

FALL SESSION '95

The Fall Session will begin on Monday, September 12th for the MLK swimmers and on Tuesday, September 13th for the MAC swimmers. The Olney pool is hoping to get it's first season started in late October. The Olney swim schedule will probably be on Tuesday and Thursday from 8 p.m. to 10 p.m. and Saturday morning from 7:30 a.m. to 9 a.m. Get the latest registration details from Coach Clay or call the Montgomery County Recreation Department at (301) 217-6840.

ALBATROSS OPEN '94

(by Tom Jaeger *not*)

We survived another Albatross Open! The meet this year was held March 26th at the Fairland Aquatic Center in Laurel, Maryland. Over 210 swimmers registered for this meet -- a whopping 24% increase over our total of 160 swimmers that registered in 1993. We raised over \$2,100. (That probably comes to about \$0.25 per hour for all the labor we put in.) It was a very good meet. One World Record and four National Records were bettered at the meet. A huge number of Montgomery Ancient Mariners participated either as swimmers or helpers.

A social followed the meet at the home of Tom Denes. Although slightly packed, most of the participants seemed to have a good time. Several special awards were distributed at the social. Susan Jones won the "Fastest Woman on the Water" award for posting a meet best time of 28.12 in the 50 m free. Jeff Roddin was named "Fastest Man on the Water" by virtue of his meet best 50 m free of 24.81. Emad Elshafei won the Versatility Award by swimming the fastest handicapped I.M. Emad posted a 2:16.81 and won without the benefit of a handicap. Bob Williams won the Consistency Award for coming the closest to his seed time in the 400 m free; Bob finished within 0.65 seconds of his seed time. (Bob's award was Lisa Berger's book *Feathering Your Nest*, a review of which will appear in the September issue of *Ornithology Today*).

We are already preparing for next year's extravaganza (only seven more months to go!). Hopefully, we'll be back at the MAC or maybe even at the new pool in Olney. Dave Harmon decided that perhaps deck entries were not so bad after all (how soon he forgets). Tom Denes thinks we should limit the entries to 200 and not mess with deck entrants. Kathleen Costello says, "What about a postal meet?" Stay tuned!

BOARD MEETING WITH FREEBIE BRUNCH

Everyone is invited!

A board meeting and brunch will be held September 18th following the Sunday morning practice. It will be held at Kathleen Costello & Greg Wortman's house; 4800 Oxford Street, Garrett Park. (a mere 5 minutes ride from the MAC). Everyone is invited to participate; we have no secrets (unless you are not there). If you are not a board member and wish to attend call Kathleen at (301) 492-2366 so that we can accommodate you. We have not had a board meeting since the fall here are some of the items that we need to discuss:

- Budget for 1995
- Lessons learned at the Albatross Open '94
- Incorporation and designation of our club as "non-profit"
- Replacement of any officers
- Planning for the Albatross Open '95

For your information the officers are:

President:	Tom Denes
Vice-President:	Stephanie Johnson-Srour
Secretary:	Heidi Yacker
Treasurer:	Pat Bowditch
Records:	Dave Harmon
Newsletter:	Kathleen Costello/Heidi Yacker
Representative to PVMSC:	Margot Pettijohn
Coach:	Clay Britt

VIDEOS Remember that we still have inspirational swim videos to lend to you. Haven't you always wanted to watch Pablo Morales kick butt-erfly? Or maybe you need to see a 12 year old kid workout and reaffirm that we truly belong to Master's Swimming. Call Margot Pettijohn, our video librarian, about this freebie (301) 983-3199.

BOOKS Lisa Berger's latest book, Under Observation, has hit the shelves. The press has described the book as a "medical adventure story". Lisa said the book, which is a non-fiction, looks at life inside a famous psychiatric hospital.

ANCIENT MARINERS COMPETE IN WORLD CHAMPIONSHIPS

(by Mark *yes I am* Spitz)

Two Ancient Mariners (Dave Harmon and Tom Denes) and one Ancient Mariner groupie (Nick Olmos-Lau) competed in the Masters Long Course World Championships in the Montreal Olympic pool. Over 3,400 swimmers from over 40 countries participated in the meet.

Dave Harmon, age 44, experienced his lifetime first shave and cut off (keep reading) 20 seconds from his 400 meter free (5:45.42). He might have gone faster had not the drag from all the band-aids slowed him down! Dave also swam the 50 free (29.71), 200 free (2:36.94), and the 5 kilometer open water swim (1:26.39). His best placing was 13th in the 5 km swim.

