

# The Rime

Volume 4 Number 1

March, 1998

## ANCIENT MARINERS CRACK TOP TEN

by Tom Denes



Several Ancient Mariners appeared in the most recent Top Ten Long Course listing. They are Christy Johnson (5 events), Penny Bates (7 events), Margot Pettijohn (6 events), Jeff Roddin (3 events), Wally Dicks (2 events), Clay Britt (3 events), and Marshall Greer (1 event). Those ranking first in an event and earning status as All Americans are Christy Johnson, Wally Dicks and Clay Britt.

## I SWIM WITH "KEEN" KIDS

by Richard C. Sachs

Some months ago, Tom forwarded an e-mail from a group looking for swimmers to volunteer in a program that helps kids with disabilities participate in athletic activities. The name of the sponsoring group is KEEN (Kids Enjoy Exercise Now), a private, non-profit organization, headquartered in Bethesda. Once every six weeks, the group meets on a Saturday morning at the Jewish Community Center in Rockville and spends an hour in the pool. Volunteer swimmers are needed because the ratio of

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## FROM THE EDITOR

Thanks to all of you who contributed to this issue of *The Rime*. For the next issue, I would like to receive articles from Ancient Mariners about their past-times. What do you do when you are not swimming? Also, I would like to receive swimming-related jokes or cartoons that we could all enjoy. E-mail me: [dbuch@mindspring.com](mailto:dbuch@mindspring.com)

## WHY DO WE SWIM?

by Dottie Buchhagen

During the past year and several months that I have been an Ancient Mariner, I have discovered just how diverse a group we are. I have met engineers, writers, doctors, librarians, paralegals, scientists, accountants, entrepreneurs, executives, teachers, and stockbrokers. Work places include government offices, businesses, and homes. The only thing that swimmers seem to have in common is love of the water. I became curious about the when, why, and what of the people who splash around me and leave me in their wakes. Below are some of the reasons, both comic and serious, that we spend up to five, six, or more hours a week in a very large "tub" filled with chemicals and submit ourselves to training routines that most sane people avoid. I think that you will recognize yourself in some of these comments and will reminisce about what it was that made you take that first plunge.

I started masters swimming because it looked like so much fun. I had been taking water exercise classes (following knee surgery) and doing my recreational laps. But I knew that I was not expending enough energy or getting enough out of a workout. I also suspected that I was not swimming "correctly". A neighbor, friend, and summer swimming companion who is a member of the Terrapin masters kept after me to join, assuring me that I could stop at any time. Well, I finally got up the nerve to take a "practice" session. I was hooked! I quickly learned that I really did not know how to swim, even after all these years. I desperately needed coaching and practice. And I have gotten plenty of both over the past fifteen months. I am

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## ALBATROSS MEET — COMING UP!

The Montgomery Ancient Mariners will be hosting the sixth annual Albatross Open on April 4 at the Montgomery Aquatic Center. If you don't plan to swim in the meet, we can always use more helpers! Don't forget about the social following the meet — Lisa Berger promises good food and good times.

## ANCIENT MARINER WARM-UPS

Wally Dicks has arranged for Ancient Mariners to purchase team warm-ups. The jackets are black and gold with the Ancient Mariner logo and cost \$53.20. You can have your name embroidered on the jacket for an additional \$9.00. Jackets are available in XXS, XS, S, M, L, XL, XXL. Black pants cost \$28.25 and are available in XXXS, XXS, XS, S, M, L, XL. You can try on these sizes at Aardvark Swim and Sport, 831 Rockville Pike in the Wintergreen Shopping Plaza or you can have them interpreted over the phone (301-309-3660).

To order, send information about the items you want, the sizes, and whether you want your name on the jacket, along with a check to Wally Dicks at 3801 Ridge Knoll Ct., Fairfax, VA 22033 (703-218-1475) or bring your check and order to Tom Denes or Barbara Clifford.

## MONTGOMERY ANCIENT MARINERS

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## KEEN KIDS

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kids to adults in the water must be one to one. I signed on and I've since volunteered twice, in January and March.

