

THE RIME

Vol. 3 No. 1

December 1996

ANCIENT MARINERS REGAIN BRAGGING RIGHTS

by Tom Denes

The Montgomery Ancient Mariners captured the 1996 version of the Fun Meet by soundly beating our nemesis, the Fairfax County Masters. If you will recall, twelve short months ago we were ignominiously thrashed by a surprising squad of Fairfax upstarts. Since that time we have been plotting our Revenge of the Ancient Mariners while Fairfax was similarly plotting their defense by sending spies Marty Arase and Ellen MacGregor to train with us.

This year the story was markedly different. On a cold and rainy November night, the Ancient Mariners gathered at the Holton Arms pool to wreak their terrible revenge. The Mariners were confident, but wary. We had known for some time that CJ Hall would not be competing. On the night of the meet, Clay Britt became ill and it was apparent that he would be unable to compete as well. And Marshall Greer, our premier 60+ backstroker was missing! However, from the first gun with Mary Dowling's strong second place finish in the 500 Freestyle, it was apparent that the Ancient Mariners meant business. The Ancient Mariners next won the 200 Medley Relay and the tone of the meet was established. By the time the last swimmer had emerged dripping and exhausted from the pool, the job was complete. Even lacking the scoring power of Clay, CJ, and Marshall, the Ancient Mariners managed to pile up 137 points compared to 67 for Fairfax County Masters.

Showing brilliance in their scoring were Margot Pettijohn with three firsts, Jeri Ramsbottom with two firsts, Christy Johnson with a first and two thirds, Jeff Roddin with two firsts and a second, Griff Thompson with two firsts and a third, Brian Davis with a first and a second, and Mike Bagshaw with a first. Also scoring points for the Ancient Mariners were Mary Dowling, Terri Kominski, Jill Roddin, Brett Bagshaw, Barbara Clifford, Jodi Ramsbottom, Kelly Appler, Julie Andrews, Larry Curran, Dan Pereles, Lou Kozloff, Micky Hall, Kevin Beabout, Dan Rudolph, Jason Crist, and Tom Denes. Fine swims were also turned in by Nadine Clayton, Carole Kammel, Gretchen Ekstrom, Kara Permisohn, Jennifer Arch, Barbara Glancy, Mercedes Adamson, Lisa Berger, Kathleen Costello, Ed West, Geoff Schaefer, Dave Harmon, Mike Bartlett, Jim Klenar, Pete Johnson, Jason Krucoff, Bill Parlett, Pat Hwu, Hamid Kazemi, Greg Scace, Peter Krucoff, Robert Iba, Warren Friedland, Steve Jolles, Nick Olmos-Lau, Bob Fry, and Emery Freeman. Alvin Russell deserves special mention for completing the 100 butterfly while wrestling with a 500 pound gorilla that had taken refuge on his back.

Also competing in this so-called Fun Meet was a combined DCRP and Terrapin Masters team that included swimmers from other Potomac Valley masters teams as well as several local USS swimmers under the age of 20.

Their efforts to topple the Ancient Mariners were also unsuccessful. (The Unified Team was also docked points for being the first ones to leave the post-meet social.)

This was by far the largest Fun Meet ever as 136 swimmers participated. This included 51 Ancient Mariners, 45 Unified Team members, and 40 Fairfax County Masters.

BRENDA LEVY WINS AT PARALYMPICS

by Tom Denes

Congratulations to Brenda Levy who recently competed in the Paralympics in Atlanta! Brenda competed in the 50 Freestyle and swam a sizzling 35.32 (1cm). Her efforts were rewarded with a bronze medal. She was also a participant on the 400 Freestyle Relay that won a silver medal.

Brenda holds National Records in her disability class in the 50 and 100 Freestyle events and in the 100 Backstroke. Moreover, she also holds an Ancient Mariner team record in the 50 meter Freestyle in the 35-39 age group.

Brenda has now retired from high level competition, but we hope to see her in the pool soon.

