

The Rime

Volume 29, Issue 1

February 2023

Note From Team President Cathy Gainor

First, I want to say how excited I am about how many swimmers have joined the Ancient Mariners this session.

As of the end of February, 148 swimmers have registered for the January-May session. That is a fantastic number, and I want to thank everybody for being so timely in signing up and also for registering for USMS with a minimum of nagging from the coaches.

Sundays are a bit crowded (we've had about 60 swimmers the last couple weeks), but that's better than having empty lanes. We recommend swimming Wednesdays at MLK, Thursdays at Olney or KSAC, or Friday at KSAC if you want smaller crowds. But as the Friday coach, I'll point out that Friday nights have been breaking years-long records for the number of swimmers showing up. The halcyon days of one or two swimmers per lane are gone.

Looking through the registration lists, I realize that I don't know a lot of you, which means we've got a lot of new swimmers — which is fabulous — and that I need to meet you! In case you don't know me, I typically swim at MLK on Monday and Wednesday nights and KSAC on Thursdays and Sundays. And I'm at KSAC coaching Friday nights. Come say hi!

On to the Albatross Open, our annual meet, which will be held Saturday, March 18, at KSAC — our home pool.

I'm looking forward to a big ANCM contingent, with both experienced meet swimmers and newbies, of all age groups. Come try to break last year's times, or try a new event. If you're a newbie, don't be scared. It's really a relaxed, supportive environment. And it's a good chance to get to know your lane mates better, meet new teammates and support each other.

Also for your radar — if you want to try open water swimming, I suggest the Jim McDonnell Lake Swims in Reston. Reston Masters offers both one-mile and two-mile swims. It's not a cheap event to enter, but I find it delightful. It was my first open water swim and I loved it, and I keep coming back almost every year. It's close to home, it's in a lake (which means no currents) and you can decide on race day whether or not to wear a wetsuit, depending on the water temperature. It will be held the morning of Sunday, May 28.

Another great open water swim is the Swim for Life, hosted by D.C. Aquatics Club. It will be Saturday, June 3, this year, on the Chester River outside Chestertown, Md. It's a bit of a drive, but it offers a super low-key atmosphere, a great post-race lunch and multiple distances to choose from. And there won't be any jellyfish at the beginning of June!

Lastly, we have mailed or handed out Ancient Mariners swim caps to (almost) everyone who has registered for 2023. If you have not received yours, please let me or Tom know.

See you in the pool!

Upcoming Events



Albatross Open

Saturday, March 18: North Bethesda, MD
[Register Now](#) - Registration closes Sunday, March 12

Katie Grauman Grier Club Tribe Masters Classic

Saturday, March 4: Williamsburg, VA
Registration closes Wednesday, March 1

42nd MD Winter Distance Meet

Saturday, March 4 - Sunday, March 5: Baltimore, MD
Registration closes Wednesday, March 1

No Foolin' Cherry Blossom Splashtacular Meet

Saturday, April 1 - Sunday, April 2: Springfield, VA
Registration closes Thursday, March 30
Short Course Yards on Saturday, Long Course Meters on Sunday

2023 USMS Spring Nationals

Thursday, April 27 - Sunday, April 30: Irvine, CA
Registration closes Monday, April 3
More Information and Registration on USMS website

Maryland Freedom Swim

2-mile swim
Saturday, May 13: Cambridge, MD
Information and Registration on Maryland Freedom Swim Website

Reston Masters Jim McDonnell Lake Swim

1-mile and 2-mile swims
Sunday, May 28: Reston, VA
Information and Registration on Reston Masters Website

Maryland Swim for Life

2.5 km, 5.0 km, 7.5 km, 1.2 mile and 2.4 mile swims
Saturday, June 3: Chestertown, MD
Information and Registration on DC Aquatics Club Website

Great Chesapeake 1-mile Bay Challenge

1-mile swim
Sunday, June 11: Stevensville, MD / Sandy Point State Park
Information and Registration on Great Chesapeake Bay Swim Website



Practice Schedule

Fall/Winter 2022-2023

Kennedy Shriver and Sargent Shriver Aquatic Center (KSAC)

Tuesday and Thursday: 8:30 to 10 pm

Friday: 7:45 to 9 pm

Sunday: 8 to 10 am

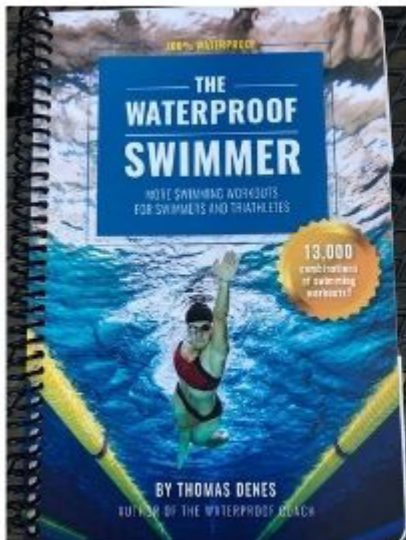
Martin Luther King Swim Center (MLK)