In March, my "athlete's" name was Mike. (The adults are "coaches," the kids are "athletes"). Mike was nine or ten but looked a lot younger. He could speak only a few words, but he had definite opinions. What the coaches do with the athletes is up to the two of them, mostly the athletes; there's no particular structure. Some of the kids can swim a little, some none at all. Some have a hard time getting in the water.

What Mike wanted me to do was lift him over my head and drop him in the water, but catch him so his head didn't go under. He had three words: "ready, set, go." So, for most of the hour, on the word "go" I pressed all 70 or 80 pounds of him over my head, whirled him around once or twice and dropped him. He was delighted with this and even when his lips turned blue and he began to shiver, he wouldn't leave the pool.

The drill for volunteers is pretty simple. Show up at the JCC at 9:00 in the morning on the Saturday of the swim. The organizers match up coaches and athletes, and hand out profiles with information on what the child can and cannot do, something on the nature of the disability, and goals the parents would like the child to work towards. At 9:30, the parents and children arrive. The children range in age from five or six into the upper teens. Coaches and athletes match up (in March, there were about 15-20 pairs of coaches and athletes), go out on the deck, stretch a little, and get in the water. There are a lot of tubes, balls and other toys to play with. Jack, my athlete in January, loved to be whirled around in a tube. And also pressed overhead, rotated, and dropped. (Note to weight lifters: pressing Mike and Jack over my head for 50 minutes obviated the need for my usual Saturday visit to the weight room).

An hour later, about 10:40, the parents return and the coach hands back the child. Some of the volunteers then go

out for breakfast. In March, someone brought bagels and cream cheese, so we all sat around and ate them. Then a group of volunteers from DC Rec Masters left for a practice at the Wilson pool. Other swimmers come from DC Masters. In March, I was the only volunteer from the Ancient Mariners.

KEEN's swim program used to meet once every eight weeks (other KEEN athletic activities are held twice a month), but the organizers have rounded up enough swim volunteers to go every six weeks. The organizers would like the swim program to meet once a month but need a larger reservoir of volunteers. The next swim program meets April 25. If anyone is interested, e-mail Ellen Sachs (no relation) at "Ellen.Sachs@Covance.com." Her phone numbers are 202-942-2475 (work) and 703-525-4942 (home).



## ON BEING A CHAMPION

by CJ Lockman Hall, M.A.

Champions are not necessarily the competitors who win the prize, but the ones who can welcome challenges, survive unmet expectations, and get up the next day with the fire to gladly try again. They do not quit in the middle, nor do they give up after a loss. Champions can fill up with confidence: they can look back on past performances and be hard pressed to find an instance where they quit.

Champions stand tall before adversity and put themselves 100% on the line. Champions refuse to fold in the face of challenging circumstances. Michael Jordan and Karl Malone demonstrated this during the 1997 NBA Championships: Jordan led his basketball team while almost incapable of standing up on his own due to flu-like symptoms; Malone played his hardest even with a painful wound on his hand. "Yeah, but they're pro athletes - of course they're going to do those

things!" you exclaim. Precisely. And doing those things, consistently, is what helped mold them into the champion athletes they are today.

Champions are not always the most skilled, but often are the best prepared. Tiger Woods, runaway winner of the 1997 PGA Masters Tournament, had wanted to win the tournament since he was a kid. He used to immerse himself in videos of past Masters Tournaments, dreaming of winning coming off of the 18th green. When he got older, he continued to watch the tapes to get a feel for the tournament. He set up practice putting greens to simulate those at the tournament. Ahead of the field halfway through the tournament, he headed for the practice area, hitting two bags of balls until darkness fell. He felt this was the best preparation for him. Apparently, he was right.

Champions don't panic when they hit a cold streak. They continue to persevere, knowing their shot, their stroke, their feel, will return. They know their sport is a cycle of ups and downs, and accept each equally.

