

# The Rime

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## The 15th Annual Chesapeake Bay Swim

By Gary Dick

Every year, the Bay Swim is different. Different currents, different wave heights, different weather, and for me different finishing times. One thing that remains the same is the astounding number of people who work together to put it on – some stats: over 700 volunteers, 135 motor vessels on the water, two of them fitted out to take care of medical emergencies, plus 50 kayakers in the course and two helicopters. And then a big assortment of fire and rescue vehicles at each end of the swim. The race director, Chuck Nabit, took great delight in telling us all that the Department of Homeland Security had two representatives there because the Bay Swim was an unparalleled example of Federal and local agencies working together and communicating effectively to get something useful done... So they were there to see how it worked!

For me, the start was the worst I have been in, I was caught on the left side

going towards the bridge and rounded the corner at the left marker buoy turning into the course between the two bridges. Everyone else wanted to be at the same place, it being the most direct route and you could have walked on the Bay there for a while there were so many swimmers shoulder to shoulder. I was getting pushed into the pilings with people in front, behind and to the right – felt like a horse boxed in at the rail in a horse race! Finally I went across the legs of a bunch of people and struck out for clear water in the center of the course. Once there, I was swimming strongly but it seemed like there was a lot more current than expected (or I was less fit than expected!) I found myself aiming at a point on the left bridge in order to keep going straight down the center. I rolled over and did some back stroke in the center of the shipping channel and admired the view then refocused for the second half.

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Mike Boyle, Polly Phipps, Ben Stubenberg and Holly Liebl finished the 4.4 mile bay swim. Mike received a special award for completing 10 Bay Swims.

## SC NATIONALS IN CORAL SPRINGS, FL

By Jeff Roddin

Eleven Ancient Mariners made the trip to Florida for USMS Short Course Nationals May 11-14 at the Coral Springs Aquatic Complex. With only eleven swimmers, we finished 20<sup>th</sup> place out of 134 clubs. One highlight for me was being able to swim in a meet with my mom on Mother's Day. And in a close call, I almost swam on a relay with my father. Nobody was happier than Dad when Dr. Post made it to the blocks midway through the relay! More on that later...

Clay Britt was our high point scorer with four National titles plus a third place finish. Recently aging up into the 45-49 age group, Clay not only won the 50-100-200 Back and 100 IM events, but he did so all in National record time. Furthermore his 100 Back time was the fastest time of the meet regardless of age. Look for Clay to lower those records even more in the future – he wasn't even challenged in those races.

Lou Diamond not only scored in all of his events, but he was the only Ancient Mariner to swim all six of his events. And while Anna Soevik only swam one event, she swam more total yards than all other Ancient Mariners with her 4th place 1650 Free. Judy Lim-Sharpe only swam two of her events, but blazed to new team records and placed well in both.

John Feinstein swam extremely well considering he had shoulder surgery less than a year ago. Although John had to compete with multiple Olympian Dara Torres for attention – Dara nabbed local front page newspaper coverage for competing just four weeks after giving birth (she went 24.56 for a 50 Free!). John surprised himself with an 8th place finish in the 800 Free, however, his best swim was

breaking a minute in the 100 Fly. Fitting for John, that swim garnered him an 11<sup>th</sup> place finish.

Jessica Klotz placed well in the backstroke events. By the 50 Back on the last day she realized if she stopped checking out guys during her swims she could swim straight and have a better race. She cruised to a third place finish and celebrated by taking a cruise out of Miami for the week after the meet. Jessica's highly competitive roommate, Jeri, was a model of consistency in her 200 Back and also had the distinction of swimming next to 1996 Olympian BJ (Bedford) Miller in the 100 Back. Not only was Jeri smart with her pacing, she also had the right attitude about masters Nationals in Florida: arrive a couple days early and stay at the beach afterwards!

