

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: February-09-16 4:13 PM
To: Fran Craig; Steve Baird; Blake Christie; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mark Blenkinsop; Mits Kachi; Sean Dawson; Tim Kilby
Subject: Carleton Masters Swimming Newsletter #411

Carleton Masters Swimming Newsletter #411 Tuesday, February 9th, 2016

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2015, Winter 2016, and Alumni: 7:30am Earlybirds I (43 addresses), 8:30am Earlybirds II (39 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (34 addresses), Saturday Only (2 addresses), Masters "Alumni" (41 addresses)

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack in will." – Vince Lombardi (appropriate just after the Super Bowl)

Masters Program Notes and Cancellations

- The Winter session runs until **Fri Apr 8th**.
- Don't forget that there are **no workouts on Mon Feb 15th** (Family Day). Workouts run as usual the rest of Carleton's Reading Week.
- For this term, 7:30am Earlybirds has **1** spot left, and **2** spots remain in the 6pm Whitecaps. The other groups have more space.
- There are **no workouts on Fri Mar 25th or Mon Mar 28th** (Easter). For Saturday swimmers, there is a workout on **Sat Mar 26th**.

Sauna Update

The **women's** sauna is still a couple of weeks from completion. The good news is that everyone who has seen it has given positive feedback! The **men's** sauna is still on track to open around the end of the month. Thanks to **Fran Craig** (Welcome Centre) for the updates.

Swimmer Notes

Swimmer Updates:

- We didn't get enough interest for a group outing to a Sens game. Maybe next season! And we'll start planning sooner.

- Congratulations to **Jessica Reddin** (x-child safety supervision), daughter of **Cheri Reddin** (7:30am Earlybirds), who recently competed as a member of Team Ontario at the Arizona Grand Invitational Gymnastic Competition in Phoenix, Arizona. Jessica placed 6th overall in her division based on her combined scores for performances on the beam, vault, floor and bars events and earned a gold medal and personal best score on the vault. Jessica and her teammates also captured the Level 6 divisional title. Cheri went along for the adventure and reports that the desert climate agreed with her! Aside from taking in the gymnastics event, she enjoyed some warmth and sunshine beside the pool, learned to ride Segway for a tour of downtown Phoenix, and toured the botanical gardens and Musical Instruments Museum....all highly recommended! Here's a great photo of Jessica in Arizona.



- **Lisa Hans** (x-Whitecaps) is coordinating a team from the Royal Ottawa Hospital to participate in the Run for Women on **Sun May 8th** in support of the Women's Mental Health Program at the Royal. You can do 5k or 10k, and walking is fine! Any women interested in participating can go here: <http://www.runforwomen.ca/?s=15505>, and click "Register Now" next to the Teams of 5 or more. Lisa's team's name is "Track Attackers" and the team password is jav24juy. For more information, contact Lisa: lhans@rohcg.on.ca.

- **Mélanie Héroux** (8:30am Earlybirds) will be participating in the Polar Plunge for Special Olympics at Algonquin College 9am-noon on **Sat Feb 27th**. She will have an envelope at the pool for donations and here's the link for on-line donations: <https://secure.e2rm.com/registrant/FundraisingPage.aspx?registrationID=3209649>.

- The Orleans Riptides Special Olympics Swim Team, of which **Mélanie Héroux** (8:30am Earlybirds) is a member, is looking for an additional volunteer coach for their workouts next season. The season runs from mid-October until early May and they have one workout per week on Sundays from 4:30-5:30pm. The workout is at the Bob MacQuarrie pool except for January and February, when it will be at the Ray Friel pool, also on Sunday but from 4:00-5:00pm. Please pass this on to anyone else who may be interested. For more details, contact coach **Kristin Kernohan** at kristinkernohan@gmail.com.

- We have about **40** Carleton caps left. **Carolyn Odecki** is heading to Australian for a year on a teacher exchange, so I have purchased the remaining caps on behalf of the club. They are **\$5** each. If we sell them all, we'll make **\$25** profit for the club.