Champions don't necessarily view competitions as "must-win" situations. Rather, competitions are opportunities to rise to a challenge, to be tested, to push themselves beyond past performances and seeming limitations. Doc Rivers, a former NBA player, said in his wonderfully insightful book *Those Who Love the Game*: "Other players are just obstacles, challenges put in my way to allow me to prove myself in the ultimate challenge: to play the best I can possibly play." (p. 136) Replace the words "other players" with anything you choose - the concept stays the same: come out swinging with your best no matter who or what your challenge.

Whether a daily routine or the biggest challenge of their athletic life, champions make a habit out of excellence. So win or lose, embrace the mental and physical challenge as a champion would, and you will be a winner every time.

If you would like to receive a complimentary issue of the *Positive Performer*, a quarterly newsletter filled with info on developing your mental game in school, work, sports, and personal life, contact CJ by phone at Positive Performance 301-309-3688 or by e-mail at micandcj@erols.com



## WHERE ARE CASEY AND GREG, ANYWAY?

by Greg Scace

You might have noticed that between May and October, Casey and I come to practice somewhat sporadically. We've never been to a long course meet. Many people think that Casey's summer hiatus is so that the Lane 4 physicians, Lou and Pat, don't suffer their own personal hernias trying to catch her and that my disappearance is because I want to learn to swim all over again. The real truth, about which Dottie Buchhagen has convinced us to come clean, is that we have secret lives. We're sailboat racers. You probably know other sailboat racers. There are lots of us and we look just like you, although we might be a bit tanner in the summer. Like other folks with secret lives, we are plotting to convert you and we get a free toaster from the International Secret Lives Association of Nutty Diversions (ISLAND) if we are successful. Through international agreement, Dottie gets to use it on occasion since she would be instrumental in your conversion by providing us this forum from which to spout off.

We race catamarans. A catamaran is a sailboat with two hulls. Catamaran hulls are very narrow so that the boat will knife through the water with little drag. You couldn't build a monohulled boat with such narrow hulls as it would just tip over unless you hung a huge weight off of the bottom. Catamarans, however, are very stable since the hulls are spaced quite far apart. They require no weighted keel. Consequently catamarans are very light, float high in the water, and must push aside relatively small amounts of water as they move. Such an easily driven, knife-like, lightweight boat can go very fast. When it's windy, they can go as fast as powerboats.

The type of catamaran that we race is called a Tornado. It is 20 feet long, 10 feet



wide, almost as tall as the 10 meter diving platform at the MAC, and weighs only 350 pounds. We can go faster than 30 miles an hour on it. The Tornado catamaran was designed in 1967. As catamaran designs go it's an old one, but it's a happy marriage of features that accidentally produced the fastest small catamaran design on the planet so far. It was originally designed so that it could be "easily" constructed by home builders out of several sheets of thin plywood using a technique called "tortured plywood construction". This construction technique dictated the shape of the Tornado to a large degree, but it so happened that the Tornado shape worked so well that it became one of the Olympic sailing classes in 1972. Nationalistic fervor and desire to win at the Olympics being what they are, the Tornado quickly evolved away from tortured plywood construction technique. Nowadays Tornados are built like fighter jets, using advanced composites and construction techniques.

What's cool about sailing catamarans is not that the boats are built like fighters. Catamaran sailing rocks because sailing them is a blast. If there's any wind at all, they scoot. Catamarans easily go faster than the wind. And they do it with one hull in the air. It's an amazing feeling! The boat leaps from wave top to wave top, throwing spray everywhere. You, the moveable ballast, fly over the water completely outside of the boat and suspended from a trapeze wire extending from high up the mast to your trapeze harness

(which should satisfy any cravings you have for funny looking clothing).