Watching my parents swim is always special to me. Watching my father swim a smart 200 Fly is almost becoming routine. Watching my mom swim, however, will always be touching. Considering Dad had pneumonia a month before Nationals he certainly swam well. Having been so sick, he opted for the easier events - like the 400 IM, 200 Fly and 200 Back. Mom swam the 50 Free and 50 Fly. My suspicion of Mom having the brains in the family was thereby confirmed...

As for me, I quietly swam the fastest time in the meet in the 100 Fly. Well maybe I wasn't so quiet about it. Ok, maybe I'm still not so quiet about it! To give you an idea how excited I was, I happily drank Budweiser at the pool bar at the conclusion of the day's events!

As usual, relays provided most of our entertainment. On Saturday

afternoon our 35+ Men's Medley Relay team hoped to give top seeded Colorado a race but did not expect to seriously challenge them. At the start of the heat we were without our anchorman, Erik Osborn, affectionately known as Dr. Post for always showing up for his races rain or shine (umm, hungover or rested). Well, almost always showing up for his races. My father was quickly summoned to suit up and intimidate the Colorado trash talkers. Clay jumped out ahead for the early lead and the announcer made note of his National record split time. At that moment Erik was entering the facility and heard the announcement. As John dove in with a surprisingly growing lead (considering I was the breastroker), Erik did the fastest deck change on record. Quite relieved to see Erik show up out of nowhere, my father quickly stepped aside and let Dr. Post take the block. With goggles and cap in place not a moment too soon, Erik dove in and held off a fast closing Colorado team to touch ahead by a fingernail (0.07 seconds). Quietly a few lanes over, however, a Florida team assisted by a blazing freestyle leg won the race. But the grudge match between Colorado and us was settled. Sort of. About two hours later, while enjoying aforementioned Budweiser (purchased by Colorado Masters!), we learned by cell phone from my sister that our relay was listed as a DQ in the online results because of an early freestyle start. Apparently if Erik had posted to the blocks a fraction of a second later, we would have been safe!

On Sunday we closed out the meet by beating the Terrapin Masters in the 25+ Mixed Free Relay by 0.15 seconds and thereby winning a beer bet brokered after a lot of trash

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## SERVICE AWARD GOES TO ANDY FRASER

By Tom Denes

Jeff Roddin presented Andy Fraser with the 2006 Ancient Mariners Service Award at the Albatross Open. Andy was the co-meet director of the Albatross Open in 2002 and 2003, hosted the Ancient Mariner Holiday Party for three years, and served as the Albatross Open social coordinator for three years. Andy has been a member of the Ancient Mariners for more than 10 years and has been an officer for several of those years. Andy has also been a regular coach at the Olney pool. Congratulations, Andy!



## REMEMBERING RICHARD SACHS

By Tom Denes

Long-time lane two swimmer Richard Sachs passed away on May 10 after a long illness. Richard was a cheerful member of the lane two "country club" and rarely missed a practice when he was in town.

Richard joined the Ancient Mariners about 10 years ago. He served as co-meet director of the Albatross Open in 2004 and contributed amusing articles to The Rime. He also served as an Officer of the team for several years.

In 2001, he took up triathlons and competed in several Olympic distance events. He swam open water events including the Hurricane Man 2.4 mile swim in St. Petersburg in 2005. Richard was a loyal member of the Sunday breakfast club and would entertain us with commentaries on his triathlon training. When not doing laps, Richard worked at the Congressional

Research Service for 32 years, and worked on important cases including the Watergate hearings. Richard was married to Maryetta Sachs and has two grown children, Lauren and Daniel.

A few years ago Richard answered some questions about himself for the newsletter:

Swimmer since: 1950. I was a five-year-old wonder when I swam from one side of a neighbor's pool to the other.

Ancient Mariner since: 1994 when I quit playing tennis for good. Lisa Berger kicked me out of Lane 2 and I cut my swimming teeth in Lane 1 and eventually worked my way back to Lane 2 where I have since languished.

