

The Rime

Volume 5 Number 3

November 1999

PERSONAL BEST

by John Feinstein

The best moments in sports, the ones that give us chills or fill our eyes with tears, generally involve people for whom a certain goal has been elusive. We all remember John Elway finally clutching a Super Bowl trophy after four defeats in the ultimate game. I vividly remember the look on Dean Smith's face in 1982 as he cut down a national championship net after taking North Carolina to The Final Four six times previously and coming away empty each time. One can only imagine what it will be like in Buffalo when that city finally celebrates a Super Bowl win or in Boston or Chicago when the Red Sox, Cubs or White Sox finally win another World Series.

Of course all of these athletes and coaches compete at the highest level. Most are paid quite handsomely for their efforts and, when they do finally climb the mountain, they are showered with endless--and richly deserved--adulation. It is difficult to imagine that an amateur athlete, one who holds down a full-time job and has no coach, no agent, no entourage and no endorsements, can feel the same pains and joys as a professional athlete.

He (or she) can. Because of what I do for a living, I've been lucky enough to know many of the greatest athletes of the late 20th century. I think I can say with

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FROM THE EDITOR

*Check out all the meet results and upcoming events on the Montgomery Ancient Mariners website at <http://www.ancientmariners.org>.

*Please send comments and suggestions to: dbuch@mindspring.com

LONG DISTANCE SWIMMER

by Dottie Buchhagen

On September 1st, Nick Olmos-Lau became the 89th person to successfully complete the 21-mile swim across Catalina Channel from Catalina Island to Palos Verdes Hills in Los Angeles. His departure was just after midnight.

Nick characterized his swim as "a most challenging and rigorous swimming experience due to the enduring La Nina effects on the Pacific Ocean." The water temperature was in the low 60's. "Unpredictable winds shifted to the East, countering the currents and roughening things up." About 4 a.m., "an unexpected North-Easter storm created unusually large swells and rough seas for several hours in the middle part of the swim and heavy surf at the end."

After the sun came up, the swim became a little easier. Nick says he "was much encouraged by the sight of the Palos Verdes Mountains."

The wind picked up again as he neared shore forcing him to swim an additional hour to a safer landing point at the Point San Vicente light. "The breakers pounded my body onto the watermelon-sized stones. I came out of the ocean crawling on all fours. Standing at the end was a feat in itself!" He landed at 1 p.m. His time was 12 hours, 40 minutes and 17 seconds. He was 1 of 3 persons who finished out of the 10 who had attempted it to that time this year.

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Feeding time: Nick receiving liquid nourishment.

MY SUMMER OF PAIN AND GLORY

by Jennifer Arch

I have never liked running. Ever. I am also not a morning person. So what was I doing this summer running at 6 a.m.? I guess you could say that I was conquering my fears. I decided to shake up my fitness routine and join the Sergeant's Program. I thought it would be challenging and rewarding. I wasn't disappointed.

Everyone starts in a three week Boot Camp program. You meet from 6-7 am Monday through Friday. There are people of all different fitness levels in the Boot Camp. The program consists of five areas: push-ups, sit-ups, pull-ups, dips and, yes, running. You start out doing short sets of the push-ups, sit-ups, etc. Then by the end of the third week, you are doing 2 sets of 100 sit-ups and as many pushups as you can. It's amazing the progress you can see in three weeks! We started out running only 5 minutes. By the end of the third week we were running 20 minutes. That's pretty good for someone who had despised running. At the end, you need to run 2 miles under 20 minutes to pass. I am happy to say that I passed and felt such a sense of accomplishment. I hadn't done a 2-mile run in 10 years. I thought everything would be a breeze from there on out. But then came

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MONTGOMERY ANCIENT MARINERS

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ANCM PROFILE: FIVE WOMEN

by Tom Denes

Margot Pettijohn (profiled in the August issue of *The Rime*) is not the only talented Ancient Mariner in the 45-49 and 50-54 age groups. Several other women compete in those age groups and regularly attend national-level swimming competitions. They are Myriam Pero, Judy Lim-Sharpe, Kristine Pierce, Pat Liegey, and Mary Parker. Each has a unique story:

Myriam Pero's swimming career began on another continent. She began swimming as a 12-year-old in Cali, Columbia. Her most significant memory was beating her teammate for the first time in the 400-meter freestyle and setting a national record. By the time she was 15, her picture was featured on trading cards of Colombian athletes. Kids in Colombia collected and traded the cards and put them into scrapbooks.



