

The Rime

Volume 5 Number 2

August 1999

ANCMS AT USMS SHORT COURSE NATIONALS IN SANTA CLARA, CA

by CJ Lockman Hall and Jill Roethke

With warm sunshine bathing the competition pools in Santa Clara, CA, the 1999 USMS Short Course Nationals from May 13-17 were truly "California Dreamin'" for eight ANCMs who broke a total of eight team records and one National USMS record. Doug Chestnut, Wally Dicks, Mike Fell, Micky Hall, CJ Lockman Hall, Pat Liegey, Jill Roethke, and Steve Roethke were virtually indistinguishable from the 26 former Olympians competing in this annual spring meet.

Doug Chestnut, swimming in his first masters' nationals, started the meet with a bang, blazing to a 10:15 in the 1000 freestyle - 15 seconds faster than his goal time and good for third place and an ANCM record. Early the next morning, Doug, Micky, and CJ put in strong efforts in the 400 I.M. Soon after, Mike raced to fifth place in the 50 backstroke. (Mike, insisting he did not need sunscreen, was later caught slathering Banana Boat on his reddened skin.) Wally and CJ sped to fast times in the 100 breaststroke with Wally handily capturing first place in his age-group (35-39). Micky finished off the day's

individual events with a gutsy 200 butterfly. Wally, Doug, and Micky, having been sweet-talked by Mike into hanging around for two hours to swim the 200 yard freestyle relay, followed Mike's sizzling 21.9 lead-off split to post a respectable 17th place finish.

Saturday morning dawned bright and chilly. Doug and Micky broke the ice with strong swims in the 500 freestyle. Doug, candidly expressing his thoughts, commented, "I died like a dog." Micky decided it was not the most enjoyable way to celebrate his 32nd birthday. Jill, Steve, and Pat sprinted to fast 50 butterfly times in the next event. CJ scratched the event, explaining that she did not want to upstage Olympian Angel Martino. (Yeah, dream on!) However, her true motive was revealed soon after when she gave an all-out effort in the 200 breaststroke. She would not have not swum so fast had she not just witnessed Wally swim an amazing race in his 200 breaststroke, finishing in a 2:05.81 (yes, that IS a breaststroke time!), good for first place, a USMS record, a VERY best time, and a crowd-thrilling performance! Mike and Doug followed suit, swimming quite well in the 100 backstroke.

Mike, Wally, and Pat put in good swims in the 50 freestyle shortly thereafter. Steve (competing in his first master's meet), Micky, CJ, and Jill capped off a long day with the 200 I.M. Steve's thoughts after the race, despite a personal best USMS time, were: "I can't wait to get home and get in shape!"

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19TH ANNUAL MANHATTAN ISLAND MARATHON SWIM

by Nick Olmos-Lau

Manhattan is a VERY BIG ISLAND. It is surrounded by cold (64-68 F) and brackish waters, with plenty of pleasure and commercial boat traffic in its waterways. There was occasional flot-sam, and I came across several long pieces of discarded pier wood with a nails in the Hudson River, one submerged trash bag (no bodies) in the Harlem River, and scattered leaves, branches and some jelly fish every once in a while in the East River. Sorry, no giraffes or mattresses were in sight.

I can attest to those conditions, having swum in the Manhattan Island Marathon Swim (MIMS) for 7 hours and 38 minutes on June 12th. The sights were truly spectacular and the weather very cooperative, but the currents were so strong. The wind blowing in the opposite direction created a chop that made many of us feel at times as though we were in the middle of an ocean storm. I saw seasoned English Channel swimmers shivering and subdued by this experience. This was a race to the bitter end. The field was composed of 30 world-class athletes and average swimmers from all walks of life, interests and professions. All were remarkable people,

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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



Opening ceremony at the Santa Clara Swim Club, May 13th. (Photo by Jill Roethke)

MONTGOMERY ANCIENT MARINERS

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ANCM PROFILE: MARGOT PETTIJOHN

by Dottie Buchhagen

For years, Margot Pettijohn went to swimming practices and meets, worried about turns and times and analyzed strokes. Then, in September 1992, she finally took the plunge and got into the pool. That was the year she joined the Ancient Mariners. She was 46 and an empty-nester. Her twin daughters Cheryl and Michelle, who had been the reason for her intense interest in swimming, had left for college. She had followed their competitive swimming from ages 7 (Michelle) and 8 (Cheryl) in Montgomery County (MSCL for Garrett Park, Regency Estates and US Swimming for Curl Burke Swim Team). All that exposure to chlorine had gone to her head. Margot had developed the irrational desire to resume a sport that she learned as a five-year-old and loved as an occasional competitor at AAU meets and as a high school student at the Friends School in Baltimore. Her summer recreational activity was about to go through a drastic overhaul.

