

The Rime

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FROM THE EDITORS

◆ Check out all the meet results and upcoming events on our website at <http://www.ancientmariners.org>

◆ Please send comments and suggestions: to dbuch@mindspring.com or to WaterPrfCh@aol.com

ANCMs HOST ANOTHER 2008 USMS SHORT COURSE NATIONALS MAY 1-4, AUSTIN, TX

by Tom Denes

by Jeff Roddin

More than 200 swimmers swarmed the MAC March 15 to race in the 16th annual Albatross Open. This included 38 ANCMs. While the ANCMs hit the starting blocks, the Germantown Masters swam off with the team high point trophy for the third year in a row. Germantown amassed 1,977 points and the ANCMs placed second with 1,559 points. The Reston Masters scored 1,043 points for third.



Fast swims were recorded in several events, including some that broke existing USMS or World standards. In the women's 50-54 age group, Lisa Van Pelt-Diller of Germantown Masters set a new World Record of 2:34.69 in the 200 meter backstroke. Virginia Masters set a new USMS Record in the 400 meter medley relay for the 160-199 age group. The quad of Troy Johnson, Patricia Miller, Dave Holland and Alice Phillips swam a 4:28.74 to set the new standard.

For the fifth year in a row, Troy Johnson (Virginia Masters) won the Fastest Man in the Water award, sizzling to a time of 23.45, his fastest time at the Albatross Open so far. Jennifer O'Reilly (Reston Masters) picked up the plaque for the Fastest Women in the Water with a blistering 28.48.

In the Women's division, the Health Unlimited Hurricanes accumulated the most points, beating out Reston Masters and Germantown Masters. In the Men's team totals, Germantown Masters outpaced the ANCMs and Reston Masters.

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While the atmosphere in Austin is known for its laid-back pace, the USMS Short Course National Championships meet was nothing but FAST. Getting a medal at Nationals never comes easy, but this year was especially difficult. Here is a snippet to gauge the level of competition: 1976 Olympic legend Jim Montgomery did not even place in the top ten in his age group in the 100 and 200 yard freestyle events! In Montreal he got a gold and bronze in those two events, respectively.

Nine swimmers represented the ANCMs at Nationals this year. The men placed 17th out of 131 clubs. Furthermore, eight of our nine swimmers set team records (yours truly ruined the perfect streak) and all ANCM swimmers took home at least one Longhorn medal.

Coach Clay led the way by virtue of his breaking three National records and five team records. Clay knew the Lee and Joe Jamail Swim Center quite well – he swam for the University of Texas and set American records in the pool back in the early 1980's. Looking at the Texas Wall of Fame, we also got to see what Clay looked like with hair! Remote ANCM swimmer Chris Weissman won three events, set one National record and established four new team records. Hired Gun, Ringer, whatever you want to call him – he had a stellar meet in his new age group. Hugh (Dad) Roddin won one event and was cheated out of winning a second gold (obscure DQ that was not evident on the video).

Three ANCM swimmers set team records in all of their events: Clay, Mark Pugliese, and Ruth (Mom) Roddin. Mark

(Continued on page 5)

ANCM PROFILE: GREG SCACE - ROLLERBLADER

by Tom Denes

Greg Scace is an Ancient Mariner who uses swimming to cross-train for competitive in-line skating. I recently chatted with Greg about his in-line exploits.

Q. How did you get interested in in-line skating?

I grew up in frigid upstate New York, where ice-skating is a popular method of acquiring frostbite. I was a pretty typical teenager in that my friends and I would play pickup hockey and goof around on the local rink on weekends. I eventually moved to a warmer climate and forgot about skating until the early 90s when the whole Rollerblade brand inline skating thing got pretty popular. It looked like a lot of fun.

Q. What appeals to you about in-line skating?

First, road skating is really technique intensive, in much the same way as swimming. There's a big premium for being an efficient skater. And unlike ice-skating, which is always done on flat surfaces, we skate uphill and down, which requires a range of techniques and a high degree of adaptability. For example, one can become aerodynamically very small when descending hills, allowing one to attain higher speeds than most cyclists. Skating strokes at high speeds on flats or downgrades are as long as possible, with skates aligned with the direction of travel. Skating uphill requires a more rapid turnover, with skates angled to the direction of travel.

