

The Rime

Vol. 3, No. 2

July, 1997

Ancient Mariner team picture scheduled for Sunday, July 27th at 10 a.m. at the Bethesda outdoor pool. Folks from the Glenmont pool are encouraged to attend.

FROM THE EDITOR

This is my final edition of the newsletter. I have enjoyed my reign as newsletter editor, but all good things must come to an end. I am turning over my post to Tom Denes, who has been on the prowl for my successor. If you are interested in getting more involved with the Ancient Mariners and would like to be the newsletter editor, please contact Tom Denes. I want to thank everyone who has contributed to the newsletters that I have produced. I appreciate all of your support and guidance in helping me to make the newsletter a success. I hope you enjoy this edition!

NATIONAL TEAM SHINES IN SEATTLE

By Tom Denes

The Ancient Mariner National team had some outstanding swims at Nationals this May in Seattle. Overall the team placed 16th out of 110 teams, while the men's team finished 8th out of 89 teams (small team division). Results include:

Clay Britt (35-39) won four events:

50 back	23.82
100 back.....	51.09
200 back.....	1:53.43
200 I.M.....	1:58.53

Jeri Ramsbottom (25-29) won three events:

50 back.....	28.83
100 back.....	1:02.33
200 back.....	2:15.59

Wally Dicks (30-34) won two events:

50 breast.....	25.98
100 breast.....	57.18

Wally's breaststroke times were the fastest among all swimmers in the meet. Other highlights include Jeff Roddin's (25-29) 51.26 100 fly (3rd); Jason Crist's (35-39) 2:03.34 200 fly (6th) and 54.03 100 fly (7th); Kelly Appler's (25-29) 34.05 50 breast (7th) and 1:14.38 100 breast; Barbara Clifford's (30-34) 31.68 50 back (8th); Dave Harmon's (45-49) 57.10 100 free; Marshall Greer's (60-64) 31.76 50 back (3rd); and Griff Thompson's (40-44) 26.34 50 fly.

In addition, the men's 200 freestyle relay (Clay, Jeff, Wally and Jason) finished 2nd. Congratulations!

JEFF KOSTOFF HEATS UP FRIGID BAY SWIM

By Tom Denes

The word for this year's Great Chesapeake Bay Swim was COLD! The water temperature at the start of the June 8th race was 61 or 62 degrees, depending upon who you cared to believe. Approximately 120 of the 540 starters exited the water early, mostly due to the extreme cold. Six participants were taken to local hospitals for hypothermia treatment.

The winner of the swim was Jeff Kostoff, an ancient Mariner and our coach at MLK/Glenmont. Jeff swam the distance in 1:29:36, a whole five minutes faster than the second place swimmer. Because of the cold conditions and a pesky ebb current, he just missed breaking the record. Macho man, Jeff, did not wear a wetsuit! (Jeff prepared for the swim by swimming up to 90,000 yards per week and sitting in his refrigerator for extended periods of time.)

Two Ancient Mariners showed the good sense to leave the water. Jeff Roddin, who has nothing to prove in this race except his good sense, left the water as the cold penetrated his lean frame. After the race, as we were watching yet another cold, stubborn swimmer leave in an ambulance, Jeff mentioned, "That would have been me a few years ago." Brett Bagshaw, who may have even less body fat than Jeff, also elected not to spend time in the hospital and got out of the water.

Those who were more successful at slogging through the chilly water were Barbara Clifford, Mary Ellen Mess, Clay Britt, Wally Dicks, Dan Rudolph, Ed West, Steve Jolles, Steve Schrier, Roger Emch and me. All of us wore wetsuits.

The official Ancient Mariner results were:

Jeff Kostoff	1:29:36
Clay Britt	1:47:59
Tom Denes.....	1:55:44
Wally Dicks	1:57:46
Ed West	2:00:12
Dan Rudolph	2:00:13
Mary Ellen Mess	2:11:20
Barbara Clifford	2:14:37
Steve Jolles.....	2:18:59
Roger Emch	2:28:24
Steve Schrier	2:43:05

JOIN US IN OUR ANNUAL TRIP TO STOUTD'S BREWERY

By Jeff Roddin

All those interested in going to the Stoutd's brewery in Adamstown, PA on August 16th please contact Jeff Roddin. We will travel up Saturday afternoon for their Summer Beer Festival with music by Steve Huber and the Happy Austrians. After camping out Saturday night, we will drive home Sunday morning.