FIVE ANCIENT MARINERS PROVE SUCCESSFUL AT USMS LONG COURSE NATIONALS

by Jill Roddin

Ann Arbor proved to be a very successful and fun trip for the five Ancient Mariners participating in the USMS Long Course National Championships on August 22-25, 1996. 1,176 swimmers registered for the meet, which is the largest Long Course Championships in the history of Masters Swimming. There were many impressive swims, which included 70 year-old June Krauser competing in her 52nd National Championships (out of a possible 52 Championships held to date). All of the Ancient Mariners had great experiences and all achieved their individual goals.

The representatives of the Ancient Mariners were as follows:

Tom Denes: After a different training routine for Tom this summer, where he competed in his first triathlon (he now has even more respect for all of the triathletes on our team), he really was not expecting any of the incredible swims that he showed us in Cupertino last May. As usual, Tom proved us proud, particularly in his 200 IM, where he accidentally entered his seed time four seconds faster than his previous best time. I think we found Tom's new secret for success! In front of his parents, who travelled from nearby Kalamazoo, Michigan, he swam out of his mind and even improved his seed time.

Carole Kammel: This was Carole's first National Championship. She placed in the top ten in all of her individual events, including a third place in the 50 Breast. She beat her goal times in all of her events and

enjoyed seeing all of the sights in Michigan. (Particularly since she has heard a lot about the state when she and I met when we were 14.)

John Feinstein: This was also John's first National Championship. After finishing 11th in the 800 Free (the top 10 receive medals), we talked John into shaving down for his next events. Unfortunately, the next day he placed 11th again in the 100 Fly, but he did turn in a personal best time. Still determined to place (in order to present a medal to his wife and son as a reprieve from shaving), John turned in another personal best time in the 50 Fly where he placed 7th. John was then allowed to return home.

Jeff Roddin: As usual, Jeff had an incredible National Championship, where he turned in his 15th and 16th National Titles (watch out Clay - Jeff is trying to catch up to you!!!). Jeff also brought home two bronze medals in addition to the two gold, although I would have to say his most impressive swim was the 50 Back. Now that he is becoming famous, he is allowed to put the announcer in place (ask Jeff for more details)! This was Jeff's last National Championship as a single man.

Jill Roddin: This was my first Long Course Nationals, so I really did not know what to expect, particularly since I was out of town for most of the summer. I surprised myself, and I think other members of our team, with a 2nd place finish in the 50 Breast, which is my highest place ever at a National Championship. Maybe being back home in Michigan brought back some of my breaststroke speed. I also had a best time as a split in our Mixed 200 Medley Relay for the fly leg. Unfortunately, our relay got disqualified because of two false starts. (I am not allowed to disclose which swimmers false started!) We tried to protest, but it

did not work. Maybe it had to do with a comment Jeff made to the announcer (see above).

Other locals participating in the meet included Dave and John Diehl, Jane Kleine and Debbie Morrin of Terrapin Masters, Sean West of Fairfax Masters, Penny Bates and Laura St. Claire of Reston Masters and Dan Pick of the JCC. In addition, my father, Hugh, of Michigan Masters, participated in the meet where he placed in all five of his individual events. His highest place was a silver medal in the 200 Medley Relay. We had some incredible meals and fun evenings with all.

Results for the Ancient Mariners were as follows:

Tom Denes (35-39):

100 Fly (13th)	1:08.60
200 Free (16th)	2:17.17
200 IM (15th)	2:43.33
50 Free (22nd)	28.04
50 Fly (15th)	30.35

Carole Kammel (25-29):

50 Breast (3rd)	39.80
200 Free (6th)	2:30.83
100 Breast (7th)	1:28.53
50 Free (9th)	31.03

John Feinstein (40-44):

800 Free (11th)	11:22.11
100 Fly (11th)	1:09.44
50 Fly (7th)	29.88

Jeff Roddin (25-29):

