

Ancient Mariners

Vol. 2 No. 1
September 1995

Masters Swimming

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From The Editor

Beware of a quick lunch with Tom Denes or of missing a Sunday brunch! I fell victim to both of these circumstances and consequently am your new editor. I was certainly surprised to read in the last newsletter that I had been nominated to fill some big shoes. After my initial panic subsided, I gathered support from my fellow swimmers in lanes near and far and ended up with what I hope you will consider a successful first edition.

Montgomery Ancient Mariners

Tom Denes, President
Jeff Roddin, Co-Vice President
Jill Roddin, Co-Vice President
CJ Lockman, Treasurer
Lisa Berger, Secretary
Natalie Ferrell, Editor
Jill Roddin, Recordkeeper

Coaches:
Clay Britt
Jeff Kostoff
Stan Tinkham

A View From the Deck

by Clay Britt

The beauty of coaching masters swimming is the diversity of the swimmers. We have swimmers who swim for fitness, some for open water and triathalons and others who train for national and world Masters Championships. Within each of these groups exist many different levels of talent, conditioning and commitment. As the coach of this large group of swimmers, I find it challenging and rewarding to direct each practice session. This diversity, on occasion, will cause practice to be something different than what you may want that evening or lanes to back up as we change strokes. I work hard to provide what the collective group as a whole needs during the season. For example, we try to do longer swims when open water season gets here or sprints during the swim meet season. The workouts are designed from a competitive swimmers prospective to try and make you a faster swimmer, and I am very proud of the vast improvements from many of you.

Also, I am not aware of any other sport where a recreational athlete can join a team and train alongside of former and/or current American or World record holders. I would love to be able to join a baseball team in the future that had Cal Ripkin, Jr. on it and have him help with my fielding and batting, then play in a game with him, or join a basketball team with Michael Jordan. This is just what is happening in the sport of Masters swimming today. The top swimmers in the US are in the pool swimming with the fitness swimmers. I read in *Swim* magazine that Mark Spitz (if you are not aware of him, just ask) is swimming on a masters team in LA and I am aware of many other former Olympians that are hitting the pool on a daily basis with their local master team. I bring this point up to emphasize that you are in a unique situation to get up and watch some of the top swimmers in the sport. You can learn not only from me, the coach, but probably more from watching someone great do their thing and then modeling them. If my imaginary team with Cal Ripkin, Jr. existed, I would watch everything he did with a baseball and bat. So, no matter what lane you are swimming

in, occasionally take a moment from training and learn some new ideas from watching those that are faster than you. I was fortunate to train with Pablo Morales (100 meter gold medal winner 1992 Olympics) in 1987-88 and I watched his butterfly daily and emulated it. As a result, my 100 meter fly time dropped by about 4 seconds. Don't let this opportunity pass.

I look forward to a great year of coaching and never hesitate to ask for assistance.

Clay Britt is a stockbroker by day, coach at MAC and owner of Premier Swim, Inc.

Ancient Mariners Survive Bay Swim

The Ancient Mariners survived the 4.4 mile Great Chesapeake Bay Swim in early June. Conditions this year were harsher than usual due to squirrely currents and a good bit of chop.

One anonymous, tall, square jawed, 30ish Ancient Mariner who tends to swim on his back, was heard to remark "I'm never doing that again....But if I do, I'm definitely wearing a wet suit."

Participating in the swim were: Chris Hawkins, Jeff Roddin, Tom Denes, Clay Britt, CJ Lockman, Danielle Pajer, Mickey Hall, Mary Ellen Mess, Jennifer Mitchell, Ken Yao, Dave Harmon, Barbara Clifford, Alan Pollin, Beth Lofgren, Nick Olmos-Lau, and AM wannabe, Marilyn Brasier.

Chris Hawkins, a current Ancient Mariner who trains in Baltimore, won the 25-29 age group while Jeff Roddin was third.

(Editor's note: What I want to know is what does one think about for 4.4 miles? Jill Roddin and I were among the sane people at this event. We drove to the finish line!)

Jack King Ocean Swim

Two Ancient Mariners, Alan Pollin and Tom Denes, journeyed to Virginia Beach to participate in the Jack King One-Mile Ocean Swim. The big question on Alan and Tom's mind was the best route to take full advantage of the along shore current. Alan consulted his books, his astrologer, and Jeff Kostoff; Tom consulted a lifeguard.