Catamaran racing rocks for several reasons. First, like all competitions, racing is a measure of how close to perfection you can be as a team. Not only must your crew work to be flawless within the boat, a winning team knows how to take advantage of weather and water conditions. Catamaran racing is unique in that men and women can compete on an equal footing. In fact, several of the highest ranked Tornado teams in North America are couples. Unlike other sports, the elite are accessible to you. You can go slug it out with the best in the world, just by showing up at big regattas. And they'll answer your questions and even help you get faster. Classes like the Tornado class receive Olympic funding and use this money to hold training camps before major regattas so that you, the weekend warrior, can develop the tools to crush the world. (See the picture above of Casey and me at training camp prior to US Nationals last year.)

We catamaran sailors are a bunch of zealots bent on converting the world. What sets us apart from other raving lunatics is that our association is based on fun. We'd be happy to expose you to our point of view. Our club, Catamaran Racing Association of the Chesapeake (CRAC) hosts clinics aimed at new sailors and we'd love to show you the ropes. In fact, we'd show them to you any time, clinic or not. Just talk to us at practice. Don't be shy. We won't bite.

**DON'T FORGET TO  
GIVE CLAY THE REGIS-  
TRATION FEE FOR THE  
NEW SESSION ....  
WHICH BEGAN ON  
MARCH 1ST.**







## A FEW WEEKS IN MOSCOW

by Andrew Fraser

I never thought I would be visiting Russia, especially for business, but I was fortunate enough to take a business trip to Moscow in late February and early March of 1998. I consulted with MFK Renaissance (MFKR), Russia's largest Investment Bank, and developed a project management plan for launching a full service Internet web site. I was really impressed with the hard work and dedication of MFKR and their staff. English is spoken by senior and mid-level staff and everyone I encountered, with the exception of my driver, spoke some English. They all work 60-70 hour weeks and there are few remnants of the communist era work ethic at MFKR.

Russia is a country that is experiencing radical change both politically and economically. My cousin visited Moscow 15 years ago and he was searched by customs officials who confiscated his *Time* magazine. He felt the shadow of the KGB on every corner and was uneasy during his entire stay. My experience in Moscow was entirely different. At no time did I feel followed, I was never searched and the media were generally open and objective.

I was impressed by the Metro system, built by the former communist regime and unparalleled in extravagance. The escalators leading to the trains move at twice the speed of Washington's and would probably generate numerous lawsuits here in America. The architecture and grandeur of the system is similar to a

museum or a ballroom. The main stations have marble floors, paintings, and statues. In addition, chandeliers hang from the ceiling. My cousin must have seen it at the height of its beauty and I hear it now has deteriorated due to lack of public funds.

Red Square, unmistakably Russian, is surrounded by the Kremlin, Lenin's Mausoleum, St. Basil's Cathedral, and a Soviet era building. Bringing back memories of their former regime was the site of Lenin's Mausoleum and the guards protecting it. St Basil's Cathedral, an integral part of Red Square, is depicted on almost every postcard and video clip of Moscow. It is a truly beautiful site rich in architecture, color and history.

Just down the street is Tverskaya (Moscow's 5th Avenue), brightly lit with advertising. McDonald's, Pizza Hut, TGI Friday's, and Gold's Gym are the clearest examples of the impact of Free Market reforms in Russia. The Russians are very proud of their history, culture, and the people who defended their country and this is evident in everything that I observed. My experience made me think about the way the world really is changing. Good or bad depends on your perspective, but the world is truly becoming a "Global Village".

Andrew Fraser is a General Partner at Sandglass Systems ([www.sandglass.com](http://www.sandglass.com)) a start up company offering Internet/Intranet and networking solutions. Telephone (301)774-5596.

### WHY SWIM?

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still the turtle of the team but I am having a good time, am getting to know many interesting people, and am setting new challenges for myself. Well, that's my story. Now for some of the stories from the rest of you....

