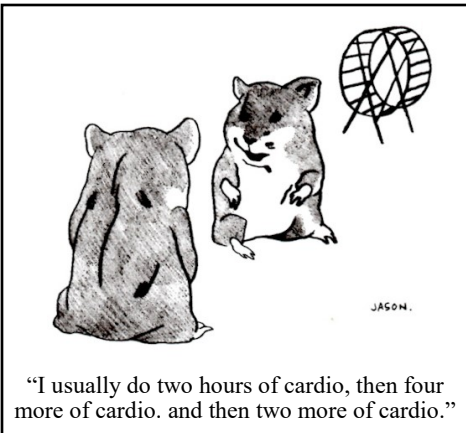
My husband and I brew beer. This is a photo of the most recent India Pale Ale (IPA) fermenting.



CONSIDER THE EXTREME ATHLETE

by Dottie Buchhagen

If you are antsy and feeling that you are getting out of shape by not having swim practices, consider the challenges of extreme athletes during the stay-at-home orders. A May 7th *New York Times* article about Michael Ortiz described how the coronavirus pandemic interrupted his goal to complete 100 runs of 100 miles in 100 weeks, at least one in each state. Deciding to self-isolate in his home after his 68th one, Ortiz returned to his 960-foot square apartment in Brooklyn to continue his quest. He initiated the "Indoor 100" series with 13,200 40-foot laps in nearly 60 hours. (The article did not mention if he had downstairs neighbors or what they thought about his quest.) In one "event," he adjusted his treadmill and climbed 29,029 vertical feet, equivalent to the height of Mount Everest. To get ideas for "runs," he consults with his fiancée, Laura Knoblach, who lives in Colorado. She suggested he "run" 36,201 feet to the bottom of the Mariana Trench. To get a downhill grade, Ortiz created a 7% down-



"I usually do two hours of cardio, then four more of cardio. and then two more of cardio."

hill grade by propping the rear of the treadmill on several rolls of toilet paper. (Where on earth did he get several rolls of toilet paper for that?)

Knoblach is not a fellow marathoner. In Leon, Mexico, in November, she set the female world record for a double deca ultratriathlon by more than nine hours. A what, you ask? Well, it is the equivalent of 20 full-length triathlons run consecutively. Or, more precisely, 48 miles of swimming, 2,240 miles of cycling, and 524 miles of running. Her swim leg was in a pool, the cycling was a long series of 4.3-mile laps, and the run was another series of 1.3-mile circuits in a park. Her finish time was 633 hours, 41 minutes, 39 sec-

onds. Only four men and four women have completed the event. Is it really a surprise that there are so few? Knoblach rested for one-and-a-half hours during her 53-hour swim, four to six hours per day during the 12 days of biking, and six hours a day during the run. The total time is clocked from the first swim stroke to the finish line for the run and includes all breaks.

In addition to his 100-mile runs, Ortiz competes in decathlons, triathlons, stair-climbs, and obstacle racing. I suppose he is just taking a break from those, like the rest of us are taking breaks from our exercise routines. But, he definitely is NOT taking a break from exercising. No news on what Knoblach is doing during the pandemic.

VIRTUAL SWIM

by Dottie Buchhagen

Two years ago several ANCMs went to St. John in the Virgin Islands for the annual Beach-to-Beach Power swim. That year the island was still recovering from the devastation wrought by Hurricanes Irma and Maria in 2017. With a large part of the island closed, the swim was altered from swims of three distances between several bays to two triangular courses at one, Trunk Bay. This year, the swim is facing the restrictions imposed by the coronavirus pandemic and is, again, forced to innovate. The swim is now the 17th Annual Beach-to-World 2020 Virtual Power Swim to raise funds for the Friends of Virgin Islands National Park's "Learn to Swim" program. You can pledge to swim (or walk/run) wherever you are and get your friends to support you. If you raise/donate \$65 or more, you will receive a race jersey and medal. Do as little or as much as you like. The real-life distances are one-mile Short Course from Maho Bay to Cinnamon Bay, 2-1/4-mile Intermediate Course from Maho Bay to Trunk Bay, and 3-1/2-mile Long Course from Maho to Hawksnest. The virtual swim will run until June 30. Registration is free. Sign up at donate.friendsvinp.org/fundraisers. The article about the 2018 swim: www.ancientmariners.org/Rimepdfs/Rime-49.pdf.