It didn't take her long to get back into the "swim" of things. Her first Masters meet was that Fall. Margot said, "Tom Denes talked me into swimming the 200 IM at the Fun Meet." For several weeks before the meet she worried about getting disqualified, feared that she would get lapped, and dreaded getting what she calls "the pity clap." She completed her event successfully but was lapped and clapped. It was the first time she swam a distance longer than 100 meters or the IM in competition.

Since that beginning in 1992, Margot has applied seriousness and concentration to her swimming. Anyone who swims near her knows that she uses a lot of tools to hone her technique. Her tiny fistmitts, bungee cord, zoomers, pull buoy and paddles are only some elements in her repertoire. In her role as keeper of the team's videotape collection, she has ready access to tips from Skip Kenney



and Richard Quick on *Starts, Turns and Finishes* and *Swim Smarter, Swim Faster*. I suspect she has watched each of them more than once. She perfected all of her strokes through clinics at the University of Maryland and Germantown Masters. More recently, she has been practicing the "art of the taper," or how to break yourself down and then pull back to prepare for the demands of a meet.

All of the hard work has paid off. Margot now swims in four to six local meets a year. During 1993, her first year of competition at age 47, she attained USMS Top Ten rankings in the 50 (7th place) and 100 (6th place) SCM Breast. She has amassed a total of 51 Top Ten times in a variety of SCM, LCM, and SCY events including the 50, 100, and 200 breast, 100 and 200 fly, and 100, 200 and 400 IM and a 1650 SCY free in the 45-50 and 50-54 age groups. She participated in two Nationals – the 1998 Short Course in Indianapolis and the 1998 Long Course in Fort Lauderdale – and is getting ready for the 1999 Long Course meet to be held in Minneapolis on August 19-23. She won a national championship at the 1998 Fort Lauderdale meet with a time of 3:22.76 in the 200 LCM breast.

She said, "I am enjoying my swimming even more now than in high school. Believe it or not, I am swimming faster, farther and in different events than in high school. Besides being a very low impact, healthy sport, swimming lowers my stress level and allows me to be less hyperactive. I love meeting friends of all ages and occupations. It is definitely a lifetime sport that is providing long-term satisfaction and rewards."

Outside of the pool, Margot says that she has "a very stable and probably a seemingly boring life." She has been married to her husband Ken for 30 years and has worked for the same government agency (the IRS) for the same length of time. Her daughters are 25 years old. In May 1996, Cheryl graduated from Bowdoin College (ME) with a double major in inorganic chemistry and psychology. She is married and will be moving to Char-



lottesville, VA this Fall. Michelle graduated (also in May 1996) from Gettysburg College (PA) with a major in history and a minor in education. She is engaged, lives in Waco and is working as an ESOL (English for Speakers of Other Languages) teacher. Both are attending graduate schools. Michelle enrolled at Baylor (TX) this summer (Masters in Special Education) and Cheryl will start at the University of Virginia (for a Masters in Sports Psychology) in the Fall. Michelle's swimming "career" lasted through high school and Cheryl's through college.

You might see Cheryl or Michelle in the pool when they return to the area for visits. They are the ones who are criticizing Mom's technique and pushing her to perform even better.

MANHATTAN ISLAND

(Continued from page 1)

including some with truly serious handicaps, proving that people can train their bodies and minds to perform unbelievably difficult tasks and feats.

The field was tight. It was almost beyond belief to me that after swimming 28 miles, I was engaged in a mad half-mile sprint to the pier ladder, with another competitor vying for 16th place and 2nd versus 3rd place in my age group!