I have been swimming competitively since I was 4 1/2, and I swam all the way through college. Then, a couple of years ago, I was coaching with a girl who was interested in masters. I asked her to tell me when she was going so that I could tag along to check it out. Well, that was three years ago, and I'm still swimming. I attribute my desire to swim to not swimming year round as a kid. I think a

lot of people lose that desire if they train at such a high level for their entire childhood and early adult life. My goal as a masters swimmer is to try to "maintain". I realize that my times probably aren't going to get faster unless I train full time again, so I would just like to maintain certain times for as long as possible. I still swim for a couple of different reasons: One is that the Ancient Mariner team is a lot of fun, and I've made numerous friends since joining. Another reason I swim is to stay in shape. I've played many sports in my day and none of them keep me in shape better than swimming. (My body and Running just can't co-exist.) Another thing that I get from swimming is stress relief. Basically, any problem that I have outside the pool can be taken out on, and in, the pool. I will admit that it is hard getting to and in the pool, but I always feel so much better afterward. Finally, I will continue to swim as long as my body will let me. Those of you who know me, know that it has been a bit challenging lately, but I won't let that keep me away.  
- Jeri Ramsbottom

If you didn't grow up as a swimmer - learning early to relish endless yards of freestyle or mindless kick sets - it takes powerful motivation to voluntarily submit to swimming's subtle seductions. For me, the reasons were practical and perverse. What first led me to the pool eight years ago was a blown knee ligament and reconstructive surgery that eliminated running for regular exercise. And I didn't want to do aerobics - the thongs and spandex outfits just didn't suit me!

I was also inspired by my older brother. A year after he started masters swimming, he showed up for a sailing vacation looking so trim and buff in a skimpy Speedo that my sisters and I voted him "Most Improved Sibling." If hours in the pool could eliminate his gut, it could give me a total make-over! So I began lap swimming, then shifted to

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### MESSAGE, ANYONE?

Massage therapist, Sue Kelly, is offering a 10 percent discount to any registered Ancient Mariners. Call her at 301-345-1704 to set up an appointment.



## WHY SWIM?

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masters a year and a half later. Now what keeps me going is perversity. I'll never be as fast as my brother, but I gotta stay a couple of strokes faster than my sisters, who've also taken up the sport. - Lisa Berger

How about a few reasons from a former Ancient Mariner? I (used to) show up for practice because: I always felt great during and after; I don't recall having been to a practice in my three years with various masters teams when I ended up regretting having shown up; I don't shop while I'm swimming; and my clothes fit better when I do shop. - Mary Wong

Weight is the enemy! .... Vanity ain't jes for gurlz! ... Food and beer are yummy! ... Aging sucks! .... I like the people in Ancient Mariners! .... Swimming helps clean out my ears. - Greg Scaze

I like to swim with the Ancient Mariners a lot better than anything else I can do on a Tuesday or Thursday night. I only miss practices if I'm sick, injured or have to study for an exam. However, on a Sunday morning, I'd rather sleep. That's when my devoted husband, Greg, really gets behind my fitness program and shovels me into the car and drives me to practice. I always have a good time once I'm in the water. I love the feeling of pulling through the water and, when I'm swimming regularly, I like to work on stroke and turn improvements. I enjoy being with people who relate to those pleasures. I also like to hear about the other interests of my teammates since swimmers are a diverse group. All that, combined with elevated endorphin levels, make for locker room, commuting, and breakfast conversations that can't be beat! - Casey Scaze

I get more intimate contact from the wide-reaching hands of the swimmers doing backstroke in the lane next to me than I do in my bedroom! - Anonymous

I joined masters swimming for several reasons. First, I have always loved to swim. Also, I find that I am much more disciplined about exercising when there is a coach, a set schedule of practices,

and other people to swim with me. Finally, I joined the team to meet new and interesting people. - Julie Nichols

The biggest benefit I get from practice is seeing Jeff Roddin in a Speedo! - CJ Lockman Hall

I swim for those rare moments when I feel good in the water. The rest of the time I swim to socialize. - Tom Denes

