

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

27th ANNUAL ALBATROSS OPEN MARCH 30

by John McCaffrey



The ANCMs hosted the 27th Annual Albatross Open on March 30 at the Kennedy-Shriver Aquatic Center (KSAC) in North Bethesda. More than 175 swimmers from 36 clubs participated in the meet, including 36 ANCMs. When the swimming was finished, Germantown Masters had posted a combined team score of 668 points to take the overall team crown for the ninth consecutive year. The ANCMs finished second with 482 points, and Virginia Masters finished third overall with 212 points.

This year's event was bittersweet, as it was the first Albatross Open since long-time ANCM Margot Pettijohn passed away in December. The meet was dedicated to Margot, and her memory was honored in numerous ways by the participants. ANCM President Dave Harmon offered some moving remarks about Margot before the meet got underway. The meet program included a memorial to Margot, and this year's Albatross T-shirt design honored her memory. During the first heat of the first event, the 100 butterfly, lane four was left open in her honor, with a picture of Margot, along with her swim cap and goggles, placed on the starting block. The 100 butterfly was the event in which Margot twice broke the national record for women 70-74 at the Albatross. A number of Albatross swimmers chose to swim particular events to remember Margot. Her husband, Ken, attended the meet, and one of Margot's daughters, Cheryl Stuntz, competed in the meet, along with her husband Conrad. And, in a true display of sportsmanship and class, ANCM rival Germantown Masters, with whom Margot also swam, had a large banner prepared that featured a picture of Margot and the message "Today we swim for Margot." The banner was prominently displayed at the meet.

Kara Permisohn and David Cheney served as Meet Co-Directors this year. As usual, dozens of volunteers pitched in to

help the meet run smoothly, including numerous ANCMs and Montgomery County students volunteering their time to earn Student Service Learning (SSL) hours. Kara was quick to share the credit for another impeccably run event: "This year's Albatross Open ran extremely smoothly thanks to the heavy lifting that [Entries Chairmen] Dave Harmon and Cathy Gainor did in preparation for the day. Our officials, registration team, timers, and runners did a top notch job!"

There was one world record set at this year's Albatross – a squad from Virginia Masters established a new standard of 5:30.90 in the women's 400 free relay (280-319 age group). While no other American national records were set at the meet, Craig Baldwin, who swims with the Reston Masters, set New Zealand national records in the 200 free and the 50 fly (45-49 age group). Craig, who took up swimming as a child in Christchurch, explained that he specifically focused on the Albatross for his record-breaking swims: "It means quite a lot to be able to set a New Zealand national record and the Albatross meet has been a great venue for achieving my goals the last two years given the way the meet is organized, managed, officiated, and run – also the pool is pretty fast."

Dozens of meet records were broken at the 2019 Albatross, including a number of record-setting swims from ANCMs Dave Harmon and Dan Morrow, both competing in the 70-74 age group. Dave set new meet records in the 200 IM (3:17.65) and 400 IM (7:07.60), while Dan established new marks in the 50 breast (41.03) and 100 breast (1:30.85). Dan's second-place time of 7:17.19 in the 400 IM was also well below the previous meet record of 7:45.10.

Several ANCMs posted multiple first-place finishes in their respective age groups. Hannah Rubin (40-44 age group) won the 50 free, 50 back, 50 breast, and 50 fly. In the same age group, Julie Roddin swam away with the 200 free and 200 back. ANCM coach Cathy Gainor took

(Continued on page 4)





MARCH 2018 NOMINATION OF ANCM MARGOT PETTIJOHN FOR THE SENIOR OLYMPICS HALL OF FAME

In or out of the pool, Margot Pettijohn inspires all. Her dedication to her sport and to the disabled, neglected and abused children she mentors in the Great & Small riding program at the Rickman Farm Horse Park is especially noteworthy.

Maryland-born, Margot was raised in Baltimore. Following her education at Knox College she and her husband, Ken, settled in Montgomery County.

Margot started swimming at five, competed in high school, and in college where she chose the physically challenging sport of synchronized swimming. There's a reason for that. Those were the days before Title IX was enacted. There was no women's swim team at Knox College. She could have made the men's swim team, but only as a so-called "exhibition swimmer," a role she declined.

