

The Rime

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FROM THE EDITOR

◆Check out all the meet results and upcoming swimming events on our website at www.ancientmariners.org
◆Please send comments and suggestions: for articles to dbuch@mindspring.com

CHESAPEAKE BAY AND CHALLENGE

by Dottie Buchhagen

On Sunday, June 12, six ANCMs swam in the very choppy waters of the Chesapeake Bay for the annual 4.4-mile crossing. Earlier that morning, another five ANCMs were challenged by waves and lots of seaweed and muddy water in the one-mile Challenge. These were definitely Swims To Remember.

Cathy Gainor: There was no risk of zoning out and letting your mind wander off to think about random things. You had to be on your game and focused the entire way across the Chesapeake Bay this year.

The 4.4-mile race was the most difficult in my seven swims across, with the National Weather Service saying that the wind was blowing 22 mph, gusting to 33 mph, by the time we began our swim at 12:30 Sunday afternoon. I found out later that the Service had issued a small craft warning and there was a crosswind warning for the bridge.

Race director Chuck Nabit in his pre-swim briefing emphasized that the wind would be pushing us toward Hemingway's, which would be great — (he may have even used the word "ideal") — and would mean lots of PRs (which happily I

achieved, with a 1:52.28, eighth in my age group). While he briefly mentioned "chop," that didn't begin to cover the conditions we encountered.

Constant waves. Three-foot swells. Tons of chop. Spray nailing me in the face frequently. I couldn't get a rhythm going. I had to choose carefully when to breathe so that I didn't drink a ton of water (I frequently failed) as the waves washed over me. It was similar to swimming through ocean breakers constantly for two hours. Sometimes I couldn't get my arm out of the water because a wave was washing over me. Sometimes I felt like I was body surfing. And forget rolling over to do a little backstroke to enjoy the view or a couple strokes of breaststroke to give my shoulders a break — those just made it worse.

And then there was the seasickness. I felt nauseous several times during the swim and for at least an hour or two afterward. Fortunately, I didn't get sick. Others did, even though they intelligently had taken pre-race Dramamine.

I also managed to have my worst chafing ever, with my neck and back on fire as I write this.

The positive news was that there wasn't much current to fight against while I battled the waves, and there was no awful

(Continued on page 6)



SALLY MACKENZIE: SWIMMING ROMANCE NOVELIST

by Dottie Buchhagen

Q: You are described as a USA Today Best Selling Author. Is Sally MacKenzie your real name? Yes! I sold my first book by accident, so when my new editor asked me what name I was going to use, I hadn't given the subject any thought. Turns out I have enough trouble remembering my own name at book signings – introvert overload – so I guess I made the right decision.

Q: What is your genre? Historical romance, specifically stories set in England during the late Regency – after the Battle of Waterloo and before the Prince Regent became George IV – so 1816-1820 or thereabouts.



Q: How did you set upon that particular genre? When I was about middle-school age, a friendly librarian introduced me to the work of Georgette Heyer (1902-1974), a British writer whom many call the mother of the Regency romance. Then when I was raising my sons, my go-to relaxation reads were Regencies. As to the romance part? I'm a sucker for happy endings.

Q: What are the titles of some of your books? My most recent release is *How to*

Manage a Marquess. When to Engage an Earl is now in production and will be out next June.

Q: When did you first become interested in writing? In fifth grade. However, the typewriter is not my friend. I probably wouldn't have written anything if the personal computer had not been invented.

Q: With four sons (and a husband), how and when do you find time to write? The sons are all grown now and the husband is still doing the 9 to 5 routine (except for him it's more 7 to 7), so I've lots of time.

Q: What did you do before you wrote your first novel? Many, many years ago, I wrote regulations for the federal school nutrition programs. (Anyone remember ketchup as a vegetable?) Then I was home with the boys, doing lots of volunteer writing – newsletters, auction programs, and such. ANCMs who have kids in the Montgomery County Swim League (MCSL) may be familiar with my first "bestseller": the Meet Management Handbook, which we used to call the Green Book. (I also wrote the 50th Anniversary blog, though that was after I was published in romance. The link is still live on mcsl.org.)

Q: Which was your first novel? *The Naked Duke*, which came out in 2005. (No, the duke isn't a nudist.)