I could say I have no other life, therefore I swim!!! - Penny Bates

## ANCIENT MARINERS COMPETE IN ONE-HOUR POSTAL SWIM



The 1998 USMS 20th One Hour Postal Swim was held during the month of January. The objective was to swim the greatest distance in one hour in any pool 25 yards in length or longer. Four Ancient Mariners were among the 1,758 swimmers (824 women and 934 men) who participated. Dottie Buchhagen placed 40th in the 55-59 age group with 2,330 yards; Barbara Glancy placed 23rd in the 65-69 age group with 2,350 yards; Steve Jolles placed 83rd in the 35-39 age group with a total of 4,060 yards; and Nick Olmos-Lau placed 26th in the 50-54 age group with a total of 4,130 yards. The swims by Dottie and Barbara are team records. Nick's yardage exceeds by 130 yards the tied record set last year by him and Alan Pollin. Congratulations to all four!

## TOP SWIMMERS TALK ABOUT THEIR SPORT

*Swimming: Character and Excellence*, a book by Mike Gosman, is about the mental side of the sport of swimming. Fourteen of the best swimmers of all time talk about a wide-range of topics: dedication, commitment, competition, dealing with the fear of failure, goal-setting, meeting challenges, winning and losing, success and failure, self-discipline, self-respect, having respect for your competitors, being

honest with yourself and others, and above all, being smart or intelligent about what you need to do in order to do a "good job" as a swimmer. Following are some excerpts from the book.

For me, swimming is a perpetual learning process, and I haven't for one moment stopped learning about myself. **PABLO MORALES** .... The more you challenge yourself, the more competition you accept into your world, the better you're going to be. In workout, you can race in everything—every set, every part of every set. All the things you do afford opportunities for competition, either one-on-one or you against the clock. Being competitive and being able to race day-in and day-out, makes you tough mentally and physically; and that mental and physical toughness is what allows you to do your best in pressure situations, whether at World Championships, at the Olympics, or at your first junior nationals. **TOM DOLAN** .... If one gives an honest effort every day in practice, then there can be no second thoughts or true disappointments after a competition. It is far easier to accept that another person beat you than that your own work habits and lack of self-confidence beat you. Winning is an attitude, not just a place. **BETSY MITCHELL** .... Almost without exception, swimmers treat each other well at swim meets. They show respect for one another. I think you might call it the ethics of swimming. It's not that you have to do it. It's not required. But I think when people see other people do it, that becomes part of what they learn to do. **JILL STERKEL** .... I don't identify success with getting first place. For me, success is measured in more personal terms. Success, in my view, is self-confidence and self-respect. Competitive swimming has helped me acquire those traits. Corny as it sounds, then, swimming has given me so much more than the ability to go up and down a pool. It's taught me self-discipline and motivation and drive; it's taught me to focus, to set goals, and, yes, it's taught me that reaching my goals requires taking risks—risks that sometimes appear not to pay off. **DAN VEATCH**

*Swimming: Character and Excellence* is available through Arche, Inc., 307 Eldrid Drive, Silver Spring, MD 20904. The cost is \$24.95 per copy (\$26.20 including MD sales tax). Postage and handling charges are \$6.00 for one book, \$3.00 per book for orders of two or more books.



# THE BULLETIN BOARD

## KUDOS

by Tom Denes

● Julie Andrews and Jason Krucoff got married on January 17 on the Caribbean Island of St. Lucia. According to Julie, she barely talked Jason out of Speedo wedding attire.

● At the recent Maryland Masters Winter Meet, our 35-39 Ancient Mariner men won every event they entered! Gerry Gray won the 100 free (51.98), 200 free (1:57.00), and 100 breast (1:08.42); Jason Crist won the 100 fly (55.68) and the 200 IM (2:07.59); Clay Britt won the 100 back (53.27) and the 100 IM (55.48); while Wally Dicks won the 50 breast (27.78). These foursome might make a fearsome relay!

● Brian Davis and Meredith Lorch are engaged. Congratulations!

● Jeri Ramsbottom returned from shoulder surgery. Within just a few weeks she has moved up to the fast lane!

● Some of you may be wondering what happened to Beth Lofgren. She and her husband moved to Bolivia to work as missionaries.

