

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Saturday, December 10, 2016 10:34 AM
To: Lynn Marshall
Subject: Carleton Masters Swimming Newsletter #429

From: Lynn Marshall [mailto:lynnmarshall@sympatico.ca]
Sent: Saturday, October 15, 2016 4:33 PM
To: Fran Craig <fran.craig@carleton.ca>; Steve Baird <steve.baird@carleton.ca>; Blake Christie <blakechristie@hotmail.com>; Claudia Cronin-Schlote <claudia.croninschlote@gmail.com>; Kristi Dean <kdean72@gmail.com>; Lynn Marshall <lynnmar@sce.carleton.ca>; Mark Blenkinsop <mark_blenkinsop@yahoo.ca>; Mits Kachi <mitskachi@gmail.com>; Sean Dawson <seanrdawson@me.com>; Tim Kilby <Timothykilby@hotmail.com>
Subject: Carleton Masters Swimming Newsletter #429

Carleton Masters Swimming Newsletter #429

Saturday, October 15th, 2016

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2016 and Alumni: 7:30am Earlybirds I (41 addresses), 8:30am Earlybirds II (38 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (31 addresses), Saturday Only (8 addresses), Masters "Alumni" (30 addresses).

"There's no point in trying to convey how hard swim workouts are because, like torture, they require first-hand knowledge to be truly understood." – "Chasing Water" by Anthony Ervin and Constantine Markides

Masters Program Notes and Cancellations

- The Fall session is underway and runs until **Thu Dec 22nd**.
 - Workouts run as usual during Carleton's Fall Reading Week (Oct 24-28th).
- Registration is open for both Fall and Winter. Details on dates, prices, and barcodes is near the end of the newsletter.
- For Fall, the 7:30am and 6pm groups are full: wait lists available (do let me know if you're on a wait list!). There are just **2** spots left at 8:30am.
 - The 7:30am and 6pm groups are likely to fill for Winter, also, so if you like to swim at either of those times, I'd recommend signing up for Winter by December.

Masters Swimming Ontario Registration for 2016-2017: Cost **\$35**

If you want to enter Masters Swimming competitions, you need to register with Masters Swimming Ontario. Registration for this season (Fall 2016 to December 2017) is now available. Cost is **\$35** (cash, cheque or e-transfer to me) – note that the price has been reduced from \$40 to \$35. If you are registering with MSO / Carleton Masters for the first time, I need: date of birth, address and phone number. If you are renewing your membership, please let me know if any of your details have changed.

Swimmer Notes

Swimmer Updates:

- A big thank you to **Don Wells** (6pm Whitecaps) and **Joanie Conrad** (6pm Whitecaps) for once again agreeing to host our annual Holiday Potluck Party. The party will be held on **Sat Nov 26th**. This is a great feast! I hope to see you there! Full details: <http://carletonmasters.tripod.com/festive2016.pdf>.

- Congratulations to **Lara Thorpe** (7:10pm Whitecaps) on the arrival of baby #2! Lara reports: “**Noah Nixon Lacasse** was born on **September 18** weighing a whopping 5lbs 11 ounces. So far he really likes the bath so maybe he will be a future swimmer!”

- Congratulations to **Margaret King** (7:30am Earlybirds) on finishing the Ironman World Championships despite things not going quite as hoped. Check out this great photo and her race report in the “Race Results” section.



- Congratulations to **Michael Lau** (6pm Whitecaps) on qualifying for the Boston Marathon (by over 25 minutes!) at the Mohawk Hudson River Marathon. Details in the “Race Results” section.

- Congratulations to **Melanie Heroux** (8:30am Earlybirds) for receiving this picture presented to her by **John McGetrick** of the Ottawa Police for all her Ambassador work for Special Olympics. She received the picture at the Special Olympics Annual Breakfast on **Oct 6th**.



- On **Sat Oct 8th**, while **Margaret King** (7:30am Earlybirds – see photo above) was swimming in Hawaii, **Gi Wu** (6pm Whitecaps) and **Konstantin Petoukhov** (6pm Whitecaps) went for their last Meech Lake swim of the season. It was a chilly morning! Thanks to Rachel Bennett (6pm Whitecaps) for this photo!



- Best of luck to **Penny Estabrooks** (8:30am Earlybirds) for her upcoming knee replacement surgery scheduled for **October 25th**!

