

The Rime

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ANCIENT MARINERS FUN MEET PASSES ALBATROSS OPEN IN 1998 USMS TOP THE FUN TEST TEN NATIONALS

by Dottie Buchhagen

Seven Ancient Mariner women and thirteen men swam Short Course Meters times that landed them in the USMS Top Ten rankings for 1998. Carole Kammel managed to place in two age groups. Congratulations to all!



Women			
Noortje Dekkers	(19-24)	200 Bk	1st
Carole Kammel	(25-29)	50 Brst	9th
		100 Brst	10th
Kathy Kirmayer	(30-34)	50 Free	2nd
		100 Free	3rd
		100 Bk	3rd
		50 Fly	10th
Carole Kammel	(30-34)	800 Free	8th
		50 Brst	8th
Therese Kominski	(30-34)	50 Brst	1st
CJ Lockman-Hall	(30-34)	100 IM	7th
		200 IM	8th
Penny Bates	(35-39)	400 Free	9th
		200 Back	8th
		200 Fly	3rd
		200 IM	9th
		400 IM	4th
		400 IM	4th
Margot Pettijohn	(50-54)	50 Brst	3rd
		100 Brst	2nd
		200 Brst	2nd
		200 IM	8th
Men			
Phillipe Kozub	(19-24)	200 Brst	10th
Kimo Phillips	(25-29)	100 Bk	9th
Jeff Roddin	(25-29)	50 Fly	9th
		100 IM	9th
Doug Chestnut	(30-34)	400 Free	10th

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by Tom Denes

This year I bent to what I perceived as the will of the people and tried to make the Fun Meet truly fun. I don't know if I succeeded but lots of folks were very complimentary. Even hyper-competitive Jeff Roddin said that the meet passed the "fun" test. So what kinds of stuff did we do? Well we had such weird events as the 50 Stretch Cord Challenge (try to get to the other side while tethered with a bungee cord), the 25 Tubbing Race (swim feet first from a push start), the 100 Couples Relay (2 x 50 - couples only), the 200 Kick Board Relay (start in water and kick like hell), the 25 Two Person Swim (one person grabs the other's ankles), the Plunge (maximum distance traveled from the start without any stroking or kicking), the 200 Golf Ball Relay (must swim with 2 golf balls in hands), and the 50 Fin Race. We also had some normal events so that folks could get some early season times.

Following the meet we convened at That's Amore and got to know our arch rivals, the Fairfax County Masters, better. Next year I'll even figure out how to cost the dinner accurately!

AT LCM NATIONALS IN FORT LAUDERDALE -AUGUST, 1998



Front Row: N. Gordon, W. Dicks, M. Fell, M. Pettijohn, D. Harmon, CJ Hall; Back Row: M. Hall, J. Feinstein, P. Bates; Photo: P.Bates

The last Albatross Open of the Second Millenium! What an awesome responsibility to fall on the shoulders of co-meet directors, Nate Gordon and Kathy Kirmayer. Would history judge our society kindly if they messed up the meet? Would Western capitalism survive if they lost money?

To kick-off the March 27th meet in a style that would make this last Albatross suitable to the Second Millenium, Nate and Kathy invited little known baritone, Linda Tripp, to sing the National Anthem. Once the shocked participants were herded back into the pool area, we settled down to serious swimming.

The first event was the 100 fly. Ancient Mariner speedster, Jeff Roddin, provided an awesome start by swimming his lifetime best--a stunning 57.97. The meet was off with a flourish. Perhaps this would be a worthy Albatross after all.

And so it went. DC Master, Joann Leilich, lit up the pool by setting a world record of 3:18.34 in the 200 breaststroke. The much anticipated 200 free challenge between Ancient Mariners, Jason Krucoff, Dan Rudolph, Steve Roethke and me, was greeted with much enthusiasm as Dan came from behind to touch out Steve, 2:15.00 to 2:15.04 (see article on p.5). Ancient Mariner, Clay Britt, came from behind to win the 100 individual medley by 0.12 seconds over DCAC

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FROM THE EDITOR

*Check out all the meet results and upcoming events on the Montgomery Ancient Mariners website at <http://www.ancientmariners.org>.