100 Fly (1st)	59.13
100 Back (3rd)	1:04.62
200 Back (4th)	2:21.79
200 IM (4th)	2:19.86
50 Back (1st)	28.86

Jill Roddin (25-29):

100 Fly (4th)	1:13.57
50 Breast (2nd)	39.42
100 Breast (4th)	1:26.62
200 IM (6th)	2:46.91
50 Fly (8th)	33.30

UPCOMING NATIONAL CHAMPIONSHIPS

by Jill Roddin

Short Course Nationals will be in Federal Way, Washington on May 15 - 18, 1997. In addition, the sites have been named for the 1998 Nationals: Short Course will be in Indianapolis in May and Long Course will be in Fort Lauderdale in August. Please mark your calendars now. Let's hope to have a big showing at these upcoming Championships!

SUMMER NATIONALS

by John Feinstein

In the fall, Ann Arbor, Michigan is a bustling college town, filled to the brim by the more than 40,000 students who migrate from around the country to attend the University of Michigan.

But in late August, when the temperatures can still sneak into the 90's, Ann Arbor has the feel of a quiet, midwestern town. The restaurants are empty, the streets are uncrowded. Even the malls are quiet. It is a place America forgets until September -- and college football season -- comes around again.

Into this normally somnambulant late August atmosphere came 1,276 Masters swimmers -- five of them from the Ancient Mariners. For four days, they churned up the University of Michigan's pool (and filled the parking lot) in the 1996 Long Course National Championships.

When the dust (chlorine?) finally cleared on Sunday evening, the Ancient Mariners had acquitted themselves more than respectably, especially in the case of all swimmers with the last name Roddin.

The Flying Roddins (Jeff and Jill) were responsible for 75 of the 98 points the team accumulated. Jeff led the way, winning two national championships in the men's 25-29 age group -- in the 100 Fly and the 50 Back -- and then adding two thirds and a fourth place. Jill wasn't far behind with a second place in the women's 25-29 50 Breast to go with two fourths, a sixth and an eighth place finish.

Jill got plenty of help on the women's side from Carole Kammel, who finished third in the 25-29 50 Breast (.38 seconds behind Jill) and also came up with a sixth, a seventh and a ninth place. In all, the two combined for 50 points, which was good enough for 41st place among the 90 women's teams competing with eight swimmers or less.

The two national titles were the 15th and 16th for Jeff Roddin. His performance was especially impressive considering the fact that he was in his final two weeks of bachelorhood. Thanks to his performance, the three man men's team (Tom Denes and John Feinstein did a lot of cheerleading) finished 36th in a 74 team field and the combined men's and women's team finished 36th in a field of 113 teams that competed with 16 or less swimmers.

Feinstein, swimming his first nationals at the age of 41, managed a seventh place in the 50 Fly (after dying in the last 10 meters of the 100 Fly to finish 11th) and Denes, swimming in the ultra-quick 35-39 men's division, lurked just outside the top 10 every time he swam and produced a career-best 2:43.13 in the 200 IM in spite of a breaststroke that was unanimously voted the "strangest-looking-seen-on-the-water" by the DC-area contingent.

The pool was fast, but not lightning-fast and the locker facilities were...interesting. There were lockers for all but about 1,200 swimmers. Next year's long course event is in Orlando -- home of Mickey Mouse. Kids are urged to bring their parents.

John Feinstein is one of the newest Ancient Mariners. Look for his new book, "A Civil War: Army vs Navy -- A Year Inside College Football's Purest Rivalry" in your local bookstore.

MAN OF LAW SLAUGHTERS COMPETITION

by Tom Denes

Michael Kingsbury recently participated in the Law Enforcement Games. Incredibly, Mike and his team missed the first day of competition because they went to the wrong pool. They flew to New Zealand only to be told that the swimming venue was actually being held in Salt Lake City, Utah. Whoops. So they got back on the plane and flew right back to the USA.