Kristine Pierce, Myriam Pero, Judy Lim-Sharpe

Myriam quit swimming when she was 17 and didn't swim again for almost 30 years. Now, however, she is a regular competitor and considers completing the Chesapeake Bay Swim in 1997 as her greatest accomplishment as a masters swimmer. Recently she and three other enthusiastic ex-swimmers organized a team of 17 competitors (including her twin sister Gladys) to represent Colombia in the Fifth Latin America and Caribbean Masters Swimming Championship held in Ft. Lauderdale in September 1999. Myriam won a total of four medals: two gold (1500 meter--setting a new championship record--and 400m freestyle), one silver (800m freestyle), one bronze (200m freestyle) and a fourth place finish in the 100m freestyle. She is pleased with her performance, because during her career as a national champion

and even as a national record holder, she never secured a first, second or even third place finish in any of the international meets, and of course, never held an international record.

Judy Lim-Sharpe's swimming prowess is only part of her athletic story. A former track star in high school, she also plays in two co-rec softball leagues. The Treasury Department reference librarian's forte seems to be swimming. She placed 10th at Master's Nationals in 1998, swimming a fast 28.83 in the 50 yard freestyle. She counts that swim as one of her most cherished memories. Her past memories include winning the Montgomery County Swim League Championship in 1965 and running in the 400 yard dash in AAU Nationals while in high school.

Judy swims three times per week, covering approximately 3,000 yards during each practice. All of this practice causes her to count "water in the ears" as her swimming-related pet peeve.

Kristine Pierce grew up swimming in a lake near her home in upstate New York. However, it wasn't until her family moved to New Delhi, India, that she first placed in a meet. She began serious age group swimming at the age of 13 in Chapel Hill, NC and counts winning the 100 free in a regional competition in Goldsboro as one of her most savored memories. In 1968 she attempted to swim with the boys' high school team but was discouraged from doing so.

Kristine resumed swimming in 1995 with the Rockville Masters. It was at the Turkey Classic that she met Margot Pettijohn, who soon recruited her with promises of 45+ relays. Kristine joined the Ancient Mariners in 1997 and began training at the Olney Swim Center.

Kristine works out three times per week, doing between 3,000 and 3,500 meters. Her pet peeve is people who maintain that adults have no business training and competing and taking valuable pool time from age groupers.

Pat Liegey grew up in Long Island and began swimming competitively when she was 10 years old. She competed in high school and remembers placing second in the 50 fly in the District Meet at St. John's University. Pat began masters swimming as a Rochester Carp in 1984. She joined the Ancient Mariners in 1995

and has been training at Olney ever since. Her proudest accomplishments include winning the 50 fly at the Canadian National Championships and setting a meet record at the Empire State Games in 1992.



Pat Liegey

Pat trains approximately three times per week, covering 3,500 yards during each workout. Her pet peeve is people who refuse to circle swim when it is appropriate to do so.

Her favorite thing is "doing fly in the sunshine."

Mary Parker began swimming MCSL when she was 11 years old. Her name was listed on the record board of her home MCSL club for 30 years! She continued her career at the University of Maryland where she once swam a 75 I.M. in a sanctioned meet. Mary began Masters swimming in 1985 and has participated in three nationals. Although she won a gold medal in the 200 freestyle relay in her first nationals, she counts her proudest accomplishment as gaining medals in all six of her individual events at the 1998 Short Course Nationals in Indianapolis.

Mary swims at the Olney pool approximately four times per week and covers about 3,000 yards per practice. Her pet peeve is swimmers who jump into her lane when she is training on her own during lap swim. Her favorite thing about swimming is that "you can always improve."



Mary Parker

PAIN AND GLORY

(Continued from page 1)

the Maintenance Program.

