

Note From Team President Cathy Gainor “Step Up Your Swimming in 2024”

I began swimming with the Ancient Mariners in 2003 for two reasons, besides my love of the pool. I wanted my times to improve, or at least stabilize, and I wanted to meet new friends.

So after 15 years of swimming on my own, I took the plunge.

Twenty years later, I can say that I achieved both goals. I have a fabulous group of friends and I met Tom Denes. And my strokes and my swimming improved by having coaches look at my strokes and by pushing myself swimming with others.

Back then, I had no interest in competing. I grew up swimming — RMSC, MCSL (I didn't swim in college) — and was done with meets.

But then, Tom talked me into trying the Albatross Open, since the team sponsored the meet. And I have competed in meets since. I don't love them, but I do them, partially as a way to see how my swimming is progressing, partially as part of my training, and partially as a way to bond with my teammates. I particularly enjoy cheering on my Friday night swimmers.

Tom also suggested one May that we do the Jim McDonnell Lake Swim in Reston. I was game and signed up for the two-mile race. Having never swum in open water before, I was a little scared and swam close to land the entire time. But I loved it and was hooked. Now I do several open water swims every year. And Tom and I and some of our swimming friends have traveled together to some fabulous open water swims: Florida, Turks & Caicos and St. John in the U.S. Virgin Islands.

Most Ancient Mariners — in fact, most masters swimmers — don't compete. They sign up to swim, session after session because they want the camaraderie that comes with swimming with a team, they want to find more motivation swimming with others, or they want their strokes and times to improve.

As the year goes on, consider trying a meet or an open water swim or a triathlon. The Washington DC area offers plenty of options.

There are several upcoming swim meets in the area this spring, including the return of the Colonies Zone Short Course Yard Championship meet in April. There are no qualifying times and all swimmers are welcome to compete.

The region also offers several open water opportunities, starting with the Jim McDonnell swim, which is held Memorial Day weekend and offers one- and two-mile courses. I consider this lake swim a perfect “starter” open water race. The Great Chesapeake Bay Swim has a 1-mile option as well as the 4.4-mile race, and D.C. Aquatics Club hosts the Swim for Life, with many distance options. And there are others.

Or maybe you want to go somewhere warmer, with pristine blue water and warm, white sand. I highly recommend the Swim for the Conch in the Turks & Caicos, which is run by a former Ancient Mariner. But there are plenty of options at all times of the year all over the world. As for triathlons, this area offers many, from the sprint distance to the full Ironman.

So think about trying something new this year — perhaps a 50 free in a meet, or a one-mile lake swim or a sprint triathlon. You might find you love it!



Practice Schedule

Fall 2023 - Winter 2024

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

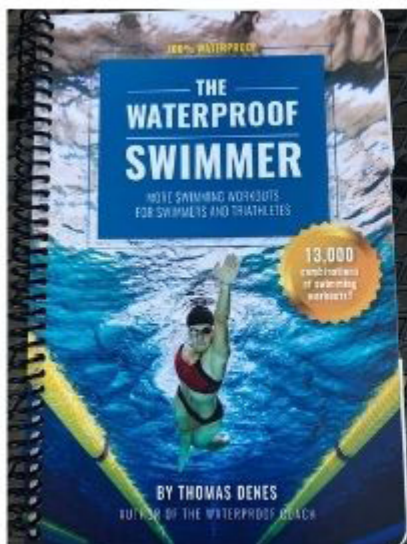
Martin Luther King Swim Center (MLK)

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.



ANCM Top 10

Congratulations to the following Ancient Mariners swimmers who had USMS Top 10 times in events in 2023!

Short Course Yards

Dottie Buchhagen Women 80-84 1650 Free	Jeff Roddin Men 50-54 100 IM	Roger Leonard Men 75-79 1650 Free 200 Back
Hugh Roddin Men 80-84 200 Back 50 Fly 100 Fly	Bob Benson Men 85-89 1000 Free 1650 Free	Neal Gillen Men 85-89 500 Free

Short Course Meters - Preliminary Rankings Individual Events

Rachel Carter Women 30-34 100 Breast	Marci Goldberg Women 35-39 200 Fly	Cathy Gainor Women 55-59 200 Fly	Tyler Asbacher Men 18-24 200 Back
Bryce Dibadj Men 25-29 100 Breast	Geoffrey Schaefer Men 50-54 200 Back	Mark Carroll Men 50-54 200 IM	Dan Morrow Men 70-74 100 Breast