- Congratulations to **Chris St Michael**, husband of **Robin Henderson** (7:30am Earlybirds). Chris's photo of a fox (http://naturecanada.ca/2016-nature-photo-contest-voting/?contest=photo-detail&photo_id=29485) won Nature Canada's photo competition and will appear on the cover of their 2017 calendar!! In addition, Chris and Robin will be going on quite the adventure as this is the grand prize: <http://www.coppercayuseoutfitters.ca/historic-li-lik-hel-mine-expedition/>. You can also check out some of his photos featured in the "Wildlife, Birds and Adventure" exhibition at the "Oh So Good" Coffee House Westboro location (261 Richmond Road) until **Oct 28th**.

- **Carleton Varsity Swim Team Alumni**: The annual Carleton Alumni vs. Varsity swim meet will be held **Sat Nov 12th 12:30-2:30pm** at the Carleton Pool, and will be followed by a Social Event. If any alumni didn't get an invite from **Louise Hayes** (Alumni President), just let me know!

- **Hiba Mahmoud** is a research student at University of Ottawa working with **Dr. Karen Fleming** from Toronto (Sunnybrook Health Sciences Centre). They are conducting a study on the maternal health and fetal health of female swimmers. Women who complete this survey will help in the development of medical prescriptions geared to athletes: https://dfcmutorontoca.qualtrics.com/SE/?SID=SV_af7X6F0GLsI0937.

- The Rideau Speedeaus (Ottawa's Gay/Lesbian-friendly Masters Swim Team) is **still** looking for a Wednesday night coach 6- 7pm at Ottawa U starting immediately. It is a paid position, pay dependent on experience. Please contact **Tarek** (swimguy_66@hotmail.com) for more information.

- **Sarah Zhang** works in an exercise physiology lab at U of Ottawa:

"We are currently looking for older participants (55+ yo) to come in and participate in our research. Our research looks at different responses and performances in the heat, with an emphasis on more vulnerable populations (chronically ill, aging, etc.). All our participants receive a free aerobic fitness test as well as body composition analysis, which we give in a fitness report as compensation. The testing will take place in mid-October."

If anyone is interested, please e-mail Sarah at szhan139@uottawa.ca.

- The Masters Swimming Ontario (MSO) AGM will be held **Sun Oct 16th 1pm** in the Varsity Room of the Holiday Inn Toronto Bloor-Yorkdale, **280 Bloor St W, Toronto**. If anyone will be nearby and wants to attend, just let me know! Details here: <http://www.mastersswimmingontario.ca/notice-of-annual-general-meeting-masters-swimming-ontario/>.

- On **Oct 17 and 19th from 8:00-9:00am and 11am-noon** Carleton University Safety will be conducting a campus-wide awareness campaign on new traffic regulations for vehicles and cyclists. During this awareness campaign, safety officers will be at key locations across campus handing out information cards that highlight driving within the speed limit, staying off the phone while driving and the importance of stopping at stop signs.

- Carleton University Whitecaps swim caps, great for training and competition, are available for **\$5** each:



News and Links:

- **Sarah Thomas** Completes 56 Hour Swim!!: <http://dailynews.openwaterswimming.com/2016/10/sarah-thomas-completes-56-hour-5-minute.html>

- Streamlined Swimming: <http://theraceclub.com/videos/swimisodes-streamline-swimming/>

- Transmitter for a Coach to Communicate with Swimmers [Ed. Note: As a swimmer, I always thought that it was an advantage that you didn't have to listen to your coach while swimming! As a coach, this sounds like fun! ☺]:

<https://swimswam.com/new-technology-takes-coach-off-pool-deck-water/>

- Five Habits of Mentally Tough Swimmers: <https://swimswam.com/5-habits-mentally-tough-swimmers/>

- Stop Warming Up, Start Learning Up: <http://thetalentcode.com/2016/10/06/stop-warming-up-start-learning-up/>

- Top Ten Foods for Better Health (includes Chocolate!): <http://www.myboomernutrition.com/top-10-foods-for-better-health/>
- After Just 10 Days of Rest the Brain Benefits of Exercise Diminish: <http://www.nytimes.com/2016/09/28/well/move/after-just-10-days-of-rest-brain-benefits-of-exercise-diminish.html>
- Exercise Releases a Hormone that Helps Shed, Prevent Fat: <https://www.sciencedaily.com/releases/2016/10/161004130812.htm>

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.

