



## WINTER SESSION '95

We have about 65 Ancient Mariners registered for 1995. If you have not registered for 1995, then this will be your last newsletter. So please register soon. If you are new, then you have just joined an active club with some of the best coaching around. Also, you get this swell newsletter three times per year! The Ancient Mariners officially swim in three Montgomery County Department of Recreation Pools. The coaching staff is as follows:

Montgomery Aquatic Center (MAC) in Rockville, MD (301) 458-4211

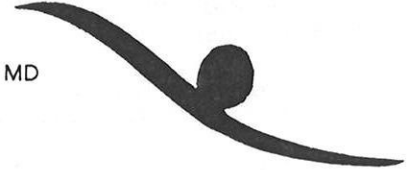
Coach Clay Britt - 3 time NCAA Champion in 100 backstroke and American Recordholder; Clay is a Financial Consultant.  
MAC Practice hours: Sundays 8-10 am; Tuesdays and Thursdays 8:30-10 pm

Olney Swim Center (OSC) in Olney, MD (301) 570-1210

Coach Stanley Tinkham - Former Coach of No. Virginia Aquatic Club; 1956 US Olympic Coach  
OSC practice hours: Saturdays 7:30-9 am; Tuesdays and Thursdays 8:30-10:00 pm

Martin Luther King Swim Center (MLK) in Silver Spring, MD (301) 989-1206

Coach Jeff Kostoff - US Olympian 1984 & 1988; currently Assistant Coach for Univ. of MD  
MLK practice hours: Sundays 8-10 am; Mondays and Wednesdays 8:30-10 pm



## ALBATROSS OPEN '95

On Saturday, March 25th, the Ancient Mariners will sponsor the 3rd annual Albatross Open at the Olney Swim Center. Twenty-eight Ancient Mariners met over a working brunch and selected chairpersons for the tasks listed below. We did not leave you out! Please volunteer to help with our meet by calling the following committee chairs:

After Meet Party - Lisa Berger 202/362-5703 (help throw an after-meet party)

Meet Program Advertisers - Mary Jacobi 301/530-7256 (mere pennies gets a **visible** ad in the program)

Awards - Clay Britt 301/279-5463 (he promised he would leave a few awards for us)

Computer Support - Richard Rostant 301/549-0948 (set-up, run meet software, post results)

Check-In Swimmers & Sell T-Shirts - Stephanie Srour 301/294-2654 (registration; distribute T-shirts)

**NEEDED - VOLUNTEER TIMERS & HELPERS** We will need volunteers to serve as lane timers and helpers at the meet. Please recruit your friends and family to volunteer. We offer true rewards to volunteers; like all the soda you can guzzle during the meet, a free T-shirt and a free ticket to the after-meet party. Let Tom Denes (301/564-4234) know if you and/or your circle of friends want to volunteer.

## BOARD REPORT for JANUARY '95

Uck! The agenda before the Board seemed harmless enough: the upcoming Albatross Open, Articles of Incorporation, the Bylaws, etc.; until that darn T-shirt issue came up!

Last fall the Board voted to support our team members at the '95 National Championships by creating and paying for a team T-shirt and swim cap for those who attend a National meet. The decision did not suit some voting members who had no intention to attend a meet and countered that our team funds should be spent on kick-boards, stop watches, etc. But the decision was reaffirmed and detailed; we will buy 75 team T-shirts and 100 swim caps. We will sell T-shirts and caps to any interested team member. We will reimburse **only the first 20** team members who attend a USMS-sanctioned National Championship meet.

Thanks to Dave Harmon for handling the details involved in ordering the T-shirts and caps. Thanks also to Barbara Clifford for designing the team logo that will appear on the T-shirts and caps. Remember, Barbara did the logo for the Albatross Open '94 and we sold out QUICKLY. So get your check and order (form enclosed) to Dave Harmon by 1/31/95.