Q: How was it received? How did you get it published? Well, it launched my career, so I guess it was a great success! It also mortified my youngest son, who was a sophomore at Georgetown Prep at the time. However, in the "every cloud has a silver lining" department, he wrote about the experience for his college application essay and got into every school on his list.

As to how the book got published: The Regency category of the Golden Heart, a contest for unpublished writers run by the Romance Writers of America (RWA), the national trade association, was in desperate need of entries – too few and the category would be cancelled. Being a good citizen, I answered the panicked call for manuscripts and entered. Much to my surprise, *The Naked Duke* made the final round. It didn't win, but one of the editors who judged it liked it, got my contact information from RWA, and called to offer me a contract.

Q: What kind of research do you do for your novels? All my books are set in the Regency, so I'm never starting completely from scratch. That said, each book poses new problems, so I'm always on the hunt for historical details. I make periodic research trips to England, have a collection of research books on topics ranging from fashion to botany, Google like crazy, and ask questions of my writer pals. The proposal I'm working on now might involve a brewery – my husband is all over that, ready to explore as many breweries as I'd like – so I've watched a video on growing hops and read about a "destructive wave of dark beer" that killed eight people in London in 1814.

Q: Describe your writing style. *Publishers Weekly* said in its review of *The Naked Earl* that I provide "plenty of heat and hilarity."

The "hilarity" part is especially tricky. So much of humor depends on word choice, timing, and blocking – the positioning and movement of characters in a scene. My books also tend to be heavy on dialogue, and dialogue is a bear to write. Quick to read, but slow and painful to create.

Q: You seem to have several ongoing series or themes. What are they and how did you settle on them? I have three series so far: the Naked Nobility (seven books and two novellas), the Duchess of Love (three books and one novella), and the Spinster House (also three books and one novella).

In my corner of publishing, contracts are for more than one book. So, when *The Naked Duke* sold, I discovered somewhat to my horror that I had to write another book – and on deadline! A bit of panic ensued. But since I'd wisely given the duke two good friends, I grabbed one of them to be the hero of book #2 — *The Naked Marquis*. Fortunately, I got another contract so the other friend got his book ... but then I still had one more book to do. Ah, but heroine #1 had a sister! And so it went until I'd used up all the titles of the English peerage.

The Duchess of Love and the Spinster House series were planned as trilogies — and then a prequel novella got added to each. (My books are around 90,000

(Continued on page 3)

MY NINE-MILE SWIM

by Holly Donnelly

On July 16, I finished (barely) the nine-mile race at the 5th Annual Ocean Games in Ocean City, MD.

Last year, the lack of any surf and an amazing helpful current in the three-mile race lulled me into thinking that the nine-mile race would be no big deal.

The race started off on a hot sunny morning. Fellow ANCM Kara Permisohn and I had tested the water the day before, and after 30 minutes of wallowing in the

tiny waves, decided it was warm enough, at 73 degrees. I would not wear my wetsuit.

The starting gun went off at 10 a.m. on 145th street. There was a little surf, and we were going into the wind, which drove spray into our faces, but the current was neutral, and we (my friend Becky Mac-Millan was kayaking beside me with Gatorade, energy gels, water and sunscreen) made pretty good time for almost an hour. Then, the wind picked up. We had rented a wide kayak and Becky was not heavy enough to hold it down against the wind. She dropped out and Earl, a volunteer

with a sleeker kayak, took over. I made stops every 45 minutes for fluids and energy gels.

I reached the first buoy (six-mile mark) at 12:45, and I told Earl "Hey, I'm going to make it, I'm ahead of schedule." Then the chop picked up after the buoy where Kara and the three-mile racers had started.

There was a storm blowing in, the sun was now behind heavy clouds, and the current had turned distinctly unfavorable. The scheduled stops went out the window as I started to get cold. Had the water temperature dropped, or was it just the long exposure? I knew we were inside the last half-mile, but the chop made it hard to see the last buoy. It was a good thing Earl could see it. He told me sight off the end of the pier, which was much higher. He also reassured me that I was making progress. It felt like I was swimming in place, but I could, at last, see the end buoy and the finish line.