Both Alan and Tom took the nearshore route and surprised the field with some high places. Out of 200 competitors, Tom came out of the water 10th while Alan was 57th.

DCAC Hains Point Meet

Ancient Mariners Margot Pettijohn, Jeff Roddin and Tom Denes competed in the Hains Point Long Course Invitational this July.

Margot cut 5 seconds off her 200 I.M. time to place 1st. She also improved her 100 breast and 400 freestyle times. Jeff won both the 100 free and 200 I.M. Tom decided to abuse himself and completed a 400 I.M. without getting disqualified by eagle-eyed referee, Ken Pettijohn. And Ancient Mariner groupie Renate Fishetti completed her first ever 100 fly!

DC Masters Long Course Meet

Only two Ancient Mariners swam at the DC Masters Long Course Meet held on August 5th. Finally, the chance to swim indoors (what a relief), the water was refreshing after the Bethesda bathtub.

Jeff Rodin swam the 800 free (9:51.00). His father Hugh was busy counting laps and taking splits, while his mother Ruth and Margot cheered him on.

Jeff also swam the 200 IM (2:22.60) and the 100 Back (1:07.41). Margot Pettijohn swam the 50 Breast (43.82), 200 Breast (3:27.87) (a 12 second drop from last year's time) and the killer 400 IM (7:21.25).

KUDOS

- Congratulations to Dave Harmon for completing the 2-mile Chris Greene Lake Swim (Dave forgot to order results but is convinced that he dusted the competition) and to Alan Pollin and Tom Denes for completing the 5k and 10k Postal Challenge, respectively, in June. Both Alan and Tom will be presented with USMS Bonehead Awards.
- In the Hey, "Watch Where You're Going Department", Jeff Roddin ran into Brian Davis this summer...in the middle of the Atlantic Ocean! Both Ancient Mariners, unaware of each other, took off from separate points on Dewey Beach and proceeded to run into each other far offshore.
- Marriage is in the air. Brett Northrup just got married and both Tracey Crilly and Moira Williams will be married in October. Tracey met her fiancé, Joe, at the '93 Albatross Open.
- Baby News: Pat Bowditch and Austin St John are expecting their second bundle of joy in December and Warren & Wendy Friedland will welcome their third around New Years.
- Congratulations to the new and continuing Potomac Valley Officers (see first page of newsletter-bottom left corner)!

This Summer I.....

As the new editor, I was very concerned that my deadline for printing the newsletter would arrive, and I would have nothing to print. I decided I would let all of you give me a hand. Everyone teased me about having to report their summer activities like it was the first day of grade school. The initial response was, "I didn't do anything exciting" or "I live a boring life". After a lot of nagging (I am a wife you know), I finally got a few of you to come around. I hope you enjoy reading what your fellow swimmers were up to this summer.

I went to the Dolphin Research Lab for a week to fulfill my fantasy about swimming

with dolphins. I learned to tell one from another, fed them, watched them being trained, learned some comands and swam with them. They were impressive and I love them!

(Barbara Glaney)

I went to the beach twice. Saw Jimmy Buffett & the Cranberry's. Swam the bay. Actually, it was the last swim of the summer. The two times I've swam since were 25's in a relay. I've coached all summer and worked at Athletic Express in accounting. Also I went to a bunch of baseball games and the Leg Mason Tennis Classic.

(Jeri Ramsbottom)

I went to Nantucket for Memorial Day, 4th of July and a week in August. I also went to Austin, TX for a week for work.

(Jill Roddin)

I went to Club Med in Turks and Caicos Islands. I windsurfed, snorkeled, slept, ate, met obscure individuals and worked on a savage tan. I did no meets or open swims, however, I did win a GOLD MEDAL at the Club Med Swim Invitational.

(Carole Kammel)

A fantastic Nantucket weekend for my nephew's wedding. A non-stop party from the Friday night clambake to Sunday brunch.

(Marshall Greer)

B-CC YMCA 1 hour swim, Reston 2 mile swim, Chesapeake Bay swim, Jack King 1 mile ocean swim (Virginia Beach), Rainbow Channel 2.5 mile Swim (Ocean City, NJ; Sept. 10th-Hope I Make it!). (Alan Pollin) (Editor's note: He did!)