News and Links:

- MPs from 4 Parties Bring Different Strokes to Hill Swim Team: <http://www.cbc.ca/news/canada/ottawa/parliamentary-swim-team-1.3424254>

- Athletes and Official Take a Time Out in Triathlon to Rescue Drowning

Men: <http://www.metronews.ca/sports/2016/01/28/south-african-athletes-rescue-men-at-sea-then-finish-race.html>

- Things We Can Learn from (Young) Age Group Swimmers: <https://swimswam.com/6-things-can-learn-age-group-swimmer/>

- Lifespan vs. Healthspan: Why you need muscle for healthy aging
<http://www.runnersworld.com/sweat-science/lifespan-vs-healthspan>

- Ways to Recover After Workout: <https://swimswam.com/10-ways-to-recover-after-practice/>

- Four Signs that the Butterfly Life has Chosen You: <https://www.swimmingworldmagazine.com/news/4-signs-that-the-butterfly-life-has-chosen-you/>

- Yoga for Swimmers: Poses to Strengthen your Core: <https://swimswam.com/yoga-for-swimmers-3-poses-to-strengthen-your-core/>
- Treadmill Writer on a Roll at Carleton: <http://www.metronews.ca/news/ottawa/2016/01/21/treadmill-writer-on-a-roll-at-carleton.html>
- Getting Back Into Swimming: <http://mastersswimmingcanada.com/index.php/2016/01/22/what-to-do-if-youre-getting-back-to-swimming/>
- Pictures to see Which Muscles You're Stretching [from **Christiane Wilke** (7:30am Earlybirds)]: <http://makeyourlifehealthier.com/36-pictures-to-see-which-muscle-youre-stretching/>
- The Effect of Ankle Muscle Strength and Flexibility on Dolphin Kick Performance in Competitive Swimmers: <http://www.sciencedirect.com/science/article/pii/S0167945714000815>
- The Hidden Dangers of Too Much Sitting: <http://athletics.carleton.ca/2015/the-hidden-dangers-of-sitting-too-much/>

Swim Suits for Sale: The suits range in brand, style, and colour. Most prices are \$40 and less. The swim suits are available for browsing whenever I am coaching – just ask! If there's a particular suit you are looking for, I may be able to track it down.

Caps and Goggles to Borrow: I always have a "lost and found" bag full of spare caps and goggles to borrow if you forget (or break) yours.

Swim Caps for Sale: The money raised selling these caps goes towards the \$45 annual fee to register Carleton Masters with Masters Swimming Ontario. We now have a few triathlon latex caps (50c), as well as some silicone caps (\$2). Ask if you're interested in looking at these. If anyone has any caps that they'd like to donate, they would be most welcome.

Nose Clips for Sale: Cost \$5. Contact me if you are interested.

Winter Session Information

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End; **Lynn**

8:30am Earlybirds: Deep End: **Lynn**

6pm Whitecaps: Monday: Shallow End; Tuesday/Thursday: Deep End; Monday/Thursday: **Sean**; Tuesday: **Mits**

7:10pm Whitecaps: Shallow End; Monday/Thursday: **Sean**; Tuesday: **Mits**

8:15am Saturdays: Shallow End; rotating coach schedule (TBD)

Exceptions will be noted here.

Mark coached for **Sean** on **Thu Jan 28th**. **Chanelle** (pool staff) coached for **me** on **Fri Jan 29th**. I coached for **Sean** on **Sat Feb 6th**.

Apologies to the morning group for forgetting **fin day** on **Mon Feb 1st**. With moving the drills, I got confused ☺ ! Instead we did **fins and fartlek** on **Mon Feb 8th**.