I finished right in front of the coast guard vessel at 5 hours 59 minutes. It was thrilling to have been one of the 17 finishers among the 22 who started. Kara and Becky and I headed back for hot showers and then celebratory drinks at Seacrets.

It was definitely an adventure!



At the starting line. Holly is third from the right.

ROMANCE NOVELIST

(Continued from page 2)

words; my novellas are in the 25,000 to 30,000 range.) The Duchess of Love books are about a matchmaking duchess and her three sons; the Spinster House involves a curse, three spinsters, and a cat with an attitude.

Q: Who or what is your inspiration for the characters in your books? My creative process is nowhere near as tidy as this question suggests. My characters are probably inspired by everyone I've ever met or read about and by my own feelings and experiences. Now that I've a few books out, I also have to be careful that new characters aren't just echoes of former ones.

In creating a heroine, for example, I'll think about where she lives, *when* she lives (I try to keep things as historically accurate as I can), her parents, her siblings, her past loves, her hobbies, her hopes – whatever makes her unique. I'll do this with the hero, as well, and to a lesser extent with secondary characters.

Once the characters start to take shape, I'll put them together to see what they do. Hopefully, they'll start taking and I'll be off with the story.

I'm learning about my imaginary friends all the way through the book until my deadline forces me to stop fiddling and send the darn thing out into the world – or at least back to the publisher.

Q: You are an award-winning author – what awards and honors have you received? My books have been finalists or have won a number of RWA chapter contests. Several have received starred reviews from American Library Association *Booklist*, and two made *Booklist*'s list of top ten romances.

Q: Do your novels sell outside of the United States? Yes. Not all books are in all languages, but I've had editions in Czech, French, Indonesian, Japanese, Norwegian, Portuguese, Romanian, Russian, Spanish, and Turkish.

Q: Do your husband and sons read your novels? No!

Q: How long have you been with the ANCMs? I'm not really sure – time flies

when you're having fun. I discovered an Albatross shirt from 1995 in my t-shirt drawer, but that's from when I swam with the Rockville Masters. My guess is I've been with the ANCMs around 10 years.

Q: How does swimming fit into your life? I've been swimming off and on since I was very young. Family lore has it that my parents helped start Glenwood pool. I swam for the Tigers until I graduated off the team. (Back then, that was at 17.) My four sons were all MCSL and PVS swimmers, and I was "A" rep for the MCSL Rockshire Sharks for many seasons before I "moved up" to spend a number of years on the MCSL board, serving in all the officer positions, including president.

Now I swim for exercise, to keep all the body parts working and the blood pressure under control. I hit the elliptical and/or weights at the gym three mornings a week, but my Tuesday/Thursday nights trying to keep up with the "boys" in lane four are my best workouts.

Q: Do you have a web site? Of course! You can find out even more about me and my books at www.sallymackenzie.net.

GMG: GET MORE GLIDE

by Mark Diglio

When asked: "If you could give a single swim tip, what would it be?" a coach's response might be breathing, posture, stroke, technique, strength, endurance, rhythm, balance, imagery or drills. These are all good focus areas to help us "swim faster,," but the complete answer is: "Get More Glide (GMG)" (no, not more of that special deodorant speed stick). GMG is the combination of all areas that aid us to effortlessly swim faster. It sounds simple, but this skill takes some practice and understanding.

Speed in the water is a factor of efficient use of energy to propel one forward. Efficiency means less movement resistance in the water. If you float like a surf board, it takes almost no effort to glide along the water's surface. If you have a lot of knee bend, swim with your hips well below the water line, or chop the water with your arms pushing mostly downward, you have to exert a lot more energy to go forward and your speed will be dramatically reduced.

The first place to start to GMG is stay light or buoyant. To do this, you need to have your lungs fairly full. Not to the point of bursting but comfortably full and as long as possible during your stroke. You want to hold the majority of that air in until ready for your next breath. You can slowly trickle the air out as you get close to taking a breath and then follow with a quick pulse of exhale-inhale to get your next big breath. This

may feel strange or mechanical, but with practice over time, you can make it rhythmic and natural.