ONCE AROUND KEY WEST

By Nick Olmos-Lau, M.D.

On June 7, 1997, I was a participant in the Swim Around Key West, which is a 12.5 mile race. This was an arduous experience, but I found it extremely uplifting and certainly unique.

This year there were 399 participants. One hundred and three entered the solo category (about 30 more than last year). There were 35 three person relays and 21 six person relays. Participants ranged in age between 12-56 years and came from Australia, Canada, Italy, St. Croix and the U.S. There was even a team of Navy SEAL members stationed in Key West.

The top finisher said it was a "brutally hot swim" not conducive to record breaking performances; but, with regard to completing the race, it was held in "ideal conditions," meaning hot ambient and water temperatures (both in the upper 80's).

The course was challenging, but interesting at the same time. The swim starts along beaches with lovely coral reefs and schools of colorful tropical fish, as well as occasional intimidating spotted rays, barracudas, tarpon and nurse sharks. The swimmer travels along a fairly deep boat channel where boat traffic generates some unpleasant fumes, wakes and swells; however, there were interesting marinas, beautiful homes and scenic landscapes. On the down side, the swimmer passes through very narrow bridges with strong currents. During the last portion of the race, a very shallow bottom causes unavoidable scratches from coral and saw grass, as well as stings on the arms, legs and belly from copious irritating sea lice and jelly fish. Such obstacles test one's pain tolerance and "toughness."

About a quarter of the race is current assisted; half is against currents of variable intensity, sprinkled with strong wind gusts and surges, and the rest is calm, but hot.

From the field of 86 finishers, I came in 36th overall and 28th among 64 men. There was a separate fins category in which there were five participants.

This was not an easy race! Jim Green, the first man over 50 to successfully complete the race in 1996 with a time of 5:34, this year suffered a shoulder injury two thirds of the way through the race. Remarkably, he still managed to finish within seven minutes of last year's time using only one arm at times.

During last year's swim, the contenders were surprised by a squall and fewer than half of the participants were able to finish. This year, the weather was very cooperative. I hate to even consider what might have happened if this race had been held two days later, when an unpredicted tropical storm brought in its wake torrential rains and huge swells to the Keys.

I took second place in my age group (50-54) out of seven contenders. My time was 5:11:48, holding a pace of 25 minutes per mile, which was considerably better than my expected finishing time of about six hours. My stroke count was 58-60 per minute, which I held steadily for about two thirds of the race, at which point I began to slow down due to fatigue.

The winner in my age group was Steve Herring (54) from Minnesota with a time of 5:01. He also took first place in the February fitness challenge, swimming 320,000 yards during that month.

This year's overall winner was Miodrag Vasic, a 21 year-old swimmer from Belgrade, who is living in the U.S. for a year and training with the Ft. Lauderdale Swim Team. His time was 3:46:54, which was three minutes short of last year's record time swum by Gabe Lindsey of Oviedo, Florida. Chris Derks, a 27 year-old D.C. area swimmer and Georgetown University swim coach, finished in third place overall with a time of 3:55:23.

Shelley Taylor-Smith, a 36 year-old Australian marathon swimming legend, many time World Champion and record holder (competing and beating the best men, in such colossal events as 50-70 kilometer races in Argentina's Rio Corondas and Brazil's Parana river swims), finished second in the

women's division with a time of 4:00:45. She was defeated by Bambi Bowman, a D.C. area swimmer, who swam a record-setting time of 3:56:25. In August, Bambi will be representing the U.S. in the 25 kilometer race at the upcoming Pan Pacific games which are to be held in Japan.

Sharon Luka, a 41 year-old blind swimmer from Kansas, completed her second Key West swim in 9:37.

Gail Rice, a 40 year-old competitor from Miami, went around the course twice, becoming the first person to do so. She swam a total of 25 miles the day before the actual race, to prepare for her planned attempt to swim from Bimini to Florida, a distance of about 45 miles.