*Please send comments and suggestions to: dbuch@mindspring.com

MONTGOMERY ANCIENT MARINERS

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ANCM PROFILES: MEN'S RELAY-CLAY, WALLY, JEFF, & MIKE

by Dottie Buchhagen

On March 15, 1998, four Ancient Mariners — Clay Britt, Wally Dicks, Jeff Roddin, and Mike Fell (25+ age group) — set a USMS SCY 400 medley relay record at a USS meet at Oak Marr (Fairfax, VA) with a sizzling time of 3:28.46. All four are from the D.C. Metropolitan area. Clay grew up in Rockville and was 6 years old when he swam his first meet in the Montgomery County Swim League. He continued



swimming through high school with the Rockville Swim Club and at the University of Texas in Austin where he won three individual 100 yards backstroke NCAA championships. He held the American record in that event along with the 400 men's medley relay. He was on the 1979 Pan American Team and the 1982 World Championship Team. When I asked him about his swimming career since college, he said, "I have been involved with Masters swimming for ten years and have held a few world and American records." Those records include the current USMS Masters records in 50, 100, and 200 SCY backstroke in the 35-39 age group set in 1996. His 1992 50 and 100 SCY backstroke records [times are 23.39 and 50.21] in the 30-34 age group still stand as do his world records in the 50 and 100 SCM backstroke [26.84 and 58.25] set in 1996. In 1998, he set a world record in the 100 SCM IM [59.28]. He made the transition from swimming to coaching six years ago.

Wally grew up in Great Falls. He is the late-bloomer of the four as he was 11 years old when he began swimming with the USS Team Solotar. He graduated from Langley High School as one of the top two breaststrokers in the country. He continued his swimming career on a scholarship to the University of Tennessee, but transferred after one year to Indiana University. He stopped swimming after his junior year in 1984



and switched to cycling and weight lifting. "Three years ago, my life needed a new direction, and I got back in the water," he says. He started swimming on his own for a couple of months but was recruited by Jason Crist for the men's medley relay team. He joined the Ancient Mariners in 1996 and has been setting national and world records in breaststroke in the 35-39 age group. He currently holds four world records in Masters in 50 and 100 LCM [29.09 and 1:05.03] and 50 and 100 SCM [28.82 and 1:03.18]. His four national records in Masters are in the 50, 100, and 200 SCY [with times of 25.97, 56.81, and 2:08.06] in addition to the 400 SCY medley relay. Wally was named one of *Swim Magazine's* Top Masters Swimmers of the Year for 1998. His next goal is to qualify for the Olympic trials in 2000.

Jeff Roddin, the third member of the relay team, says, "I started competitive swimming as an 8-year-old in the Montgomery County Swim League." He, too, swam through high school and college (Lehigh University) where he was named the team's Most Valuable Player in his sophomore year. He finished his four years scoring more points in his dual meet career than any other Lehigh swimmer in its 125+ year history. But in spite of those accomplishments, he recounts that the lowest point in his collegiate career was when he swam poorly in the conference meet during his senior year. "At the time I was devastated because I thought that was a horrible way



to end my swimming career. Little did I know at the time that a lifelong USMS career lay ahead of me. Now there are no more chances to have a poor conference meet, or equivalently, a poor Masters Nationals. Certainly there have been several Nationals where I came far short of my swimming expectations, but the good times with teammates (and the exploration of local brew pubs) quickly negate any bad feelings about the swims." He points out that in Masters swimming, the attitude that "there is always next year" definitely beats the "do or die" circumstances in collegiate swimming. Jeff began his USMS career with the Ancient Mariners in the fall of 1991. He considers his greatest individual swimming accomplishment to be having beaten Clay in the 100 fly at

the 1992 USMS Short Course Nationals where he did a lifetime best. He saved the bottle of beer that he won in his bet with Clay and considers it to be his most prized trophy.

Mike grew up in McLean, VA where his competitive swimming career began at the age of 6. He swam for the USS Solotar swim team for 10 years and with Clay and Wally since he was about 13 years old. He continued swimming during his four years at Clemson University. As for getting involved with Masters swimming, Mike explained that he and Wally have been close friends since their days as teammates on Solotar. "I owe Wally much for getting me back into the water. I ran into him several years ago and he told me how he had gotten back in the water. It made me think that maybe I should get back into swimming also." It's been two years since he returned and he now "enjoys swimming more than ever." He was a last-minute substitute on the men's relay when Jason got sick.