As frustrated as Mike was, he did not let the slight detour alter his determination. Competing in the 40-44 age group, he won three events and set competition records in all of them. For his efforts, he was named Swimmer of the Meet. Mike's times were as follows:

50 Back (scm)	30.83
50 Fly (scm)	29.86
100 I.M. (scm)	1:10.99

Even more importantly, Michael also set Ancient Mariner team records in all three events. Congratulations, Mike!

ASPEN HILL CLUB, OUR STEALTH MEMBERS

by Tom Denes

Did you know that Terri Kominski has a group of Ancient Mariners working out at the Aspen Hill Club? Our cousins include Terri, her brother, Russell, Brenda Levy, Bob Fry, Kevin Beabout, and Kara Permisohn.

WHY IS IT SO HARD TO CHANGE MY STROKE?

by Larry Curran

I come to workouts and I work hard! I concentrate on what I do, I listen to the coaches, and I watch myself on video tape. All I have to do is swim the way I'm told and imitate the way I see others do it. So, why is it so hard for me to change my stroke?

To understand this, we need to look at some basic physiology so we can understand the building blocks of an efficient swimming stroke. First of all, consider a single muscle fiber. It is about the diameter of a human hair and it is made up of microscopic entities. The "power house" of the muscle fiber is the mitochondria. These tiny chemical plants are distributed throughout the muscle fiber where they store the chemicals needed and control the chemical reactions that cause the fiber to contract. The muscle fibers are gathered into groups called work bundles consisting of approximately four or five fibers which are activated by a single nerve. When one fiber contracts, all of the fibers in the work bundle contract together. A muscle is a grouping of large numbers of work bundles along with the nervous and circulatory systems to support them.

Conditioning individual muscle fibers involved in a very complex

movement results in the development of a habit pattern. Among the factors of a single muscle fiber affected by conditioning are the number and density of mitochondria, the type and amount of chemicals stored in them and the number of blood vessels supplying the fiber with nutrients and removing waste products. Additionally, there are three types of muscle fibers, two are called "fast twitch" and one is considered "slow twitch". The "fast twitch" are anaerobic, powerful and have low endurance. The "slow twitch" are aerobic, weaker and have high endurance. One of the "fast twitch" types can be made to resemble the properties of either "fast twitch" or "slow twitch" depending on how it is conditioned. The type and intensity of training determine the overall conditioning of the muscle. Even a well trained muscle will have a significant percentage of unconditioned muscle fibers.

When a muscle contracts, relatively few of the muscle fibers are used, even in a powerful contraction. When repetitive exercise is performed, those muscle fibers being used will become conditioned while those not involved in the contractions will remain unconditioned. The intensity of the exercise determines what percentage of the muscle's work bundles will be involved and will therefore become conditioned. However, muscles do not work independently, but in concert with many other muscles to perform complex movements such as swimming. These patterns of movement have to be learned and after executing many thousands of strokes, certain work bundles will contract easily in a habit pattern that is both automatic and efficient.

So what does all this have to do with changing stroke patterns? The body is very energy efficient. It will learn over time to perform a given

action while expending as little energy as possible. This is why laboratory muscle specimens show conditioned and unconditioned muscle fibers right next to each other. The body finds it more efficient to continuously use a conditioned fiber than it does to condition more fibers than it needs. In other words, the body adapts to whatever stress is placed on it. What happens when you change your stroke? You force the muscle to abandon its habit pattern and perform a strange maneuver with both conditioned and unconditioned muscle fibers. This new movement is neither automatic nor effective. And as any swimmer can attest, it feels TERRIBLE. Even if the habitual action is part of a poor swimming stroke however, your body will have learned to perform it effectively from an energy conservation perspective.