Thanks, Clay, for all those sprint sets that you said would prove most valuable in the end. I was extremely happy to finish! The only media in sight were an Australian TV crew making a documentary on James Pittar, an Australian swimmer with a serious visual handicap who crossed the English Channel in 1998.

Contrary to my previous surprising experience in Quebec, Canada where there were scores of enthusiastic and appreciative spectators truly engaged in the race and outcome, there were only a few trainers, and some family members at the finish. [Note from Editor: see Nick's article about his Quebec swim in *The Rime*, November 1998 and in Archives on the ANCM website.] People walking about Battery Park didn't seem to know this event was going or even cared about it!

According to the official press release, Tobie Smith, a 25-year-old college student from Austin, Texas, won with a record time of 6:32:41. It was her first

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COACHES CORNER CLAY BRITT

by Dottie Buchhagen

The following text was sent to me by Jeff Roddin. It appeared on the web at <http://www.swiminfo.com>.

Oldest Masters Record Falls

The most venerable record in Masters swimming, which had remained untouched for almost 21 years, was finally broken on July 25. Swimming at the Maryland Masters Long Course Championships at UMBC, Clay Britt clocked 27.76 for the men's 35-39 50m backstroke. The old mark, set by 1964 Olympic champion Thompson Mann on August 26, 1978, was 28.04.

Britt's new record lasted just seven days. On August 1, he lowered the time to 27.60. He also blasted Bill Specht's record for the 100m backstroke, clocking 1:00.13.

With the fall of Mann, the honor of holding the oldest record in the books goes to 1976 Olympic gold medalist Jim Montgomery, who swam 51.25 for the men's 25-29 100m freestyle on August 14, 1981. The oldest women's record was set by Gail Roper on August 20, 1985, when she clocked 35.29 for the 50m fly for women 55-59.

[Editor's note: I was at the DC Masters Meet at George Mason University on Sunday, August 1st when Clay set the new 50 and 100 m backstroke records. It was quite a sight. Congratulations, Coach.]

Also posted on the web was the following: An 18-year-old swimmer from Bethesda asked 1992 Olympian Mike Barrowman (who swam in MCSL as a teenager), "When you were growing up, what local area athlete did your coaches point out to you, saying 'If you work hard, you can be just like him' and what affect do you think that had on you as a swimmer?"

Mike's answer was "It's important to have a role model. For me, it was a man who had broken an American record that swam on my very same local summer team. (Clay Britt)." He goes on to explain the importance of role models. [See <http://www.swim.org> for complete interview.]

Swim Clinics

Clay is planning to run mini-swim clinics at the MAC this fall/winter and would like to see what level of interest there is in them. They are tentatively scheduled for two Saturday afternoons a month and will be limited to about 5-6 people. They will last approximately 1 hour and 15 minutes and the charge will be nominal (\$15-20 each). Please contact Clay at the pool or gunsbritt@aol.com if you are interested in participating.

MARK TWAIN'S ADVICE (expanded on)

by CJ Lockman Hall, M.A.

"Inherently, each one of us has the substance within to achieve whatever our goals and dreams define. What is missing from each of us is the training, education, knowledge, and insight to utilize what we already have."

Mark Twain

Little did Mr. Twain know that his wisdom would appear in a swimming article! Let's examine his idea to see how we can begin to achieve "whatever our goals and dreams define."

The first step is to specify your dreams. What is it that you truly want to achieve? Then shape your dreams using optimistic realism. That means objectively, but enthusiastically, assessing your natural abilities plus the time and effort you are willing to commit to your dreams. This process will help you arrive at a realistic but challenging mission.

Next, begin to set goals that will serve as stepping stones toward your dreams. One way to create and organize goals is to use Mr. Twain's quote as a guide. Draw a 4-column list with headers "Training" "Education" "Knowledge" and "Insight." Next, make six rows entitled "Who" "What" "When" "Where" "Why" and "How."

	Training	Education	Knowledge	Insight
Who				
What				
When				
Where				
Why				
How				

Fill in the spaces in your newly-designed grid with whatever thoughts pop into your head. Don't be critical – you can edit later! Once you have general ideas written down, you will have the basics to help fashion yearly, seasonal, monthly, weekly, and daily plans.