I took an outdoor cooking class this summer. My favorite recipe was Ancient Mariner Meet Soup:

- Take 500,000 gallons of water.
- Add 6,000 lbs. Of lean meat.
- Add some vegetables, a few fruitcakes, assorted nuts and a couple of hot dogs.
- Simmer at 100° for 30 days agitating slowly throughout.
- Serve warm.
- Makes 4 million sluggish servings.

(Tom Denes)

I didn't go on any real vacations. I'm basically a dull guy. I played with my kids and spent time with my family. I did hear the news that I am having another child around New Years, Steven McNeil Friedland! (Warren Friedland)

Work on my tan?! Sorry-I was a lab troll all summer at NIH. I enjoyed meeting you guys on the team and extend an invitation to you all to visit Stanford if ever you're in the area. I did have a memorable 5K race around the Capitol in July to benefit AIDS research. As we rounded the Capitol it started downpouring! I should have brought my cap and goggles! My school address is P.O Box 2172, Stanford, CA 94309. E-mail: fish@leland.stanford.edu (Christina Wong)

"Life's a Beach" - Biking, swimming and playing volleyball in Ocean City for a week in June and a week in July. Going from the Atlantic to the Pacific, I will be visiting a brother and college friends in southern California (Natalie's home turf) after moving my parents to New Mexico in late August. I'll be back on Sept. 12 in time for our first fall masters swim. See ya then! (Greg Wortman)

I went to the beach at Nags Head, NC and Ocean City, MD a few times to go surfing, visited Atlantic City where I donated my money to those charities known as casinos. I visited an old roommate from college in San Diego, CA and was about 10ft. away from a seal while surfing. I celebrated my second birthday of the year with a surprise invitation to polka to a German Band while on a camping trip to Stoudt's Brewery in PA with CJ, Jeff, Mary Ellen, James, Natalie and some of Jeff's friends from college. I also took a short swim across the Chesapeake Bay because I was dumb enough to sign up for it! (Mickey Hall)

Open Swims: 3.5 mile USMS Championships (Fort Lauderdale), 2 mile reston, Bay Bridge swim. Meets: Hains Pt., PG Community College and Nationals in Portland. Camping: Stoudt's expedition. (Jeff Roddin)

I went to the beach a few times and surfed for a few moments (4 seconds). I visited with the first new baby in the family since

me, my 4 month old nephew. Went on an overnight camping trip with James, Jeff, Mary Ellen, Mickey and Natalie to Stoudt's Brewery in Pennsylvania. (CJ Lockman)

The most fun so far this summer was when my wife and children went to her family's summer home in Michigan and left me home alone. To those of a certain age, this is not as strange as it sounds. I had a great summer season, lost weight, improved my strokes and swam faster. We all leave for Maine on Aug. 19th and I'll get to do some lake swimming and I'll swim the USMS 2000 fitness swim. (Richard Sachs)

The highlights of my summer were swimming across the Chesapeake Bay, visiting Emerald Isle, North Carolina, eating Nick-a-Bolis in Rehoboth and practicing with the Ancient Mariners in a very warm pool! (Mary Ellen Mess)

Every weekend was a long weekend at Dewey Beach. It was good to take a break from going to the pool 5-6 times a week and relax and recharge before the upcoing indoor season. It is true, I've only touched a pool 3 times since the bay swim and am starting to look forward to getting wet again (other than in the ocean). (Clay Britt)

Boring: work, swimming and cooking. Swam two meets - Haines Point and DC Masters Long Course. Went antiquing for Pettijohn Advertising. College age twin daughters: one stayed at Bowdoin for a Chemistry Research project & Michelle from Gettysburg coached at Seven Locks pool. (Margot Pettijohn)

I spent a week on the island of Adak, Alaska, in the Aleutian Islands on a Navy Reserve trip. Adak is almost at the end of the island chain and we were actually closer to Russia than mainland Alaska. Bald eagles are extremely plentiful and I was able to watch them feeding in the back yard. For the first time in my life, I experienced the midnight sun (20 hours of daylight per day). The cloud cover was so low that the sun wouldn't even be visible until 10:00 at night. We hiked around the island searching for caribou but saw none. We did, however, see sea otters, halibut (up to 150 pounds), wild salmon, WW II amunition dumps, bombs, quonset huts and generally got an

idea what horrendous living conditions those soldiers and sailors endured during the war. Spent a couple of days in Anchorage (near the start line of the Iditarod race). It was the first time I had been back through Elmendorf AFB since I was on my way back from Vietnam in 1971 (which was before some of you were born). (Clyde Shiraki)