THANK YOU, MAURICIO

by Tom Denes and Cathy Gainor



Mauricio Rezende

Mauricio Rezende, Treasurer of ANCM for a whopping 16-plus years, stepped down from his post last fall, giving up spreadsheets and bank statements so he can fully enjoy retirement — and more biking.

While many of us know Mauricio as the person who reimbursed us for our team expenses, he handled much, much more than that. He was responsible for the financial operations of the team, which included making deposits, creating year-end financial statements (income, balance sheet, and cash flow), filing taxes (federal income, state income, and personal property), purchasing certificates of deposit, and balancing the checkbook. He also took the initiative to set up a PayPal account to collect team dues and moved us to electronic banking.

Team President Dave Harmon is particularly grateful to Mauricio for stopping a scam artist relatively recently. Mauricio received an email purportedly from Dave, with Dave's email address, while Dave was on vacation, asking him to wire \$5,000 to some unknown source. Thankfully, Mauricio smelled a rat — or Nigerian prince — and refused.

And many of us will never forget the delicious Brazilian beef that Mauricio brought to several of our annual picnics, starting with the first one in 2005.

While his injuries have halted his swim career, Mauricio — an avid cyclist — has been staying in shape by biking 250-300 miles a week. He retired from the Inter-American Development Bank a while ago, freeing up lots of time for him to bike and travel.

Mauricio received the Tenth Annual ANCM Service Award in 2009 for his many contributions. We're hoping he continues to join us at our various gatherings and remain part of the ANCM family.

REMEMBER THE ALBATROSS OPEN ON FEBRUARY 29?

by John McCaffrey



The ANCMs hosted the 28th Annual Albatross Open on February 29 at the Kennedy-Shriver Aquatic Center (KSAC) in North Bethesda. More than 200 swimmers from 39 clubs participated in the “leap day” meet, including 36 ANCMs. The Germantown Maryland Masters posted a combined team score of 627 points to take the overall team crown for the tenth year in a row. The ANCMs finished second with a combined team score of 465 points. Reston Masters finished third overall, posting a combined team score of 268 points.

Kara Permisohn served as Meet Director, and, thanks to her hard work and dedication, the meet went off without a hitch. “This year was my first time as Meet Director flying solo,” Kara observed, emphasizing that she “couldn’t have done it without guidance from Cathy Gainer and Dave Harmon.” Kara added that “I’m so proud to say that even with some new systems in place like posting results on the MeetMobile app, the day ran more efficiently than I could have hoped. It’s always exciting to be in the presence of so many world and national class athletes.”

Dozens of other volunteers also pitched in to help the meet run smoothly, including numerous ANCMs and Montgomery County students who volunteered their time to earn Student Service Learning (SSL) hours. (*Editor’s note: John worked very hard before, during and especially after the meet in his first year as Entries Co-Chairman. Great Job!*)

The 2020 Albatross was particularly notable for the seven world and two national records established at the meet. Cecilia McCloskey (70-74 age group) of Swim Fort Lauderdale set new world records in the 200 IM (2:55.56), the 100 IM (1:21.09), the 100 back (1:17.36), the 100 fly (1:19.98), and the 50 back (36.68). Jerome Frentsos of D.C. Aquatics lowered the world record in the 200 IM (55-59 age group) to 2:14.60, while also notching a new national mark of 1:01.65 in the 100 IM. Club Tribe swimmers Margaret Conze, Marie Restrepo, Fall Willeboordse, and Susan Williams established a new world record of 1:54.26 in the women’s 200 free

(Continued on page 8)

GETTING BACK INTO THE SWIM OF THINGS

by Kathy Kirmayer



As my long-time friends on the team know, I have substantial personal experience with the process of returning to the pool after an extended break in swim training. That experience includes a few successes and quite a few failures. But since restarting is a familiar place for me, I figured I’d share what I’ve learned. Note, for better or worse, these are the learnings of a relentlessly competitive spirit. Lucky enlightened folks who swim for the pure joy of it and care not about their speed or distance, hopefully, will just get a good laugh at all the angst.

Your head is your weak link, not your body. Your body is a dumb machine and will respond reliably and predictably (and beautifully) to what you do with it. If you put it in the water consistently and gradually make it swim longer and faster, it *will* get back into shape – no matter how long it’s been or how rotten it feels when you start. The only thing threatening that process is that little voice in your head saying “this stinks... it’s too hard... I am too out of shape... why do I do this ...I really don’t have time... I am too old for this... I am so much slower than that other guy who I used to beat... I am the only one not getting any faster....”