After college, life got in the way. Twin daughters, Cheryl and Michele, both competitive swimmers, and a career in the federal government put her swimming on hold, but not her involvement in swimming. Her daughters competed year-round and Margot, now a swim mom, served as a timer at their meets, and soon became a certified referee.

Her active swim life resumed at the age of 46, when she joined the Montgomery Ancient Mariners, a Montgomery County swim club affiliated with U.S. Masters Swimming. It was slow going at first. It took time, patience, and dedicated practice before her muscles responded, but did they ever.

If you go to the U.S. Masters Swimming web site, you will find 25 pages listing her times over the years with the initial captions reading:

Top ten achievements - 485 individual & 53 relays.

All-American Honors - 16 years individual, 1 year relay.

USMS Records - 10 currently held & 15 lifetime.

Since January 2016, alone, Margot has broken 14 national records in the butterfly, breaststroke, and individual medley events in the 70 to 74 age group.

Margot is also internationally ranked by the Federation Internationale De Nation (FINA), earning three first place rankings on the all-time FINA top ten times for short-course meters in the breaststroke, butterfly, and the individual medley (IM), along with two IM all-time world top ten times for long-course meters. In all, she has achieved 144 FINA top ten times, including four number one world rankings.

In Maryland Senior Olympic competitions she holds 12 records in the 50, 100, & 200 yard breaststroke, the 50, 100, & 200 yard butterfly, the 100 & 200 yard medley, and the 500 yard freestyle.

Those who swim with her and compete against her hold her in awe for what she does in and out of the pool. She is dedicated to her family, her sport, her teammates, and the less fortunate.

Margot is an inspiration to all. She swims five times a week, actively competes, and spends four hours a day, five days a week volunteering for the Great & Small program in Boyds, Maryland. Her photographs appear in the book, *Walk On Papa: The Story of a Therapy Horse*, she has been acknowledged for her inspiration by the author John Feinstein, a fellow Ancient Mariner, in four of his books, and her accomplishments have been written about in *The Washington Post*, *Swimming Magazine*, *Reach for the Wall*, and on the MSOC website.

All who have crossed her path are encouraged by her support and friendly manner, and they will tell you that the best is yet to come.

Therefore, given her outstanding record as a senior Olympics swimmer, her substantial contributions to her community and her sport, and her exceptional character and integrity, I deem Margot Pettijohn a significantly worthy candidate, and hereby submit her name in nomination for admission into the Maryland Senior Olympics Hall of Fame.

Respectfully submitted,

Neal P. Gillen

Commissioner, Maryland Senior Olympic Commission

A DAUGHTER REMEMBERS HER MOTHER

by Cheryl Stuntz



It's not exactly clear what my mom would have said if she was here speaking today. She was a very humble person, but at the same time she was very proud of her accomplish-

ments and the incredible hard work she put in to achieve so much. My mom has an amazing list of accomplishments, but she also had a big heart. She cared about others, and others cared about her. She was a survivor, someone who always pushed herself and, in part by providing such a good example, helped others push themselves. She was always focused on doing what she could to improve, and to help others focus on the importance of improving, just giving something a try, and having fun. She often said, "Have a good time and have good times." She certainly did.

I think my mom would want us to thank the people who played a part in her swimming success, which was so much more than a list of accomplishments to her. She would have been the first to acknowledge the importance of others and the contribution of others to her success.

I think she would first thank Neal Gillen for nominating her for this honor.

I think my mom's largest "thank you" would go to my dad. To my dad, she'd say thank you for travelling with her to meets, sitting with her and keeping her calm before she raced, and helping her to beat those records. Thank you for making her that special vegetarian pasta sauce and whole wheat pasta she loved to have before her meets. She'd thank you for generally being by her side for well over 50 years, supporting her in everything that she did.

To my sister and I, she'd say thank you for helping her gather the courage to join a masters swim team, for giving her a swim bag full of gear way back in 1992 to get her started, and for convincing her she really needed to swim in meets.