That's it. Many may say, "But I need a breath every stroke." This is incorrect. You may 'want' a breath every stroke, but you do not 'need' a breath. There is a difference. One way to develop better lung capacity is drills. Begin with a warm up of 50-500 yards where you breathe every other stroke, even every fourth, fifth, or seventh stroke if you can. You may need to work your way up to this. Speed is not what you are going for. You want to learn to keep air in longer to GMG. Each stroke takes about two to three seconds. Just reading this article, you can likely hold your breath 10-30 seconds without difficulty. To breathe every other stroke may mean breathing every three to five seconds. It is not only possible – this should be easy. You need only work at it. The idea is the longer you can go without a breath, the more glide you will see with each stroke.

Short story: when I was on my high school team, strength and speed ruled. I did 50 yards in 20-21 seconds, but it could take me 19-22 strokes. As I got older, the get-up-and-go got-up-and-went. I needed to find a way to stay competitive with my Masters workouts. GMG was it.

Remember, these tips are targeting ways to GMG without more effort. Another drill is to see how few strokes can get you from one end of the pool to the other. My record for 25 yards is six strokes (At 58, I cheat by using a pull buoy and no kicking). With practice, each of you should easily be able to get down the pool in 10 strokes or less. A goal should be to swim at moderate pace for 25 yards in 15 strokes or less. Swimming fewer strokes means getting more glide or

distance per stroke, exerting less energy, getting more rest and keeping your heart rate at a healthier relaxed pace (108 to 120 beats per minute). This is important especially for long-distance swimmers.

Editor's note: Mark swam with the ANCMs in 2011-2012. He completed the 4.4-mile Chesapeake Bay swim three times and the one-mile swim once. He did AAU swimming from 1964-1976 and Intramural Swimming at Penn State University from 1976-1980.

AUGUST 21 BRUNCH

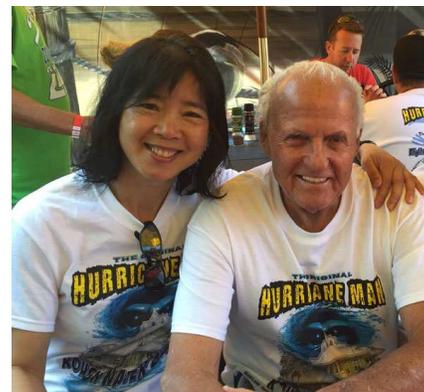


2.4-MILE HURRICANE MAN SWIM — PASS-A-GRILLE, FL — MAY 7



Four ANCMs traveled to Pass-a-Grille, FL for the annual 2.4-mile swim in the warm waters of the Gulf of Mexico. On the left are Yali Fu, Tom Denes, Cathy Gainor, and Kara Permisohn. On the right, Yali congratulates 85 year-old swimmer Robert Beach of St. Pete Masters. The swim is organized by the St. Pete Masters.

Cathy placed second in her age group.



BECOMING AN OPEN-WATER SWIMMER

by Tara Inverso



Tara, Pat, and Bella

As too many years of long-distance running began to manifest themselves as achy arch pain, I tried to find cross training techniques that would be as enticing as pounding the pavement. Too weak (and too un-cool) for Crossfit, too uncoordinated for Zumba, I turned to swimming. After suffering through a few lone-

some laps during lunch breaks from work, I came across the concept of Masters swimming. Thinking that the group dynamic might keep me motivated to stay in the pool, I signed up and went to my first practice in January 2016.

I tried to come up with any excuse to turn the car around en route to the pool, but luckily it's only a 1.5-mile journey from my house and I managed to arrive right on time. I was pleased to find that the group was friendly and welcoming to a new-comer (in all definitions of the term!) like me. The slowest lane was equally welcoming, and very tolerant of my occasional drifting across the lane and back-stroke collisions.