The Board approved our new logo, adopted Bylaws and recognized our 1995 officers:

Tom Denes, President \* Jeff Roddin, Co-Vice President \* Jill Roddin, Co-Vice President \* Pat Bowditch, Treasurer  
Heidi Yacker, Secretary \* Kathleen Costello, Editor \* Dave Harmon, Recordkeeper \* Clay Britt, Coach

**CONGRATS** Congratulations to Bill and Holly Bentley for the birth of their son, Nicholas, on November 28, 1994. Bill and Holly met while swimming at the MAC. We look forward to seeing Bill at the pool again in 1995!

**HAPPY B-DAY** Coach Clay Britt had a Happy Birthday on January 3rd!

## MONTGOMERY ANCIENT MARINERS WIN FUN MEET

The Montgomery Ancient Mariners beat Fairfax County Masters and the Terrapin Masters in a triangular meet held November 5, 1994, at the Holton Arms School. Led by the victorious medley relay team of Marshall Greer, Margot Pettjohn, Dave Harmon, and Lisa Berger, the Mariners never looked back. We scored 155 points compared to 94 for Fairfax and 39 for the Terrapins. Ancient Mariners winning three events were Jeri Ramsbottom and Clay Britt. Cindy Liu won two events while CJ Lockman, Jill Roddin, Marshall Greer, and Brian Crilly each won one event. The 200 freestyle relay team of Clay Britt, Jeri Ramsbottom, Cindy Liu and Brian Crilly also placed first.

### TRIATHLONS by Heidi Yacker

Ever wonder why those triathletes do what they do? We discussed just that with our own triathletes: Diana Schwartz, Richard Rostant, and Kathy Levintow, who just finished their first season, and to Clyde Shiraki, a veteran of ten seasons. Most of their triathlons fall into one of two standard categories:

International Distance	Half Iron Man
1.5 km swim; 40 km bike; 10 km run	1.2 mile swim; 56 mile bike; 13.1 km run

The easiest part of the triathlon for Diana and Richard is the swim, although the crowds at the beginning can make it mentally challenging and uncomfortable. The hardest part for them is the run. Clyde finds just the opposite to be true. All agreed that pacing yourself is vital; it's easy to die on the run if you've biked too fast.

Their training programs are about the same. They do about 5 or 6 triathlons per season, which is May through October. They prepare for the swim leg by practicing with us. Occasionally they swim an extra day. They bike about three times per week going anywhere from 40 to 75 miles at an average distance of 60 miles. They run about 25 miles per week, sometimes on a track. They practice two events per day every day and taper for the last week. Finding the time to do all the workouts was one of their worst problems, especially for Kathy with three preschoolers at home.

**Clyde Shiraki's** favorite race was a Half Iron Man at Tupper Lake, NY, in 1989. It was a tough course especially the cross-country run over forest trails. He paced himself well and felt good at the end. His goal is to enter the Escape from Alcatraz Triathlon. The swim portion, 1.5 miles from Alcatraz Island to San Francisco, has been called "impossible" due to the cold, rough water and the strong currents. The 25 mile bike ride goes across the Golden Gate Bridge to Mill Valley. The run goes from Mill Valley, over the mountain to the ocean, and back again. Good luck, Clyde - can we get a T-shirt even if we do not enter?

**Diana Schwartz** has two noteworthy distinctions. In September, 1994, in Reston, Virginia, she won her age group (30-34) in an International Distance triathlon and therefore qualified for the National Amateur Championships in August, 1995, in Chicago. In October, 1994, she participated in the Hammerhead Half Iron Man at Raleigh, NC, and again won her age group. (We did not ask if the term "Half Iron Man" had anything to do with Hammerheads).

**Kathy Levintow** distinguished herself as the Woman's Overall Champion in the Morris Butzer Memorial Sprint Triathlon in New Jersey in October, 1994. We expect great things from her - like encouraging the rest of us.

So why do they do these grueling events? Because they like them; because they feel good about themselves when they've finished. However, during the race they think about their pain and never doing another one. The races give them a training goal and provide the motivation they need to keep practicing and qualifying for yet another triathlon.

### MONTGOMERY ANCIENT MARINERS, INC.

Like IBM, Exxon, and all of the other little guys, we have incorporated. Incorporation shifts liability for any injuries not covered by insurance from the club officers to the corporation itself. We have also filed for non-profit status. Pat Bowditch, our Treasurer, will soon transfer our club's checking account balance into an interest-bearing checking account. Any income generated from our club's activities (as defined in our Bylaws) will not be subject to Federal or State taxes. To maintain our new non-profit status we must file annual tax forms.