To the other swimmers on her team, she would thank you for providing her with an amazing second family. She'd thank you for supporting her, sharing stories, intertwining your lives, and for providing her

(Continued on page 5)

ALBATROSS

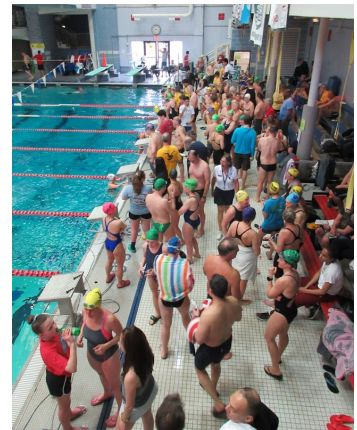
(Continued from page 1)

first in the 200 free and 50 fly (50-54 age group) and added a second place finish in the 200 IM. Fellow ANCM coach Peter Johnson won the 50 breast and 100 IM, and he was the runner-up in the 200 free (55-59 age group). Jeff Roddin swam to victory in the 100 fly, 100 IM, and 200 IM (50-54 age group). Other ANCMs with multiple first-place finishes were Linda Foley, Patrick Hussmann, and Marty Weiss.

The 2019 Albatross was also filled with great efforts by other ANCM team members. Stephanie Sugg (55-59 age group) won the 100 IM and picked up a point for the team in the 100 free. In the 65-69 age group, Deborah Yochelson swam to a first (100 breast) and two second place finishes (50 free, 200 breast), and Lynda Honberg added a first (50 free) and a second (100 free). Focusing on the breaststroke events, Jeff Dubin (50-54 age group) won the 50 breast and placed second in the 100 and 200. ANCM coach and author Tom Denes scored points for the team in the 50 back, 50 breast, 50 fly, and 100 IM (60-64 age group). Neal Gillen also added a win (50 back) and two second place finishes (50 free, 100 back) in the 80-84 age group. Matthew McMeekin (40-44), swam all three butterfly distances (50, 100, and 200) – because he could. He received two second place and one third place finishes and, with relays, a total of 21 points for the team.

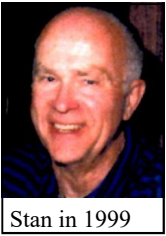
The ANCMs once again made a good team showing in the relay events, fielding 11 relay squads and garnering four first-place finishes. Many swimmers swam in multiple relays.

George Humbert and Nanci Sundel organized a terrific post-meet social. Thanks to the efforts of Dottie Buchhagen, the event was held in the party room at the Georgetown Village Condominium. Hungry swimmers, officials, friends, and family enjoyed plentiful food from Mamma Lucia's and Pub Dog beer. In a final tribute to Margot, Pub Dog brew master and ANCM George Humbert prepared a brew called Margot's Stout especially for the meet, and Margot's friends and family were able to toast her memory as they brought the 2019 Albatross to a close.



Other Albatross photos
www.ancmariners.org

FORMER ANCM COACH STAN TINKHAM



Stan in 1999

by Steve Schrier

Former ANCM coach, Stan Tinkham passed away at the age of 87. "Masters swimming - it's really great." Those words were spoken by Stan and included in a story that I wrote about him after interviewing him for the April 1999 edition of this newsletter. That sentiment was very obvious to all of us who swam with him at the Olney pool. According to the swimmers whom he coached, he "has an accessible coaching style," "is committed," "is a terrific motivator," but, most importantly, he was a really nice guy who really cared about what he was doing and those who swam with him. In short, we all thought that he was a great guy.

Stan started his life in swimming as a high school and college All-American in the individual medley events. Following college, he went into the Army and as a 22-year-old private was assigned to coach the Walter Reed Women's Swim Team when its coach quit over a feud with local AAU officials. During Stan's four years coaching, the team dominated American women's swimming. At the age of 24, he was selected to coach the U.S. Women's Swim Team at the 1956 Melbourne Olympic Games.

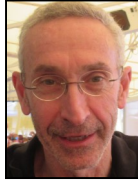
After leaving the Army, Stan founded the Northern Virginia Aquatic Club, which he operated for 23 years. He later coached at the Rockville Montgomery Swim Club (RMSC). In 1995, the ANCMs got lucky. The Olney Aquatic Center opened with Stan coaching the USMS program there. No one benefited from his presence more than me. I showed up for my first workout out of shape and managed to last just about 10 minutes. In the locker room, I was dizzy and couldn't stand for 20 minutes. Partly because of Stan's support and constant encouragement, I got to the point where I finished the 4.4-mile Chesapeake Bay swim several times.