Short Course Meters

Relay Events

Men 100-119 200 Medley Relay Tyler Asbacher, Bryce Dibadj Wynne Kirchner, Carlo Piceno	Women 120-159 200 Medley Relay Hannah Van Minde, Rachel Carter Alex Lunardi, Angela Niemiec
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Jeff Roddin Men 50-54 100 Fly 100 IM 200 IM	Roger Leonard Men 75-79 200 Free 100 Back 200 IM	Neal Gillen Men 85-89 50 Free 100 Free 200 Free
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Women 200-239 200 Free Relay Katie Wagner, Cathy Gainor Kathryn Larin, Alison Dewey

Mixed 120-159 200 Medley Relay Hannah Van Minde, Alex Lunardi Carlo Piceno, Bryce Dibadj
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Long Course Meters

Roger Leonard Men 75-79 1500 Free
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Thank you to everyone who attended the team winter party in January! Also, a big thank you to Nanci and Gary Sundel for hosting this year!

[Check out the pictures from this year's party here!](#)

Ancient Mariners Place Second, ANCM Men Win Men's Title at 2024 Albatross Open



Montgomery Ancient Mariners placed second in the team competition, and the ANCM men won the men's team title, while the women placed third. Thirty-five ANCM swimmers combined to score 514.50 points.

Austin Miller (Men 25-29)

2nd place – 200 Free

Gary DeShayes (Men 35-39)

1st place – 200 Brest

2nd place – 200 Fly

Ian Hongola (Men 40-44)

1st place – 50 Fly, 100 Fly

2nd place – 50 Free

4th place – 100 Free

Ryan Jackson (Men 50-54)

1st place – 100 IM

2nd place – 100 Free, 100 Back

4th place – 50 Free

Spencer Gill (Men 30-34)

1st place – 50 Free, 100 Breast, 200 Breast

2nd place – 50 Breast

Matthew Parker (Men 40-44)

1st place – 50 Free

2nd place – 50 Fly, 100 IM

Matthew McMeekin (Men 45-49)

1st place – 50 Fly

2nd place – 50 Back, 100 Fly, 200 Fly

Todd Moniot (Men 50-54)

2nd place – 200 Free

4th place – 100 Free

5th place – 50 Free

Nathan Meadows (Men 50-54)
2nd place – 200 IM
3rd place – 50 Fly

John McCaffrey (Men 55-59)
3rd place – 50 Free

Jeff Roddin (Men 55-59)
1st place – 400 IM
2nd place – 100 IM

Clay Britt (Men 60-64)
1st place – 100 Free, 50 Back, 100 Back

Gregory Prokopowcz (Men 60-64)
3rd place – 100 Free
4th place – 200 Free

Tom Denes (Men 65-69)
1st place – 100 Back, 50 Fly
2nd place – 50 Back, 100 IM

Roger Leonard (Men 75-79)
1st place – 100 IM, 200 IM
2nd place – 200 Back

Hannah Van Minde (Women 25-29)
2nd place – 100 Back
3rd place – 100 Free

Lauren Nickerson (Women 30-34)
5th place – 50 Breast, 100 IM

Meghan Llagas-Mulhern (Women 40-44)
1st place – 50 Breast
2nd place – 100 IM
5th place – 100 Free

Hannah Rubin (Women 45-49)
1st place – 50 Breast, 100 IM
2nd place – 50 Free

Stephanie Sugg (Women 60-64)
1st place – 100 Breast
3rd place – 100 Free
4th place – 50 Breast

Jeanne Crouse (Women's 65-69)
1st place - 400 Freestyle, 50 Butterfly and
100 Individual Medley

Ian Record (Men 50-54)
4th place – 50 Fly

Jeff Dubin (Men 55-59)
3rd place – 50 Breast

Peter Johnson (Men 60-64)
2nd place – 50 Free
3rd place – 100 IM
5th place – 100 Free, 200 Free

Justin Kenney (Men 60-64)
2nd place – 100 Free, 200 Free

James Vandegriff (Men 65-69)
1st place – 50 Back
2nd place – 50 Free, 50 Breast
3rd place – 100 IM

Kenneth Hinga (Men 75-79)
2nd place – 50 Free, 100 Free, 100 IM

Neal Gillen (Men 85-89)
1st place - 50 Free, 100 Free, 50 Back, 100 Back

Rachel Carter (Women 30-34)
1st place – 100 Breast, 200 Breast
3rd place – 50 Breast, 100 IM