NOW Is the Time

by CJ Lockman, MA

At my computer on September 5, 1995, debating computer games vs. serious work, I caught the standing ovation given to Cal Ripken, Jr. in the middle of the California Angels-Baltimore Orioles match up. Cal had just officially tied the major league baseball record for consecutive games played. I heard the announcer shout these words over the roar of the crowd:

"In 13 1/2 yrs he has not missed a game".

Amazing feat, isn't it? Basically, Cal Ripken, Jr. has practiced, worked hard, and done his job the best he could for the past 13 1/2 years.

You ask: how tough can it be to work a few hours a day, 6 months out of every ear - hey, I work over twice that much now. But do you give your maximum effort, spend focused time and effort outside your job to make sure you are 100% prepared to do your best?

Here's your chance. It's a new season. NOW is the time to quantify you goals, in detail. NOW is the time to practice your visualization skills, and make visualization a habit. NOW is the time to map out your workout plans: will you do weight training this season? Starts? Will you work on your weak stroke this year? Will you _____? (fill in the blank)

NOW is the time to give 100%, on and off the field, like Cal Ripken, Jr. Maybe then, when race day arrives, you too will be 100% prepared to do your best. Wouldn't that be nice?

CJ Lockman, MA is a member of the Montgomery Ancient Mariners and owns Positive Performance, a sport psychology consulting company in Bethesda, MD.

USMS Long Course Nationals

by "Jerome" Roddin

Jeff and I traveled to Portland, Oregon the week of August 23-29 for Long Course Nationals. Arriving early I convinced Jeff to drive three hours to the coastal town of Newport. There we took in the beautiful sights of the Oregon Coast, including the Yaquina Bay lighthouse and the Historic Yaquina Bay Front. In the morning I had to take Jeff to the local YMCA pool because he was whining about me ruining his taper. The Oregon Coast Aquarium was our next stop. Before leaving town I insisted on stopping at the Rogue Brewery & Tasting Room. The incredible sweet malty aroma of the famous brewery was astounding.

Back in Portland Friday morning, I cheered Jeff on as he swam the 50 Fly next to former World Record holder and Olympian Troy Dalbey. Jeff placed third in a close race. Jeff placed second in an uneventful race in the 100 Back. Friday night we had dinner at the Edgefield Brewery. This brewery is located on the grounds of a former insane asylum which now features two restaurants, a theater, a turn of the century ballroom, European style lodging, a winery and an outdoor beer garden.

Saturday was a big swimming day for Jeff. In the 100 fly Jeff took third in a very close race with four swimmers breaking one minute. In the 200 IM, Jeff swam his best race of the meet beating former Olympian Dan Jorgenson to take first place and earn the distinction of being a National Champion. Boy was I proud of him! Finally, Jeff took third in the 200 Back.

Although we were the only Ancient Mariners making the trip we were not at a loss for swimming companions. We quickly made friends with Penny Bates (Reston Masters), Sean West (Fairfax Masters), Andrew Corbett (Toronto Masters) and the Victoria Masters Swim Club. Saturday night Penny, Sean, Andrew, Jeff and I had dinner at the McMenamian brewpub.

Sunday was a light swimming day since Jeff only had the 50 Back. Although Troy Dalbey was seeded first he scratched the

race (the rumor heard on deck was that the six foot five Dalbey was terrified by Jeff's fierce, intimidating stature). Jeff managed to tie for third place with a mediocre time. At night Jeff, Sean, Andrew, our Canadian friends Darlene, Jennifer, Avila & Harvey and I had dinner downtown at the Full Sail Brewery & Pilsner Room. After dinner we went dancing at Lotus - a retro 70's nightclub and boogied into the wee hours of the morning.