What is next for me? Certainly not twice around Key West! I would like to do this race again in the future, but I doubt that I will be able to improve on my time or have more favorable conditions. I would also like to attempt a longer swim (preferably in warm water.) If you know of such events, please advise me.

ANOTHER SUCCESSFUL ALBATROSS OPEN!

By Tom Denes

Our fifth annual Albatross Open went off without a hitch this April. Approximately 155 swimmers participated in the meet, a bit on the low side. Two USMS records were set at the meet, one by Rob Butcher (19-24) in the 100 breaststroke (1:06.29), and another by Joann Leilich (55-59) in the 200 breaststroke (3:14.71). The Fastest Woman and Man on the Water awards were won by Fairfax's Dori Kauffman (27.66) and the Terrapin's Rob Butcher (24.31).

Nadine Clayton, as meet director, was complimented several times on the efficiency of the meet. She was assisted by Jeff Roddin, Margot Pettijohn, Clay Britt and several other key people. Even with the low turnout this year, we still made \$420.

Also, congratulations should be extended to Den Ager who FINALLY participated in his first meet. Can Jason be far behind?

THE BULLETIN BOARD



KUDOS

By Tom Denes

◆ Congratulations to the new arrivals! Jonathan Martel's and Dan Pereles' wives both had babies, Jonathan in February and Dan in May.

◆ Congratulations to Hamid Kazemi who opened a new medical office in February.

◆ Greg Scace was so excited about swimming butterfly on the legendary medley relay team of Casey 'Top Gun' Scace, Jennifer 'The Blade' Arch and Pat 'Fingers' Hwu, that he neglected to remember that you meet the opposite wall with your hands, not your face. Greg 'The Lip' Scace swims in lane 4.

◆ Barbara Clifford recently won advertising's equivalent of the Emmy. She won a Clio for some of her recent advertising work. Congratulations!

◆ Peter Krucoff tied the knot with Lisa on April 12. We're convinced that he just wanted to get out of the Albatross Open!

◆ Several ANCM swimmers appeared in Swim Magazine as All Americans!! They were Natalie Ferrell (now in Texas), Jeri Ramsbottom, Jeff Roddin and Clay Britt. One becomes an All-American by virtue of having the fastest time in the nation in an individual event in their age group. Congratulations!

◆ The Boink Award goes to Steve Jolles for his performance in the Reston 2-Mile Lake Swim. Steve went "boink" twice as he performed head butts with the heavy plastic buoys marking the ends of the course. Following his swim, Steve was diagnosed with a concussion. (Fortunately Steve looked where he was going during the Bay Swim and wisely avoided head butting the bridge piers.)

◆ Ancient Mariners and Fairfax County Masters recently swapped star swimmers. Russell Kominski, a top 200 freestyler (scy) in the 19-24 age group, defected to the Fairfax County Masters. Wally Dicks, a sub-1:00 breastroker (scy) in the 30-34 age group, transferred affiliations from the Fairfax County Masters to the Ancient Mariners.

◆ Peter Johnson, our swinging single California-type bachelor recently moved to Richmond, and is now moving further west to Arizona. Female swimmers in several lanes were visibly upset.

◆ Other ANCM made the Top Ten Short Course Meters list. They were Brett Bagshaw, Barbara Clifford, Jodi Ramsbottom, CJ Lockman-Hall, Margot Pettijohn, Russell Kominski (former ANCM), Mike Bagshaw, Mickey Hall, Jason Crist, and Wally Dicks. Congratulations!

◆ Goodbye to Dr. Polly Phipps who is moving to Olympia, Washington, to take a position as Research Director for the Sentencing Guidelines Commission for the State of Washington.

◆ Overheard between sets:

From a FXCM female swimmer: "Tom, I already went through my celibate period--I was married."

From an ANCM swimmer: "If I get out of the wedding or my wife delivers I'll be at the Albatross Open to help time."