I wasn't aware that the Maintenance Program is designed to take you from Boot Camp to your optimal fitness level. The first week I thought I died three times. I joined an all women's class with many seasoned veterans. I was at the bottom rung again and had to slowly climb my

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COACHES CORNER CLAY BRITT

by Dottie Buchhagen

We are opening up Coaches Corner to you, the swimmers. We will be featuring questions that you have for the coaches along with their answers. Please send any comments or questions to dbuch@mindspring.com. I will forward them to one of the coaches

Question: Are there any real advantages for Masters swimmers to cross train?

Answer: Absolutely! Swimming is a sport requiring aerobic conditioning, strength, and technique. Any cross training that is done helps in one or more of these areas.



For example, consider strength training. As we age, we all begin to lose muscle and strength. You can reverse this process by lifting weights 2-3 times a week. Also, this added strength can be directly

applied in the pool, but only if your technique is correct or is improved upon. Imagine a body builder trying to swim. Wouldn't he or she be better if it were only a matter of strength?

What about aerobic conditioning? Swimming is pretty hard to do aerobically. Ask me how I feel after I swim a 100 meter backstroke and you will find that I can't even talk because I'm so winded. To improve or swim faster, you must have a strong cardiovascular system to support your swimming. If swimming a length of the pool exhausts you, you need to work on your "wind" by swimming, walking, running, biking or any sport that elevates your heart rate. This will have a direct impact on your swimming as you slowly improve.

Why then do great runners get so winded when they first swim? Because, swimming is a sport requiring technique and if your technique is weak, no amount of cardiovascular strength can make up for it. It's all about technique. If you want to swim faster, improve your technique! There are dry land exercises that can help your pool technique. Stretch cord exercises help strength, endurance and stroke technique. For example, you can work on

keeping your elbows up on freestyle and can easily watch them without getting water in your eyes. Swim benches also help with strength and technique in the same way cords work.

Dry land exercising is important for Masters swimmers. To me, the most important reason to do dryland is that it keeps me from getting bored. I love to swim, but not 12 months a year. So I use dryland to keep my strength and cardio, plus it gets me excited to get back into the pool after I get bored with weight lifting.

I suggest strongly that before you take on any of these other activities, you get properly trained so that you avoid injuries and get the most out of them with an eye towards improving your swimming.

PAIN AND GLORY

(Continued from page 2)

way up. We ran more the first day then in three days of Boot Camp. Then we did all kinds of squats, push-ups, hills, and then more running! I could barely drive home.

I was not looking forward to "long run day." That is the one day a week that we run for the entire hour. I was going to go from 20 minutes to 60 minutes of running. And live? I can not describe the feeling I had when I ran for the entire 60 minutes. Sure, I ran slowly. Very slowly. But I ran the whole time. I have never run that long in my life.

After that day, I knew that I would make it. There are days when my legs are sore after a workout or my arms ache. But I can't believe how good I feel when I get home at 7:15 a.m. I can now run much farther on "long run day" and still walk the rest of the day. The instructors are tough but motivating. And they will call you if you miss a few days!

I have now started swimming again, so I do the Sergeant's Program three days a week instead of five. I just capped off my months of hard work by running in my first 8K. I would never have dreamed of doing that 5 months ago. Me, a runner? YES, SERGEANT!

If you are interested in the Sergeant's Program, please call 1-888-BOOTCAMP.

Editor's note: You can read about the background of the Program and its founder Patrick Avon at <http://www.sarge.com>

THE SUCCESSFUL ATHLETE'S DICTIONARY

by CJ Lockman Hall, M.A.

Successful athletes use a special dictionary. They know that the way they talk to themselves and the way they approach sporting challenges are key factors for success. Read on to discover some words that appear, and don't appear, in the successful athlete's dictionary:

In:

Failure – If you do not meet a goal, congratulate yourself on a good effort and then look at what can be improved. Focus on this information during your next practice. And remember, if you were perfect, how would you know what to improve?

Toughness – Weave your goals, focus, attitude, belief, determination, and flexibility into a strong bundle of toughness.

Practice – Each practice is a golden opportunity that only comes around once. Use these opportunities to hone your mental and physical skills and push out of your comfort zone, not just "put in time."

Belief – Belief energizes and strengthens the mind and body. Belief is like a genie in a lamp: it has the power to help you achieve your goals.