● Congratulations to Margot Pettijohn who completed her first 200 Fly at the Maryland Masters Winter Meet in February. Margot will be receiving a special award from the Masochist Social Club later this month.

● Congratulations to the supermen from

the Ancient Mariners who competed in the recent USMS Potomac Valley Championships. Clay Britt, Wally Dicks, Jeff Roddin and Michael Fell set a new USMS national record in the 400 medley relay (3:28.50) breaking the old record by over 3 seconds. That time qualified the team not only for the US Open but the prestigious USMS Senior Nationals! In addition, Wally Dicks broke the USMS national record in the 100 breaststroke (56.81) by over 2 seconds and even broke the USMS national record for the 50 breaststroke at his split in taking out the 100!

● Mary Ellen Mess recently passed her final exam in a series of ten to obtain certification at work to be a CPCU (Chartered Property and Casualty Underwriter).



Michael Aaby --	April 1
Shannon Madigan --	April 2
Mary Ellen Mess --	April 3
Kathleen King --	April 5
Julie Nichols --	April 7
Brian Davis --	April 8
Kelly Appler --	April 10
Ed Adelman --	April 13
Kristen Cannady --	April 14
John Bechtold --	April 25
Timothy Gibson --	April 26
Jason Krucoff --	April 30
Joy Oday --	April 30

Mike Bagshaw --	May 2
Kevin Strange --	May 10
Susan Hutner --	May 11
Sandra Marks --	May 11
Mickey Hall --	May 15
Steve Schrier --	May 16
Matthew Clark --	May 17
Geoff Schaefer --	May 30

## HAPPY BIRTHDAY TO YOU....

Laura Kauls --	March 2
Judy Lim-Sharpe --	March 6
Robert Anderson --	March 8
Heidi Yacker --	March 9
Clyde Shiraki --	March 10
Pat Liegey --	March 12
Roger Leonard --	March 16
Masao Nishikawa --	March 16
Jeff Roddin --	March 16
Susan Chamberlin --	March 19
Patrick McCalley --	March 19
Jennifer Mitchell --	March 21
Peter Johnson --	March 24
Keith Wilson --	March 26

Jill Roethke --	June 2
Pat Hwu --	June 5
John Blasic --	June 6
Margaret Rifkin --	June 9
Richard Sachs --	June 11
Mary Dowling --	June 15
CJ Lockman Hall --	June 15
Mary Parker --	June 20
Ed West --	June 23
Warren Friedland --	June 25
Paula Pels --	June 25
Lou Kozloff --	June 26

## SCHEDULE OF EVENTS

April 4	<b>Albatross Open!!</b> Montgomery Aquatic Center. Registration closed. Steve Jolles: 301-926-7306.
April 5	1000/1650 Meet, UMBC, Catonsville, MD. Barbara Protzman: 410-788-2964 E-mail: swimbarb@erols.com
April 11	Short Course. Roanoke, VA. Howard Butts: 540-992-1736.
April 19	JCCNV Masters Lox and Bagel Meet, Fairfax, VA. Danny Pick: 703-354-6426.
May 30	7.5-Mile Potomac River Swim for the Environment. Joe Stewart: 410-243-4418.
May 31	Reston Masters 2-mile Lake Swim, Lake Audubon, Reston, VA. Lynn Hazelwood: 703-845-SWIM
June 14	Great Chesapeake Bay Swim. Registration closed. Website: www.lin-mark.com/sch98.htm
June 20	Swim for Life to benefit people with AIDS. Gun Powder River, MD. 1.1 nautical miles or 2.2 nautical miles (for children: 100 yd and 200 yd). Joe Stewart: 410-243-4418.
June 21	Virginia Beach 1-mile. Betsy Durrant: 757-422-6811.
June 27	Wildwood, NJ. 6 PM start for the 3 mile; 7PM start for the 1 mile. Viki Altomonte E-mail: ALTOMVI@wpmail.onc.jhu.edu
July 11	Charlottesville 2-mile Cable. Joyce Mullins: 804-323-0483.