In trying to correct a stroke, the muscle is forced to abandon many physiological adaptations it has made. In fact, when an initial attempt to change a stroke is made, it will quite often begin to feel better in a very short time because unknowingly, the swimmer has returned to the old habitual motion that "feels good". In order to make the change permanent, several things must happen. The swimmer usually has to exaggerate the change as to the way it feels. Instead of moving the hand "three inches to the left", move it "six inches to the left". Feedback must be provided to help the swimmer overcome this very inaccurate kinesthetic sense. The coach or video tape is essential in this role because usually the swimmer can't tell how much movement is correct (and probably wouldn't believe it anyway).

Once the proper position or action is known to the swimmer, consistent feedback must be provided to ensure the old habit doesn't prevail. Checkpoints need to be established so the swimmer can accurately repeat the

motion without feedback. What if the stroke is not exactly right? This motion is not yet habitual and can therefore be easily modified with the help of feedback. Training then becomes all important. Only over time and through countless repetitions can the conditioning that makes the motion automatic and effective (a habit), take place. All of the physiological adaptations must take place in each muscle fiber involved in the exercise and a constant guard must be maintained to be sure a relapse to the old habit doesn't occur. It is a complicated process, but one that brings rich rewards in improved stroke mechanics. Take care of the basic physiological building blocks and you CAN change your stroke.

WHERE ARE THEY NOW?

by Tom Denes

This will be a semi-regular feature of the *Rime*. Every year we lose touch with a few good friends. This column will help you learn what real ancient Ancient Mariners are up to.

Bob Williams

Bob Williams swam with us during the 1993-1994 season. He was a fixture at just about every local meet and most nationals for about three years. Bob retired from the Navy at the age of 54 and moved down to North Carolina.

This fall he completed his retirement TransAmerica Bike Ride. Bob flew to San Diego on August 26, participated in two open water swim competitions (one of which he won), then began to ride up to San Francisco. Like Forest Gump, he couldn't stop. He continued up to Florence, Oregon, took a right and headed for home. Bob averaged 85 miles per day on the bike for 63

straight days. During one 12 day stretch, he averaged over 100 miles per day. His biggest day was a 140 mile ride across the plains of Kansas. Bob climbed to 11,500 ft in Colorado and rode through a snowstorm in the Yellowstones. To make his feat even more remarkable, Bob rode without support, carrying 70 pounds of gear on his bike. 5,400 miles, 63 days, and 11 states later, Bob rolled into Yorktown, Virginia.

Bob is going to continue to build on his incredible base and try to compete in the Ironman Triathlon in Hawaii next October as he moves up to the 55-59 age group.

Bob may be reached at:

Bob Williams
21332 Nautique Blvd #103
Cornelius, NC 28031
(704) 895-8034
e-mail: sea2river@aol.com

Stephanie Johnson Srouer

Stephanie was the first Vice President of the Ancient Mariners from 1993 - 1995. She swam with the masters program at the Montgomery Aquatic Center from 1990 - 1995.

Stephanie shocked us all one day by announcing that she was getting married. We hadn't known she was dating anyone. Anyway, she did get married to David Srouer. After the birth of Allison in 1994, Stephanie "sightings" became more and more infrequent. She was listed as officially endangered in 1995 and began training with Germantown Masters. We hope to have another sighting soon.

Eitan Friedman

Eitan was always known as the "Original Ancient Mariner." He was part of a little group that hung out on

the pool deck one day after practice in the spring of 1991 and helped choose a name for the newly formed USMS team, the Ancient Mariners. Eitan swam at the MAC well before the Ancient Mariners were formed until he moved back to Israel in 1992.

Eitan, recently fulfilled a lifelong dream by swimming the English Channel. Eitan, then 41, crossed the 21 mile channel in July 1993 in 13 hours and 13 minutes. This was his second attempt to cross the channel. His first attempt, performed in rough conditions, was aborted after 16 miles. Eitan was also the first Israeli citizen to cross the English Channel.