Out:

Can't – You write your future when you tell yourself "I can't." Don't rule out the possibility of success.

Giving Up – Giving up can seem tempting when it appears that you might not reach your goal. However, your mind and body store "give ups" which come back to haunt you next time you try!

What if . . . – Instead of creating negative scenarios, replace "What if . . ." with "I will . . ." Example: "What if I mess up?" can be replaced with "I will give my best effort, one moment at a time."



For a free issue of the quarterly *Positive Performer* newsletter published by CJ Lockman Hall, send your mailing address to micandcj@erols.com or *Positive Performance*, 1610 Forbes St., Rockville, MD 20851.

PERSONAL BEST

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complete honesty (and with great bias) that I've never known an athlete who worked harder to beat his personal windmill than Bobby Feinstein. For those of you just tuning in, he's my younger brother.

Bobby is a very good golfer. His handicap hovers between two and four. Like me, he grew up working at a place called Gardiner's Bay Country Club on Shelter Island--a tiny place tucked between the north and south shores on the eastern end of Long Island. He learned the game from Bob DeStefano, a remarkable pro who has produced legions of excellent players. (I like to tell people I am his only failure).

In 1982, Bobby made the club championship final at Gardiner's Bay for the first time--and lost on the last hole. He made the final a second time, a third, a fourth, a fifth and a sixth. Loss, loss, loss, loss, loss. If Elway got sick of hearing about lost Super Bowls, I promise you Bobby got sick of people saying, "now, how many times have you lost the final?"

On one memorable occasion, one-down on the last hole, he hit his second shot into a greenside bunker, virtually ensuring another defeat. In the silence that followed Bobby said sadly--and not all that loudly-- "Oh Bobby, why are you such a choking [deleted]" Under the circumstances, it was a fairly mild thing to say.

No matter. From out of the woods where she and my father had parked their cart so they would be out of Bobby's line of vision (they made him nervous) came my mother's voice, loud and clear: "BOBBY!"

Bobby was 29-years-old. But when his mother heard a profanity, she reacted. It was mom who first introduced her three children to golf. She also introduced us to etiquette--and warned us never to forget it.

While Bobby grew into a good golfer, I grew into a mediocre one. Four years ago, brutally overweight and out of shape, I began to swim again. Hundreds of years ago I was a reasonably good swimmer. But I had stopped for 20 years and gained about 50 pounds in the interim. The first day I attempted to "workout," (shortly after a "you are going to die if you keep this up," lecture from my doctor) I could not finish 200 yards without stopping. Slowly, I worked my way back into something resembling shape. I began to swim in local Masters (25-and-up, divided by five year



Mike Fell, Jason Crist, John Feinstein, Wally Dicks
Photo by Ruth Ann Roddin

age groups) meets. I lost 30 pounds and joined a team--in part because I loved the name: Ancient Mariners. I made new friends and ran into old ones. I got better.

On a late August weekend, at the U.S. Masters National Long Course Championships, held this year at the University of Minnesota, I swam the butterfly leg on the Ancient Mariners 200 medley relay. My partners on the relay were Jason Crist, a consistent top five finisher in any event he tries at the nationals; Michael Fell, who WON the 50 and 100 backstroke events and Wally Dicks, who just happens to hold the world record in his age group (35-39) in both the 50 and 100 breaststroke. I may not be a great swimmer, but I know how to pick relay partners.

We won. Proving that fear IS the best motivator, I swam out of my mind.

And when Jason hit the wall thirty-seven-hundredths ahead of the heavily favored teams from St. Petersburg Masters and Illinois Masters we were all jumping up and down and high-fiving as if we had won an Olympic Gold Medal. I promise you, no famous athlete ever enjoyed a victory any more than we did.

Two days later I flew home and raced

to the golf course. Bobby was playing in the final at Gardiner's Bay for the seventh time. At one stage, he was four-up. With six holes to play, the match was even and I could feel all the memories bouncing around inside his head.

But this time was different. Bobby won four of the next five holes and closed the match out on the 17th green, no more than 100 yards from the spot where my mother made her famous comment.