All four of these Ancient Mariners love to swim, but they also have other interests. Clay has been a stockbroker for Wheat First Union, in Bethesda, for nearly ten years. When I asked him about his outside interests, he said, "I love to snow ski with my wife (Mary), scuba dive, take photos of animals, mountain bike, and do all kinds of adventuresome activities, including coaching at the MAC." Many of his photos are underwater shots of sea turtles, sharks, and other denizens of the deep that he has encountered on various dives. Wally works at his family business, Healthway Natural Foods in Northern Virginia. In his spare time, he enjoys snowboarding, biking, and scuba diving — he and Barbara Clifford (also an ANCM and substitute coach) recently swam and dove while on their honeymoon in the Cayman Islands. Jeff had majored in mechanical engineering in college. He now works for Jackson & Tull, a NASA contractor at the Goddard Space Flight Center. He has been designing parts for the Hubble Space Telescope since its first servicing mission in 1993. This past summer he passed the difficult and challenging exam to become a licensed Professional Engineer, an ac-

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COACHES CORNER STAN TINKHAM



by Steve Schrier

"Masters swimming – it's really, really great" That's what Stan says and it's obvious that he feels that way.

According to the people who swim with him at the Olney pool, he: "is committed", "has an accessible coaching style", "is a terrific motivator", "is a nice guy who really cares about what he is doing and those who swim with him." In short, we think he is a great guy.

Stan has been married to his wife, Caroline, for 26 years. They have 6 children and 6 grandchildren. He started his swimming career as a high school and college all-American in the individual medley events. Following college he went into the army where he coached its swim team (1955-1959). He was selected to coach the women's swim team at the 1956 Olympic games in Melbourne, Australia. (How many Masters swim teams across the country can claim a former Olympic head coach among their ranks?) The team under Stan's leadership swept the butterfly events, tied for first in backstroke, sixth in breaststroke, and won 2 freestyle relays.

After leaving the Army, Stan founded the Northern Virginia Aquatic Club (NVAC) and operated it for 23 years. At its peak, the club's membership topped 1,000 families with 350 swimmers in its competitive swimming program. During his days at the swim club, he coached many world class swimmers, several of whom went on to Olympic games. His most accomplished swimmer was Robin Johnson, who held every woman's freestyle world record from the 50 through 3 miles during the late 1960s.

After his years at the NVAC, Stan coached the RMSC program at Montgomery County Junior College. In January 1995, The Ancient Mariners got lucky. The new swimming facility at Olney opened with Stan coaching the masters program there. No one benefited more from this than I. I showed up out of shape for my first workout and lasted ten minutes (in the locker room I was dizzy and couldn't stand up for twenty minutes). Due in part, to Stan's support and constant encouragement, I have gotten to the point

where I finished the Bay swim twice. Every swimmer who has swum with him has seen marked improvement in their swimming. Stan says that coaching Masters swimmers, who want to be at practice, is more enjoyable than all of the other coaching he has done. And we are certainly happy to have him with us!

MASTERING IMPROVEMENT

by CJ Lockman Hall, M.A.

Swimmers I talked with at the 1999 Albatross Open expressed a variety of reasons for being there: enjoying their first swim meet, enjoying their first swim meet in a decade, doing a best time, setting a team record. The reasons for competing are endless, but competition offers the same two opportunities to everyone: a chance to improve and a chance to develop a sense of mastery.

Improvement

Improvement can be measured in many ways: diving off the block for the first time, swimming a legal race, doing a best time. Improvement is best measured with personal yardsticks. For example, maybe you won an event at the Albatross Open – a wonderful accomplishment! However, that does not mean you swam your best race possible – it simply means that you did most things better than your competitors. Perhaps you realized that you had another 10 meters in you when you finished your race, or teammates mentioned that you barely reached the flags on your pushoffs. Take note; look forward to working on these areas in practice. Skilled practice will help transform your weaknesses into strengths.

Mastery

"Mastery of others is strength; mastery of yourself is true power." – Lao-tzu

Mastery refers to your control over your performance. A strong sense of mastery can have a huge effect on your performance and help prevent you from repeating mistakes.

Mastery demands responsibility and flexibility. For example, if warmups at a meet are crowded, take action. Focus on what you need to get done the best way you can. Make plans to hop in the warmup pool periodically. Make a note to arrive at

the pool earlier or later next time to miss the warmup rush hour. Passivity in the face of adversity will diminish your confidence, power, expectations – and your performance. Give yourself your best chance of competing well.