SCHEDULE OF EVENTS

Jul 20	DCRP Long Course Meet, Haines Point, Washington, DC
Jul 27	Team Picture, 10 a.m. Sunday, Bethesda Outdoor Pool (Folks from the Glenmont pool are encouraged to attend.)
Aug 2	DC Masters Long Course Meet, PG Community College, Maryland
Aug 14-17	USMS Long Course National Championships, Orlando, Florida
Aug 16	Stoudt's Camping Trip. Call Jeff Roddin for details (301-603-0528).
Sep 6	End of Summer Pot Luck Party at Tom Denes' 4522 Everett Street, Kensington, Maryland (301-564-4234) 7:30 p.m. This year featuring: "The Old Men and the Sea" as Ed West, Greg Wortman, Jason Lee and Tom Denes hit the big 4-0.
Oct/Nov	Fun Meet!!! Stand by for details.
TBD	House warming party at Jason Lee's new house. Small pets and infants encouraged.
Dec 31	Liar, Liar -- Liar's Party 97 at Tom Denes'

MENTAL FUEL

By CJ Lockman Hall

You pull up to the gas station. What are these pumps labeled "Negative fuel", "Unhelpful fuel", "Underconfident fuel", "Anxious fuel", and "Distracting fuel"? Where's the good stuff? Finally, you find the "Unleaded fuel" and "Premium fuel". How odd - all of the grades are the same price. Which do you choose?

Of course you don't want your car powered by negative, underconfident or distracting fuel! Could you see your fuel on a summer day - "It's too hot for me. I never perform well in the heat." Or approaching a hill - "Ooooh, I don't think I can do this. I better stop!" Or in the process of accelerating - "I don't think I have it in me to go this fast." Or "Hey, let's check out where the wiper fluid hangs out. It looks like more fun. It doesn't have to work hard very often and it still performs well."

Fortunately, for you and your car, these scenarios are purely made-up. But think about your mental fuel tank for a minute. We all do our best to follow the frequency, intensity, duration credo when training our physical selves. But what about our mental selves? How much attention do you pay to what goes into your mental fuel tank?

Filling up on positive fuel can help you get the most out of your physical self. It takes no more effort to fill your head with positive fuel than with negative fuel. You spend all of those hours practicing -- why not give yourself a boost?

Many contests and goal achievements are decided by mental performance. So, make sure you are filled up with premium fuel all of the time. Your mind will get used to having the best and your engine will run much more efficiently for many miles. So, when you fill'er up, choose only the best fuel - positive fuel!

CJ Lockman Hall, M.A., is an Ancient Mariner by night and a sport psychology consultant by day.

ANCIENT MARINERS SET USMS MARK

By Tom Denes

The relay team of Clay Britt, Wally Dicks, Jeff Roddin, and Jason Crist set a new USMS (25+) mark in the 400 medley relay in a USS meet in February. They combined for a quick time of 3:31.77, breaking the old record by almost 4 seconds!. Their splits were:

Clay (backstroke).....	52.52
Wally (breaststroke).....	58.67
Jeff (butterfly).....	50.90
Jason (freestyle).....	49.68

ANCIENT MARINERS PLACE IN NATIONAL 2-MILE LAKE SWIM

By Tom Denes

On a cold, wet May morning, twelve Ancient Mariners participated in the Reston 2-Mile Lake Swim. This year the swim was a National Championship. The highest placing Ancient Mariner was Dottie Buchhagen with a second in the 50-54 age group. In addition Nick Olmos-Lau finished third in the 50-54 age group and Jeff Roddin ended third in the 25-29 age group. Mary Ellen Mess also placed third overall in the women's wetsuit division. The official results:

Jeff Roddin	46:23
Tom Denes	48:38
Evan Parker	50:32
Dan Rudolph.....	50:47
Steve Jolles	53:03
Caroline Scace	56:49
Nick Olmos-Lau	56:51
Dorothy Buchhagen	1:22:06
Griff Thompson (wet suit).....	48:32
Mary Ellen Mess (wet suit) ...	51:34
Mike Aaby (wet suit)	52:42
Roger Emch (wet suit).....	54:02

THE VIRGINIA BEACH SWIM

By Lisa Berger

For three years, Tom Denes has been saying that the Virginia Beach Swim is a piece of cake. It's just a mile (shorter than a single practice), on a Sunday

morning, not too early (10 a.m. starting time), swimming with the current, in salt water that adds "natural" buoyancy and along the beach so you can bail out at any time. Sounded good to me, although I worried about chilly water. But, days before the swim, Jeff Roddin had e-mailed me readings from an offshore buoy that he pulled off the Web and temperatures were nearing 70 degrees.