Skating fast is a more intense and personal experience for me compared to biking. When I ride a bike, I'm conscious of being on a machine - my bike. I'm conscious of being in the right gear to suit my pedaling style, but I don't constantly think about my mechanics. Perhaps I'm a sloppy bike rider. Conversely, when skating I don't feel like I'm on a machine. The skates

are an extension of myself. I'm intensely aware of my body position and how I'm applying force to the road. When I train, I think about my skating to the exclusion of everything else. I find this to be very cleansing.

Two things that are really fun for me are cornering and drafting. I really like the feeling of leaning into corners with my skates loaded up and I like the acceleration from doing crossovers correctly. I feel much more confident than on a bike. Pack racing is a lot like bike racing in that drafting and energy conservation play a big role in how things turn out. We go almost the same speed as bike racers so the draft is huge. Skaters skate very close together in the pack, usually able to easily touch the skater ahead. What's really cool is that we can push. The draft is so huge that skaters often get sucked right into the skater ahead. We push with our fists rather than with our hands open. This prevents people from grabbing the skater in front if they inadvertently trip.

Q. I understand that you do this competitively. Tell me about some of your races.

I've been surprising myself lately in that I seem to be getting faster as I get older - go figure. Last June I had the pleasure of winning a local half-marathon - the Skate of the Union. I had no idea that was in the cards until 200 meters off the start line when I put myself into a 3-skater breakaway composed of myself and two skaters from Capital Racing, a DC-based speedskating team. The break was successful, and we gained 3 minutes on the 4th place skater. I spent most of the race trying to figure out how not to get suckered into leading out the sprint. As it turned out, the guy who I pegged as probably the best sprinter got a nice leadout from his teammate, but he tripped and lost a few feet - enough to wind up third. I outsprinted his



teammate. Score one for us old guys.

The result gave me confidence that I might be competitive with pro skaters, so I raced in the Pro Veterans class at the Northshore Marathon, which is the largest inline skating race in North America. The race is 26.2 miles long, between Twin Harbors, Minnesota and Duluth, along the shore of Lake Superior. Last year over 3500 skaters competed. The major difference I found between the pros and amateur racers is that the pros are extremely aggressive - much more so than amateurs. Someone is always attacking, so the pack will accelerate to 25 miles an hour while it contains a breakaway attempt, then slow to 17 or 18 mph until someone else attacks. I ended up getting dropped out of the pack eventually, but I still put up a pretty good time and I learned a lot. Like "Do More Intervals!"

This year I hope to do a bit more racing. There is a very competitive 5-race series being run in Trexlertown, PA, which I hope to skate in. I am also skating on the Skaters Quest team and I'm planning to skate in a 24 hour team race in Montreal, Canada on Sept 6 and 7

Q. How much do you train every week?

I try to skate 4 or 5 days a week and swim with my wife, (ANCM) Casey, on Sunday. I usually do two days of intervals each week, with varying amounts of work / rest. I mix this up with distance workouts on other days and drills every day during warmup. I'm fortunate that I work close to Seneca Creek State Park, which is pretty hilly, so even distance workouts have variable intensity.

Q. What do you do to stay in competitive shape during the winter?

I do indoor rowing and skate if the weather is at all decent. I skated pretty far into January the last two years.

Q. I understand that you and your wife also sailed competitively. Tell me about that.

We sailed and raced boats for years. We sailed in one of the Olympic classes - International Tornado, which was really competitive. We worked pretty hard at it and eventually made the US Sailing Team in 2002.

ANCMs RACE IN THE CHOPPY GULF IN RECORD NUMBERS

by Cathy Gainor

A record 11 ANCMs braved a bigger-than-usual chop, 300 other swimmers, and fear of sharks to race in the 2008 Hurricane Man along St. Pete Beach, FL, on May 10.

Promised by longtime race veterans Kathleen Etxegoien (8 years), Angela Nevaldine (8 years) and Dottie Buchhagen (6 years) that they would encounter warm, clear Gulf of Mexico water as "smooth as glass," some of the newbies were a bit displeased with their teammates as they watched wave after wave crash on shore as they prepared for the 2.4-mile swim.