It takes longer with each birthday. It just does. Exponentially longer, in my experience. So be prepared for that and do not compare your rate of return to anyone else’s, especially those young’uns. Just commit to getting a string of five consecutive workouts, on your regular schedule, under your belt.

And while working towards those five workouts...

Do not look at the clock. We all want to see progress. So if you must, after the first one or two sessions back in the pool, you can start to count your yards, count your strokes, count your heartbeats, count the minutes you manage to stay in the pool. But under no circumstances should you count seconds or minutes to measure your speed, for quite a while. When you feel like you are swimming smoothly and naturally the way you used to (or better!), then you can see how fast you are going. Speed is the last thing to return; looking for it too soon will doom the whole mission.

Take advantage of a fantastic opportunity to do some renovations. When everything is broken down, and you are not looking at the clock anyway, why not incorporate some improvements as you build everything back up? Face it, you can’t feel less coordinated or more awkward than you will on day 1 anyway. Always envied those who do bilateral breathing? Start doing it the first practice back, and don’t stop. Wanted to reduce your stroke count? Make that your number one priority for your first several practices. Drills should be a large percentage of practice time for the first few workouts, and make the most of them. You can integrate improvements now that you will get to keep forever.

Lean on your lane-mates; swimming IS a team sport. This is where those friendships with people you don’t recognize in clothes really matter. Hold each other accountable for attendance and be sure to keep practices light and fun and social and something to look forward to. The time for intensity and grinding out yardage or maxing on speed will come down the road. For now, it is a team effort to get everyone back on the program again, and that means having fun.



First day back at practice after more than three months of stay-at-home.

ALBATROSS

THIS IS WHAT A SWIM MEET LOOKS LIKE WITHOUT SOCIAL DISTANCING

(Continued from page 7)

relay (200-239 age group). Virginia Masters posted a national record-setting time of 6:28.36 in the women's 400 medley relay (280-319 age group) with the foursome of Barbara Boslego, Shirley Loftus-Charley, Ann Lyttle, and Beth Schreiner. More than two dozen meet records were also set, including new standards by ANCM Dave Harmon (70-74 age group) in the 200 IM (3:14.92) and 400 free (5:56.09). ANCM Roger Leonard (70-74 age group) also bettered the previous meet record in the 400 free with a time of 6:03.36 but finished a close second behind Dave.

Several ANCMs posted multiple first-place finishes in their respective age groups. Jeff Roddin (50-54 age group) won the 100 fly, 100 IM, and 200 IM. In the same age group, Jeff Dubin handled the breaststroke events, picking up first place finishes in the 100 and 200, while notching a second-place finish in the 50. Clay Britt (55-59 age group) won the 100 free and the 50 back, and David Friedland (60-64 age group) took the 50 and 100 fly events. The men's 70-74 age group continued to be a powerhouse for ANCM, with Dan Morrow notching victories in the 100 and 200 breaststroke. On the women's side, Cathy Gainor (50-54 age group) took first in the 50 fly and the 400 free, as well as second place in the 100 IM.

The 2020 Albatross was also filled with great efforts by other ANCMs. Matthew McMeekin (40-44 age group) won the 200 fly, took second in the 50 fly, and added points in the 100 fly and 50 breast. Stephanie Sugg (55-59 age group) picked up points in the 100 free, 50 breast, 100 breast, and 200 free relay. The ANCM coaches turned in good swims. In addition to the victories posted by Cathy Gainor and Clay Britt, Tom Denes (60-64 age group) picked up a win in the 200 IM, while Peter Johnson (55-59 age group) contributed points in the 100 free, 200 free, and 100 IM and was part of the victorious men's 200 free relay in the 200-239 age group. The ANCMs also made a good team showing in the relay events, fielding twelve relay squads and garnering four first-place finishes.

ANCMs Nanci Sundel and George Humbert organized a terrific post-meet social. Hungry swimmers, officials, friends, and family assembled at the Georgetown Village party room (thank you, Dottie Buchhagen) to enjoy delicious food from Mamma Lucia's and tasty beer



Other Albatross photos
www.ancientmariners.org



from George Humbert's own Pub Dog Brewing Company. The evening was a great opportunity to relax, refuel, and socialize after an afternoon of spirited competition at this leap year Albatross.