As you go through the process, continue to ask yourself *how* you will achieve each step. For example, a general goal of "I want to swim faster" can be made more specific by continually responding to your brainstorm ideas with, "OK, and how will I do *that*?" A number of athletes I work with are amazed at the wealth of ideas and information they come up with when using this process!

You will feel a great sense of accomplishment and pride while you develop and finalize your guide to your final destination – your dream! Besides creating a sense of ownership and investment in your dream, an organized plan provides guidance, motivation, and valuable support for when times get tough. You will find that achieving seemingly small daily goals is a very effective way to realize your dreams. Furthermore, a well-designed plan helps ensure that you will enjoy, and make the best use of, your time and efforts.

I will add one more factor to Mr. Twain's formula for achievement - self-belief. You can go through the motions to reach your goal, but it's unlikely that you'll find your pot of gold without self-belief. See you at the end the rainbow!

You can find CJ in a variety of pools although her favorite ones are outdoors. micandcj@erols.com



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

ANCM Team Records are posted on the ANCM website. These records will be updated approximately quarterly. To reduce costs, we will no longer be printing copies for the entire team; however, the format on the web is PDF so they can be easily printed at your own convenience.

TIPS TO PREPARE FOR AN IRONMAN DISTANCE RACE

by Al Navidi and Bill Pastor

This is triathlon season. Most of us think about doing our first triathlon while others think about how to improve on last year's times. Of course, a few of us compulsive recreational athletes let our minds wander into the fantasy realm of doing an Ironman distance race — a 2.4-mile swim, 112-miles on the bike and a full marathon (26.2 miles) run. Hmm, sounds tempting!!

Most of us in this latter subgroup quickly suppress the fantasy. But for those who get bitten by the idea and make the commitment to train, here are twenty tips that can make your race a success.

1. Get a coach. If you have any doubts about what's involved in Ironman-distance races, or if you want to set personal records (PRs), then hire a coach at least six months prior to your race. Several of my fellow triathletes hired Troy Jacobson, a pro who lives near Baltimore, MD. His workouts provided a structure and variety that those people who hired him couldn't have maintained on their own.

2. Find training partners. Training partners keep the motivation high, make the long Saturday rides actually fun and provide that extra push on brick workouts. My two training partners, Josh Meggitt (98 Ironman Canada) and Bill Pastor (98 Great Floridian) played a role in my success and I hope I did the same for them.

3. Do several century (100+ mile) rides. The first 80 miles of biking are a prelude to the last 32. Unless you've pushed past 112 in training, the last part of the ride is going to be psychologically really long and your legs will suffer during the early stages of the run. I recommend at least 6-8 such rides over a period of 6 months.

4. Minimize the unknown. Train for each event as if it's the only one you are doing: swim at least one 2 to 3-miler, do at least two 20-mile runs and several 112-mile rides. The unknown in the race should be putting the three together, not discovering whether you can do the parts.

5. Drink calories. During the months leading up to the race, practice drinking high calorie drinks. The crude rule of thumb is that you should consume about

700 calories per hour of biking and 100 per mile of running as you will probably burn about 7000 calories on race day. Your body starts out with a 2000-calorie reserve; you do the math. I personally consume Blue Thunder; a somewhat viscous sweet drink that contains around 700 calories.

6. Mark your parts. Mark everything on your bike that's going to be taken apart to be transported to the race site. I forgot to mark my stem length and paid a painful price. During the race, the stem on my bike was much too low, so around mile 50, I started to feel sharp pain on my hamstrings.

7. Simplify your life. Find a bike store in your race area where you can mail your bike. They'll assemble it and after the race they'll ship it back to you. This is a real plus if you extend your vacation ... you won't have to cart your bike around.

8. Don't plan to buy on site. Bring whatever you anticipate needing with you, rather than planning on buying it on location. I needed salt tablets, but came up almost empty-handed after looking at the five pharmacies in town. It turned out all the other triathletes were looking for them as well!

9. Postpone bragging rights until after the race. Be conservative with your pre-race predictions. People will be much more impressed if you tell them you hope to break 14 hours and end up breaking 12 than the other way around.

10. Dull is beautiful. On the days preceding the race, don't do anything mentally stimulating. I made the mistake of starting a book that I couldn't put down until 1:00 a.m. and then had a restless four hours of sleep. Rather, curl up with the tax code or Darwin's Theory of Evolution.