TIME TO REGISTER FOR THE 1997 SEASON!

by Tom Denes

Yes, it's that time of year -- it's time to register for the 1997 season! Jennifer Arch, our new Registrar, will be doggedly pursuing you to make sure you sign up. Remember, if all of us in practice are not registered with USMS, that practice is not covered by USMS insurance. And just because I'm not the one chasing you, don't think you'll get off easy -- Jennifer also claims to suffer from organizational compulsive disorder and stands to be a worthy heir. Preserve her sanity by contacting her first at (301) 907-6639.

MAKE IT MAUI

by Tom Denes

Anyone want to join me in Maui for the Pan Pacific Championships? The long course meters meet will be held June 23 - 29. So far Sarah Clemmit, Bill Parlett and I are planning to attend. We are considering a little competition followed by some exploring.

THE BULLETIN BOARD

KUDOS

by Tom Denes

● In a coup of social engineering, a good portion of the Ancient Mariners exchanged wedding vows this summer and fall. Coach Clay and Mary were wed on June 22. Clay and Mary met at a swim meet. CJ and Micky were next married on September 7. CJ and Micky met in the Fast Lane and have been living there ever since. Jeff and Mary Ellen were married two weeks later. Jeff and Mary Ellen also met at practice. In one fell swoop the Ancient Mariners have been transformed from a team of single guys and babes in hot tight Speedos to a team of old, married fuddy-duddies. (Stay tuned for the baby races.)

● Speaking of which...Brian and Kim Crilly celebrated the birth of Collin Michael on June 6. Moira and Vince Steis had Vince, Jr. on September 25. On October 10, Steve and Bernadette Jolles had little Jeremy. The word from the delivery room is that Jeremy came out of the womb talking.

● And it hasn't ended! Jill Roddin was the latest to get bitten by the marriage bug. College sweetheart Steve Roethke proposed to Jill on a moonlit evening on the Italian Riviera. Jill and Steve are planning to be wed in the fall of 1997. Congratulations, Jill and Steve!

● Congratulations to Brenda Levy and Michael Kingsbury on their excellent showings in the Paralympics and the Law Enforcement Games, respectively. (See articles about Brenda and Michael elsewhere in this newsletter.)

● The Compulsive Swimmer of the Month award goes to John Feinstein for swimming in two Masters meets in two states in one day. On Sunday, November 17, John swam two events in the Turkey Classic in Gaithersburg, Maryland, then got into his car and drove up to Newark, Delaware to swim four more events in the University of Delaware Masters Meet. John said he "wanted to see all of his friends." *(USMS police are investigating John for going to such extraordinary lengths to circumvent USMS Rule 102.6, prohibiting swimmers from competing in more than five events per day.)*

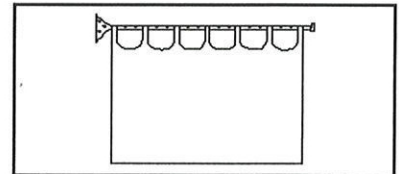
● Rumor has it that we are the 2nd largest team in the Potomac Valley, just behind DCAC!!! Stay tuned.

● Congratulations to Bob "Iron Man" Williams. Bob recently completed a bike trip across the United States. (See article about Bob elsewhere in this newsletter.)

● Ed West won the 50 yard Freestyle at the Turkey Classic in 24.28 seconds despite crashing his heels in the gutter. Ed's next stop was Suburban Hospital, where doctors placed 11 stitches in his right foot.

● Congratulations to CJ Lockman Hall for taking a leap into the world of the self-employed. She is going to work full-time building her sports psychology consulting business, Positive Performance. Call her for details! (301) 309-3688 or e-mail: micandcj@erols.com.

● Congratulations to John Feinstein on the publication of his ninth book: *A Civil War: Army vs Navy -- A Year Inside College Football's Purest Rivalry*. This book describes one year in the unique football rivalry between the service academies of Army and Navy. The book has been praised in the *New York Times*. John will be happy to autograph your copy of the book.