WILD SWIMMING

by Dottie Buchhagen

In 1973, Roger Deakin, a British writer and environmental activist, moved to the ancient village of Mellis, in Suffolk, England, and began swimming in the cold water of its deep, spring-fed moat. Later, he took an aquatic journey around England, Wales, and Scotland, bathing in seas, rivers, ponds, and lakes and wrote a book *Waterlog* (1999) about that adventure.

Waterlog helped spur the rise of what has become known in Britain as “wild swimming,” i.e., wading briefly or churning doggedly in outdoor waters, rather than doing laps in indoor pools. Half a million people in England are engaging regularly in wild swimming, not only for fun but to improve their mental health.

In Britain, sea temperatures rarely get above 20C or 68 F, and England’s freshwater bodies, which are often fed by underground springs, tend to be even chillier. The gasp reflex, as the phenomenon is known, is the strongest argument against suddenly jumping or diving into frigid water, rather than entering it gradually while keeping your head above the surface.

Scientists who study immersion in cold water—typically defined as below 15 C or 59 F—note different stages in the physiological response. During the first three minutes, the skin cools, giving the swimmer the sensation of burning or prickling. This can induce anxiety, but the greater risk comes after a while, when the cold begins to feel almost tolerable. Superficial neuromuscular cooling begins, which can cause “cold incapacitation” during which your limbs — particularly your arms, which have a high surface-to-mass ratio — feel too weak to move, and your hands are too numb to grasp a dock or a ladder railing. The rule of thumb is to spend only as many minutes in the water as the number of degrees, in Celsius.

Serious cold-water swimmers recommend going in the water at least three times a week, in order to maintain the body’s acclimatization.

Advocates of cold-water swimming promote the health benefits that it allegedly bestows. Anecdotal claims are often made that swimming in low temperatures boosts the immune system and improves one’s mood.

Little research has been done on whether wild swimming benefits one’s mental state, but regular cold-water immersion

has been shown to decrease inflammation, which is associated with ailments from pain to depression.

So, if you have access to a lake, the ocean, or a pond during this suspension of pool practices, you might want to consider wild swimming. And, if the immune system benefits are real, it might help to protect you from that nasty virus!

Note: The above summarizes an article in the January 27, 2020, issue of The New Yorker, “The Subversive Joy of Cold-Water Swimming” by Rebecca Mead.

ANCM ZOOM HAPPY HOURS & EXERCISE, OR HOW WELL DO YOU KNOW YOUR SWIMMATES?

by Nanci Sundel

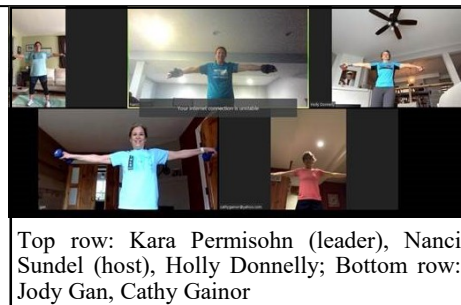
Over the last seven weeks we have had six separate ANCMs’ Happy Hours to catch up with each other. Here is a quiz on your swimmates with some things you may have learned (or missed) during them.



Top row: Nanci Sundel (host), Duncan Ferguson, Sally MacKenzie; Middle row: Lynda Honberg, Pam Hepp, Julie Goldberg; Bottom row: Susan Blum, Jody Gan

Which of your fellow swimmates...

1. Biked all the circles of DC – a 50-mile ride?
2. Bought an above-ground pool, intending to tether themselves in place to do a swim workout but couldn’t get a permit to do so (and has now bought a wetsuit to do local open water swimming)?

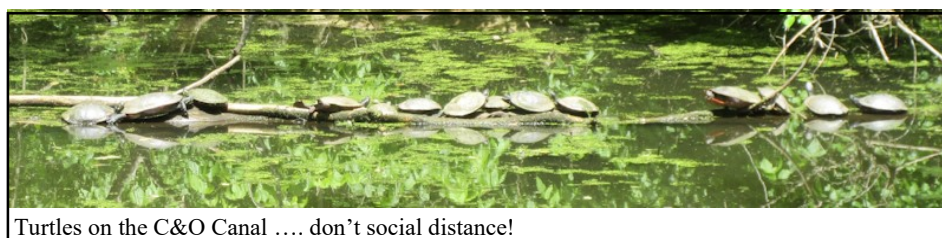


Top row: Kara Permisohn (leader), Nanci Sundel (host), Holly Donnelly; Bottom row: Jody Gan, Cathy Gainor