11. Keep it cool. Ironman races are both long and hot. To help ensure that you'll have a chilled bottle when you want one, buy a small thermal bag that can fit inside your bike special needs bag (usually designated for around mile 60). The night before the race, freeze your filled bottles of high calorie drinks to put in your thermal

bag on race morning. Another good idea is to freeze two bottles for the start of your bike ride. They'll still be partially frozen when you finish the swim.

12. Don't rely on your memory. Several days prior to the race, begin making a list of everything you need to take with you on race morning. Don't forget to review your list on race morning. I wrote out my list, had four frozen bottles in the freezer, but on race morning, I didn't check off the items on my list. I proceeded to forget the two bottles for my bike special needs bag.

13. Feed your body. Pack a sandwich or other food in your bike jersey and/or in your bike special needs bag. You don't have to eat it, but it's nice to have the option of eating real food

14. Don't wear jewelry. I've heard of people losing rings on the swim and other people getting whacked with hands that felt like brass knuckles. The combination of a full wetsuit, long swim and gold chain caused me to get a pretty bad cut on my neck that took two weeks to heal.

15. Use personal hygiene. If you have to urinate during the race, be sure to have a full bottle of water with you. Use it to rinse yourself off, as well as your bike. I didn't rinse myself off and I developed a minor irritation during the run.

16. Stretch, stretch and stretch. Take a few extra seconds to stretch during each transition. Fifteen seconds of toe touches and deep breathing will go a long way during the first two miles of the bike and run — 15 or 20 seconds here and there will not make a whole lot of difference anyway!

17. Say yes to drugs. We're not talking about steroids. We're talking about packing Tums, Pepto-Bismol, Aspirin, salt pills or whatever medicine you think you may need in your bike and run shirt.

18. Chronic medical problems. Learn about the early warning signs of asthma, diabetes and other problems and how to address the underlying conditions before you start to stress your body for 11+ hours.

19. Treat yourself. Finally, buy something special for your post race evening (or morning). It could be an



Al finishing the 1998 Great Floridian Ironman Triathlon

(Continued on page 5)

SCN - SANTA CLARA

(Continued from page 1)



Jill Roethke in the 100 fly at SCN in Santa Clara

Sunday, the final day of the meet, found the team minus Micky and CJ who had wandered off in search of sandy shores and old friends. The remaining ANCMs turned in fast times. Mike and Steve started off with speedy 100 I.M. swims, followed by Jill's "almost-best-masters-time" in the 100 butterfly. Wally handily won the 50 breaststroke (26.54) for his third gold medal, and Doug followed with a great 7th place finish in the 200 backstroke. Mike swam the Ancient Mariner's final race, claiming 6th place in the 100 freestyle. Wally Dicks was presented with the USMS swimmer of the year award following the meet on Sunday.

The ANCM MVP Award goes to Linda Chestnut, Doug's wife, for her enthusiastic spectating all four days of the meet! (Former ANCMs Bob Williams and Nancy Surdoval were spotted at the meet, and both send their greetings.) Look for more Ancient Mariners to compete in the 1999 Long Course Nationals in Minneapolis, MN, in August, the 2000 Short Course Nationals in Phoenix, AZ, and the 2000 Long Course Nationals in our backyard, in Catonsville, Maryland.

The following are the results for the ANCM swimmers:

PATRICIA LIEGEY (45-49)		
50 Fly	36.42	18th
50 Free	31.98	20th
STEVE ROETHKE (25-29)		
50 Fly	27.59	32nd
200 IM	2:16.55	33rd
100 IM	1:03.16	38th
JILL ROETHKE (25-29)		
50 Fly	29.39	12th
200 IM	2:26.62	17th
100 Fly	1:03.02	6th *
CJ LOCKMAN HALL (30-34)		
400 IM	5:04.02	10th *
100 Breast	1:13.65	11th *
200 Breast	2:38.56	7th *
200 IM	2:23.29	17th