On a whim, I signed up for the Reston lake swim (one mile only, of course, per chance of drowning or encounter with large-tooth fish). Before I even sampled open water swimming, I signed up for two more races for the following weekends: a 1.3-mile Potomac River swim (Washington's Crossing hosted by Wave One Swimming) and the Chesapeake Bay one-mile challenge. In retrospect, I probably should have tried one race to see if I liked open water swimming, but luckily I did! Being new to swimming races felt like my first few running races in junior high: didn't know what to expect, was thrilled just to finish, etc. Thanks to Dottie Buchhagen's tips about upcoming races, I went on to swim a few more races up to 5k distance (i.e., the 2.4-mile at the

Swim for Life in Chestertown, the Harborfest 5k and the Swim for Potomac 5k, both hosted by Wave One Swimming at National Harbor), and even dabbled in a one-mile Pacific Ocean rough water swim in San Diego (Optimist Club's Sports Fiesta). (Note – I have limited memories of the latter. Turns out that, without a wetsuit, the cold water may have frozen my memories.) Along the way, I acquired a cheering squad consisting of: one mom, Pat Inverso, and one dog, Bella Inverso.

Since I'm still on this side of living after those races, my next goal is to swim in (and hopefully finish) the 4.4-mile Chesapeake Bay swim next June. So, on behalf of all the newbies like me out there, thank you for welcoming everyone (even hopeless runners like me!) to your group!

YOUR BRAIN ON EXERCISE

by Dottie Buchhagen

Endurance exercise (think Masters swim workouts) increases blood flow and growth of blood vessels and neurons in the brain. It also enhances overall aerobic fitness and cardiovascular health. These benefits occur because blood carries more fuel and oxygen to brain cells. But what happens if you decide to skip a practice, or two, or three, or – well you get the idea. In August, a study published by researchers at the University of Maryland, College Park demonstrates that the benefits of exercise diminish after even a short rest of 10 days.

The study was undertaken by investigators in the Department of Kinesiology. Actually, I was a participant in those studies. There were nine of us who completed the study (two women and seven men) of 12 who began it. The study was designed to assess the effect of stopping exercise in older adults (51 to 71 years of age in our study group) who had long-term endurance training histories greater than 15 years (20 to 36 years). We volunteered to undergo a series of tests, including VO_{2max} (maximal intensity treadmill/electrocardiography test), a DEXA (Dual-energy X-ray Absorptiometry) body composition assessment, the Mini Mental State Exam (MMSE) neuropsychological test, and functional Magnetic Reso-

nance Imaging (fMRI) scanning.

The important test for this phase of the study was the fMRI. Baseline readings were determined for activity in the brain using fMRI during which we were asked to respond to questions using a fingerpad. We then spent the next 10 days NOT exercising and were retested using fMRI with questioning. The investigators found reduced resting cerebral blood flow (rCBF) within eight selected gray matter regions. Also strongly affected was the hippocampus, responsible for long-term memory, spatial orientation, emotion, and the autonomic nervous system, which regulates the function of many internal organs, including heart and lungs. Other investigators have found substantial decreases in overall fitness in similar study groups after stopping endurance training. Repeat testing using the MMSE did not show any decrease in cognitive function over the period of non-exercise in our group — for which I was very thankful!

The bottom line – keep up with the swimming (and other forms of exercise). Your brain appreciates your efforts.

Published in *Frontiers in Aging Neuroscience* 8:1-9, Aug. 5, 2016. Online at <http://journal.frontiersin.org/article/10.3389/>

ANCM SMASHES NATIONAL RECORD



President Dave Harmon presents plaque to Margot

ANCM Margot Pettijohn set a new national record for the women's 70-74 100 meter short course butterfly, touching the wall in 1:34.06 at the 2016 Albatross Opwn to shatter the previous national record by more than three seconds.

BAY SWIMS

diesel to smell.

And it was fortunate that the wind was going in our direction, because if the wind had been going the opposite way, I would still be in the Bay.

Once past the bridge, the conditions improved considerably since the jetty shielded us somewhat from the wind — except that the water, which had been refreshing and fairly clear in the middle of the bay, quickly became too warm and muddy and full of some sort of plant life. Kelp? Algae? Some other sort of seaweed? Gunk? Ick.

Bob Benson: I swam near the North bridge as I crossed the wavy Bay in 2:39:17. Fortunately, the huge waves were in the right direction enabling me to finish 12 minutes faster than last year. It almost seemed like a body surfing experience rather than swimming. Also, the desirability of the northern route made the swim more of a contact sport than usual. At 81, I was the only one in the age group of 80 and older.