3. For extra credit – which former ANCM DID succeed with the above setup (#2) by putting the pool in their garage?
4. Works directly for/with Anthony Fauci?
5. Recently had their research on the correlation of swimming pool environment and respiratory health published?
6. Has set up a nature-based outdoor gym with rocks and pulleys for weights and bamboo for a pull-up bar?
7. Has been leading ANCMs in dryland workouts?
8. Is a romance novelist with 19 published books and handed in their latest completed book recently?
9. Keeps their feet in ice/ice water under their desk while working to acclimate their feet to cold temperatures for their cold water/no wetsuit open water swims?
10. Has been swimming 50 lengths of fly twice a day in their backyard pool?
11. Dug out their swim bench, collecting dust in their shed for years – and now uses it every day?
12. Celebrated their twin birthday in quarantine?
13. Owns Pub Dog Brewery? (If you don’t know this one, you’ve also never been to an ANCM party, picnic, or Albacross social, so plan on joining us when we once again have parties!).
14. Are spreading joy by distributing Pub Dog beer, hard cider and hard seltzer to thirsty swimmates (since otherwise you can only get it by traveling 1+ hour to the brewery in Westminster, MD)?

If you know the answer to #14 (or even if you don’t know it), you can place orders using the forms on the next page.

Editor’s note: Answers are on page 12.



Turtles on the C&O Canal don’t social distance!

ANYONE FOR A COLD ONE?

Two ANCMs can get it for you. Nanci Sundel takes orders for hard cider, beer, or hard seltzer for George Humbert’s brewery, Pub Dog. You can order directly through her using this form set up by Andy Fraser docs.google.com/document/d/1m_cAxXwKX72DdpLUhYYD1-cavRuNVfy9nKdvG4n4QZ0/edit?usp=sharing

Orders need to be received either by the forms below or by an email to Nanci (the.sundels@verizon.net) by noon every other Thursday, starting June 4th for **PICKUP ONLY (NO DELIVERY)** at her home (8116 Cindy Lane, Bethesda) Friday 10:30 a.m.-12:30 p.m. or Saturday 9 a.m.-noon or at George’s home (3400 Farragut Avenue, Kensington) Thursday 7:45-9 p.m. or Friday 8-10 p.m. You will get \$3 off your order for each exchanged empty 32 oz growler and \$5 off for each exchanged empty 64 oz growler. Remember these are growlers that last two weeks unopened and two days opened. The link for descriptions of the beers/cider/seltzer: pubdog.com/pub-dog-brewing/tap-room/#on-tap

You can pay Nanci via Venmo @Nanci-Sundel or via PayPal at: the.sundels@verizon.net, so it will be contactless. Order forms:

32oz:

docs.google.com/forms/d/e/1FAIpQLSf19S8KrLcDv4CwKu65Lhr5GPNxEYC6wC7qTku2pTxDYBzXVA/viewform

64oz:

docs.google.com/forms/d/e/1FAIpQLSc1UBf8Gy5VzWKC7k81A3uTyZfv1017R21EnKS7vAsgLh1LUQ/viewform



Order 32oz		Order 64oz	
Beer Refill	\$6.54	Beer	\$10.90
Beer w/Growler Purchase	\$9.81	w/Growler	\$16.35
Cider	\$7.63	Cider	\$13.08
Cider w/Growler Purchase	\$10.90	w/Growler	\$18.53

Tax is 9% Delivery is free!

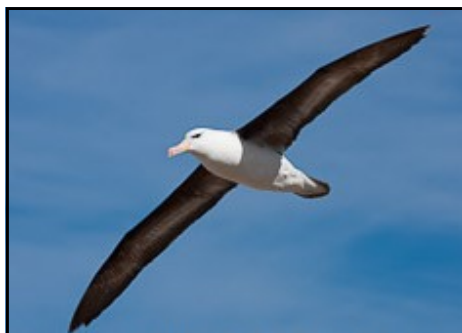


ALBATROSSES IN THE NEWS

by Dottie Buchhagen

Although most people associate albatrosses with burdens (just ask any of the ANCMs who have been Meet Director), they are being “repurposed” to help researchers from France, New Zealand, and the United Kingdom track illegal fishing boats, according to a January report from CNN. Portable data logging devices with an Argos system (a satellite-based system that collects, processes, and disseminates environmental data), a Global Positioning System (GPS), and a miniature radar detector were attached to 169 of the birds in the southern Indian Ocean, extending between South Africa and New Zealand. The “Ocean Sentinel” method tracked the logged birds that are attracted to fishing vessels, more than one-third of which were not authorized to fish in those international waters. The identification of the vessels enabled authorities to intercept illegal fishers who are damaging ecosystems by overexploiting fish stocks and catching threatened species in real time. The use of albatrosses not only provides information about, and enforcement of,

illegal fishing but also contributes to knowledge of the life history of albatrosses and their conservation. This is good news for ANCMs – it means that the birds might be around for a lot longer. More meets!