Mom died six years ago. But her presence on that green was palpable. A number of her friends were there and they all had tears in their eyes. They were not the only ones. As I hugged Bobby, who was sagging with exhaustion, relief and joy, I could almost hear my mother's voice saying, "Way to go Bobby. Now tuck in your shirt before your victory speech."

John Feinstein's latest book was *The Majors*, which was on The New York Times bestseller list for 18 weeks. He is currently working on a book on the Patriot League, the LEAST known league in Division I college basketball.

Editor's note: *Personal Best* appeared in the September 26, 1999 *Washington Post* Sunday Magazine. It was reprinted with permission.

SWIM CLINICS

Clay will run mini-swim clinics, limited to 5-6 people, on two Saturday afternoons a month. They will last approximately 1 hour and 15 minutes. The charge will be in the neighborhood of \$15-20 each. If you are interested, please contact him at the pool or at

(SOME OF) THE ANCIENT MARINERS





WALL TIME

Tips and Advice from Flo Tation

My Lane, the Dysfunctional Family

Last night, as my lane mates were about to take off for ten 100s, we bickered over the same question we always do: Who's Going to Lead? People complained, insisted, and maneuvered, and I was reminded of being a teenager at the family dinner table and my sister bitching about getting smaller portions, my brother declaring that he knows best, Dad threatening to send us to our room and Mom telling everyone to lower their voices. The dynamics in our lanes are very much like those of a big family that occasionally gets along but more often than not, squabbles constantly.

When we jump half-naked into lanes with people we've known for years, we slip into distinctive family roles. I don't know about your lane, but these personalities make a regular appearance in mine:

Whiny Little Sister: Complain, complain, complain. My shoulder hurts, I've got a cramp, I'm too tired, You touched my feet, HOW MANY 200s? Do I have to do fly?

Bullying Big Brother: He always wants his way, and will make you pay if he doesn't get it. He'll squeeze into the wall when there's no room. Insist the lane try to make an interval it keeps missing. And volunteer the lane for extra sprints at the end.

Bossy Dad: When the set is choice, he tries to dictate what everyone swims. He'll say something if you do a flutter kick instead of a dolphin kick. And, he'll tell the coach that of course the lane can swim faster than it wants to.

Peacekeeping Mom: She smoothes things over when the kids start to fight. She'll offer to lead if people are arguing about it and she'll suggest compromises when no one can agree. Nothing ruffles her and she's usually smiling. Fortunately, she's usually a decent swimmer and can keep the peace.

Guilt-Inspiring Mom: This maternal personality shames us into swimming hard when we're supposed to, completing the entire set without cutting off a 50 every now and then and looking askance when we leave in the middle of a 400 IM for a bathroom break.

Obnoxious Cousin: This pesky relative insists on standing in the middle of the lane when you're trying to turn. He'll sit out a 50, then jump in right front of you. And during the backstroke, he'll wander to the middle of the lane and bump and grope everyone within reach. One of his favorite tricks is to lap the rest of the lane, keep his personal interval, refuse to let anyone catch up and mess up everyone else's pace.

Clueless Big Sister: She's faster and has more years in the water but is totally oblivious to what's going on around her. "Oh, you want to pass? Why didn't you say something?" Or, "Huh, did he give us a workout? What was it again?"

Know-it-all Brother: This guy has lots of tips. He points out our stroke flaws and gives his assessment of what's really wrong. He'll tell us how to kick, and where our pull loses its power. His expertise extends to all swimming lore, and he loves to drop the names "Pablo" and "Summer."

Narcissistic Cousin: This relative reveals himself (or herself) with lots of posing and strutting around the deck, of course with the stomach sucked in and the chest out. If a gal, she may wear layers of waterproof make-up. If a guy, he likes to tuck his goggles under the edge of his abbreviated Speedo for that macho, racer look. In the water, the narcissistic cousin has great looking strokes, but isn't much for long sets.

Passive Aggressive Sibling : This is the guy or gal who hates to lead, demurring that they're out of shape, coming back from an injury, or tire easily, then hang on your feet for the entire workout. You offer to let them go ahead or to slow down, but Nooooo, they're happy as a clam gnawing on your toes. And you wonder, Is this personal, or just someone who needs a pace horse?