Neither Polly Phipps nor I had ever done an open-water swim, so we swallowed his line and headed for Virginia Beach. On race day (June 15th), we gathered with the 100-plus other swimmers on the beach. The weather had turned a bit, but we didn't know enough to be worried. Winds close to 20 knots had come up and the current had shifted, now driving from the north, the direction we were going to swim. Surf and swells were rolling and breaking hundreds of yards out, making the water look and feel like a theme-park ride. The air-gun sounded and everyone started to swim.

Later, I learned that Tom and I both began the same way: hyperventilating and breast-stroking as we tried to figure out how to swim in a churn that allowed about three strokes before a crumbling swell or a mouthful of salt water halted progress. While Tom and I struggled, Polly was swimming further out, fighting the swells, imaging herself lost in a violent sea and swimming for land. Unknown to all of us, after the racers had entered the water, the lifeguards closed down the beach because of "dangerous surf."

Tom was the first to finish among us (and was seventh in his age group), after about 39 minutes. Polly entered the finishing chute around 58 minutes after the start, placing third in her age group (ask to see her medal, if she isn't still wearing it!). As I swam, I grew nauseous and seasick. At about the three-quarter marker, I began to heave and so rolled over on my back and headed for shore for a "DNF" (Did Not Finish).

So much for the "piece of cake." I'm going back to the Hold-the-Towel-and-Glasses competition.

ALAN POLLIN SWIMS THE POTOMAC

By Tom Denes

Alan who underwent cancer surgery in January made an amazing comeback by completing the 7.5 mile Potomac River Swim in May. Alan, at the age of 50 was the oldest swimmer, but still finished fifth out of 11 swimmers in 4 hours and 26 minutes. Alan is in training for a 10 k swim at the end of June.

MOST MEMORABLE SWIMMING EXPERIENCES

By Nadine Clayton

I sent out an e-mail awhile back requesting that everyone send me examples of their most memorable swimming experiences. Although I did not receive a lot of responses, I think the ones I did receive are worth sharing.

My most memorable experience occurred when I was a 14 year-old, swimming on the B team for Lakeland Hills YMCA. It was just an ordinary dual meet on a Saturday afternoon. I was competing in the 100-yard freestyle and I was undefeated so far that season. I remember that I was feeling scared and not very confident before this particular race. I watched my competitor warming up and my stomach fell to the ground. She looked incredibly strong and experienced and I was very intimidated by her presence. I was rattled and I frantically fastened and unfastened my goggles before starting the race. I was anxious and insecure about even making it through the dive with my goggles on. Well, I made it through the dive and swam as fast as I could. The part I remember most about the race is the last flipturn. I was on the wall and for a split-second, I turned and looked over to find my competitor. She was only just entering her flipturn. I was winning! I had a definite edge over my competitor. For the first time ever, I started to believe in myself when faced with adversity. I had confidence in my ability to focus and achieve a goal. My goal was to win that race and I did win that race. The next year my coach

moved me up to the A team. Since then, I have had many winning moments in my life, but that one race will always be my most memorable, because I learned the importance of believing in myself and of having a focus to achieve my goals. I have found this lesson to be useful in many other areas of my life.

Nadine Clayton

My most memorable moment in master's swimming was watching Mary Ellen finish the Bay Swim this year when I wasn't able to do so myself. I knew first hand how difficult the swim was this year and seeing her finish was very special.

Jeff Roddin

I have been swimming with the Montgomery Ancient Mariners at the MAC for about eight months now and I have been to five masters meets, but I have to say the Albatross Open was the best one that I have competed in as a masters swimmer. There were many reasons for this. First, it was our home pool and I felt comfortable with the lanes, the friends and the atmosphere. Second, my parents showed up before my first swim. They have always been a great inspiration to me in the water for a reason I can't explain other than I always want to make them proud. Third, the people I was swimming against were my friends from the RMSC coaching staff or from swimming at the MAC and I felt comfortable when I entered the water every time. Lastly, I'm glad that I didn't have to swim against Jeff Roddin or Clay Britt in any of my events!