Fall Session Information

Dates: Tue Sept 6th to Thu Dec 22nd; excluding Mon Oct 10th.

The usual pool allocations and coaches are as follows:

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

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

6pm Whitecaps: Mon: Shallow End; Tue/Thu: Deep End: Mon/Thu: **Sean**; Tue: **Mark**

7:10pm Whitecaps: Shallow End: Mon/Thu: **Sean**; Tue: **Mark**

8:15am Saturdays: Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

I coached for **Mark** on **Sat Oct 1st**. **Mark** apologizes for forgetting that he was coaching but there were extenuating circumstances as his son, **Linden**, was in hospital the day before. (**Linden** is fine now.)

I coached for **Sean** on **Thu Oct 13th**. I’ll be coaching for **Mark** on **Tue Oct 18th**.

Fin Days:

Tue Oct 25th / Wed Oct 26th

Thu Nov 24th / Fri Nov 25th

Time Trials:

Thu Oct 13th / Fri Oct 14th: timed 400fs or IM

Thu Oct 20th / Fri Oct 21st: 2 timed 50s

Mon Oct 31st: 200 choice

Mon Nov 14th: 800 / 1500fs

Tue Nov 29th / Wed Nov 30th: 100 choice

Wed Dec 21st / Thu Dec 22nd: “funner” day (e.g. relays)

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

at: <http://carletonmasters.tripod.com/mastplanfall16.pdf>.

Thanks to all those who participated in the **400 time trial on Thu Oct 13th / Fri Oct 14th**. Kudos to **Ursula Scott** (7:30am Earlybirds) and **Jamie Chalmers** (7:30am Earlybirds) for being brave enough to do IM. This was **Ursula’s** first 400IM! There were 14 improvements: one in 200 free and 13 in 400 free. The largest improvements were by **Flo Kellner** (8:30am Earlybirds): 24 seconds in 200 free and **Jocelyn Pender** (6pm Whitecaps): 36.3 seconds in 400 free. Here’s the list of everyone who improved:

200 free (1)

Flo Kellner	EB2	24.0
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400 free (13)

Jocelyn Pender	WC1	36.3
Christiane Wilke	EB1	23.8
Gillian Massel	WC2	21.0
Penny Estabrooks	EB2	16.7
Nancy Manning	EB2	14.2
Randi Karstad	EB1	13.0
Harley Gifford	EB1	12.7
David Moore	WC1	10.4
Justin Kernot	WC2	8.2
Heloise Emdon	EB1	7.6
Mars Nienhuis	WC1	6.3
Stephanie Le Saux Farmer	WC2	5.5
Tatjana Molitor	WC1	3.5

Here are the weekday attendance statistics for this term to date. If you notice any mistakes, please let me know! Those with the best attendance will receive certificates early next term.

6pm Whitecaps: Sept 6-Oct 13th (10 workouts: Sept 19, 20, 26, 29, Oct 3, 6 to be added next time); range 21-33; average: 27.5

Perfect Attendance: **Cam D, Joanne D, Konstantin P, Mars N, Meagan M, Peter Lithgow**

7:10pm Whitecaps: Sept 6-Oct 13th (10 workouts: Sept 19, 20, 26, 29, Oct 3, 6 to be added next time); range 11-17; average: 14.6

Perfect Attendance: **Gillian M**

7:30am Earlybirds: Sept 7-Oct 14th (16 workouts) range 20-31; average: 25.2

Perfect Attendance: **Bruce B, Christiane W, Jamie C, Jim L**

8:30am Earlybirds: Sept 7-Oct 14th (16 workouts); range 21-32; average: 27.6

Perfect Attendance: **Bill G, Colleen H, Isla P, Mark B, Sheila K**

Ask the Coach

Dear Coach: I hear you have a good recipe for getting water out of your ears after a swim. Can you pass it along? Swimmer with Blocked Ears

Dear S.w.B. Ears: I mix 90% rubbing alcohol with 10% hydrogen peroxide (or vinegar). A few drops in each ear after swimming will evaporate any water (rubbing alcohol) and change the pH of your ear so that you are less likely to get ear infections (hydrogen peroxide or vinegar).