Monday and Wednesday: 8:30 to 10 pm

Olney Swim Center (OSC)

Tuesday and Thursday: 8:30 to 10 pm

Saturday: 7:30 to 9 am



Can't attend an Ancient Mariners practice during the week? Looking for workouts when swimming on your own? Coach Tom Denes has written *The Waterproof Swimmer*, which includes over 40 pages of workouts that that you can mix and match.

To order a book, talk to Tom at practice or email him at waterproofcoach@gmail.com.

Montgomery Ancient Mariners Place Fifth at 2022 Germantown Solstice Meet



Eleven Ancient Mariners swimmers competed at the 2022 Germantown Solstice meet in November. Montgomery Ancient Mariners placed fifth overall out of 26 teams in the team competition with 202 points. Montgomery Ancient Mariners came in third in the men's standings and seventh in the women's standings.

Every ANCM swimmer who competed contributed to the team's overall score.

Neal Gillen (Men's 85-89)

1st place in all five events (50, 100, and 200 Freestyle; 50 and 100 Backstroke)
He broke the meet records for his age group in the 100 and 200 Freestyle.

Jeanne Crouse (Women's 65-69)

2nd place – 400 Freestyle
3rd place – 50 Butterfly

Tom Denes (Men's 65-69)

1st place – 100 and 200 Freestyle
2nd place – 50 Backstroke and 100 Breaststroke
3rd place – 100 Backstroke

James Vandegriff (Men's 65-69)

2nd place – 50 Breaststroke

Peter Johnson (Men's 60-64)

1st place – 200 Freestyle
2nd place – 100 Individual Medley

Cathy Gainor (Women's 55-59)

2nd place – 50 Butterfly
3rd place – 200 and 400 Freestyle

Stephanie Sugg (Women's 55-59)

2nd place – 100 Breaststroke

4th place – 100 Freestyle

Mark Carroll (Men's 50-54)

1st place – 100 Individual Medley

3rd place – 50 Backstroke and 50 Breaststroke

Patroula Smpokou (Women's 40-44)

1st place – 50 and 100 Breaststroke

John Russell (Men's 35-39)

1st place – 50 Breaststroke

2nd place – 100 Backstroke

4th place – 50 Freestyle and 50 Butterfly

Marci Goldberg (Women's 35-39)

1st place – 400 Freestyle and 200 Butterfly

2nd place – 200 Individual Medley

Matthew Mattivi (Men's 18-24)

1st place – 50 Freestyle and 100 Breaststroke

2nd place – 50 Butterfly and 100 Individual Medley

ANCM swimmers also teamed up to compete on four relays during the meet.

Women's 200 Freestyle Relay

Stephanie Sugg, Jeanne Crouse, Cathy Gainor, and Marci Goldberg

1st place

Men's 200 Freestyle Relay

Peter Johnson, John Russell, Tom Denes and Matthew Mattivi

1st place

Mixed 200 Medley Relay

Mark Carroll, Marci Goldberg, Jeanne Crouse, and Neal Gillen

3rd place

Men's 200 Medley Relay

Mark Carroll, James Vandegriff, John Russell, and Peter Johnson

3rd place

Congrats to everyone who competed!



Susan Blum and her husband Dick are off on a year-long travel adventure. [Follow along on their trip blog.](#)

THANK YOU!

from Olney Swimmer Lori Nicholson

I want to thank everyone who has welcomed me back to the team! I swam with the team at Olney on Tuesdays and Thursdays in 2019 and early 2020 before getting a bad case of Covid in March 2020.

When I came out of isolation, I had heart failure, kidney failure, digestive failure, and I had completely lost the use of my left arm. Doctors are confused about my left arm issues, given that I didn't have a heart attack or a stroke, but my left arm didn't work at all; it just hung off of my body like a dead weight.

All of my doctors have told me that they believe that I am still alive because I went into Covid with my heart and lungs in good shape from masters swimming. I knew that swimming was important for my health, but I didn't realize that it could save my life!

After four rounds of Prednisone, three years of self-care, and hundreds of physical therapy appointments, I was finally able to start swimming with the team again in early January 2023. Coach Joe has been amazing about modifying the workouts for me—as I get back in shape—and the team members have been so welcoming and supportive. Thank you so much! I look forward to continuing to swim—not just for fun, but for my long-term health!