SCHEDULE OF EVENTS

December 31	New Year's Eve Celebration, Home of Wally Dicks, Fairfax County Masters, contact Barbara Clifford for details
January 19	DCRP Winter Meet, Wilson High, DC
March 8-9	Maryland Masters Winter Meet, UMBC, Catonsville, MD
April 5	Albatross Open! (tentative date)
April 19-20	Combined Colonies/ Dixie Zone Competition, Fort Lauderdale, FL
May 15-18	Short Course Nationals, Federal Way, WA
June 23-29	Pan Pacific Championships, Maui, Hawaii

MINUTES FROM THE ANNUAL ANCIENT MARINERS MEETING

by Lisa Berger

The Montgomery Ancient Mariner's board and friends met at Tom Denes' house on Sunday morning, October 20, after swim practice. Everyone brought breakfast food (Tom needed leftovers) and the prize for the best eats went to Margot Pettijohn's homemade biscotti. These were reason enough to show up!

Our first item of business was electing officers, and to no one's surprise, all the current officers were re-elected. We did add a new Registrar to track membership stuff: Jennifer Arch, known as the rabbit of Lane Two.

We next turned to the Treasurer's Report, presented by the always-exacting CJ Lockman-Hall. In a general discussion of where to keep our checking account so that it earns interest, Clay Britt offered to see if we could open a money market account with his firm, Wheat First Securities. We spent a lot of time on the budget, going over individual income and expense items. Here are the highlights: income from dues and interest, \$1,135, and Albatross Open income, \$5,350; major annual expenses include the Newsletter, \$306, the Record Book, \$245, the team at the National Meet, \$100, miscellaneous (fees, videos, copying, software, etc.), \$1,425, the Fun Meet, \$300, and the Albatross Open, \$4,060. All of these figures produce a net surplus for the year of \$49.

Another part of the budget discussion revolved around possible purchases (like the kickboards last year) since we have about \$5,000 in the bank. Items suggested and voted down were a starting horn and pull buoys. We did vote to purchase a team banner that we can display at

meets. Also, Dave Harmon and Jason Krucoff volunteered to organize and order more Montgomery Ancient Mariner caps and t-shirts (these do not require budget outlays since they pay for themselves). The long budget, which included items for a spring meet, was approved unanimously.

The centerpiece of the meeting was a discussion of the Albatross Open. Since Tom Denes has finally wearied of running the meet, after being meet director for four years, we had to find a new meet director or give it up. Few people made eye contact with each other as we discussed what the job involved and debated the possibility of hiring someone. I won't keep you in suspense -- we found a way to continue this tradition. The 1997 Albatross Open will be organized and run by four co-directors: Jeff Roddin, Clay Britt, Margot Pettijohn, and Nadine Clayton. A big round of applause for them!

The only item under new business was a discussion of places to have our post-meet socials. We've pretty much outgrown virtually every place except Tom's and are looking around for condo party rooms. If anyone knows of a place, please speak up.

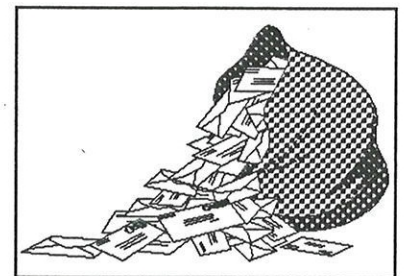
We adjourned around 1:00 p.m., polished off the biscotti, and departed.

Montgomery Ancient Mariners

Tom Denes, President
Jeff Roddin, Co-Vice President
Jill Roddin, Co-Vice President
CJ Lockman, Treasurer
Lisa Berger, Secretary
Nadine Clayton, Editor
Jeff Roddin, Recordkeeper
Jennifer Arch, Registrar

Coaches:
Clay Britt
Jeff Kostoff
Stan Tinkham

YOUR ARTICLE COULD BE HERE.



Please send all articles for the newsletter, ideas for articles, photos, clips, or anything you would like to share with the team to Nadine Clayton, the newsletter editor, at the following address:

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or
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Thanks to all who
contributed to this edition!