Dear Coach: The pool has been wavy on Tuesday and Thursday evenings at 6pm due to ROC Swimming using the dive tank. Can a proper lane rope (not a regular rope!) be put between the dive tank and the Masters lanes? Swimmer Swallowing Water

Dear S.S. Water: Yes, this has been fixed. If it happens again, bring this to the attention of your coach!

Dear Coach: The ROC Swimming parents have been sitting by the Masters lanes in the deep end on Tuesday and Thursday evenings at 6pm. Can they be reminded to sit on the other side of the pool to avoid congestion and give us some space? 6pm Swimmer

Dear 6pm Swimmer: New chairs have been purchased and the parents reminded to sit on the other side of the pool. Again, please let the coaching staff know if this happens again.

Dear Coach: Can you go over the etiquette for turns during Masters workouts? Want to Avoid Collisions

Dear W.t.A. Collisions: When swimming in a circle, swimmers should cross over to the other side of the lane before doing their turns so that they can push straight off the wall. This ensures that you are practicing good turns and avoids collisions with the person behind you. The only exceptions are if you are sure that you are the last person in the lane, this is not as critical, and, if you are doing backstroke, you should not cross over very far, as, unlike the other strokes, you cannot see what's in front of you, and can see behind!

Dear Coach: I am getting calf cramps almost every workout. What can I do to avoid them? Cramping Swimmer

Dear C. Swimmer: This is a complicated topic. Some swimmers are more prone to cramping than others. Also, once you get a cramp, it is likely to come back again the next time you swim. Things that can help include: ensure that you are well hydrated before, during and after workout; eat foods with lots of potassium and magnesium (supplements may also help); stretch and roll the affected muscles; stop when you feel the cramp coming on – before it actually happens.

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2017 (which includes Fall 2016) is now available for \$35.** 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.**

Oct 29th to Nov 6th Swim Camp in Barbados <http://katiebrambley.wix.com/freestyleexperience>

Sat Nov 12th Brossard Meet, Montreal <https://swimming.ca/en/meet/19958/>

Sat Nov 19th Swim Ottawa Willy Lee Meet, Brewer Pool

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=4>

Sat Nov 19th Coupe de Quebec: Claude Robillard Meet, Montreal <https://swimming.ca/en/meet/19959/>

Sun Nov 20th Etobicoke Semi-Serious Masters Meet:

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=807>

Sun Dec 4th Technosport Meet, Ottawa U

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=803>

Sat Dec 10th Montreal Nord Meet, Montreal <https://swimming.ca/en/meet/19960/>

Sat Dec 10th Sainte Foy Meet, Quebec City <https://swimming.ca/en/meet/19961/>

Sun Dec 11th North York Gators Pentathlon Masters Meet

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=809>

Sat Dec 17th Nepean Masters Short Course Invitational Meet

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=808>

Fri Jan 20th, 2017 Alderwood SCY Meet, Toronto

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=10>

Sat Jan 21st Drummondville Masters Meet, Drummondville, QC <https://swimming.ca/en/meet/19962/>

Sat-Sun Feb 4-5th Coupe de la Capitale LCM Meet, Quebec City <https://swimming.ca/en/meet/19963/>

Sun Feb 5th Technosport Meet, Ottawa U

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=804>

Sun Feb 12th Burlington Masters Meet <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=810>

Sun Feb 26th Thornhill Meet, Markham <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=801>

Sat Mar 4th Cowansville Masters Meet, Cowansville, QC <https://swimming.ca/en/meet/19964/>

Sun Mar 5th Technoport Meet, Ottawa U

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=805>

Sat Mar 18th Dollard-des-Ormeaux Meet, Montreal <https://swimming.ca/en/meet/19965/>

Fri-Sun Mar 24-26th Ontario Provincial Masters Meet, Thornhill, Markham

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=802>

Sat-Sun Apr 22-23rd Quebec Provincial Masters Meet, Quebec City <https://swimming.ca/en/meet/19951/>

Fri-Mon May 19-22nd Canadian Masters Nationals LCM?, Quebec City <https://swimming.ca/en/meet/19821/>