Aging Aunt/Uncle: Ah, the aging athlete. We'll all be there someday, if not already. The problem with swimming with the Aging Aunt or Uncle is that she/he can't keep up and won't get out of the way. She/he loves to hark back to days of athletic prowess and former glory, avoids get-

ting back into prime condition, and would rather hang on the wall and chat.

Jokester Uncle: This guy's a laugh a minute, playing with the water bottles and hiding the Zoomers. He's a real cut-up and is always egging people to race him or beat the clock. He can be fun to swim with if you've got lots of energy,

DISTANCE SWIMMER

(Continued from page 1)

The Catalina Channel Crossing was only the latest of several long-distance swims that Nick has completed. He recounted his experiences of some of those in *The Rime* (see archived issues on the ANCM website).

In June of 1997, he swam 12.5 miles in the 21st Swim Around Key West in 5 hours, 11 minutes. He placed 36th overall (out of 82), second in the 50-54 age group.

The following year (April, 1998), he undertook the relatively short (7.5 miles) Potomac River Crossing and finished second in his age group with a time of 4 hours, 24 minutes. Three months later he swam the Canadian 15-km National Championship Lake Memphremagog. His time of 4 hours, 37 minutes placed him 1st in the Masters Category, 16th overall.

This year he accelerated his pace. He did the 15 mile Around Wye Island Swim in May with a time of 6 hours, 49 minutes to place 4th among the solo swimmers and 1st among those who swam without a wet suit. In June, he completed the 18th Annual Manhattan Island Marathon Swim (28.5 miles) in 7 hours, 38 minutes and placed 16th overall (out of 30), 2nd in his age group.

In honor of his outstanding performances, Nick was awarded a Certificate of Achievement from the Ancient Mariners on September 25th at Tom Denes' Annual End-of-Summer Party.

Nick will attempt to swim across the English Channel on August 17, 2000.



Nick Olmos-Lau and Tom Denes

THE BULLETIN

KUDOS

by Tom Denes

- After three years as team registrar, Jennifer Arch is retiring. Thank you Jennifer for your hard work!
- Brett Bagshaw gave birth to a baby boy, Parker Deane, on Aug. 9th. Mike and baby Parker have been spotted at practice.
- Carole Kammel ran a fast 1:16:29 ten mile race in Annapolis in Aug. Her average speed of 7:39/mile placed her 55th among all women who entered.
- Kathy "Turbo" Kirmayer and her husband, John, had a baby boy, Henry Jackson Nichols, on the 17th of Sept. at 10:00 p.m. Welcome Baby Turbo!!
- After a year and a half layoff, Steve

Jolles reentered the world of the ANCM. Asked how he felt during his first practice, he replied, "like a rock with legs."

- Our own Stan Tinkham was honored along with other former Olympic coaching greats at the American Swim Coaches Association convention this Sept. He was honored along with Doc Councilman, Peter Daland, George Haines, Skip Kenney, Richard Quick, Ed Reese, Mark Schubert, and Gus Stager. This is unbelievably heady company. We are very fortunate to have Stan as one of our coaches.
- Brian Davis came in first in the Dewey Beach Triathlon on Sept. 26th and Penny Bates was third in her age group (30-34).
- In Sept., Christy Onderdonk, placed 2nd in her age group at the Make-a-Wish



Sea Colony Triathlon in Bethany Beach and 4th (30-34 age group) at the USAT Triathlon Nationals in Missouri.

- Phillippe Kozub performed a fast 9:47 Ironman in Hawaii in Oct., finishing 186th of about 1500 entrants. He was the 2nd fastest American in his age group.
- Desiree Ficker had a great Ironman, finishing the race in 11:15 and in the top ten in her age group. She also was the overall winner in the Bethany Beach triathlon and won her age group at Triathlon Nationals.

HAPPY BIRTHDAY TO YOU....