Tom Denes also had a good meet. His proudest accomplishment was, after four years of trying, finally breaking 2:20 in the 200 free....by 6 seconds! He swam a 2:14.29. He also swam the 400 free (4:49.33), the 200 fly (2:36.32), the 100 fly (1:06.56), and the 50 fly (30.28). His best placing was 8th in the 200 fly.

Nick Olmos-Lau (45-49) had a very good meet as well. He was most pleased with his 5 km swim (1:26:40) where he cut an amazing 15 minutes off his previous best time! Nick also swam the 400 I.M. (6:49.47), 200 fly (3:35.02), 200 back (3:17.97), and the 200 breast (3:26.54). His best placing was 15th in the 200 fly.

ANCIENT MARINERS ALL OVER THE 1993 TOP TEN TIMES

Long Course

Margot Pettijohn	(45-49)	9th 50 Breast; 7th 200 Breast
Jeff Roddin	(19-24)	5th 400 Free; 4th 50 Fly; 3rd 100 Fly
Clay Britt	(30-34)	10th 400 Free; 2nd 50 Back; 2nd 100 Back; 5th 50 Fly
Marshall Greer	(55-59)	7th 50 Back; 8th 100 Back

Short Course

Jill Roddin	(19-24)	4th 400 IM; 6th 50 Fly; 2nd 100 Fly
Tracey Crilly	(19-24)	3rd 100 Back; 3rd 100 IM; 4th 200 IM
C.J. Lockman	(25-29)	10th 100 Back; 7th 100 Fly; 7th 100 IM
Nancy Surdoval	(35-39)	5th 50 Back
Pat Bowditch	(35-39)	7th 100 Back; 6th 200 Back
Margot Pettijohn	(45-49)	7th 50 Breast; 6th 100 Breast
Jeff Roddin	(29-24)	3rd 50 Free; 2nd 100 Back; 3rd 50 Fly; 3rd 100 Fly
Brian Crilly	(19-24)	8th 200 Free; 5th 100 Fly; 8th 400 IM
Eric Johnson	(25-29)	6th 50 Breast; 5th 100 Breast; 5th 200 Breast; 6th 100 IM; 8th 200 IM
Clay Britt	(30-34)	5th 50 Free; 6th 50 Back; 2nd 100 Back; 3rd 50 Fly; 2nd 100 Fly
Marshall Greer	(55-59)	1st 50 Back; 8th 200 Back

Relays (76-99)

Brian Crilly, Jill Roddin, Tracey Crilly, Jeff Roddin	1st Mixed 200 Free - National Record	1st Mixed 200 Medley - National Record
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BABY for Stephanie Johnson-Srou and husband David, for the birth of their first child, a BIG baby girl. Allison Elizabeth, was born on June 22 and weighed 9.4 lbs. and was 21 inches long.

BABY for Jason Crist and wife Shelley for the birth of a daughter. Oliva Crist entered the world on August 4th and weighed in at 7 lbs. and was 19 1/4 inches. Well done, Olivia!

KUDOS to Stephanie Srou was recently inducted into the Country Glen Swimming Hall of Fame along with her brother Eric Johnson (former Ancient Mariner). Stephanie's 11-12 year old 50 free record still stands after nearly 20 years!

KUDOS to Margaret Rifkin who swam the equivalent of the Chesapeake Bay Swim (4.4 miles) in the MAC pool. After her 3+ hour swim she described herself as "very tired."

CONGRATS to Beth Trotti and Jason Schneir who got married in August.

***** NATIONAL CHAMPIONSHIP FOR JEFF RODDIN *****

Jeff Roddin won a national championship at the 2 mile Chris Green Lake swim on July 9th. The water was warm but Jeff swam a blistering 44:17. Other Ancient Mariners in the swim were Mary Ellen Mess (56:34) and C.J. Lockman (49:05).

BAYWATCH
(by Lisa Berger)

I decided in early spring to train for a towel-tenders role in the Chesapeake Bay Swim: I arranged to drive over with a swimmer, I practiced my towel-holding skills, and I prepared my purse to carry an assortment of swimmers' glasses and wallets. I even scouted out preferred parking places at the starting line, Sandy Point, and the finish line, Hemingway's Restaurant. And my taper was so thoughtfully executed that I forgot about the race for the preceding week and until 7 a.m. Sunday morning.

At Sandy Point around 8 a.m., everyone was milling about and speculating on why some people, like Jeff Roddin, were getting cold and wet in a pre-race swim along the beach. Warm-up for a 4.4 mile race? Isn't the 1st mile enough?