Sat Jun 3rd Longueuil LCM Meet, Montreal <https://swimming.ca/en/meet/19898/>

Late July to Early August FINA World Masters Aquatic Championships, Budapest, Hungary <https://www.fina-budapest2017.com/masters>

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

Sat Oct 8th Ironman World Championships, Kona, Hawaii (3.8k/180k/42.2k)

Congratulations to **Margaret!!** What a great year for her and what an accomplishment this was! Full results:

<http://www.ironman.com/triathlon/coverage/athlete-tracker.aspx?race=worldchampionship&y=2016#axzz4MWE05InU>

Margaret King (7:30am Earlybirds; 55-59): 1950th overall, 562nd woman and 37th in category in 13:55:52 (1:12:01 swim; 9th in category)

Here's Margaret's fantastic race report:

This is the moment that I have waited for...the day AFTER the race;. It is done. Now I only have to sit back and reflect on the many moments that I will keep in my memory for the years to come.

The 3.86 km Swim: This was by far the most enjoyable part of the race for me. Even with the constant churning of arms and legs all around I still managed to look down now and again and spot the colourful fish lurking below. I kept a steady, comfortable stroke throughout and for the most part my swimming companions were charming to be with except near the end when the "shark" mentality came out as everyone seemed frantic to get to the pier first.

Up the flight of "Ironman" carpeted steps in the water to the pier and a mad dash to grab your bike bag and head for the change room. All I needed was my bike Jersey and bike shoes. Zipped up Jersey over my tri suit, carried shoes and socks and ran around the perimeter of the transition zone until I came to my aisle number. Headed straight down to my bike noticing a lot of bikes still racked around mine...must have done an ok swim time (age groupers were all placed together in transition zone). Great start! Slip on my shoes and I am off.

The 180.2 km Bike: We start by doing a short loop going south of Kona before turning around and heading north out to the Queen Ka'ahumanu Hwy. Leaving town on the highway you have the ocean to your left and the hills to your right. The rising sun is on your right hand side and it's hot! (Coming back it is still on the right hand side as it settles into the western sky...and, oops, in my rush to get out of the changing tent I didn't get lathered with sun lotion by the volunteers. Ouch!) The day's temperature climbed up to 33 degrees plus humidity.

No headwinds at this point. You can cruise comfortably. Unfortunately, my comfort was compromised by a mistake I made. I broke the cardinal rule to "not try something new on race day". My new bike shoes were only 3 weeks old and the stiffness and inflexibility that was good for power transfer was not good for the major bunions I have on both feet. The pain was noticeable after 40 km and only got worse:(Ok, focus on the scenery...hmm a beautiful blue ocean with very little in between. Lava rocks, lots and lots...the lava fields are fascinating when you first see them but on a long bike ride your eyes are thirsty for more variety!

The Queen K. Hwy itself is not particularly challenging but as you near Waikoloa the headwinds start to kick in and at Kawaihae up to Hawi (the only real climb) you are in a steady fight with unrelenting headwinds. I love climbing hills and actually enjoyed these moments despite the winds and passed the heavier cyclists easily (you get weighed that morning and I weighed in at 110 lbs...with shoes on)!

The village of Hawi seems to take forever to reach. The headwinds press against you relentlessly as you try to achieve this halfway mark. Finally, though, you do make it and there are the volunteers (there were 5000!!!! of these wonderful souls from different nations helping make this race run smoothly) and a smattering of cheering spectators at the top of this somewhat isolated village. Ah, now the descent with a tailwind! I had read about the screaming 80-90 km descent you could reach at this point and was truly looking forward to it despite the other Kona wind factor - the fierce cross winds that can toss bikes on a bad day. Today the wind gods were kind. There were no white caps on the water which is a sign that the winds were diminished. Ok, all good. Just a bit of buffeting from side to side in some places as I head down. What I didn't feel was the speed. The tailwinds were letting me down!

Back onto the Queen K the same winds that pressed against you have flipped. Going out you are up against the trade winds which blow northeast. Coming back you are up against the Kona winds ("Kona" is the Polynesian word for "leeward") which blow southwest. This part of the bike I found the hardest. My feet were in indescribable pain with each push of the pedal and the wind was making every gain of 10 km feel extremely long. As I reached the Energy Lab I had timed it perfectly to see the lead female pros exiting the run stretch out of the Energy Lab section. Cameras and helicopters were circling Mirinda Carfrae whom I later learned was not in the lead but was making an admirable effort to catch Daniela Ryf. These are hugely talented and hard working athletes!!!