Fin Days:

Mon Feb 1st

Thu Mar 10th / Fri Mar 11th

Time Trials:

Tue Feb 9th / Wed Feb 10th: 400fs or IM

Tue Feb 23rd / Wed Feb 24th: two 50s choice

Thu Mar 3rd / Fri Mar 4th: 100 choice

Thu Mar 17th / Fri Mar 18th: 200 choice

Tue Mar 22nd / Wed Mar 23rd: 800 / 1500fs

Thu Apr 7th / Fri Apr 8th: fun day (relays)

This information and more can be found with the Winter workout themes

at: <http://carletonmasters.tripod.com/mastplanwint16.pdf>.

Here are the weekday attendance statistics for the term to date. If you notice any errors or omissions, please let me know! Those with the best attendance will receive certificates.

6pm Whitecaps: Jan 4-Feb 8th; 16 workouts; range: 22-31; average: 25.9
Perfect Attendance: **Cam D, Don W, Joanne D, Konstantin P, Peter L, Rachel B**

Missed 1 Workout: **Debby W, Iain McD**
Missed 2 Workouts: **Jennifer M, Jocelyn P, Mike L, Nicole D**
Missed 3 Workouts: **Bill W, Marg E**

7:10pm Whitecaps: Jan 4-Feb 8th; 16 workouts; range: 9-18; average: 13.8
Missed 3 Workouts: **Mindy F**

7:30am Earlybirds: Jan 4-Feb 8th; 16 workouts; range: 15-28; average: 23.4
Perfect Attendance: **Bruce B, Ursula S**
Missed 1 Workout: **Brad S, Harley G, Kevin G, Tracey McG**
Missed 2 Workouts: **Christian C, Margaret K**
Missed 3 Workouts: **Francois J, Heloise E, Jessica T, Susan N-Y**

8:30am Earlybirds: Jan 4-Feb 8th; 16 workouts; range: 18-26; average: 21.2
Perfect Attendance: **Bill G, Colleen H**
Missed 1 Workout: **Lisa M, Lorne M, Melanie H**
Missed 2 Workouts: **Amir B**
Missed 3 Workouts: **Claire O, Dawn W, Isla P, Nancy M**

Ask the Coach

Dear Coach: In the last newsletter you recommended prescription goggles. Where can I buy some? Short-Sighted Swimmer

Dear S.-S. Swimmer: Some general sports stores carry prescription swimming goggles, but you'll be able to find them for sure at Aquasport, on Iris street behind Ikea. They have the Speedo ones which I like, and also at least one other brand.

Dear Coach: My goggles are leaking. What brand do you recommend, and where can I buy them? Need New Goggles

Dear N. N. Goggles: The brand that works best for you depends on the distance between your eyes, how deep your eyes are, and the size of the bridge of your nose. Try a few pairs from the Masters lost and found bag and see what styles are comfortable for you. Generally a brand with an adjustable nose piece is more likely to fit. If goggles fit well, you should be able to stick them to your eyes (with just suction and without the strap) when you are on the deck. Again, Aquasport (see above) has a good selection.

Dear Coach: Should my feet come out of the water when I'm doing freestyle kick? Splashy Kick

Dear S. Kick: It's ok if your heels come out, but you don't want your toes and/or entire feet to come out of the water. If there is a lot of splash, you are kicking air, not water, which isn't very efficient.

Dear Coach: Can you remind me of the rules for the breaststroke pull-out? Working On Turns

Dear W.O. Turns: In the breaststroke pull-out, you are permitted one fly pull and one fly kick (in either order or simultaneous), followed by one breaststroke kick. There is no distance limit, as there is in the other strokes. You can stay underwater further than 15m, though that is very challenging!

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2016 is now available: cost \$38.** Note that you must register with MSO before the **due date** of the entry for your first competition. If you have not registered with MSO and Carleton Masters before, I need the following: name, gender, date of birth, address, phone number. If you have registered with us in the past few years, I just need to know if any of your information has changed. You may pay by e-transfer, cash, or cheque payable to me (**Lynn Marshall**).