The conversation among swimmers (towel-tenders were content to gaze into the lifting fog and contemplate donuts for breakfast) swirled around two critical issues: what type of body grease and wet-suit or not. The body-greasers were clearly in a quandary. Their concern was not warmth but chaffing wet-suits. Some slathered on vaseline while others plastered themselves with K-Y Lubricating Jelly. A few people went for originality. Someone mentioned Crisco while Tom Denes sprayed himself with Armorrall (yes, the car wax) and brought a jar of olive oil, just in case.

The wet-suit debate was similarly unsettled. Sarah Clemmitt yo-yo'd between a short vest and a shorty wet-suit. As people pointed out to her, most fish have more body fat than she does, so the shorty was clearly called for. But she ignored all the free advice and happily swam with just the vest. Some swimmers, like C.J. and Coach Clay didn't even deign to look at a wet-suit. Looking for pure, unadulterated times, they wet au naturel, so to speak.

The full wet-suit crowd, people like Mike Wheeler, Kathleen Costello, and Alan Pollin (get enough yardage, Alan?), never wavered in their commitment of neoprene, and were glad for the extra floatation, especially around mile three-and-a-half. Again, however, Tom Denes, won the most original approach to the issue. In his rush to pull on his suit (he was last to the starting line), he ripped open the crotch, and so with his black wet suit and bright red Speedo, resembled a monkey in heat!

While swimmers paddled their way across the Bay, towel-tenders like Jason Lee, Mary Ellen Mess, Jill Roddin, and Sarah Clemmitt's Mom, waved and smiled and vowed never to try such foolishness! But towel-tender, Margaret Rifkin, let on that she might try the '95 Bay Race.

The first swimmers crawled onto the boat landing at Hemingway's around 11:30. Early Ancient Mariner faces included, Steve Garth (who ripped up the bay with his TWO SECOND victory over his X-friend), Jeff Roddin, and of course, Coach Clay and C.J. Lockman. Some swimmers, like Kathleen Costello, literally jogged out of the water to the finish line. Others, who shall remain nameless, staggered! Coach Clay casually strolled out as if he had just knocked off a quick 2500.

On most swimmers' minds was not their times; but food. Alan Pollin immediately hunkered down to the giant, jumbo fried fish platter at Hemingway's. Others wolfed down free subs, donuts and fruit and gulped cold beer.

The Bay Race finally wrapped up around 3 p.m.. Of course, it was a big success. However, next year, I think they ought to have freebies for the towel-tenders. I mean, we can forego the Power Bars but the T-shirts would be nice!

Steve Garth	1:38:04	
Jeff Roddin	1:38:06	
Coach Clay	1:44:20	
Tom Denes	1:47:40	
Bob Williams	1:49:55	FOAM - Friend of Ancient Mariner
Brian Crilly	1:50:24	
C.J. Lockman	1:54:51	
Cindy Liu	2:05:49	
Barbara Clifford	2:07:06	
Kim Crilly	2:10:10	
Sarah Clemmitt	2:13:26	FOAM
Marilyn Braiser	2:17:51	FOAM
Wendy Friedland	2:23:21	FOAM
Mike Wheeler	2:29:28	
Kathleen Costello	2:56:33	(Geez, she did age up during the swim - Ed.)

WARREN FRIEDMAN IN THE TANK!

Warren Friedman earned a 2nd place in the men's 30-39 year age group for completing the 1.2 mile ChopTANK River Swim on June 5th. Warren said he did not wear a wetsuit since the water temperature was about 71 degrees. Warren was very pleased and surprised with his excellent time. Your editors were also mighty surprised because we couldn't find out his time either. But officially we agree with Warren who said he swam the race "pretty damn fast".

A REALLY ANCIENT MARINER CROSSES ENGLISH CHANNEL

One of the founding members of the Ancient Mariners, Eitan Friedman, recently fulfilled a lifelong dream; he swam the English Channel. Eitan, 41, crossed the 21 mile channel on July 1993 in 13 hours and 13 minutes. This was his second attempt to cross the channel. His first attempt, swum in rough conditions, was aborted after 16 miles. Eitan is the first Israeli citizen to cross the English Channel.

When asked what kept his mind from cracking during his long, grueling swim, he stated that he sustained himself by trying to recall the names of all of his former girlfriends. Although declining to be identified for this article, a former girlfriend of Eitan's has stated "Swimming is what Eitan did best."

USMS SHORT COURSE NATIONALS IN TEMPE, ARIZONA

(by Jeff Roddin)

Five Ancient Mariners made the trip to this year's USMS Short Course Nationals in Tempe, Arizona. Jeff Roddin, Jason Crist, Clay Britt and Nick Nevid represented the men while Renatta Fischetti was the lone woman to make the long journey out West. This year's meet featured 100+ degree heat to accompany the scorching swimming times done in the pool. Nearly 2,000 swimmers were entered in the meet making it one of the largest and most competitive ever.