MICKY HALL (30-34)		
400 IM	DQ	
200 Fly	2:03.36	13th
500 Free	5:17.90	23rd
200 IM	2:10.42	28th
MICHAEL FELL (35-39)		
50 Back	25.62	5th
100 Back	55.64	4th
50 Free	21.95	4th
100 IM	55.69	7th
100 Free	48.17	6th
WALLY DICKS (35-39)		
100 Breast	57.55	1st
200 Breast	2:05.81	1st **
50 Free	22.08	6th
50 Breast	26.54	1st
DOUG CHESTNUT (30-34)		
1000 Free	10:15.38	3rd *
400 IM	4:27.76	9th *
500 Free	4:59.37	9th *
100 Back	57.22	15th
200 Back	2:01.41	7th
Men 200 Free Relay	1:32.98	17th
FELL, MICHAEL		
DICKS, WALLY		
CHESTNUT, DOUG		
HALL, MICHAEL		

* ANCM record
** USMS record



WALL TIME

Tips and Advice from Flo Tation

Now that we're swimming in the long pool and those pesky walls aren't constantly popping up to interrupt my day-dreaming, I have more time to think as I glide through the workout. I thought I'd share with you some of my musings.

● When I'm in the pool, I seem to easily detect perfume, a heavy smoker, or a strong blast of Old Spice from many yards away. Does swimming heighten our sense of smell?

● There seem to be more incidents of Lane Rage recently. Are people getting touchier? Are the lanes more crowded? Is it bad chemistry flaring between people? Or is it an extension of Road Rage?

● What was going on last October to account for all the pregnancies this sum-

er?? (I KNOW what was going on, but why then?)

● Is heat lightning really a threat to us?

● Sound carries well underwater, so how come I don't hear more heavy breathing or coughing?

● Has anyone seen the rats that were so common during last summer's workouts?

● Speaking of wildlife, does chlorine kill the harmful bacteria in duck droppings?

● Is there any reason we can't bring dogs to a workout?

● How many of us shower before we swim, and what's the purpose of the shower -Just a stupid rule? To wash away cheap perfume? To warm up muscles?

● Does anybody have the secret to fog-free goggles?

MANHATTAN ISLAND

(Continued from page 2)

attempt at the swim. She received the Gallagher Cup, named for MIMS founder Drury Gallagher, for winning the race. Information about the race, including history, past results and this year's race, can be found at www.nycswim.org.

IRONMAN

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expensive bottle of champagne, your favorite dessert, or even a new pair of pajamas. If you think it will make you feel good, get it. You've earned it.

I've done only one Ironman distance triathlon and don't know if I'll do another, since the training is harder than the actual race, but if I do, I'm going to be a lot more prepared. If you have other tips, I can be reached at anavidi@navidi.com. You can also see some race photos at <http://www.navidi.com>.

Good luck.

STOUDT'S AGAIN!



The Annual Stoudt's Festival/Camping trip will be on August 14th. For more information see Jeff Roddin or visit the ANCM website Bulletin Board at www.ancm.org

THE BULLETIN BOARD

KUDOS

by Dottie Buchhagen

- Christy and Ed Adelman had a baby boy, McCarthy Patrick, on July 5th. He was 8 lbs., 11 oz. and 21-1/2 inches long.
- Coach Clay Britt broke the oldest record in Masters swimming when he clocked a 27.76 in the 50-meter long-course backstroke at Catonsville on July 25th. The old record was set in 1978. A week later, he bested his own record by 0.16 seconds and set a new 100-meter long course backstroke record (1:00.13) at the DC Masters Meet at George Mason University. Both are new world records.
- Christy Underdonk won the women's title in the Riverwatch Triathlon on July 26th.
- Kathy Levintow moved to Lagos, Nigeria where her husband Nick will be Labor Attache to the U.S. Embassy. She can be reached by writing to the American Embassy, Lagos, Department of State, Washington, DC 20521-8300.

HAPPY BIRTHDAY TO YOU....