I had to swim against a fellow RMSC coach, Rob Burgholzer in two of my events. He had only six days of practice leading up to the meet, but he gave me a run in the 100 freestyle and backstroke races. In college, I was always annoyed with the competition next to me stretching out because they were cockier than I expected. I would hear a comment or two that showed their pathetic attempt at getting in my head and want to beat them that much more. I felt the tension in the air before a race and after my years at Towson State were done, I really did

not want to have a negative feeling going into a race. Before the 100 yard backstroke race, I shook Rob's hand, he looked at me and said, "good luck", and it hit me that he wanted to swim to have fun and do a good time. He and I made that 100 backstroke interesting. I had the lead until the last length. He came off that wall and attacked like Tatanka on the last 25 meters and I wasn't sure if I could hold him off. It was clear to me, the man was not going to stop. I had the thought of "oops, bad flipturn," and I didn't look over because I knew he was there right next to me. We both saw the flags and were running on all tanks, our endomorphyns flowing through our veins. It was up to whoever could hold out. I touched him out by mere hundreds of a second and wasn't sure who won because I couldn't see the timeboard. My first thought as I was getting out of the water was "that was a damn good race." I heard who won the race from a timer and my first thought was, "Why can't ALL my competitors have this man's positive attitude when it comes to swimming?" Besides being a really experienced coach for RMSC, Rob Burgholzer is a great swimmer with a positive attitude and love for this sport. I hope he is looking forward to the next long course meet, because he brought out the best in me.

Geoffrey Schaefer

My most memorable swimming experiences are when the guy I laughed at during practice because he had a cramp in his calf was the guy I ended up marrying! (Sorry, Mick, I still laugh whenever I think about it!). Also, when five silly girls (Jeri, CJ, Jill, Nadine and Natalie) shared a hotel room at the meet in Raleigh, NC, and actually got some sleep! That entire meet was actually a unique experience!

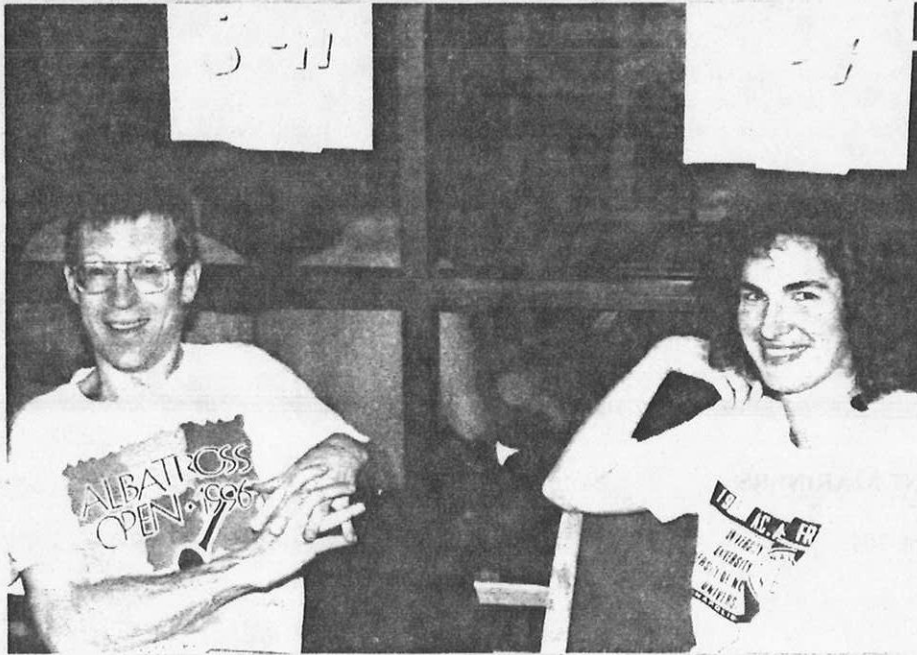
CJ Lockman Hall

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Albatross Open



Swim Meet + Social