The four Ancient Mariner men took first place in the 25+ age group in the 200 Medley Relay (1:35.5) and eight in the 200 Free Relay (1:28). Clay Britt won the 100 Back (:50.81) for the third year in a row in the 30-34 age group. Clay also placed 2nd in both the 50 Back (:23.88, :23.60 lead-off split on relay) and 50 Free (:21.40), 3rd in the 100 Fly 52.05 and 6th in the 50 Fly (:23.39). Jeff Roddin (25-29) took 2nd in the 200 IM (1:56.76), 4th in the 100 Fly (:50.76) and 100 Back (:52.94), 5th in the 50 Fly (:23.31) and 7th in the 50 Free (:21.79, :21.47 lead-off split on relay). Jason Crist (30-34) scored in both the 200 IM (2:02.12) where he came in 9th and in the 200 Fly (2:01.42) where he came in 6th. Nick Nevid (30-34) scored in both the 100 and 200 Breaststrokes (1:02.86, a 7th place finish, and 2:20.40, for 8th place, respectively).

Renatta Fischetti (55-59) scored points in 4 of her 5 events. She placed 7th in both the 50 Breast (:50.07) and 200 Breast (4:04.14), 8th in the 200 Free (3:22.45), 9th in the 100 Free (1:31.93) and 12th in the 50 Free (:38.59).

Those who have never been to Short Course Nationals may want to consider making a trip to Fort Lauderdale for next year's meet to be held in mid/late May. Fort Lauderdale is home of the International Swimming Hall of Fame. In the meantime good luck to the Ancient Mariners competing in the various local meets and Long Course Nationals this August in Buffalo!

RESTON MASTERS 2-MILE LAKE SWIM

Twelve swimmers participated in the Reston Masters 2-Mile Lake Swim on May 29th. They were CJ Lockman (47:22), Diana Schwartz (50:52), Kim Crilly (51:16), Kathy Levintow (1:02.04), Kathleen Costello (1:04.54), Jeff Roddin (43:46), Brian Crilly (49:45), Clay Britt (44:20), Tom Denes (48:23), Dave Harmon (56:17), Elliot Rockler (1:00.52) and Alan Pollin (55:54). Other MAC "groupies" that participated were Michelle Poole (49:54), Sara Clemmitt (50:55) and Nick Olmos-Lau (55:54). Jeff (6th) and Clay (10th) managed to crack the overall top ten - a very respectable showing in this highly competitive field. Kim also shone as the champion of the wet suit division. Huge time improvements were shown by Alan and Nick.

GOODBYE

To Nancy Surdoval and Richard Stanger who moved to Scarsdale, New York. Nancy will be remembered by most of us for her phenomenal backstroke. The editors will remember Richard as a regular in the "Country Club Lane" which we enjoyed sharing with him for two years. Good luck to them. Anyone wishing to keep the lane lines open can reach them at: 30 Meadow Road, Scarsdale, New York 10583, Phone: (914) 472-7692

WANTED

18 year old woman from Czech Republic seeks Au Pair position. Call Renate Fishetti at (301) 299-8560.

USED BOOK

Haunts of the Black Massuer: the Swimmer as Hero by Charles Sprawson is about swimming as a sport, ritual, & consuming obsession. The pictures are rad. Borrow it from Kathleen Costello, (301) 942-2366.

He Leadeth Me Beside the Still Waters...

In Memory Of

John David Williams, died May 14, 1994.

Alexander Fraser, died June 6, 1994.

Ancient Mariners In: '93 Top Tens * '94 Short Course Nationals * Reston Lake Swim * Chesapeake Bay Race
Chris Green Lake * Choptank River Swim * Long Course World Championships * even the English Channel!

Address correction requested.

MONTGOMERY ANCIENT MARINERS
10014 CEDAR LANE
KENSINGTON, MD 20895



MONTGOMERY ANCIENT MARINERS

CALENDAR



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| September 10 | END OF SUMMER POT LUCK PARTY
Tom Denes' House at 7p.m.
4522 Everett Street, Kensington
Call Tom at (301) 564-4234 for more info. |
| September 18 | Board Meeting & BRUNCH
After the Sunday swim practice
Kathleen Costello's house
4800 Oxford Street, Garrett Park
Board members are expected to attend
All others are welcome!
Call Kathleen at (301) 942-2366 for info. |
| Oct or Nov | Fun Meet followed by Fun Party - T.B.A. |
| 1995 | Albatross Open |