Not meeting a goal can be disappointing, but it does not mean you will never reach your goal or that you did everything wrong. Review your race for strengths and weaknesses (writing down your insights is helpful). A key component of a strong sense of mastery is a firm belief that your focused efforts will lead to improvement. Remember that improvement is an ongoing effort.

Observe skilled competitors' starts, turns, technique, mental approach, and routines. Ask them questions (after their race!). Practice imitating champions, mentally and physically.

Good performances are not products of chance, but rather the natural result of focused mental and physical training and a take-charge attitude. Take an active role in your preparation and performance for improvement and a healthy sense of mastery.



For a free issue of the quarterly *Positive Performer* newsletter published by ANCM CJ Lockman Hall, send your mailing address to micandcj@erols.com or *Positive Performance*, 1610 Forbes St., Rockville, MD 20851.

TOP TEN - SCM

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		800 Free	6th
		200 Bk	2nd
Mike Fell	(35-39)	50 Free	3rd
		100 Free	2nd
		50 Bk	2nd
		100 Bk	2nd
Wally Dicks	(35-39)	50 Free	6th
		100 Brst	1st
		200 Brst	1st
Clay Britt	(35-39)	50 Bk	1st
		100 IM	1st
Jason Crist	(35-39)	100 Free	7th
Miguel Carrion	(35-39)	200 Bk	5th
John Feinstein	(40-44)	100 Fly	10th
Tom Denes	(40-44)	200 Fly	10th
Roger Leonard	(50-54)	200 IM	9th
Marshall Greer	(60-64)	50 Bk	5th
		100 Bk	4th
		200 Bk	8th

ALBATROSS OPEN

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standout, Neill Williams. The 2 x 50 mixed relay was contested for the first time in a USMS meet. The race was won by married Terrapins, Emad and Donna Elshafei.

In the Fastest Woman in the Water competition, Ancient Mariner, Antje Flamich held off Fairfax County Master, Dori Kaufman, in the lane next to her to win the 50 free with a time of 28.45. Unknown to both, Virginia Master, Beth Baker, sprinting in an outside lane almost beat them. Beth at age 38 is almost twice as old as Antje who has yet to turn 20. Beth swam a sizzling 28.59. Dori finished at 28.86.

Jeff Roddin, won the men's version of the Fastest Person in the Water competition by touching out Neill Williams in their 50 free dual. Jeff's time was 24.72 while Neill was an eyelash behind in 24.78.

For the first time in several years, relays were once again contested at the Albatross Open. DC Masters quartet, Barbara Frid, Joann Leilich, Betty Brey, and Beth Schreiner, provided a fitting ending to the Albatross Open by shattering the existing world record in the 240+ age group 200 medley relay. They swam a 2:43.47 to best the world record by 6 seconds.

After the meet we convened at Clay Britt's nearby party room to eat Hard Times chili, talk with friends and reflect on the meet. Kathy and Nate both pronounced the meet a success. Kathy in a moment of uncharacteristic weakness even offered to co-direct the meet next year. Unfortunately for her, she did it within ear shot of me.

It will be hard to top this Last Albatross Open of the Second Millenium.

Minutes of the Annual Meeting, Nov. 8, 1998

by Lisa Berger

The meeting was called to order at Tom Denes' house around 11 a.m. Approximately twenty swim team members, including officers, were there. After stuffing ourselves with donuts, coffee cake, and bagels, we got down to business.

The first item was nomination and election of officers. All current officers with

one exception were nominated and re-elected. Jill Roddin, co-VP, asked not to serve again and so was let off the hook. Michael Fell was added to the Board of Directors in the position of Travel Coordinator.

The officer's reports began with Jeff Roddin making a number of announcements. The national rule for age grouping is changing as of January 1, 1999. As of then, moving into a new age group will be recorded at the first of the year instead of on the actual birth date for national meets in short-course and long-course meters. Jeff also announced where various national meets will be held: 1999 Short-course meters: Santa Clara; 1999 Long-course meters: Minnesota; 2000 Short-course meters: Phoenix; 2000 Long-course meters: Baltimore. This year's masters registration form includes a check-off for a contribution to the USMS Foundation, which will do unspecified-as-yet good works, or Hall of Fame Foundation. The Potomac Valley has already contributed \$1,000.

C.J. Lockman Hall gave the treasurer's report, saying that we ended last year with a net gain of approximately \$600. Our primary sources of income are the Albatross Open and registration.