Most memorable swimming memory: Traveling on a Lane 2 field trip to St. Pete Beach the last 2 years to swim

the Hurricane Man Rough Water Swim. Special thanks to Martha for saving me from hypothermia last year when I spent most of my time in the water swimming to Texas.

Most favorite thing about swimming: Slacking and not having to run wind sprints.

Swimming pet peeve: Failure of the MAC to turn on the whirlpool for the last 15 minutes of practice.

Interesting tidbit about me: In the three years I played on my college's tennis team I was undefeated. The team never lost a conference match and won the Yankee Conference each of the three years I played. One year (1967), on the spring break trip to Florida I took a set off Jamie Presely who was a nationally ranked junior at the Univ of Florida. I dropped the next two sets at love.

**15th Annual Bay Swim**

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Around mile 3 the wind seemed to have picked up and there were following waves which were fun to play with and take my mind off the last part and I raced in as best I could for the finish.

I met someone before the race who was telling the story of the year they had over 800 swimmers and they had to take 720 people out (before it was as organized as it is now and coordinated with the tides). He said this was probably going to be his last Bay Swim... It was number 15 for him and he was one of two 75 year olds participating. Nice going David McCulloch! Finished In 3.03 - I hope I am in such good shape at his age!

I did not see any Ancient Mariners despite walking around with my bright yellow team T-shirt on before the race ... Maybe next year :)

**MARINERS & FRIENDS CONQUER THE BAY**

After many months and many miles logged in the water, two dozen swimmers that train with the Ancient Mariners successfully completed the 15th Annual Chesapeake Bay Challenge. For complete results, check <http://www.lin-mark.com/results/index.asp>  
 Congratulations Swimmers\*\*!

SWIMMER	AGE	PLACE	TIME
Bob Benson	71	530	3:00.32
Mike Boyle*	54	392	2:32.47
Peter Chang	48	371	2:29.37
David Cheney	48	185	2:08.47
Gary Dick	49	181	2:07.44
Paul Doremus	45	67	1:53.22
Bob Huber	57	381	2:31.47
Andrew Joseph	39	398	2:33.14
Tommy Kaufmann	25	22	1:45.08
Holly Leibl	39	450	2:40.23
Anne Lewis	24	98	1:57.09
Matt McShane	42	112	1:58.26
Erin Miller	31	275	2:18.04
Shannon Mingo	23	27	1:45.41
Scott Moffet	38	207	2:10.58
Polly Phipps	52	438	2:38.52
Elliot Rockler	55	445	2:39.54
Miles Spencer	37	218	2:12.20
Ben Stubenberg	53	487	2:47.09
Tom Vidano	43	198	2:10.05
1 mile:			
Dottie Buchhagen	63	300	55.03
Kate Fiskien	64	299	54.23
Michael MacDonald	41	28	28.10
Chris White	41	124	33.38

\*Received Special Award for completing 10 Bay Swims

\*\*List includes swimmers that responded to mass e-mail with results



## MEETING THE 1- MILE CHALLENGE

By Dottie Buchhagen

It was almost like any other Sunday in early June – sunny, clear sky, air temperature about 72. But there was one big difference. I was sitting at the marina in Stevensville, MD near the far end of the Chesapeake Bay Bridge. I was getting cold as the easterly wind hit me. No jacket! Oops! I would get colder over the next two hours as I waited for the start of the 7th Chesapeake Challenge 1-mile swim.

I had done the Challenge three times before in '00, '03 and '05. Those events started around 9:30 a.m., early enough to be completed before the first of the 4.4-mile finishers arrived. However, this year was unusual. The beginning of the "big" swim is coordinated with the change in tides (to maximize a "neutral" tide for the cross-bay swimmers). The choices for starting on June 11 were 6:00 a.m. or 2:00 p.m. Since no one wanted to assemble at Sandy Point at 4:00 a.m., the later time was chosen. That meant that the 1-mile swim did not start until 11:30 a.m.