We have created a set of bylaws to codify the management of the Montgomery Ancient Mariners, Inc. If you would like a copy of the bylaws see Tom Denes, brew yourself several strong cups of coffee and learn such tidbits as what constitutes a quorum (10 percent of the members) and when the elections must be held (between Sept. 1 and Oct. 15 each year).

A special thanks to Marilyn Braiser who was kind enough to produce all of the paperwork to make this happen. Marilyn trains with us but is actually a spy for DCRP.

### Terrapin Masters New Year's Eve Swim

On December 31, 1994, seven Ancient Mariners swam in the New Year's Eve fun swim at the University of Maryland's Cole Field House swimming pool (25 yard, 6 lanes). This is a gem of a swim if you want to swim in a VERY RELAXED and FOR-THE-FUN-OF-IT atmosphere which is free from the tyranny of the time clock. Piped in rock and roll music keeps you going the distance, which is your choice of 95 sets of: 25, 50, 75, or 100 yards.

Other enticements included a commemorative long sleeved T-shirt in an elegant shade of black which sported a gold logo (appropriate for evening ware at events later that same night), a certificate of award right off the copy machine inscribed with your choice of swim, and a party horn for the New Year. After the swim you were invited to choose goodies from among two banquet tables laden with all the wrong stuff, including a celebratory flute of champagne. Now this is swimming as it should be - instant gratification!

The Terrapins New Year's Swim was organized by Debbie Morrin and Cheryl Wagner; they did a great job. Thanks so much! The swim began as an invitational in 1993 and was opened to all swimmers in 1994. Some 48 people entered this year including our own Ancient Mariners:

Nick Olmas-Lau 95 sets of 50 free                      Nancy Thomas 95 sets of 25 free  
Dave Harmon 95 sets of 50 free                      Margot Pettijohn 95 sets of 50 IM.  
The team of Lisa Berger, Kathleen Costello, and Heidi Yacker aggregated 95 sets of 100 anything.

### PROOF THAT THE FRENCH ARE INSANE!

The Washington Post has been following the "French adventurer", Guy Delage, who is swimming across the Atlantic Ocean. Delage, age 42, swims in a wet suit, mask, and VERY BIG FLIPPERS. The most recent satellite contact with Delage reported that he is bored out of his gourd (da!) trying to deal with the monotony of swimming 10 hours per day. The swim started from Cape Verde, Senegal, on December 16th, and will end in the West Indies (or anyplace in between) and is expected to take three months to complete. Delage, as of 1/1/95, is two weeks and 520 miles into the swim and has overcome severe seasickness.

### Snacks, Lies, and Videotape

(aka New Year's Party)

Tom Denes once again offered his party palace in Kensington, MD, to host some 45 revelers who celebrated the New Year. The party focused, as in years past, on two competitions: the best lie for 1995 and the best movie of 1994.

Criteria for selection of the best movie entirely disregarded any aesthetic considerations and instead relied on the "Applause-o-meter" consensus. As usual, a few of the attending film cognocenti nominated films from 1993 and those votes were disqualified with the proper amount of public humiliation. "Forest Gump" triumphed.

The three best lies, in order of the "Applause-o-meter" consensus were:

- \* "I will abstain and follow Joycelyn Elders' advice 3 times a day in 1995." Submitted by Ted Hoth, younger brother of Heidi Hoth, former swim Coach of the Ancient Mariners. *(We can see Heidi Ho has been coaching her little brother just fine.)*
- \* This lie about an X-rated aquatic video featuring up and coming young Ancient Mariners did not meet our lofty editorial standards; we direct your questions to the authors: Jason Lee, Mary Ellen Mess, Carole Kammel and Marilyn Braiser.
- \* "O.J. was framed by Rodney King". Again submitted by that straw man, Ted Hoth.

Other highlights included: a spot-lit silver ball which descended at the stroke of midnight some 30 feet and touched down between two flaming torches; a birthday cake for Coach Clay Britt; and complete video taping of the entire festivities (oh-oh).