"I was very nervous and wondering if the joke was on me 'cause the water had been even worse the morning before at 7:30 a.m., and everyone said don't look at the water during the day -- it will be smooth as glass in the morning," said Debbie Kelsey, who placed fourth in her age group with a 1:38.45. "The good thing for me was with choppy water, I

could not see anything so I didn't have to worry about seeing any fish!"

The other good news: the water was a perfect 79 degrees.

All 11 ANCMs finished the race, with five placing: Barbara Mueller (2nd, 55-59); Lynn Wymelenberg (4th, 50-54); Debbie Kelsey (4th, 55-59); Polly Phipps (5th, 50-54); and Cathy Gainor (5th, 40-44).

The chop and "an unfavorable tide" meant slower times than in past years, according to the St. Petersburg Masters, which hosted the race.

Some ANCMs, like Paulette Browne -- swimming in her first-ever open-water race -- said she kept thinking about how much fun the swim was and how much she liked her life. Others, like Tom Denes, doing his third -- and he says final -- Hurricane Man, said what kept him going was thinking "never again." Denes, representing the men of the ANCMs, was the only one who was rolled by a wave.

Susan Blum, also swimming in her first open-water race, was fearful at first, but after swimming a little breaststroke and avoiding the beginning-of-the-race scrum, calmed down and finished in an impressive 1:53.43. Afterward, the ANCMs headed over to the Hurricane

restaurant for a breakfast of eggs, sausage, sweet rolls, fruit, coffee and -- yes -- free beer, and to collect their awards. Then they hit the shops and enjoyed the 90-degree heat on the beach. And some of them frolicked in the now-calmer water.

2008 ANCM SERVICE AWARD

by CJ Lockman Hall

Congratulations to Peter Johnson, the recipient of the 2008 ANCM



Service Award. Since joining the ANCMs in 1995 -- his first time in organized swimming -- Peter has cheerfully served in myriad

capacities. He was an At-Large board member in 2003-2004 before stepping up in 2005 to his current position as Vice President.

Peter is the go-to guy for socials, whether the end of summer picnic, winter holiday party, or the Albatross Open, making sure we are awash in beverages and piled high with food. You'll always find him on the ever-so-popular party clean up crew (possibly to snag choice left-overs).

He has timed at many Albatross Opens, and, although he swims for fitness, often participates in the meet to support the team.

Peter coaches Tuesday nights at the MAC, and has coached at nearly all of our locations. He also makes sure we are outfitted with team caps.

We are pleased to present this year's Ancient Mariner Service Award to a very strong and appreciated link in our team chain.



Lynn Wymelenberg, Susan Blum, Debbie Kelsey, Dottie Buchhagen, Tom Denes, Angie Nevaldine (in back), Cathy Gainor, Kathleen Etxegoien, Polly Phipps, Paulette Browne, Barbara

ALBATROSS OPEN

(Continued from page 1)

Thanks to Meet Director Cathy Gainor and all the other volunteers who made this a most successful meet.



Meet Director Cathy Garinor



Warming-up



On deck



Getting ready



Signing in



Fastest Woman in the Water Jennifer O'Reilly



Timers



Lisa Van Pelt-Diller and Dyann Charette
Dancy, Germantown Masters coach

A RIDE ON THE WILD SIDE — NEW YORK CITY STYLE

by Dottie Buchhagen

Picture this. 30,000 people – with 30,000 bikes – all in the same place at the same time. Well, that happened early Sunday morning, May 4, when I rode in the Five Boro Bike Tour in New York City.

The morning was grey and cold. We assembled at the starting point in Lower Manhattan at 7:30 a.m. The first wave was sent on its way while the rest of us shivered in the 52-degree temperature, waiting for our signal to start cycling. I set out at 9:00 a.m. It was a fast, straight shot uptown through the Financial District, Greenwich Village, Midtown, and up to 57th Street via Sixth Avenue. Then, a bottleneck. Four lanes of bikers merged into two lanes to go through Central Park. By this time we were getting warm. Spirits were high.