Stan is remembered fondly by all who were coached by him. He is survived by Caroline, his wife of more than 45 years, his six children, and 11 grandchildren.

Editor's note: Stan's full obituary is at: <https://www.swimmingworldmagazine.com/news/passages-1956-olympic-coach-stan-tinkham-passes-at-87/>

THE IMPACT OF POOL AIR ON HEALTH

by Tom Denes



As a result of the loss of three long-time ANCMs (Bob Huber, Nick Olmos-Lau, and Margot Pettijohn) over the past several years due to lung cancer, we formed an informal group to look into potential adverse health effects of swimming in chlorinated water. Below are some of the things we have done thus far:

Several ANCMs (Dottie Buchhagen, Lili Peng, Sangeeta Bhargava) have read several relevant scientific papers and outlined the findings. The findings show that it is not the chlorine that is the problem, but rather the reaction of chlorine (and bromine, which is often included in chlorine treatments) with organic matter that results in potentially harmful byproducts. These byproducts include chloramines that can cause respiratory problems; trichloramines that can irritate the respiratory tract; trihalomethanes (THMs) that are potentially carcinogenic and can cause respiratory problems; halogenated acetic acids (HAAs) and haloketones that can cause irritation to the eyes, nose and lungs; and many others.

We spoke with Tom Lachocki, Director of the National Swimming Pools Foundation, who pointed us to Dr. Chip Blatchely, a Professor specializing in Environmental Engineering at Purdue University in West Lafayette, Indiana. We spoke with Chip, and he confirmed that it is the chlorine and bromine byproducts that are the problem, and their harmful effects can be mitigated by introducing less organic material into the pools, i.e., less urine, hair treatments, body lotions, etc. The byproducts can hurt respiration by reducing respiratory capacity and can cause asthma. He has not heard of any studies that show a link to lung cancer but has seen a study that shows a link of bromine byproducts to bladder cancer. Chip's research team is embarking on a new study to measure water and air chemistry before, during, and after a large swim meet. They will also measure human respiratory function and do blood work at the same time periods. The team is doing this study in the Midwest but intend to expand to pools in other parts of the country.

We also spoke with Michelle Hlaveska, a nurse at the Centers for Disease Control and Prevention (CDC) in Atlanta, who deals with pool safety. She is not aware of

any associations between swimming and cancer. However, she was very interested in our situation and will be contacting the "cancer cluster" person at CDC as well as the Maryland Department of Health.

ANCM Jody Gan, who teaches public health policy at American University, has asked one of her students, Julia Snegg, to do an honors thesis on pool water safety. Specifically, Julia agreed to read and synthesize relevant scientific papers as well as to design a survey to send to other USMS clubs. The survey will include questions regarding swimmers who have developed lung cancer as well as general questions about pool air quality.

Jody also contacted officials at USMS, namely, Patty Miller, President, and Meg Carlson, USMS Sports Medicine Committee Chair. They agreed to help us in any way possible.

Stand by for more info, including the results of Julia's survey.

CHERYL REMEMBERS

(Continued from page 3)

with companionship, commitment, and friendship. She valued every practice with you and every chat in the hallway, in the locker room, on deck before practice, and in the showers afterwards. She'd thank you for being that group that makes it easy for others to want to come to swim practice and easy to become committed to swimming.

I think she'd give a special thank you to the other swimmers in her lane, for working on their strokes every day in practice. She'd thank you for being up for more reverse order IMs, fly, and stroke than freestyle. She'd thank you for supporting each other and pushing each other to get better. You all swam things the harder way so you could do things like race a 200 fly or a 400 IM.

But most importantly, if we're giving thanks, I am thankful to have had such an amazing role model for a mother. This ceremony honors both her amazing swimming accomplishments and her caring spirit. Thank you, mom, and congratulations on receiving this honor. We're proud of you.

Editor's note: This is the acceptance speech that Cheryl gave at the Maryland Senior Olympics Hall of Fame awards ceremony held on Sunday, April 28.

ANCM JEFF RODDIN RECEIVES MOST PRESTIGIOUS USMS AWARD



Planning a U.S. Masters Swimming national championship isn't rocket science, but helping to put together one of those meets and launching a rocket require a few of the same things: attention to detail, proper timing, and technology.