Dottie Buchhagen, newsletter editor, reported good progress on the team's web page and is waiting for fellow-swimmer and computer expert, Andy Fraser, to register the site. Our domain name will be www.ancientmariners.org. The site will cost \$40 to register and \$20 monthly. Jeff Roddin, our recordkeeper, suggested that we post team records on the site and update them as needed. Although this will require tedious keying in, Dottie agreed to do it.

The registrar, Jennifer Arch, reported that we now have 199 registered members, and are the largest team in the Potomac Valley.

Clay introduced Marco, the new coach at Martin Luther King pool, and there was an enthusiastic response. People say his workouts and coaching are terrific. It seems, however, that he's short of equipment and has been spending out of his own pocket. We agreed unanimously to reimburse him and budget for kickboards and pull-buoys for his practices.

The new budget was proposed, and accepted as follows in summary:

Income (dues, Alb. Open, interest).....\$7,500

Expenses

Newsletter433
Record book.....100
National team and relays.....400
Equipment.....96
Fun Meet300
Albatross Open4,450
Miscellaneous.....1,210

Total Expenses.....-\$6,989

Surplus.....\$ 581

We discussed the annual fun meet and Tom suggested that we invite another team to participate, despite the late date. He also described the "fun" relays that were scheduled and gave the details for the social following the meet, which is dinner and drinks at That's Amore in Friendship Heights, D.C.

We discussed the Albatross Open and began recruiting a new meet director. After much shifting and avoiding eye contact, we enlisted the services of Kathy Kirmayer and Nate Gordon, who will serve as co-directors. Other committee members are the same as last year. The date is to be determined, depending on getting a pool, which Tom is investigating.

The meeting was adjourned around 1 p.m. and once again, we left Tom with a two week supply of junk food.

ANCM PROFILES

(Continued from page 2)

complishment he considers to be his proudest career achievement. His wife, Mary Ellen, is another ANCM. Mike is the head of the Marketing Department at Viscom, a marketing communications company. He and his wife, Ifie, have a three-year-old son Andreas.

So how do these four talented individuals work together as a team? Jeff considers his medley relays to be the most adrenaline-producing aspect of his Masters experiences. Mike elaborated on this sentiment. "I really enjoy swimming on the relay with Clay, Jeff, and Wally not only because we kick butt on everybody but because of the support and competitive feelings we bring out in each other whether it be on the deck before a race or during a phone call before a meet. We can still fire each other up by just talking about swimming." Jeff says that they

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ANCM PROFILES

(Continued from page 4)

"have taken our show on the road, so to speak. Recently we (initially with Jason Crist) began swimming relays at the local USS meets, as we find it particularly amusing and challenging to swim against the kids (the top high school and college swimmers in the country). For me, it is almost like 'being a kid again' because I get to swim on a relay with a bunch of superstars; one that I never would have been able to swim on when I was younger. Hopefully we will actually make an impact on these kids (and their parents) by making them more aware of Masters Swimming and letting them know that USMS has places waiting for them."

A second ANCM relay team posted top USMS times in the 1998 season. The 400 free relay team of Mike Fell, Doug Chestnut, Chris Laiti and John Feinstein came in with a time of 3:53.86 at the Colonies Zone SCM Meet at Rutgers University on Oct. 10-11. The winning 200 medley relay, consisting of Chestnut, Laiti, Feinstein and Fell, finished in 1:58.96.



WALL TIME

Tips and Advice from Flo Tation

Creative Ways to Swim Faster

The Albatross Open has come and gone, and as you peruse your results, or more likely how your lane mates performed, you may be wondering how to improve your times for the next meet. Although I don't swim many meets, I have over the years acquired a vast store of knowledge about the subtleties of propelling myself through the water at a healthy clip. I can honestly say that my lane mates never have to wait for me, and that the pace clock is my friend. So, at the risk of making everyone faster, I

offer these tips for cutting your times.

Leave Early. If you slip under the water for your push off a good five seconds before your "official" time begins, you'll be amazed at how well you do. Don't be too obvious about it - no leaving longer than five seconds before, or your lane mates will catch on.

Practice Rounding. This is a simple mathematical exercise that shaves seconds off your times. You come in on 1:42 for your hundred? Rounding makes that a solid 1:40, and be proud of it!