Angela Niemic (Women 40-44)
1st place – 100 Back, 100 IM
2nd place – 100 Free

Marci Goldberg (Women 40-44)
1st place – 100 Breast, 200 Fly
2nd place – 200 IM

Alison Dewey (Women 50-54)
1st place – 100 IM
2nd place – 100 Free
3rd place – 200 Free, 50 Breast

Deborah Yochelson (Women's 65-69)
1st place - 100 Freestyle
2nd place - 400 Freestyle and 50 Breaststroke

Lynda Honberg (Women 70-74)
2nd place - 50 Free
4th place - 100 Free

ANCM swimmers teamed up to swim on 12 relays and contributed 132 points toward the team score.

Women 200 Medley Relay

120-159 (1st place)

Hannah Van Minde, Rachel Carter, Angela Niemiec, Meghan Llagas-Mulhern

Men 200 Medley Relay

120-159 (1st place)

Austin Miller, Spencer Gill, Gary DeShayes, John McCaffrey

220-239 (1st place)

Ryan Jackson, Geoffrey Schaefer, Ian Record, Peter Haack

240-279 (1st place)

Clay Britt, James Vandegriff, Tom Denes, Peter Johnson

Mixed 200 Medley Relay

120-159 (4th place)

Lauren Nickerson, Marci Goldberg, Ian Hongola, Matthew Parker

200-239 (1st place)

Hannah Rubin, Alison Dewey, Nathan Meadows, Todd Miniot

240-279 (2nd place)

Neal Gillen, Stephanie Sugg, Matthew McMeekin, Lynda Honberg

Men 400 Free Relay

160-199 (1st place)

Todd Miniot, Austin Miller, John McCaffrey, Spencer Gill

200-239 (1st place)

Jeffrey Dubin, Gregory Prokopowicz, Peter Haack, Geoffrey Schaefer

Men 200 Free Relay

200-239 (1st place)

Ian Record, Geoffrey Schaefer, Ryan Jackson, Peter Haack

Mixed 200 Free Relay

160-199 (1st place)

Alison Dewey, Hannah Rubin, Austin Miller, Todd Miniot

240-279 (1st place)

Lynda Honberg, Neal Gillen, Marci Goldberg, Matthew McMeekin

Congrats to all swimmers who competed and thank you to all volunteers who helped!

After the meet, Tom Denes and Cathy Gainor invited team members to their house for a pizza party to hang out with their teammates and celebrate a successful meet and a fun day of swimming!



Ancient Mariners Place Second at 10th Annual Solstice Swim Meet



Montgomery Ancient Mariners placed second in the team standings at the 10th Annual Solstice Swim Meet at Germantown Indoor Swim Center in November. The men placed second overall and the women placed eighth overall in their respective divisions. Twenty-four ANCM swimmers combined for 382 points for the meet.

Wynne Kirchner (Men 25-29)

1st place – 200 free, 100 IM, 200 IM
3rd place – 50 breast

Matthew Parker (Men 40-44)

1st place – 50 free
3rd place – 100 IM
4th place – 50 fly

Nathan Meadows (Men 45-49)

3rd place – 50 fly, 100 IM

David Filbeck (Men 50-54)

1st place – 100 free
2nd place – 200 free, 100 IM

Mark Carroll (Men 50-54)

1st place – 100 IM, 200 IM
2nd place – 50 free
4th place – 50 breast

Peter Johnson (Men 60-64)

2nd place – 200 free, 50 breast, 100 IM

James Vandegriff (Men 65-69)

1st place – 100 free
2nd place – 50 breast
3rd place – 100 IM

Carlo Piceno (Men 30-34)

1st place – 200 free
4th place – 50 free, 50 fly

Ryan Jackson (Men 45-49)

1st place – 200 back
2nd place – 100 back, 100 IM

Matthew McMeekin (Men 45-49)

2nd place – 200 fly
4th place – 50 back, 100 fly
8th place – 50 fly

Ian Record (Men 50-54)

1st place – 50 fly
2nd place – 50 back

Gabriel Ossi (Men 50-54)

4th place – 100 IM

Tom Denes (Men 65-69)

2nd place – 100 breast, 100 IM

Dan Morrow (Men 70-74)

1st place – 50 breast, 100 breast
2nd place – 100 IM

Kenneth Hinga (Men 70-74)

2nd place – 50 free

3rd place – 100 free

Roger Leonard (Men 75-79)

1st place - 100 Free, 200 Free – meet records

1st place – 100 back, 200 IM

Neal Gillen (Men 85-89)