Holly Donnelly: The first part of the swim was enjoyable. After we got around the initial curve in the bridge, the wind was at our backs and the swells were pushing us toward Kent Island. The temperature was perfect. I hit the two-mile buoy at 45 minutes (that is really fast compared to my usual open water pace; it could be that the buoy had blown off course.) At the three-mile mark, I was confident enough to swim by the food boat without a second thought! In retrospect, some Gatorade and a few crackers would have been a good idea. Almost immediately, the wind picked up and the swells increased, and we poor swimmers were getting tossed around like corks in a bottle. The wind was whipping up spray all over the place and sighting was difficult unless you were at the top of a swell. There was one point when the swells were pushing me toward a pylon, and I suddenly had to scramble away from it. That was the point where I started to get a little seasick (I never get motion sickness!). It was probably worse for the wetsuit wearers, who were even more buoyant. Then, we got out of the bridge span into sheltered water, where it was warmer but in which some sort of gross-smelling sheets

of kelp were floating around. That was not a fun part of the swim, either, although it was good that the swells were gone. My time was about two minutes faster than last year. It was an interesting, challenging swim.

Meredith Leader: I did the 4.4-mile swim. I have run ultra marathons in the past, which is a big accomplishment; however I felt more rewarded after the cross-bay swim!

Marty Kaufman: My first 4.4-mile swim, and it was both beautiful and brutal. Wind at my back was great — until the swells made me nauseous after the second mile! Will I do it again? I said "no" as I drove away on Sunday, but the idea is getting more enticing now that I'm farther removed from the beach.

Pam Hepp: A great event — can't beat swimming across the Chesapeake Bay with my two sons, Christopher and Michael. It was a great swim — perfect water temp, no jellyfish or seaweed. The bridge is beautiful from water level. It is definitely worth a quick float on your back to admire. Then, the winds picked up and it got wavy ... and I got seasick and had to stop just after the second feed boat. Yuck!

One-mile swimmers:

Laura Ramos: I truly enjoyed the experience swimming the one-mile bay swim. Despite still being slightly seasick from the chop, I hope to do the 4.4-mile swim next year. Thanks to the ANCMs for the great training that got me to the finish in one piece!

Tara Inverso: The one-mile challenge was my third open water swim. The course was well marked, even if it was a bit challenging to see the buoys through the waves. I only sampled a little bit of the water this race, and it tasted a tad on the salty side.

Kara Permisohn: The encouragement of my teammates helped me venture back into the water for the one-mile swim. I can't explain how wonderful it felt to be swimming again.

Jody Gan: CHOPPY!! I have completed the 4.4-mile twice and one-mile swim many times, and this was definitely the most waves ever, especially on the way to the first buoy! The second and third legs were smoother, and I was able to pick up my pace (until the very smelly seaweed at the very end that caused all of us to stand

up a little sooner than usual!). Fun to be swimming with my son, Zach (who got third place in his age group!), neighborhood friends, and fellow ANCMs. Congratulations, Dottie, on her first place finish.

Dottie Buchhagen: I thought it was a very rough swim. My time was terrible (the worst in years). However, it was less terrible than the other three in my age group (70-74). Kara Permisohn and I saw the 4.4-mile swimmers lined up at Sandy Point as I was driving across the bridge on our way home. I asked Kara to get a photo and stopped a couple of times so she could grab a shot while hanging out the car window, much to the annoyance of the driver behind me. Actually, that driver realized what we were doing and was very nice about it. He hung back. And the traffic was stop-and-go anyway.

JIM McDONNELL TWO- AND ONE-MILE SWIMS, RESTON, VA — MAY 29



Holly Donnelly, Todd Moses, Cathy Gainor, Joanna Silver, Yali Fu, Jody Gan, Elliot Rockler



Stephanie Sugg

PICNIC — SENECA CREEK STATE PARK — OCTOBER 9 25th ANNIVERSARY



Left: Some of the ANCM founders — Dave Harmon, Greta Ober, Tom Denes, Jeff Roddin, Clay Britt



Right: Tom Denes receives 25-year Appreciation Gifts from President Dave Harmon



View photos from the first 25 years of the ANCMs on our website at www.ancmariners.org/photos.htm

LANE CHAT

● **ANCM Martha Zeiger, M.D.**, was chosen President-elect of the American Association of Endocrine Surgeons for a one-year term beginning in April 2017. She is currently Professor of Surgery at Johns Hopkins University School of Medicine and specializes in endocrine surgery. Congratulations, Martha!