In another focus on albatrosses, Samuel Taylor Coleridge’s *The Rime of the Ancient Mariner* is a Big Read from the University of Plymouth in Devon, United Kingdom, that began on April 18. I would be willing to bet that most ANCMs have not read the poem that was published in 1798, or if you have read it, it was many years ago. Well, you still don’t have to

read, or reread, it. You can listen to it. In 40 free installments. Forty different readers, ranging from singer/songwriter/actress Marianne Faithful, poet Simon Armitage, actress Tilda Swinton, actor Jeremy Irons, and novelist Hilary Mantel to the “godfather of punk” Iggy Pop, have recorded segments of the 626 lines with accompanying visuals. This time of staying-at-home is ideal for learning about the original ancient mariner who is condemned, in isolation and loneliness from his violation of the natural world, to relate his killing of an albatross and his eventual salvation. Installments are at www.ancientmarinerbigread.com/readings. The Big Read started on April 18 and will continue until all 40 installments are presented.

Editor’s note: Thanks to Nanci Sundel and Cathy Gainor for discovering these gems of articles. The original articles can be found at www.cnn.com/2020/01/28/world/albatross-illegal-fishing-intl-scli-scen/index.html and www.theatlantic.com/culture/archive/2020/05/rime-ancient-mariner-was-made-2020/611602/, respectively.

LANE CHAT



● Kudos to ANCM Jody Gan on the publication of her article “Swimming Pool Environment and Respiratory Health Issues Experienced by Masters Swimmers: Results from a Literature Review and Survey of United States Masters Swimming Clubs” in the International Journal of Aquatic Research and Education, Vol. 12, No. 4 [2020], Art. 7 (scholarworks.bgsu.edu/ijare/vol12/iss4/7). Jody has a Master of Public Health (MPH), is a certified health education specialist (CHES), and is a Professorial Lecturer in the Department of Health Studies at American University. She wrote a summary of her research that was published in the January 2020 issue of *The Rime* and can be viewed on the ANCM website at www.ancnmariners.org/Rimepdfs/Rime-51.pdf.



● On November 10th, ANCM coach Peter Johnson and Nancy Shinozuka were married in San Juan Capistrano, California. Congratulations to both of you!!



● At the ANCM Board Meeting in October, Kate Fiskén volunteered to replace retiring Mauricio Rezende as team Treasurer. She has been an ANCM since 2005. Kate was a tax accountant in her husband’s public accounting firm, Fiskén & Company. In 2001, the company merged with a large CPA firm in Bethesda, where she worked until her retirement last year. Read more about Kate’s life and her swimming accomplishments at nsga.com/comeback-kate/ and www.ancnmariners.org/Rimepdfs/Rime-48.pdf. Welcome, Kate, to the Board.

VISIT THE ANCM BULLETIN BOARD - KSAC LOWER LEVEL

Answers to Zoom quiz (p.9): 1. Lynda Honberg; 2. Brent Peacock; 3. Gladys Arrisueno; 4. Johanna Schneider; 5. Jody Gan; 6. Tom Denes; 7. Kara Permisohn; 8. Sally MacKenzie; 9. Holly Donnelly; 10. Matthew McMeekin, 11. Jeff Roddin; 12. Julie and Marci Goldberg; 13. George Humbert; 14. Andy Fraser and Nanci Sundel

Photo credits: p.1, Dottie Buchhagen; p.2, Cathy Gainor, Tom Denes, Dottie Buchhagen, Betty Rogers, Bonnie Johnson; p.3. Dave Harmon, Dale Barnhard, Amy Mensch, Dottie Buchhagen; p.4. Bob McMeekin, Dottie Buchhagen; p.5. Neal Gillen, Mary Jo Braid-Forbes, Dottie Buchhagen, Tom Denes; p.7. Kathy Kirmayer; pp.7-12. Dottie Buchhagen; pp.9, 10. Nanci Sundel; p.12: Peter Johnson

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



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

NONE AS OF NOW