Full details on all Ontario Masters competitions can be found at: <http://www.mastersswimmingontario.ca/events/>. For Quebec competitions see: <https://www.swimming.ca/en/events-results/live-upcoming-meets/>, select Quebec and the month of interest, then select the appropriate meet to get more info. If it says "sanctioned" the meet package should be available.

Here's a list of tentative and confirmed upcoming competitions in Ontario and Quebec. Links will be added to further information when available. Note that for meets that are usually annual but not yet listed, I've included my guess of the likely date along with "TBC". More meets and more details will be added as the information become available. **Note that meet entries and confirming meet information and entry dates are your responsibility.**

Sun Feb 21st Nepean LC Masters Meet <https://www.mastersswimmingontario.ca/events/2016-nepean-masters-long-course-swim-meet-february-21-2016/>
Sat Feb 27th Riviere-du-Loup Masters Meet (TBC)
Sun Feb 28th Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/5th-annual-thornhill-invitational-swim-meet-february-28-2016/>
Sun Mar 6th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-march-6-2016/> and http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/
Sat Mar 19th Dollard-des-Ormeaux, Montreal <http://swimming.ca/en/meet/18842/>
Sun Mar 20th Etobicoke Heart and Stroke 1500m LC Fundraiser: <http://www.mastersswimmingontario.ca/wp-content/uploads/2016/01/2016-03-20-Etobicoke-HS-final.pdf>
Fri-Sun Apr 1-3rd Ontario Provincials Markham Pan-Am Pool <https://www.mastersswimmingontario.ca/events/2016-ontario-masters-swimming-championship-april-1-3-2016/>
Fri-Sun Apr 15-17th Quebec Provincials, Montreal Nord <https://www.swimming.ca/en/meet/18365/>
Sun Apr 17th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-april-17-2016/> and http://www.technosport.ca/technosport_swim_and_triathlon_club/short-course-invitational-swim-meet/
Sat Apr 23rd All Out Swim LC, Toronto (TBC)
Sun May 1st Perth Meet <http://www.mastersswimmingontario.ca/events/perth-stingrays-masters-swim-meet-may-1-2016/>
Sun May 8th Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/no-regrets-roc-masters-invitational-may-8-2016/>
Fri-Mon May 20-23rd Nationals, Etobicoke (details TBA)
Sat Jun 4th Longueuil LC, Montreal <https://www.swimming.ca/en/meet/18314/>
Sat Jun 25th Technosport 2k Open Water Swim, Meech Lake (MSO Registration not required) <https://www.mastersswimmingontario.ca/events/techno-2k-open-water-race-june-25-2016/>
Sat Jul 16th Bring on the Bay 3k Open Water Swim (MSO Registration not required) <http://bringonthebay.com/>
Sat Jul 23rd Technosport 2k Open Water Swim, Meech Lake (MSO Registration not required) <https://www.mastersswimmingontario.ca/events/techno-3k-open-water-race-july-23-2016/>
Sat Aug 7th Elma Couture Open Water Swim, Welland <http://www.mastersswimmingontario.ca/elma-couture-open-water-swim-aug-7-2016/elma-couture-open-water-swim-aug-7-2016>
Sat Aug 13th Technosport 2k Open Water Swim, Meech Lake (MSO Registration not required) <https://www.mastersswimmingontario.ca/events/techno-4k-open-water-race-august-13-2016/>

Race Results: (Please send in your results, and/or let me know if I missed anyone.)