- David Marks -- December 1
- Michael Fell -- December 3
- Barbara Mueller -- December 3
- Brett Bagshaw -- December 4
- Bill Partlett -- December 4
- Mike Sinisgalli -- December 8
- Veronica Valdivieso -- December 10
- Cheryl Bauman -- December 11
- Timothy Nulty -- December 11
- Alan Pollin -- December 13
- Doug Chestnut -- December 14
- Marci McCalley -- December 14
- Joanie Shen -- December 15
- Jeri Ramsbottom -- December 17
- Jonathan Schuman -- December 20
- Dan Morrow -- December 21
- Chris Laiti -- December 22
- Annie Whittle -- December 23
- Ellen Murray -- December 30
- Barbara Glancy -- January 1

- Clay Britt -- January 3
- Robert Windrow -- January 8
- Sue Masselink -- January 9
- Renate Fischetti -- January 10
- Michael MacDonald -- January 10
- Steven Roethke -- January 12
- Sharon Groves -- January 15
- Phil Kurzman -- January 15
- Wally Dicks -- January 16
- Jeffrey Richards -- January 18
- John Marquardt -- January 20
- Sara Rudolph -- January 21
- Barry Bluefeld -- January 22
- Kathy Kirmayer -- January 23
- Caroline Thompson -- January 26
- Leslie Zirkin -- January 31
- Julie Andrews -- February 3
- Jennifer Arch -- February 3
- Charles Goorevich -- February 4
- Nancy Ragsdale -- February 5
- Jason Crist -- February 6
- Kathleen Etxegoien -- February 8
- Jill Dunston -- February 13

- Kristine Pierce -- February 14
- Val Ford -- February 19
- Clifford Bartlett -- February 21
- Nate Gordon -- February 21
- Amy Nelson -- February 21
- Nadine Clayton -- February 23
- Paul Grimm -- February 27
- Dale McElhattan -- February 28
- Sarah Clemmitt -- March 1
- Laura Kauls -- March 2
- Judy Lim-Sharpe -- March 6
- Robert Anderson -- March 8
- Susan Williams -- March 10
- Mary Butler -- March 11
- Pat Liegey -- March 12
- John Hare -- March 14
- Marjan Huizing -- March 16
- Roger Leonard -- March 16
- Jeff Roddin -- March 16
- Susan Chamberlin -- March 19
- Peter Johnson -- March 24
- Keith Wilson -- March 26
- Kathleen Cranford -- March 27

SCHEDULE OF EVENTS

- 11/13: VMST Fall Meet - Norfolk, VA SCY; Betsy Durrant, 211 66th St, Virginia Beach, VA 23451, (757)-422-6811, durrantb@aol.com; Sanctioned by VA LMSC; Pre-entry & Deck-entry - deadline 11/6/99
 - 11/13: FUN MEET, Wakefield High School, VA. 6:00 p.m. warm ups/6:45 pm meet start. Contact Jeff Roddin (301)-603-0528 or Tom Denes (301)-564-4234 if you have questions. (See attached flyer and posting on our website)
 - 11/21: SCY; Dave Craven, Upper Main Line YMCA, 1416 Berwyn-Paoli Rd., Berwyn, PA 19312, 610-695-9550; Sanctioned by DV LMSC
 - 11/20-21: Total Immersion Freestyle Clinic - Washington, D.C. \$395. 1-800-609-SWIM; <http://www.totalimmersion.net>
 - 12/5: Terrapin Masters 1000/1650 Meet - Univ of MD, College Park, MD SCY; Dave Diehl, 12511 Littleton St, Silver Spring, MD 20906-4253, (301)-946-0649(h), (301)-314-5372(w), 301-314-9094(fax), email: DD119@umail.umd.edu ; Sanctioned by PV LMSC #109-008; Pre-entry & Deck-entry - deadline 11/29/99; <http://www.crosslink.net/~cherylw/meet1000.htm>
 - 12/31: New Year's Eve Swim, 10 am - 4 pm, University of Maryland, College Park, Campus Rec Facility Pool. Your choice: 2000 yds x 1, 2, 3, 4, or 5. For info: Cheryl Wagner - (202) 387-2361(h); (202) 874-0614 (w), or email: cherylw@crosslink.net
- THESE ARE ONLY SOME OF THE EVENTS SCHEDULED FOR THIS FALL SEASON
CHECK THE ANCM WEBSITE (<http://www.ancientmariners.org>) FOR A COMPLETE LISTING