Finally, into and through Central Park and down the long hill to Harlem. On through Harlem, a turn onto Madison Avenue, across the Madison Avenue Bridge into the Bronx for a couple of miles, back into Manhattan across the Third Avenue Bridge and onto the FDR Drive. Fortunately, all the roads on the bike route were closed to traffic, not that there would have been any room for cars. At this point, the marshals were telling us we only had three more boroughs to go!

The sun came out and the day turned pleasant. Down the drive to the Queensboro Bridge, up the ramp, across the bridge, down to Queens for the first rest stop/festival. Cheering spectators were sprinkled along the route, and we heard the kinds of encouragement that only New Yorkers can offer. After a very pleasant ride through parts of Queens and Brooklyn, we ended up on the Brooklyn-Queens Expressway (BQE). By this time, the day was turning hot. We were at mile 27, with 15 more to go.

Out along the BQE, through a bit of

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SC NATIONALS

(Continued from page 1)

broke a minute in the 100 Back – somebody please check his birth certificate to verify he is 55 years old! I was lucky enough to swim in the same heat as triple Olympic gold medalist Josh Davis in a couple of my events. Before the 100 IM I figured he would get as far ahead of me as possible going into the freestyle leg so I couldn't catch him at the end. And wouldn't you know it – he was as far ahead of me as possible going into the freestyle leg. He must have been scared...



Hugh and Ruth Roddin

First time USMS Nationals swimmers Mark Michael and David Cheney both medaled and set new team records. Mark laid down a smoking fast 100 Fly to finish in the top three. David unfortunately made good friends with the officials on Sunday but did have a big time drop and placed well in his 200 Fly on Saturday.

Jason Crist spent the offseason recruiting for our team. Unfortunately he did such a good job he ended up getting bumped from the medley relay. But he was a sport and even suggested we drop down an age group so I could swim on the relay (normally the strategy is to swim in the oldest permissible age group). Even with three guys over 45, our 35+ medley relay placed 3rd with a time that would have won by 3+ seconds in any of the past three Nationals.

Below are full results for ANCM swimmers (event, time, place):

Britt, Clay (M45-49)		
50 Fly	24.01	9
100 IM	53.72	
3 (Faster than previous National Record)		
100 Back	52.33	

	1 (National Record)	
50 Back	24.31	1
(National Record)		
200 IM	2:03.05	5
Cheney, David (M50-54)		
50 Fly	26.55	27
200 Fly	2:13.67	6
100 Fly	DQ	
200 IM	DQ	
Crist, Jason (M45-49)		
50 Fly	25.27	25
100 IM	59.21	28
200 Fly	2:13.02	6
100 Fly	55.95	14
50 Back	27.55	16
200 IM	2:09.96	10
Michael, Mark (M45-49)		
50 Fly	24.44	11
50 Free	22.47	11
100 IM	56.26	10
100 Fly	53.05	3
100 Free	49.69	9
Pugliese, Mark (M55-59)		
50 Fly	25.59	4
200 Back	2:14.37	3
50 Free	24.10	6
100 IM	1:00.68	5
100 Back	59.96	3
Roddin, Hugh (M65-69)		
200 Back	DQ	
200 Fly	2:49.08	3
100 Back	1:09.19	2
100 Fly	1:06.69	1
50 Back	32.17	3
Roddin, Jeff (M35-39)		
50 Fly	24.03	12
50 Free	22.24	15
100 IM	54.45	6
100 Back	54.59	4
100 Fly	52.13	7



Clay Britt and Jeff Roddin

200 IM	2:00.90	4
Roddin, Ruth (F65-69)		
50 Fly	45.35	5
50 Free	37.60	7
Weissman, Chris (M45-49)		
100 Breast	59.60	1
50 Free	22.96	20
100 IM	54.97	5
50 Breast	27.14	1
(National Record)		
200 Breast	2:14.30	3
200 IM	2:00.38	1
Men 200 Medley Relay (35+)		
	1:36.67	3
Britt, Clay	(24.66)	
Weissman, Chris	(26.65)	
Michael, Mark	(23.86)	
Roddin, Jeff	(21.50)	

SON OF AN ANCM REACHES OLYMPIC TRIALS



Congratulations to Eric Friedland, age 17, son of ANCM Warren Friedland and his wife Wendy. Eric qualified for the Olympic Trials in the 100 and 200 meter (LC) breast stroke at the NCSA Jr National Championship Meet in March. He took second in the 100 and first in the 200 with times of 1:04.44 and 2:20.40, respectively. He will represent RMSC at the Olympic Trials from June 29 - July 3 in Omaha, NB.