**HELP** NEEDED - a place to throw a party for swimmers after the Albatross Open on March 25, 1995. The meet will be held at the Olney Pool. We are looking for a suitable party space near the pool for the traditional after-swim celebration. If you have a space to offer or have any ideas of where we can rent a party palace, please call Lisa Berger (202/362-5703).

## KUDOS, TIDBITS, ETC.

- \* After four years of training with the Ancient Mariners, Nick Olmos-Lau finally made it official by registering as a Montgomery Ancient Mariner! DC Masters' loss is our gain. Welcome, Nick! We honed our club-raiding skills on Barbara Glancy, who became an Ancient Mariner in 1994 after swimming with us for two seasons while registered with DC Masters.
- \* Howard Polster, DCRP Masters, was mentioned in the December 1994 issue of *Swim Magazine* which focused on "river swimmers". The author took the rather unfortunate "Swims from Hell" point of view about river swims and river swimmers. We point out that Howard swam in the Potomac River, not the River Styx. (By the way, there is a 7.5 mile Potomac River swim this summer, interested?)
- \* Our newsletter will be entered into *Swim Magazine's* 1995 USMS Newsletter of the Year. The annual competition began in 1994 and the winner received diddley-squat. The 1995 prize is \$10 million and a 1996 Jaguar in your choice of color. So keep sending material for the newsletter and your Editors will drop you a line from Bora Bora when we win.
- \* Ancient Mariners dominated the 1994 Long Course National Top Ten list! Congratulations to Carole Kammel, Jeff Roddin, Clay Britf and Marshall Greer! It is rumored that Eilen Sauerbray has asked the USMS to overturn the list. Sauerbray claims that the Ancient Mariners were actually dead at the time of the races in question.
- \* So long to Denise Lewis who relocated to North Carolina this past fall. Denise is one of the original Ancient Mariners and we will miss her. She has decided to register with us for one more year. Denise and her husband, Ken, are also expecting their first child in April. Congratulations to Denise and Ken!

## ACUTE DIFFUSE EXTERNAL OTITIS (aka Swimmers Ear)

by V. Patrick Mahat, M.D., P.C.; 3301 New Mexico Avenue, N.W.; Washington, D.C. 20016; Phone: (202) 363-2363

Swimmer's ear is a common afflictions in the summertime when the warm, humid weather coupled with a constantly wet ear canal (swimming, frequent showering and shampooing) predispose the ear canal to become infected.

This condition can strike anyone and can begin with an itchy feeling progressing to extreme pain and tenderness with a sensation of fullness and decreased hearing. At times, even opening the jaw and chewing can be uncomfortable. A common bacteria, pseudomonas, found in water and skin surface is usually the chief cause. It produces a distinctive greenish hue on the skin surface. Other bacteria may include Proteus and Staph. Diagnosing swimmer's ear would include the findings of a swollen ear canal with a slightly yellowish, crusty discharge. There is tenderness when the outer ear is pulled upward and backward.

For those predisposed to this disease, simple prophylactic measures may include avoiding water entry into the ear canal, acidifying and sterilizing the ear canal with over-the-counter products such as "Swimmer's Ear", "Aqua Ear" and "Ear Magic" or a homemade mixture of equal parts of vinegar and rubbing alcohol. These drops are inserted with a dropper after swimming. Waterproof ear plugs may also be used. Should these measures fail, medical treatment consists of thoroughly suctioning and cleansing the ear canal of debris, applying antibiotic-Cortisone or acidic eardrop. At times, should the ear canal close off due to extreme swelling, a wick is inserted to draw in medicated drops. Pain control consists of narcotics, analgesics and warm compresses. Luckily, most of these infections should subside within 72 hours.

## WHAT IS THE BEST FOR SKIN CARE?

by Thomas M. Keahey, M.D.

1145 19th St., N.W. #202; Washington, D.C. 20036; (202) 452-1323; (202) 296-5294

What is the best...