Finally the bike is done...but so are my feet. The thought of running is literally beyond me. I can barely walk to the transition tent once I hand off my bike (and shoes) to a volunteer. Once in the change room I repeat to a few volunteers that my one foot is extremely sore. A doctor arrives and promptly picks me up in his arms saying he wouldn't pick up just anybody but I look like I weighed no more than 98 lbs...! He carries me off to the medic tent. Being the only one there I get lots of attention. They iced my foot which helped greatly and went in search of my pre-swim bag which I told them had a pair of running shoes with a wider toe box which would allow me to run in better comfort than the ones I had chosen for race day. This took a while but they found my shoes and the same doctor gingerly put them on my feet (he had done Kona last year and was quite sympathetic!); gave me a Tylenol and said to see the main medic tent if I had any concerns heading out.

The 42.2 km Run: Wow. I didn't think I was going to run after coming off the bike so in the first kilometre I was beaming. Got many positive feedback comments from spectators lining the first stretch out Ali'i Drive for that smile so kept it up right until the darkness settled in. Pitch black in places! They handed out glow sticks that you place over your neck...at least you could see another runner coming at you. The Energy Lab took forever to get to in the dark. Once there (it is about a 5-6 km out and back). From there the end seemed in sight (figuratively speaking!)

I was doing a very slow run the entire time. Stopping at aid stations to drink water and eat oranges. Turned to coke for the last three stations. It didn't improve my speed but my smile was back in full force. High-fiving the spectators as I came through the finishing chute made for a very satisfying race finish!

So, the day after doing the Ironman World championships in Kona, Hawaii is a sweet day. After qualifying at Ironman Mont Tremblant with a time of 11:37 seven weeks earlier I am content with my 13:55 time here knowing I finished with a smile:)

Thanks to Julia Aimers and the Team Triumph team that made training fun. And thanks to Lynn Marshall and my swim mates there for turning my arms and legs into fins and flippers.

As Mike Reilly says: "Margaret King, you are an Ironman". But it takes family (the 5 men in my life (!) and my Mom) and my friends to make this journey!!

Sun Oct 9th Mohawk Marathon, Albany, New York (1113 participants)

Congratulations to **Mike** on qualifying for Boston by over 25 minutes! Marathon information:

<http://www.mohawkhudsonmarathon.com/> and results:

http://www.areep.com/results/live/live_results_csv.php?ID=18&eid=18&rid=38.

Michael Lau (6pm Whitecaps; 55-59): 134th overall, 120th man and 6th in category in 3:14:31.

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 **August 31st**).

Private and Semi-Private Masters Swim Lessons

For Fall, the schedule is:

Monday and Friday 9:35-10:35am

Some early evenings, usually Thursday 4-5pm.

Additional times available in late October and mid-December.

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

Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration is open for both Fall and 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 Fall/Winter. The information below is also on the web site: <http://carletonmasters.tripod.com>.

Fall 2016: Tue Sept 6th to Thu Dec 22nd; no workouts Mon Oct 10th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: **Lynn**): barcode 12285; cost: \$148+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: **Lynn**): barcode 12286; cost: \$148+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12291; cost \$168+HST
7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12293; cost: \$152+HST
8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow; Coaches: **rotating schedule**): barcode 12287; cost: \$60+HST
Winter 2017: Tue Jan 3rd to Fri Apr 7th; no workouts Mon Feb 20th
7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: **Lynn**): barcode 12288; cost: \$132+HST
8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: **Lynn**): barcode 12289; cost: \$132+HST
6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12292; cost \$148+HST
7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12294; cost: \$132+HST
8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow; Coaches: **rotating schedule**): barcode 12290; cost: \$52+HST

Aquasport Discount for Carleton Masters Swimmers:

Carleton Masters is now registered with Aquasport, which means that you get a 15% discount on regularly priced merchandise at all their stores. (No discount on sale merchandise.) They have two locations in Ottawa (2730 Iris Street in the West End and 2160 Montreal Road in the East) and several in Montreal. **To get the discount, just tell the staff that you are with Carleton Masters** (no proof is required!).

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?

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.slowlitch.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>