1st place – 50 free, 100 free, 200 free, 50 back, 100 back

Alexandra Lunardi (Women 30-34)

2nd place.- 100 breast, 200 IM

3rd place – 50 breast

Marci Goldberg (Women 35-39)

1st place – 200 fly

2nd place – 100 IM, 200 IM

Hannah Rubin (Women 45-49)

1st place – 50 breast, 100 IM

2nd place – 100 breast

Cathy Gainor (Women 55-59)

1st place – 200 fly

100 free – 4th place

Kathryn Larin (Women 55-59)

2nd place – 50 free

3rd place – 100 free, 200 free

Lesley O'Malley (Women 55-59)

4th place – 200 free

5th place – 100 free

Stephanie Sugg (Women 60-64)

2nd place – 100 breast, 100 free

4th place – 50 free

Ancient Mariners swimmers teamed up to swim on eight relays, which scored 76 total points toward the team score.

Mixed 200 Free Relay

160-169 (3rd place)

Alex Lunardi, Matthew Parker, Hannah Rubin, Nathan Meadows

240-279 (2nd place)

Stephanie Sugg, Neal Gillen, Marci Goldberg, Kenneth Hinga

Men's 200 Free Relay

200-239 (1st place)

Ian Record, Gabriel Ossi, Ryan Jackson, Geoffrey Schaefer

160-169 (1st place)

David Filbeck, Peter Johnson, Wynne Kirchner, Carlo Piceno

Mixed 200 Medley Relay

120-159 (3rd place)

David Filbeck, Hannah Rubin, Wynne Kirchner, Alex Lunardi

Men's 200 Medley Relay

200-239 (1st place)

Ryan Jackson, Geoffrey Schaefer, Ian Record, Gabriel Ossi

240-279 (1st place)

James Vandegriff, Mark Carroll, Tom Denes, Peter Johnson

240-279 (2nd place)

Neal Gillen, Nathan Meadows, Matthew McMeekin, Matthew Parker

Congrats to all swimmers who competed!

I Can Do Hard Things in Swimming

by Marci Goldberg



I would have never imagined that the 200 butterfly would become my all-time favorite go-to masters' swim meet event. As a young reluctant swimmer, joining the Calverton Chargers in the MCSL (Montgomery County Swim League), I had the hardest time learning to swim breaststroke. Once my breaststroke was legal, I swam it at swim meets and it became the stroke that I always swam at swim meets. But now the question was - how would I learn to swim butterfly? I loved how graceful butterfly was, but didn't take the initiative to learn the stroke until my second or third summer swimming.

I learned how to swim the butterfly but was nervous to swim it, especially at swim meets of any kind whether on summer league (while still living in Maryland), at both year-round, club and high school swim meets (both when I was in Texas), so I never swam it.

It wasn't until I was swimming on masters swim teams that I started to think about conquering my fear of swimming butterfly at swim meets, and more importantly building up to the 200 Butterfly.

It wasn't until 2012 when I had moved back to Silver Spring, Maryland after being in the Dallas, Texas area, that I got involved with the masters swimming community in the DC area. There weren't many masters swim meets that offered mid-distance and distance free events. I wanted to branch out of all freestyle all the time because that's what 'triathlon' swimming was to me.

I got back into swimming the 50 and 100 breaststroke, but realized this was my chance to work on my butterfly technique and build up to swimming the 200 butterfly at a masters meet one day. I swam the 50 fly a few times, which was too short and too fast as I'm not a sprinter. Then came the 100 butterfly a few times - boring - *you can see my eyes closing as I write this*.

It was March 21, 2015 that I made my debut in the 200 Short Course Meter Butterfly at the Albatross Open. I remember standing on the starting block thinking "why am I attempting this?". The first 100 meters weren't bad and I told myself "I Can Do This". The next 2 lengths in which I was swimming meters 125 to 150, my mind said "Hard NO" and "Never Again". I felt defeated going into the last 50 meters wondering if this was a good idea or a terrible idea. Those last 50 meters though, came off pure adrenaline no matter what tricks my body and mind were trying to get me to believe. I charged the wall on my last turn and headed for the home stretch. I remember I was crying happy tears under my goggles as I saw the flags above me and touched the timing pad.

That was when I found my new event; the 200 Butterfly which will remain my 'Go To Masters Swim Meet Event' up until my body says it's physically too hard. Butterfly has reminded me that I Can Do Hard Things in swimming.