- ...shampoo for dry hair and scalp? IONIL T PLUS SHAMPOO & CONDITIONER IN ONE. ALTERNATE TAR AND ZINC SHAMPOOS.
- ...moisturizer that will not make my face oily? NUTRADERM; APPLY AFTER SWIMMING. USE FOR LEGS AND ARMS, TOO.
- ...commercial alph-hydroxy cream for my face? EUCERINE PLUS, BUT DISCONTINUE IF IT STINGS THE FACE TOO MUCH.
- ...and cheapest of the alph-hydroxy creams? EUCERINE PLUS OR LUBRIDERM PLUS.
- ...lip balm for dry cracked lips in the winter? CARMEX.
- ...soap and shaving cream? DOVE. EDGE.
- ...sun block? PRESUN ACTIVE OR SHADE UVA GUARD. USE SUNBLOCK PRIOR TO OBTAINING SUN EXPOSURE.
- ...method of preventing and treating athlete's foot? USE MICATIN CREAM BID.



### EYE CARE FOR SWIMMERS

by Nancy Eve Thomas, M.D., FACS, and a MONTGOMERY ANCIENT MARINER  
4301 48th Street, N.W.; Washington, D.C. 20016-2499; (202) 363-4300, FAX (202) 363-4400

In order to make an informed decision about swimming with contacts, one should be aware of all the risks inherent in this activity.

The risks of swimming with contacts include:	The alternatives to swimming with contacts include:
<ul style="list-style-type: none"> <li>* Loss of contacts when water washes them out of the eye<sup>#1</sup>, usually happens with hard or gas permeable lenses.</li> <li>* Water upsets pH balance and water content of contact lenses. Lenses may absorb pool chemicals, especially soft lenses. Rubbing of lenses against eye may cause irritation of cornea.<sup>#2</sup></li> <li>* Acanthamoeba is a protozoa that lives in temperate waters. It could contaminate contact lens, causing possible infection which could lead to eye surgery or even blindness.<sup>#3, #4</sup></li> </ul>	<ul style="list-style-type: none"> <li>* Use glasses to see the clock and your towel, etc.</li> <li>* Try the new 1-day and throw away contacts.</li> <li>* Try prescription goggles from your optician, these are expensive and sometimes leak.</li> <li>* Try 3M press-on optics which are cut to fit your goggles. Call 3M Health Line 1-800-228-3957 or Joe Tate at Edmonds Opticians (301) 229-3775.</li> <li>* Buy cheap ready-made goggles for near-sighted people from Sports Authority.</li> </ul>

If you should be one of the few unfortunates to contract acanthamoeba keratitis, it should be known that one of the latest treatments is eye drops made from Baquacil, a chemical used to clean swimming pools.<sup>#5</sup>

#### FOOTNOTES

1. Legerton, J.A., Prescribing for Water Sports, *Optometry clinics*, 3(1):91-110, 1993.
2. Josephson, J.E. and Caffery, B.E., Contact Lens Consideration in Surface and Subsurface Aqueous Environments, *Optom. Vis. Sci.*, 68: 2-11, 1991.
3. Stehr-Green, J.K., Bailery, T.M., Brandt, F.H., Carr J.H., Bond, W.W., and Visvesvara, G.S., Acanthamoeba Keratitis in Soft Contact Lens Wearers, *JAMA*, 258:57-60, 1987.
4. Choen, E.J., Parito, C.J., Arentsen, J.J., Genvert, G.I., Eagle, R.C., Jr., Wieland, M.R., and Lalbson, P.R., Medical and Surgical Treatment of Acanthamoeba keratitis, *Am. J. Ophthalmol.*, 103:615-625, 1987.
5. Varga, J.H., Wolf, T.C., et al., Combined Treatment of Acanthamoeba keratitis with Propanamide, Neomycin, and Polyhexamethylene Biguanide, *Am. J. Ophthalmol.*, 115:466-470, 1993.