Finally, the pre-race orientation got underway. We were organized into groups distinguished by cap colors (and determined by receipt of entries). There were 450 entrants, but I could see by the number of race packets remaining at the check-in that nearly 150 people had lost their desire to plunge into the 73-degree water. Eager swimmers in full-body wetsuits were all around. Three of us congratulated each other on being hardy enough to swim without the "armor." I hoped I wouldn't regret that decision.

Red caps entered the water and set out. Pink caps did the same. Then, it was our turn – the silver caps.

Each wave began five minutes after the previous one. As I moved into the water, I was glad I had gotten so cold while waiting on shore – the water temperature felt warm by comparison. We were off!

Compared with the chop and waves of last year's swim, this was more manageable. And the big yellow buoys were a big improvement. No more confusion over whether it was a BIG or a LITTLE orange one.

The homestretch was the really tricky part. The course had us swimming close to the shoreline – so close, in fact, that my hands kept hitting the bottom as I stroked.

I wasn't the last of the 310 swimmers to finish. I might have been faster in a wetsuit, but I had a lot of fun without one. And I plan on meeting the Challenge again next year. Now – about that wetsuit...

### CORAL SPRINGS, continued from pg 2

talking late the night before - or to be technically correct, earlier that day! As you may surmise, Nationals is not just about swimming up and back in the pool. If you've never gone, consider going to Federal Way (near Seattle) next May for 2007 Short Course Nationals.

Britt, J Clay (M45)  
100 Back 52.88 1st  
200 Back 1:58.75 1st  
50 Free 22.54 3rd  
100 IM 54.56 1st  
50 Back 24.87 1st

Diamond, Louis H (M66)  
200 Free 2:42.22 7th  
200 Breast 3:21.51 4th  
50 Free 30.81 7th  
100 Breast 1:25.44 6th  
50 Breast 36.70 4th  
100 Free 1:11.35 7th

Feinstein, John (M50)  
1000 Free 12:46.76 8th  
50 Fly 27.00 13th  
50 Free 27.19 26th  
100 Fly 59.76 11th

Klotz, Jessica C (F29)  
50 Fly 29.30 9th  
100 Back 1:04.59 5th  
200 Back 2:22.27 5th  
50 Free 26.80 16th  
50 Back 29.63 3rd

Lim-Sharpe, Judy (F55)  
50 Fly 33.73 5th  
50 Free 29.11 6th

Osborn, Erik C (M38)  
50 Free 22.80 13th  
100 Free 53.17 22nd

Ramsbottom, Jeri M (F34)  
100 Back 1:04.65 5th  
200 Back 2:20.21 4th  
50 Back 30.02 3rd

Roddin, Hugh J (M64)  
400 IM 5:46.82 4th  
100 Back 1:11.92 8th  
200 Back 2:35.03 3rd  
100 Fly 1:08.29 4th  
200 Fly 2:40.68 2nd

Roddin, Jeffrey H (M37)  
50 Fly 23.91 3rd  
100 Back 55.52 2nd  
200 Back 2:00.92 2nd  
100 Fly 51.28 1st  
100 IM 54.15 2nd

Roddin, Ruth A (F63)  
50 Fly 46.05 8th  
50 Free 37.49 6th

Soevik, Anna R (F40)  
1650 Free 21:26.38 4th

25+ Mixed 200 Med Relay 1:51.49 6th  
Klotz, Jessica C 30.23  
Roddin, Jeffrey H 28.64  
Feinstein, John 26.40  
Ramsbottom, Jeri 26.22

35+ Men 200 Free Relay 1:32.80 6th  
Roddin, Jeffrey H 22.40  
Feinstein, John 25.75  
Britt, J Clay 22.31  
Osborn, Erik C 22.34

35+ Men 200 Medley Relay DQ  
Britt, J Clay 24.80  
Roddin, Jeffrey H 27.57  
Feinstein, John 26.12  
Osborn, Erik C 21.49