Sat Jan 30th Olympic Club 1500 Meet, San Francisco

I met the famous Masters swimmer, **Laura Val**, when I was inducted into the Masters Hall of Fame in 2011. Earlier that year she had set six Masters world records in one swim (50, 100, 200, 400, 800, and 1500 free): <https://www.swimmingworldmagazine.com/news/laura-val-breaks-six-masters-world-records-in-one-race/>. Not a pleasant way to swim a 1500 – having to go out in 29 high! When we talked about that race, she suggested that some time I should try the meet where she did it at the Olympic Club in San Francisco. So this was the year I went. Laura is 10 years older than I am, so she also changed age groups. She had been ill, so this time she “only” set four records: 200, 400, 800, and 1500. I was lucky enough to get a footnote in the article about her swim, although it was actually incorrect (saying that I set just one record!). One of the articles is fixed, the other is still incorrect (but has my correction note that the bottom): <https://www.swimmingworldmagazine.com/news/laura-val-breaks-4-masters-world-records-in-one-race> and <https://swimswam.com/laura-val-does-it-again-breaks-4-masters-age-group-wrs-in-one-swim/>. Full meet results are here: http://pacificmasters.org/comp/16/2016_TOC_SCM_Splits.pdf. Just my times: <http://www.usms.org/comp/meets/meetsearch.php?c=710597&MeetID=20160130TOC-1S>.

Lynn Marshall (Coach; 55-59): 1st 1500fs (18:06.01 World Record; 800 split: 9:37.51 World Record)

I was a bit disappointed in my swim – I'd hoped to be under 18:00. However, the splits are pretty consistent. There were some very fast swimmers. I was 10th overall, and 3rd woman. The top two times were 16:16 (age 28) and 16:20 (age 22)! The fastest woman was 17:06 (age 40!).

The Olympic Club is a very posh (and expensive!) social club in San Francisco that offers 19 different sports. They have two club houses. One is outside the city by their 3 golf courses. The two pools are at their city club house. The change rooms and pools look a little different from ours! I also enjoyed the cable cars, did some sightseeing, and visited the Super Bowl NFL Experience as I was there a week before the Super Bowl. Here are some photos:

- Olympic Club:

<https://www.facebook.com/media/set/?set=a.10156589174205604.1073741837.669015603&type=1&l=0f18872f1a>

- San Francisco Trip:

<https://www.facebook.com/media/set/?set=a.10156589126600604.1073741835.669015603&type=1&l=8536086276>

- Cable Cars:

<https://www.facebook.com/media/set/?set=a.10156589150765604.1073741836.669015603&type=1&l=741a02b222>

- Super Bowl 50 NFL Experience:

<https://www.facebook.com/media/set/?set=a.10156589110165604.1073741834.669015603&type=1&l=309fd67735>

Sat Feb 6th Winterlude Triathlon (well Duathlon: 7.5k ski and 5k run; 87 competitors)

Congratulations to **Lucie** and **Margaret** on fantastic races! Full results here: <https://www.sportstats.ca/display-results.xhtml?raceid=28854>.

Lucie Boudreau (x-8:30am Earlybirds; 55-59): 33rd overall; 6th woman, and 2nd in category in 57:11.8

Margaret King (7:30am Earlybirds; 50-54): 44th overall; 10th woman, and 1st in category in 1:01:36.8

Sat-Sun Feb 6-7th Quebec City Masters Meet

Jamie Chalmers was Carleton's only swimmer. I hear that it went well and will include details next time.

Sun Feb 7th Technosport Masters Meet, U of Ottawa

Three Carleton swimmers participated, and comprised about 25% of the swimmers at the meet! It was an early morning meet, and the events went very quickly! We don't yet have all the official times, but things went well considering how early it was and how little rest we got. Congratulations to **Tony** on participating in his first meet in a very long time. He was 17 last time! And good job by **Matt**, especially in his 50fs (and not getting DQ'd in his breaststroke ☺)! Updated Club Records (including times from San Francisco at U of Ottawa):

<http://carletonmasters.tripod.com/160207.Records.pdf>.

Matthew Tucciarone (7:30am Earlybirds; 25-29): 50fs (33.44), 100fs (1:16.27), 50br (45.94)

Tony Michel (7:30am Earlybirds; 50-54): 100fs (1:40.97), 100bk (1:40.40), 200IM (3:52.42)

Lynn Marshall (Coach; 55-59): 200bk (2:33.67 World Record), 200br (3:06.53 Ontario Record), 100IM (1:17.91 Ontario Record), 400IM (5:29.87 World Record; 100fl split 1:15.11 National Record)

Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and top 20 rankings (by gender and age group, both SCM and LCM) at: <http://www3.sympatico.ca/chberger/#canada> (last update **Feb 8th**).