Unfortunately for Jeff, Monday morning came all too soon, as he had to get up for the Roslyn Lake 1500/3000M swim. Deciding to swim the 1500 instead of the 3000 may have been Jeff's second best decision of his masters swimming career. During the pre-race briefing we learned the lake temperature was a bone chilling 64 degrees! (His best decision, of course, was getting the nerve up to ask Mary Ellen out on a date after practice two years ago.) At that point Jeff wondered about having his wetsuit Fed-Ex'd from home. Realizing this was not a viable option with only 15 minutes to start time he then did the next best thing. He offered me 300 dollars to run to the nearest store to purchase one. I told him to stop his crybabying and face it like a man. Near the half-way point of the race the lead pack of six swimmers made a premature turn and headed in the wrong direction. About 25 meters behind, Jeff also followed suit. No more than a minute later three of the leaders realized their mistake and angled themselves back on course. Noticing this before too long, Jeff also headed back on track. Upon returning to the course several other swimmers were now in the lead (maybe not the faster ones, but certainly the more intelligent ones). Jeff managed to move up through the crowd and finally out-sprint heralded Olympic Gold Medalist Sandy Nielson-Bell to take second overall and first in his age group.

Now that Jeff was done swimming Penny, Andrew, Jeff and I drove the Scenic Loop along the Columbia River down to Mount Hood with majestic Mount St. Helens clearly visible ominously in the distance. Other spectacular attractions included 620 foot Multnomah Falls, the Bonneville Lock & Dam and the Timberline Lodge. Monday night Andrew, Jeff and I knew we couldn't

end our trip without staying a night at the Edgefield to perhaps be awakened at night to hear mystical cries echoing throughout the haunted halls of the former asylum.

As Jeff and I sit on the plane somewhere over the midwest, we can't help but think how happy we are to have trained for Long Course Nationals. Not only was it an excellent trip, but we also managed to swim a few races! By the way, 3 individual Ancient Mariner team records were set and one overall team record was broken (the most breweries/brewpubs visited: a total of 7, eclipsing the previous record of 5 from the 1993 Short Course National team).

Jerome Roddin is a split personality of Jeff Roddin. You probably met him, and just never knew it!

Fun Meet

Don't miss the Fun Meet scheduled for Saturday evening, November 4th. It will be held at the Holton Arms pool again. No pre-registration is required. Just show up! A pot-luck social will follow. For more details, see the announcement flyer on the next page.

Name Me

This newsletter is crying out for an original name. Please submit your ideas to me in the next month or so. There will be a mystery prize for the winner!

Coming Attractions

The December issue will include:

- New Faces - get to know the new people in your lane.
- Play-by-play results of the November 4th fun meet.
- An article by you? (Deadline-Dec. 1 }

MASTERS FUN MEET!
Hosted by the Montgomery Ancient Mariners

DATE: Saturday, November 4, 1995

TIME: 4:45 - 7:45 P.M. (Warm-ups: 5:00 - 5:30)

WHERE: Holton-Arms School (25 yard, 6 lane pool)
7303 River Road
Bethesda, MD

Directions: Very easy! From 495, take River Road exit toward Washington (190 East). At the first light, turn left onto Royal Dominion Drive. Then take an immediate right at the fork. This is Holton-Arms School. Follow the signs to the pool, which is by the tennis courts in the back.

WHO: We will be challenging the: *Fairfax County Masters and DCRP!*

COST: \$60 per team to cover pool rental

1. You must be a USMS registered swimmer to swim. *You must show your card at the meet or be prepared to pay \$20 to register.* This is for insurance purposes.

2. Each swimmer may swim no more than 3 individual events plus 2 relays. Pre-registration is not required; just fill out the index cards provided at the meet. This is an unsanctioned meet; if you are unattached or are affiliated with another team, you may swim for any of the invited teams. The meet will be scored using an age-based handicapping formula. A list of events is presented below (order of events will be available at the meet):

50 Free	50 Fly	50 Back	50 Breast	100 IM	200 Free Relay
100 Free	100 Fly	100 Back	100 Breast	200 IM	200 Medley Relay
200 Free	50 Fin Race (no arms!)				

3. The meet will be followed by a social! Directions will be provided at the meet. Food assignments are as follows:

<i>Mont. Ancient Mariners:</i>	Main Dishes
<i>Fairfax County Masters:</i>	Appetizers/Salads/Main Dishes
<i>DCRP</i>	Desserts

Please do not bring drinks. They will be provided.

4. We welcome all those who do not choose to swim, to help run the meet and participate in the social.

5. For more information call Tom Denes @ (301) 564-4234 (H), (301) 652-2215 (W)

See you there!