- Penny Bates August 4
- Bill Rimm August 4
- Philippe Kozub August 6
- Kathleen Costello August 7
- Joseph Giitter August 7
- Jonathan Martel August 8
- Tom Biery August 9

- Steven Jolles August 10
- Colleen McCloskey August 10
- Lisa Olmos August 12
- Francy Mess August 17
- Marshall Greer August 18
- Charles Glass August 19
- Jeff Kostoff August 19
- Kathy Levintow August 21
- Nancy Tresser August 25
- David Sherwood August 26
- Den Ager September 1
- Tatsuya Kanai September 2
- Robert Ramin September 2
- Tom Denes September 6
- Meredith Davis September 6
- Gretta Ober-Beauchesne... September 6
- Mary Moltz September 7
- Dan Rudolph September 7
- Anne Johnson September 8
- Gerry Gray September 9
- Dave Harmon September 10
- Robert Monsheimer September 10
- Myriam Pero September 10
- Carey McKenzie September 11
- Timothy Boyd September 12
- Meghan Gibbons September 14
- Greg Wortman September 19
- Dottie Buchhagen September 20
- Elliot Rockler September 21
- Emery Freeman September 22
- Greg Scace September 22
- Hamid Kazemi September 23
- Gary Dick September 27
- John Boxmeyer September 30
- Christy Adelman October 1
- Jeff Dubin October 1



- Darrell Park October 2
- Thekla Brunner October 4
- Carole Kammel October 5
- Brad Miller October 10
- Barbara Clifford October 11
- Therese Kominski October 12
- Robert Iba October 16
- Christophe Delcroix October 17
- Robert Burgholzer October 20
- Karin Weidenhammer October 20
- Mic.helle Chesnut October 22
- Remi Coulon October 24
- Cynthia Cohen October 25
- Miguel Carrion October 31
- Lindsey Stevenson November 1
- Hal Dower November 7
- Christina Underdonk November 9
- Evan Parker November 10
- Marco Quinonez November 11
- Ximena Dussan November 13
- Peter Krucoff November 15
- Nick Olmos-Lau November 16
- Phil Saltzman November 17
- Michael Bartlett November 22
- Wayne Mosle November 23
- Casey Scace November 23
- Stan Tinkham November 24
- Marc Grande November 25
- Lori Beardsley November 26
- Daniel Pereles November 26
- Eileen Natali November 29

SCHEDULE OF EVENTS

- 8/19-23: 1999 USMS Long Course Nationals -Minneapolis, MN. Email: pwindrath@compuserve.com
- 8/21: 1 mi and 2 mi bay swims - Atlantic City NJ members.aol.com/ACSwim1999 ACSwim1999@aol.com (609) 343-3794.
- 8/24: 6PM; 1 mile Ocean Challenge Swim - North Wildwood Beach, NJ \$12 entry fee; Info: www.lmsports.com
- 8/28: 6:30PM; 1 mile Yates Swim, Atlantic City, NJ race start: 800 North New Hampshire Ave; Atlantic City, NJ; \$15 entry; Captain Francis Bennett, Atlantic City Beach Patrol, City Hall Mail Rm, Atlantic City, NJ 08401
- 8/29: 2.5 Mi Bay Swim - Ocean City to Somers Point, NJ; Polly Caffery, PO Box 850, Pomona, NJ 08240, 609-404-1591 pol-lyphish@aol.com
- END OF SUMMER PARTY AT TOM DENES' HOUSE — CHECK THE BULLETIN BOARD ON THE WEB FOR DATE**
- 9/3-5: 1999 VA LMSC Fall Festival USMS Mentor Coach & Swimmer Clinic Richmond VA. Riverside Wellness & Fitness Ctr. 11621 Robious Rd. Richmond, VA 23113 (804) 378-1600. Cost for each coach \$20 and for each swimmer \$30. Followed by social. Information: Terry Sue Gault 3202 St. Stephens Way Midlothian, VA 23113 (804) 379-9099.
- 9/18: Lake Montclair Swims: 1 mile & 2 mile Prince William County, Virginia. Info: Brian Hobbs (802) 258-4116 (work) (703) 791-2982 (home) Web: www.crosslink.net/~cherylw/opnmast.htm
- 10/9: Columbus Day Classic - Washington, DC SCY; Neill Williams, 1715 Lanier Place, NW, Washington, DC 20009, 202-588-0958

THESE ARE ONLY SOME OF THE EVENTS SCHEDULED FOR THIS FALL SEASON
CHECK THE ANCM WEBSITE (<http://www.ancientmariners.org>) FOR A COMPLETE LISTING