Jeff Roddin has helped plan for national championships for many years (in addition to his working for NASA). For his effort in support of Masters Swimming, the Montgomery Ancient Mariners member received the Capt. Ransom J. Arthur M.D. Award at the 2019 U.S. Masters Swimming Spring National Championship in Mesa, AZ.

The RJA award annually goes to a volunteer who has done the most to further the objectives of Masters Swimming and has been awarded each year since 1973.

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..... (to continue reading this wonderful article about Jeff, by Kristina Henry please go to <https://www.usms.org/fitness-and-training/articles-and-videos/articles/montgomery-ancient-mariners-jeff-roddin-wins-2019-ransom-j-arthur-award>

WHERE ARE THE YOUNGSTERS?

by Tom Denes

"The old believe everything, the middle-aged suspect everything, the young know everything."
Oscar Wilde

News flash: We're getting older. So is our team.

At our annual team meeting in October, we lamented how our team is both shrinking and getting older. We've fallen from about 250 members to approximately 215, and our average age has climbed.

We did some digging and found we are not alone: this year, the decrease in USMS membership was 5% for ANCM and 13% for Potomac Valley Swimming. When I started masters swimming as a frisky 32-year old in 1991, DC Masters was the largest team in the Potomac Valley. But they aged gracefully together and now that team is nearly gone.

So.....we need to attract younger swimmers! How to do that? We threw around some ideas. Some people thought that keeping "ancient" in our name might be off-putting to millennials. All of a sudden, ideas were bouncing around the room like crazy ping pong balls. President Dave Harmon finally grew tired of our banter and assigned Kristen Koehler, Nanci Sundel, Holly Donnelly, Cathy Gainor, and me to look into this. Namely, how can we be cool enough to attract those fun-loving millennials?

A few of us got together at Nanci's house. We scarfed down her food and threw around more ideas. We've carried forward two so far.

The first idea was to produce flyers to leave at pools, gyms, and public places in the area. In no time at all, Kristen produced a super blue flyer that many of you have probably seen displayed at the pools and (hopefully) all over the place thanks to team volunteers who fanned out in the community to drop them off. Our challenge is to get them into the hands of the kids (so to speak). If you want a handful, let me know. The second idea was to send a Survey Monkey questionnaire to our current and past team members—we have more than 675 e-mails on our list serve. Nanci created 10 questions to which more than 170 people replied. Thanks for that! Some of the key findings are below.

Unsurprisingly, most of us are 45-65 years old. The majority of the folks who

quit swimming with us (44%) did so because their schedules didn't align well with our workouts. In fact, most people swim with ANY masters team based on the dates and times of workouts (40%) and geographical location (21%). The name of the team was a fairly low priority for most people (4%). Almost half of the people (49%) learned about us through word of mouth. The internet as a source ranked far below (16%).

Even though only 4% of people ranked the name of the team as a reason to join, 31% of the respondents thought the name of our team might discourage younger swimmers. That's kind of a high number. But our question asked if the name might discourage young swimmers from joining, not if the name might discourage YOU from joining. So, essentially a bunch of mostly old folks are trying to figure out what younger people think. When has that ever been a good idea?

We've posted the full survey results on our website at www.ancientmariners.org/bull for you to slice and dice at your leisure.

Our little committee will get back together again and study the results some more and see what else needs to be done to make sure we don't end up like the do-do birds.

Editor's Note: Tom Denes is the author of The Waterproof Swimmer: More Swimming Workouts for Fitness Swimmers and Triathletes and three other swimming and fitness workout books. They can be ordered from www.waterproofswimmer.com or from Amazon online.