25+ Mixed 200 Fr Relay 1:35.37 3rd  
Roddin, Jeffrey H 22.02  
Klotz, Jessica C 25.94  
Ramsbottom, Jeri 25.61  
Britt, J Clay 21.80

## RECORDS FALL AT 2006 ALBATROSS OPEN

By Cathy Gainor & Tom Denes

Nine national and world records were broken at this year's "April Fools" Albatross Open at the Montgomery Aquatic Center in Bethesda. Records were broken by:

- Lisa Van Pelt-Diller of Germantown Masters, who broke national and world records in the 45-49 year old women's 100-meter and 200-meter backstroke with times of 1:09.90 and 2:32.74, respectively.
- Paul Trevisan, who set national and world records in the men's 55-59 50- and 100-meter freestyles, going 24.70 and 55.12, respectively.
- Nancy Brown of Maryland Masters, who set the 100-meter back in the women's 70-74 age group with a time of 1:34.24.
- Anne Walker of D.C. Masters, who broke three national records for women age 90-94, in the 50 (1:16.60) 100 (2:47.71) and 200 (5:56.27) backstroke.
- Mary Latham of D.C. Masters also swam faster than the existing national record which she set at the Albatross last year. This year, she went 6:24.54.

By the time deck entries closed, more than 220 swimmers had entered in the five-hour meet. However, many empty lanes attested to the popularity of the George Mason Patriots who appeared that night in the Final Four.

This year's Fastest Man in the Water was defending champion Troy Johnson, 31, of Virginia Masters, who blazed 23.73 in the 50-meter free.

The Fastest Woman in the Water was 35-year-old Margaret Conze of Germantown Masters, with a 28.20.

The unofficial team scores showed that defending champion Germantown Masters trounced us 2,816 to 1,954. They had 47 pre-registered swimmers compared with our 40. There's always next year!



Above: Friends and teammates gathered for the after-meet social.

Right: Lynn Wymelenberg and Dave Harmon warm up for the Albatross.



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## Upcoming Meets in Colony Zone