#### MONTGOMERY ANCIENT MARINERS TEAM SWIM SUIT

The official Montgomery Ancient Mariner's Team Swim Suits are now available! In addition to the suits, matching T-shirts, swim caps and carryall bags can also be ordered. All items will be emblazoned with the official team logo. The suits will be black with a yellow emblem and the T-shirts and swim caps will be yellow with black emblems. Prices are as follows:

Women's Speedo Super Pro Back Suit with Logo	Sizes 22-30	\$32.50
Women's Speedo Super Pro Back Suit with Logo	Sizes 32-40	\$36.00
Men's Solid Speedo Suit with Logo	Sizes 22-28	\$17.50
Men's Solid Speedo Suit with Logo	Sizes 30-38	\$19.25
T-shirt with Logo	Sizes S, M, L and XL	\$10.00
Swim Cap with Logo		\$2.50
Cordura Carryall Bag with Logo		\$29.50

We must order at least 12 of the suits and 12 of the other items to take advantage of the prices quoted. If we cannot get 12 orders for any of the above items, the portion of your order for that item will be refunded to you.

#### SPECIAL OFFER!!

The first 20 people to sign up for swimming in the National Short-Course Swim Championships in Ft. Lauderdale, Fla. this year will receive a T-shirt and swim cap FREE!

#### INSTRUCTIONS

Just fill out the order form and return with payment to Dave Harmon by January 31, 1995 at practice or to the address below:

David Harmon  
12831 Climbing Ivy Dr.  
Germantown, MD 20874

Make all checks payable to Montgomery Ancient Mariners.

#### MONTGOMERY ANCIENT MARINERS TEAM SWIM SUIT ORDER FORM

NAME: \_\_\_\_\_

HOME PHONE NUMBER: \_\_\_\_\_

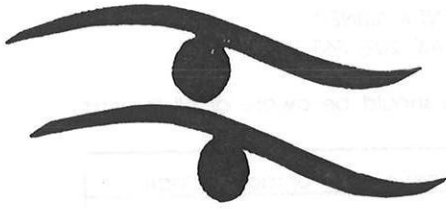
DAYTIME PHONE NUMBER: \_\_\_\_\_

	Size	Price	Quantity	Total
Speedo Super Pro Back Women's Suit with Logo				
Speedo Men's Suit with Logo				
T-shirt with Logo		10.00		
Swim Cap with Logo	N/A	2.50		
Cordura Bag with Logo	N/A	29.50		
<b>TOTAL</b>				
<b>MD. SALES TAX</b>			x	1.05
<b>AMOUNT PAID</b>				

Make checks payable to Montgomery Ancient Mariners



Inside: Who made 1994 Long Course National Top Tens \* Triathlons \* Who swam what, where, and when!  
Albatross Open '95 \* Our club incorporates \* New team suit and caps \* 60+ swimmers register this session



Address correction requested.

Thomas A. Denes  
4522 Everett St  
Kensington MD 20895-6829

10014 Cedar Lane  
Kensington, MD 20895



- |                   |  |
|-------------------|--|
| Jan 22            | Short Course Meet; DCRP Masters; Colleen Morgan (202/232-7949)   |
| Feb 1-28          | February Fitness Challenge (Postal Event) Scott Rabalais; (504) 928-5596   |
| Mar 1st weekend   | Premier Stroke Clinic Series; Clay Britt (301/231-9740)  |
| ★ Mar 11-12       | Total Immersion Adult Swim Camp; McLean, VA; Terry Laughlin (914/294-3510)   |
| ★ Mar 25          | * Albatross Open 1995; Olney Swim Center   |
| ★ Apr 1st weekend | Premier Stroke Clinic Series; Clay Britt (301/231-9740)  |
| ★ Apr 23          | Reston Masters Short Course; Lynn Hazelwood (703) 845-SWIM   |
| ★ Apr 29          | Premier Stroke Clinic Series; Clay Britt (301/231-9740)  |
| ★ Apr 30          | * Cut-off date to submit articles for newsletter; Kathleen Costello (301) 942-2366   |
| ★ May 1st weekend | * Distribution date of the next issue of the newsletter or call 1-800-NOT-DONE   |
| ★ May 18-22       | 1995 USMS Short Course Championships & 3.5 mile Open Water Swim;<br>International Hall of Fame; Ft. Lauderdale, FL; (305) 468-1580 |
| ★ May 28          | 2 Mile Lake Swim; Reston, VA; Lynn Hazlewood (703) 845-SWIM  |