Master the I.M. I love the Individual Medley, especially the backstroke leg. This is why God made lane lines: as you glide through the water, every now and then, at the top of your pull, under the water and away from prying eyes, grab the lane line and sling yourself forward. It works wonders, and your I.M. times will absolutely plummet.

Multiply Your Successes. Try applying a formula to your times, namely, that the sum of the parts equals the total. For instance, if you do a 25 free in 20 seconds, I think it's not unreasonable to multiply that by four, to 1:20, for your announced time for a 100. If anyone quibbles, you can surely convince them that you swim at a very steady pace.

Slow Down the Competition. Sometimes drastic measures are required, and instead of you going faster, you have to slow down the pack. As the lane leader is about to take off for a timed run, you might happen to mention, "Did you know that you can see through the back of your suit?" If they don't stop their push off, they'll surely be preoccupied throughout the swim about exposing themselves.

If All Else Fails. If push comes to shove, fudge the truth. And remember that old New Hampshire saying, "He who has a reputation as an early riser can sleep all morning," which translated into swimming lingo means, "He who everyone believes is fast can dawdle through the practice."

RACE OF THE CENTURY

by Tom Denes

Some called it the "Race of the Century," others called it "The Event". In France it became known as "Le Race". Some less informed individuals like Jill Roethke called it "juvenile." What could they be referring to? Nothing less than the much

anticipated 200-meter swim-off between Lane 6 rivals Jason Krucoff, Steve Roethke, Dan Rudolph and me. For years we had been enduring the taunts of undisputed lane leader, Jason Krucoff, who always let us know exactly how much he was whipping us by in our repeats. He even took pleasure in occasionally lapping us. As the Albatross Open loomed on the horizon, we decided to take action.

We convinced the meet entry czar (which just happened to be Jason himself) to seed us all in the same heat, next to each other. Brimming with confidence, he kindly obliged and even stuck Jenny Main in an outside lane to inspire us.

The week before the race Steve and Jason sprinted nearly every set, each trying to psyche the other out. Dan and I just took it easy. Jenny just smiled quietly.

On race day, our nerves were on edge. Jason was a complete mess. When he asked me how he should warm up I knew the sorry state of his mind.

Finally our heat was called. We stood nervously on the blocks waiting for the horn to signal the start of our competition.

The horn sounded and we dove into the water. Immediately, Steve Roethke and Dan Rudolph took off. Jason tried gamely to stay up with them. I stayed next to Jason. After the first hundred Steve had taken a one second lead on Dan. I was two seconds back and Jason was an additional half second back. We held our position through the next 50 although Dan had now moved to within a half second of Steve. On the final lap, Dan made his move. He quickened his stroke and moved slowly up on Steve. Steve was to tell me later that all he could think about was what I had told him a couple of weeks ago: "You can't get into shape in two weeks." As they approached the wall, Dan stuck out his fingers and touched the wall 0.04 seconds ahead of Steve. They had swam a 2:15.00 and 2:15.04, respectively. I touched the wall next in 2:17.81 followed by Jason with a 2:20.25. Jenny Main decided not to threaten our sensitive male egos and let us go.

Jason's pre-agreed punishment for coming in last was to lead the lane until further notice. He has now resumed this role as well as his taunting and lapping of old. Maybe next time we should race a 200 fly.....

THE BULLETIN BOARD

KUDOS

by Tom Denes

● Congratulations to Wally Dicks who was featured in Swim Magazine (March/April) as one of the 1998 Masters Swimmers of the Year. Wally holds four world and three national records in the 35-39 age group for the breaststroke events.

● Several Ancient Mariners became relay All-Americans by virtue of posting the fastest relay times of 1998. They are Doug Chestnut, Wally Dicks, John Feinstein, Michael Fell, Clay Britt, Chris Laiti and Jeff Roddin. (See article on p.2.)

● Congratulations to New Parents: Mike McDonald and his wife welcomed a baby boy on January 7. (He [Mike, not the baby!] swims at White Oak).

Quote of the Month

Jenny Main: "I've got men all figured out and it ain't a pretty picture."

HAPPY BIRTHDAY TO YOU....