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- 7/8/2006 Terrapin Cup - College Park, MD  
LCM; Michael Lee, 301-474-1178, [MLee@ExeterAssociates.co](mailto:MLee@ExeterAssociates.co); [www.terrapinmasters.org/Terrapin\\_Cup\\_2006.pdf](http://www.terrapinmasters.org/Terrapin_Cup_2006.pdf); Sanctioned by PV LMSC #106-09; Entry Deadline 7/1/2006
- 7/9/2006 Terrapin Masters 800/1500 Meet - White Oak, MD  
LCM; Dave Diehl, 301-946-0649(h), 301-314-5372(w), [DD119@umail.umd.edu](mailto:DD119@umail.umd.edu); [www.terrapinmasters.org/meet800.htm](http://www.terrapinmasters.org/meet800.htm); Sanctioned by PV LMSC #106-07; Pre-entry (7/3/2006) & Deck-entry
- 7/15/2006 USMS 2 Mile Cable Championships - Chris Greene Lake, Charlottesville, VA  
See Listing Under [CHAMPIONSHIPS](#)
- 7/23/2006 DCRP Long Course Meet - East Potomac Pool, Hains Pt., Washington, DC  
LCM; Max Kukoy, 202-250-5921, [maxthemeetdirector@maxwebworks.com](mailto:maxthemeetdirector@maxwebworks.com); [pvmasters.org](http://pvmasters.org); Sanctioned by PV LMSC
- 7/23/2006 Grimaldo's Mile II - Brighton Beach to Coney Island, Brooklyn, NY  
OW; Patricia Senar, [bklynmermaid@optonline.net](mailto:bklynmermaid@optonline.net); Sanctioned by MR LMSC #066-07
- 7/23/2006 Manhattan Island Foundation 1/2 Mile Cove to Cove Swim - South Cove, Battery Park City, NY  
OW; [www.nycswim.org/Event/Event.aspx?Event\\_ID=1640](http://www.nycswim.org/Event/Event.aspx?Event_ID=1640)
- 7/23/2006 Manhattan Island Foundation 2.4 Mile Race for the River Swim - Hudson River Park, New York, NY  
OW; [www.nycswim.org/Event/Event.aspx?Event\\_ID=1645](http://www.nycswim.org/Event/Event.aspx?Event_ID=1645)
- 7/29/2006 Manhattan Island Foundation 2 Mile Governors Island Swim - South Stree Seaport, New York, NY  
OW; [www.nycswim.org/Event/Event.aspx?Event\\_ID=1636](http://www.nycswim.org/Event/Event.aspx?Event_ID=1636)
- 8/5/2006 1.2 Mile Celebrate the Clean Harbor Swim - Gloucester Harbor, Gloucester, MA  
OW; Richie Martin, 978-281-0670, [lilomartin@adelphia.net](mailto:lilomartin@adelphia.net); [users.adelphia.net/~slknight/swim/harborswimindex.htm](http://users.adelphia.net/~slknight/swim/harborswimindex.htm); Pre-entry (7/27/2006) & Deck-entry
- 8/5/2006 Betsy Owens Memorial 1-Mile & 2-Mile Cable Swims - Mirror Lake, Lake Placid, NY OW; Mary Field, 518-356-9903 (x 14), [ADMSCChair@usms.org](mailto:ADMSCChair@usms.org); [www.adms.org](http://www.adms.org); Sanctioned by AD LMSC #036-003
- 8/12/2006 Island Beach Two Mile Swim - Greenwich, CT  
OW; Jon Harnett, 203-869-8714, [jharnett@bondednj.com](mailto:jharnett@bondednj.com); [www.gscevents.org](http://www.gscevents.org); Sanctioned by CT LMSC; Entry Deadline 8/5/2006
- 8/19/2006 Against the Tide One Mile Pond Swim - Brewster, MA  
OW; Cheryl Osimo, 800-649-MBCC, [info@mbcc.org](mailto:info@mbcc.org); Benefits the Massachusetts Breast Cancer Coalition. Participants raise min. \$150, all contributions to MBCC to prevent breast cancer; [www.mbcc.org/swim](http://www.mbcc.org/swim); Deck entries only
- 8/20/2006 2.5 or 5 km Breezy Point Swims - Brighton Beach, NY  
OW; Patricia Senar, [bklynmermaid@optonline.net](mailto:bklynmermaid@optonline.net); Sanctioned by MR LMSC #066-09
- 8/20/2006 Manhattan Island Foundation 1.5 km Riverside Park Tune Up Swim - Hudson River Park, New York, NY  
OW; [www.nycswim.org/Event/Event.aspx?Event\\_ID=1646](http://www.nycswim.org/Event/Event.aspx?Event_ID=1646)
- 8/26/2006 Manhattan Island Foundation 5.85 Mile Little Red Lighthouse Swim - Hudson River Park, New York, NY  
OW; [www.nycswim.org/Event/Event.aspx?Event\\_ID=1639](http://www.nycswim.org/Event/Event.aspx?Event_ID=1639)
- 8/26/2006 Colonies Zone LCM Championships - Fairfax, VA
- 8/27/2006 LCM; Eric Nordlund, 301-474-8382, [ericswims@yahoo.com](mailto:ericswims@yahoo.com); [www.pvmasters.org/entry/pv0806.pdf](http://www.pvmasters.org/entry/pv0806.pdf); Sanctioned by PV LMSC #106-10; Entry Deadline 8/16/2006

**SAVE THE DATE!**

Ancient Mariners

# ***Picnic in the Park***

**Sunday, August 20  
2:00—7:00**

Seneca Creek State Park

Look for more details soon!

Montgomery Ancient Mariners  
c/o Jeff Roddin, President  
13548 Coachlamp Ln,  
Silver Spring, MD 20906-5835  
[www.ancientmariners.org](http://www.ancientmariners.org)