Private and Semi-Private Masters Swim Lessons

For Winter lessons are usually available: Monday 9:40-10:40am.

Additional times may be available during Reading Week and April exams.

Prices:

Private: \$52.50 per hour, plus HST.

Semi-Private (2-3 swimmers; per swimmer): \$34 per hour, plus HST.

Please e-mail me for more details.

Notes and Reminders

Carleton Masters Swim Team Photos:

Fall 2015 Evening groups: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec17whitecaps.pdf>.

Fall 2015 Morning groups: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec18earlybirds.pdf>.

There are some old team photos (circa 1992-1994) here: <http://carletonmasters.tripod.com/90sphotos/>.

We have identified **19** current swimmers in the old photos: **Joanie Conrad** (7:10pm Whitecaps), **Cam Dawson** (6pm Whitecaps), **Joanne Dawson** (6pm Whitecaps), **Sean Dawson** (then child safety supervision; now Coach), **Nicole Delisle** (6pm Whitecaps), **Cori Dinovitzer** (Summer 7:30am Earlybirds), **Fiona Hill** (7:30am Earlybirds), **Karen Jensen** (7:30am Earlybirds), **Tim Kilby** (Coach), **Mike Lau** (6pm Whitecaps), **Sandy Lawson** (7:30am Earlybirds), **Peter Lithgow** (6pm Whitecaps), **Lynn Marshall** (Coach), **Carolyn Odecki** (6pm Whitecaps – on sabbatical), **Lina Vincent** (6pm Whitecaps), **Jose Vivanco** (7:10pm Whitecaps), **Don Wells** (6pm Whitecaps), **Bicki Westerheide** (7:10pm Whitecaps), and **Debby Whately** (6pm Whitecaps). Also **Derek Baas** is in an old photo, and his wife, **Andrea Chandler** (6pm Whitecaps), swims now. Did we miss anyone else?

Winter Masters Swimming Programs, Barcodes and Prices

Registration is open for Winter. A reminder that you can register by phone or in person for Masters (but **not** on-line, as your membership status must be checked). You must have a valid membership for the duration of the program(s) that you sign up for. As usual, Saturdays are **not** included in your weekday registration for Winter. The information below is also on the web site: <http://carletonmasters.tripod.com>.

Winter 2016: Mon Jan 4th to Fri Apr 8th; no workouts Mon Feb 15th, Fri Mar 25th, Mon Mar 28th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 10103; cost: \$127+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 10104; cost: \$127+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10107; cost \$146+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10109; cost: \$130+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 10105; cost: \$50+HST

Newsletter: An e-newsletter (like this one) is sent out about every two weeks. If you have new lane-mates, please mention to them that they should give their e-mail address to their coach if they'd like to receive it.

Suggestions for Workouts or Interested in Making up a Workout or a Set?: If you have suggestions for the workouts (something you like that we never do, or something you dislike that we do too much!), or if you'd like to try making up a workout or a set in a workout, just talk to your coach.

Interested in Copies of my Workouts?: Are you interested in getting copies of my workouts ahead of time? Let me know. I usually e-mail out two week's worth of workouts at a time. (Note that these are only the workouts that I coach.)

Triathletes: Check out Rudy Hollywood's website: <http://www.trirudy.com> and subscribe to the daily tri-news e-mail. Another good resource is <http://www.slowtwitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

General Information: Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at: <http://carletonmasters.tripod.com>.

Your input to this newsletter is most welcome, especially for the Swimmer Notes, Race Results and Ask the Coach sections! To be added to or removed from the receiver list, just let me know (lynnmarshall@sympatico.ca).

Happy lengths!
Lynn

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)

Club website: <http://carletonmasters.tripod.com>