- Laura Kauls.....March 2
- Judy Lim-Sharpe.....March 6
- Robert Anderson.....March 8
- Susan Williams.....March 10

- Pat Liegey.....March 12
- John Hare.....March 14
- Marjan Huizing.....March 16
- Roger Leonard.....March 16
- Jeff Roddin.....March 16
- Jennifer Mitchell.....March 21
- Peter Johnson.....March 24
- Keith Wilson.....March 26

- Michael Aaby.....April 1
- Mary Ellen Mess.....April 3
- Beth Burke.....April 5
- Brian Davis.....April 8
- Kelly Appler.....April 10
- Ed Adelman.....April 13
- Mark Aaby.....April 19
- Timothy Gibson.....April 26
- Jason Krucoff.....April 30
- Britt Rathbone.....April 30

- Mike Bagshaw.....May 2
- Chuck Kusbit.....May 3
- Erik Osborn.....May 3
- Jennifer Main.....May 5
- Janet Yench.....May 8
- Kevin Strange.....May 10
- Sandra Marks.....May 11
- Lynda Von Bargen.....May 11
- Micky Hall.....May 15
- Steve Schrier.....May 16
- Lloyd Iden.....May 25
- Geoff Schaefer.....May 30

- Jill Roethke.....June 2



- Pat Hwu.....June 5
- John Kerr.....June 5
- Al Navidi.....June 6
- Margaret Rifkin.....June 9
- Richard Sachs.....June 11
- Dot Rocca.....June 12
- CJ Lockman Hall.....June 15
- Antje Flamich.....June 19
- Audra Figura.....June 20
- Mary Parker.....June 20
- Ed West.....June 23
- Warren Friedland.....June 25
- Paula Pels.....June 25
- Lou Kozloff.....June 26

- Thomas Bartley.....July 2
- Peter Engelstad.....July 5
- Nancy Thomas.....July 6
- Alvin Russell.....July 8
- Zoran Avramovic.....July 10
- Atossa Shafa.....July 12
- Matt Ellenburg.....July 17
- Garret Sern.....July 17
- Larry Curran.....July 21
- Connie Ewart.....July 23
- Lisa Berger.....July 28
- John Feinstein.....July 28
- Margot Pettijon.....July 28
- Michael Kingsbury.....July 31

SCHEDULE OF EVENTS

- 4/30-5/2 - Colonies Zone Meet - U. MD -College Park, MD - entry deadline closed.
- 5/13-16: USMS Short Course Nationals - Santa Clara, CA Web: www.santaclaraswim.org
- 6/6: Reston 2 Mi Lake Swim - Lake Audubon, Reston, VA; Lynn Hazlewood, 11714 Decade Ct, Reston, VA 20191-2942, 703-845-SWIM, Email: lynhzlwd@usms.org ; Entry deadline 6/1; www.swimgold.org/pv
- 6/13: 4.4 mile Chesapeake Bay Swim - filled
- 6/20: Jack King 1-Mi Ocean Swim - Virginia Beach, VA; Betsy Durrant, 211 66th St, Virginia Beach, VA 23451, 804-422-6811, durrantb@aol.com
- 6/27: 800/1500 LCM Meet - College Park, MD; Dave Diehl, 12511 Littleton St, Silver Spring, MD 20906-4253, 301-946-0649(h), 301-314-5372(w), 301-314-9094(fax), ddiehl@umdacc.umd.edu Sanctioned by PV LMSC
- 7/10: USMS 2-Mile Cable Championship - Charlottesville, VA; <http://www.usms.org/calendar.htm>; CHAMPIONSHIPS, Joyce Mullins (804) 323-0483. Fax: (804) 323-4020. Email: mallpost@ix.netcom.com
- 7/17: Virginia Commonwealth LC Champs-Roanoke, VA; Howard Butts, c/o Lancerlot Fitness Center, 1110 Vinyard Rd, Vinton, VA 24179, 540-992-1736, Swimmer_Bill@msn.com; William Pharis, 540-890-2867, SwimmerJane@usms.org
- 7/18: LC Meet - Washington, DC; Ted Hallinam, 3418 Newark St NW, Washington, DC 20016, 202-364-5985; Sanctioned by PV LMSC
- 7/25: LC Meet - Baltimore, MD; Barbara Protzman, 7919 Main Falls Circle, Catonsville, MD 21228, 410-788-2964, 410-992-3760, 410-992-3772, swimbarb@hotmail.com; Meet will be held in the pool hosting the USMS 2000 Long Course Nationals; Sanctioned by MD LMSC; Entry deadline 7/18/99
- 8/1: DC Masters LC Meet, Meet Directors: Joanne Leilich (703)354-2130 and Robert Srour (301)983-1064