FREE
 All registered ANCMs can receive a free swim cap.
 Contact your coach.

5 BORO BIKE TOUR

(Continued from page 4)

Bay Ridge and onto the access to the Verrazano Narrows Bridge. At mile 37,



the bridge was a challenge. A steady up-hill climb for a mile to the center of the bridge. The breeze was salty and refreshing as I

thought of That Scene in *Saturday Night Fever*. The reward for the effort was a mile-long descent to Staten Island and the Festival at mile 39. Photos, food, entertainment. But just a pause for me.

After many hours on the road, I was ready to head back. Only 3 more miles to the finish line – the Staten Island Ferry and the trip back to Bowling Green in Manhattan.

Riders came from all over the world. I saw flags from France and Switzerland, met people from Brazil, England, and Far Rockaway. I was surrounded by a variety of languages. Riders dressed in outfits ranging from “professional” racing to weekend casual. Placing stuffed animals, signs, flags, and windmills on helmets was popular, and it helped members of groups to keep tabs on one another.

Pedestrians greeted us, in our highly identifiable numbered vests, with questions, best wishes, and words of welcome before and after the race.

Yes, there were accidents, including

one very bad one that held us up for nearly an hour on the off-ramp of the Queensboro Bridge. When I looked back at the thousands of cyclists who were stopped behind me, I felt relieved that I wasn’t at the end of the pack. Most of the accidents were minor scrapes and bumps. Several other delays where six lanes of cyclists merged into one or two lanes were somewhat refreshing, as I was able to take in the views, snap a few photos, and chat with friendly people. We were all in this together, and we were all determined to finish.

It was quite a day! I did this ride 27 years ago, with only one-third the number of participants. We moved faster, didn’t stop, and finished earlier. And I don’t remember being as tired. But I do remember having as much fun.

Photo credits: Dottie Buchhagen - pp.2-6; Rick Kelsey - p. 3 (Hurricane Women & Man); Jeff Roddin - p.5 (Clay & Jeff)

SUMMER SESSION BEGAN SUNDAY, APRIL 20

All registrations are now online. For information and links to the Montgomery County Recweb Online Registration, go to our website at <http://www.ancm.org/bull>.

ANCM BULLETIN BOARD IS ON THE MAC LOWER LEVEL

EVENT CALENDAR 2008



2008

6/8: Great Chesapeake 4.4-mile Bay Swim & Chesapeake 1-mile Challenge, Stevensville, MD; <http://www.lin-mark.com> (CLOSED FOR ENTRIES)

6/14: 16th Annual ANCM trip to the STOUTD’s Summer Beer Festival

6/18-22: IGLA Championships hosted by DCAC at UMD in College Park, MD <http://www.swimdcac.org>

6/28: USMS 1-mile Open Water Championships, Long Island Sound, Madison, CT

7/12: USMS 2-mile Cable Championships, Chris Greene Lake, Charlottesville, VA

7/19: Swim for Life 1-, 2-, 3-, 4-, and 5-mile Swims; Chestertown, MD; <http://www.swimdcac.org/Swim4Life.html>

8/23-24: 4th Annual Terrapin Cup and 2008 Colonies Zone LCM Championships, University of MD, College Park, MD; entry: <http://www.terrapinmasters.org/Colonies-Zones-2008-LCM-entry-form.pdf>

Sometime in August or September - **Annual ANCM Picnic** in Seneca Creek State Park — details will be emailed to the team.

9/27: Chesapeakeman 2.4-mi Swimfest, Cambridge, MD; <http://www.tricolombia.org/ChesapeakeMan>