● An article describing ANCM Coach Clay Britt and his illustrious swimming career appeared online in Swimsam magazine on July 29: swimsam.com/maryland-pumps-americas-best-swimmers/.

● When ANCMs Jeff and Julie Roddin heard about a house coming on the market with significant family history, they jumped at the opportunity. Jeff's mother, Ruth Anne, who is also an ANCM, had moved into the house in Silver Spring when she was four (the same age Jeff and Julie's daughter Rachel was when they moved). Ruth Anne's grandfather, Jacob Zawatsky, was the builder of that and other houses in the neighborhood, which was farmland at the time. Jeff and Julie's son Jacob, age three, is his namesake. Jeff's grandparents lived there from 1947 to 1992. Jeff actually lived there briefly when he first moved to Maryland and some ANCMs attended a New Year's Eve party there at the end of 1991! Jeff, Julie, and the children moved in eleven months ago, ensuring that the house stays in the family for at least another generation.

● **OLDER BUT STILL FASTER.** An article in the last issue of *The Rime* highlighted ANCMs who have gone faster than their age in a 100 event. Well, **Dave Harmon** did it again — twice! On April 8, Dave (66) swam 1:04.86 at Colonies Zones at George Mason University in Fairfax and three weeks later, on April 28, he went 1:03.62 at the SCY Nationals in Greensboro, NC. Both swims were 100 yard freestyle.



SWIM PRACTICE — NEW POLICIES: Drop-in swims and two-step on-line registration (www.ancientmariners.org/registration)

Annual ANCM Meeting was held on November 7: Minutes are online at www.ancientmariners.org/documents

VISIT THE ANCM BULLETIN BOARD - KSAC LOWER LEVEL

Photo credits: p.1: Kara Permisohn; p.2: Sally McKenzie; p.3: Holly Donnelly; pp.4, 6: Yali Fu; pp.4, 7: Dottie Buchhagen; p.5: Tara Inverso; p.6: Dave Harmon; p.8: Martha Zeiger.

THE FALL SESSION BEGAN ON SUNDAY, SEPTEMBER 11 — REGISTER AND RENEW YOUR USMS REGISTRATION AT www.ancientmariners.org/registration.htm

VISIT OUR FACEBOOK PAGE FOR WORKOUTS AND TEAM NEWS www.facebook.com/ancientmariners/



TEAM GEAR

- **SWIM CAPS:** All registered ANCMs will receive one free swim cap.
- **OTHER GEAR:** swim caps:\$3.
- **SPECIAL:** Team T-shirts (wicking) \$10.

EVENT CALENDAR

2016

12/03: Fourth Annual Solstice Meet, SCM, Germantown Indoor Swim Center, Boyds, MD. www.clubassistant.com/club/meet_information.cfm?c=2124&smid=8156
12/03: Carol Chidester Memorial Swim series, Meet #3, SCY, Talbot County YMCA, Easton, MD. <http://www.usms.org/comp/event.php?MeetID=20161203SS3TCYY>

2017

**01/07: ANNUAL HOLIDAY PARTY. WATCH FOR DETAILS ON WEBSITE BULLETIN BOARD
TBD: ALBATROSS OPEN. KSAC, NORTH BETHESDA, MD.**

04/27-30: 2017 Nationwide USMS Spring National Championship, SCY, Riverside, CA. www.usms.org/comp/scnats17/

06/11: 4.4-mile Chesapeake Bay swim and 1-mile Bay Challenge, Stevensville, MD. linmarksports.com/. Lottery for the 4.4-mile swim is open until Jan. 6. linmarksports.com/special/gcbs2017entryinfo.pdf. The one-mile swim opens Feb. 1. linmarksports.com

08/02-06: 2017 USMS Summer National Championship, LCM, University of Minnesota Aquatic Center, Minneapolis, MN

07/14-30: 17th FINA World Masters Championship, LCM, Budapest, Hungary. www.fina.org/content/17th-fina-world-masters-championships



These are only some of the upcoming swim events. Go to www.ancientmariners.org/event.htm for details and events.