SWIM PRACTICE NEW POLICIES DROP-IN SWIMS (Resident/Non-Resident)

1 day – \$15/\$20
2days – \$25/\$30
4 days – \$40/\$45
8 days—\$70/\$75

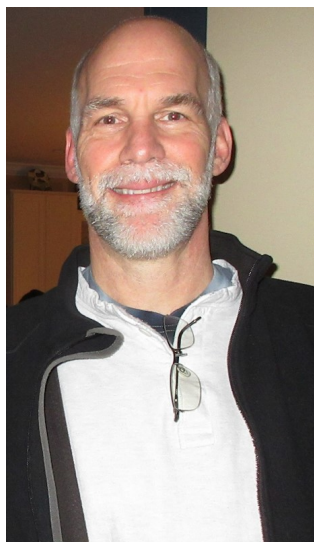
TWO-STEP REGISTRATION FOR BECOMING AN ANCM

Both of these new policies are explained on the ANCM website
(www.ancientmariners.org)

HOLIDAY PARTY—JANUARY 6 TOM AND LYNN deBETTENCOURT'S HOME



**Other Holiday Party photos
www.ancientmariners.org**



**View photos from the first 27 years of the ANCMs on our website at
www.ancientmariners.org/photos.htm**

LANE CHAT

● ANCM Marissa Bartol and her husband, Michael, welcomed Grace home on Christmas Eve. Marissa says that Grace was swimming with her at MLK until right before she was born on December 21st! Her birth weight was six pounds, 11 ounces, and length 19-1/4 inches.



● On March 1st, Lane 4(ish) swimmer Andy Harmon and wife Katrina Adams (Cat) welcomed their first child, a baby girl, Avery Elizabeth Harmon.



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

VISIT THE ANCM BULLETIN BOARD - KSAC LOWER LEVEL

Photo credits: pp.1,2,4,5,7. Dottie Buchhagen; pp.2,3. Cathy Gainor; p.6. Julie Roddin; p.8. Marissa Bartol, Andy Harmon

THE SUMMER SESSION BEGAN ON TUESDAY, APRIL 23 — 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 receive one free swim cap.
- **OTHER GEAR:** swim caps:\$3.
- **SPECIAL:** Team T-shirts (wicking) \$10.

EVENT CALENDAR

2019



05/15-09/15: 5K/10K ePostal National Championships, any LCM pool. Each event swum individually. www.usms.org/events/national-championships/epostal-national-championships/2019-epostal-national-championships

05/21: Oxford-Bellevue Sharkfest Swim, 1500 meters across Tred Avon River, Oxford, MD. www.usms.org/events/events/oxford-bellevue-sharkfest-swim

05/26: Jim McDonnell Lake Swims, 1 mile and 2 miles, Lake Audubon, Reston, VA. www.clubassistant.com/club/meet_information.cfm?c=1107&smid=114960

06/01: Potomac River 7.5-mile Swim for the Environment, Point Lookout State Park, MD. www.potomacriverswim.com/

06/01: John Shrum Memorial Swim, 1 mile and 2 miles, Chris Greene Lake, Charlottesville, VA. www.clubassistant.com/club/meet_information.cfm?c=1212&smid=11502

06/02: Swim Across the Potomac, Washington's Crossing, 1.4 mile, National Harbor, MD. www.dctriclub.org/calendars/washingtons-crossing-swim-across-the-potomac-river-2019/

06/09: Great Chesapeake Bay 4.4-mile swim and 1-mile Chesapeake Challenge, Stevensville, MD. The 1-mile Bay Challenge is open for on-line entry. linemarksports.com/bayswim/lotterysignup.pdf

06/09: UMAC Terrapin Cup, LCM, University of Maryland, College Park. www.clubassistant.com/club/meet_information.cfm?c=1553&smid=10352

06/29: Turks & Caicos Eco-SeaSwim, 2.4 miles, 1 mile, and 1/2 mile. www.ecoseaswim.com/

07/13: 28th Annual Maryland Swim for Life, 1 through 5 miles and 2.4 miles, Chester River, Chestertown, MD. www.usms.org/events/events/28th-annual-maryland-swim-for-life?ID=8135

08/03: 2019 Lake Moomaw 1-mile Open Water Swim, Covington, VA. www.usms.org/events/events/2019-lake-moomaw-1-mile-open-water-swim?ID=8097

09/15-11/15: 3,000/6,000 meter ePostal National Championships, 25-yard or 25-meter. Each event swum individually. <http://www.usms.org/events/national-championships/epostal-national-championships/2019-epostal-national-championships>

09/15: Swim Across America - Baltimore, 1 mile and 3 miles, Redhouse Cove on High Tide Farm, Pasadena, MD. www.usms.org/events/events/swim-across-america-baltimore?ID=8019

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