

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, April 07, 2017 3:41 PM
To: 'Blake Christie'; 'Kristi Dean'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Fran Craig'; 'Steve Baird'; 'Claudia Cronin-Schlote'; 'Tim Kilby'
Subject: Carleton Masters Swimming Newsletter #441

Carleton Masters Swimming Newsletter #441

Friday, April 7th, 2017

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2016, Winter 2017, and Alumni: 7:30am Earlybirds I (47 addresses), 8:30am Earlybirds II (43 addresses), 6pm Whitecaps I (51 addresses), 7:10pm Whitecaps II (29 addresses), Saturday Only (12 addresses), Masters Alumni (31 addresses).

“You are never too old to set another goal or to dream a new dream.”

Masters Program Notes and Cancellations

- The Winter session has ended.
- **The Carleton pool is closed for maintenance from Sat Apr 8th to Sun Apr 30th, inclusive.**
- The Spring session starts **Mon May 1st**.
- Registration is open for both Spring and Summer Masters. Details of the programs can be found near the end of the newsletter.
- The groups closest to full are:
 - 6pm Whitecaps Summer: 14 spots left
 - 6pm Whitecaps Spring: 16 spots left
 - 7:30am Earlybirds Spring: 19 spots left

Athletics Memberships and Day Passes

Note that Carleton students who are not taking summer courses need to purchase an Athletics membership to swim with Masters during the Spring/Summer terms. In addition, if anyone has a friend considering joining, please pass along the information that CU Athletics currently has some new and ongoing membership specials:

Introductory Specials: \$40 for one month (tax included); \$30 for 5 guest day passes (tax included)

Day Passes: \$12+HST; non-CU student or guest of member: \$8+HST; booklet of 10 passes: \$100+HST

Spring/Summer Memberships (May-August) purchased in April: \$99 for students (\$125 with CU-fit); \$199 non-students (includes CU-fit); all plus HST

Spring/Summer Memberships (May-August) purchased after April: \$125 for students (\$175 with CU-fit); \$225 non-students (includes CU-fit); all plus HST

Summer Membership (July-August): \$70 for students (\$95 with CU-fit); \$130 non-students (includes CU-fit); all plus HST

Swimmer Notes

Swimmer Updates:

- Congratulations to **Kevin Graham** (7:30am Earlybirds) and his wife, **Mel**, on the arrival of baby **Molly** on **Sat Apr 1st** 9:25am, weighing 7lb 1oz. Everyone is doing great!

- **Mark Blenkinsop** (Coach), his wife, **Krista**, and son, **Linden**, are pleased to announce the arrival of **Lila Nancy Blenkinsop** at 2:46am **Wed Apr 5th** weighing 8lbs 4oz. Mommy and daughter are doing well. Note that **Mark** went above and beyond the call of duty by coaching the evening of Tue Apr 4th, even though Krista was already in labour! Thank you, **Mark**!

- Best of luck to **Tony Revitt** (8:30am Earlybirds) who will be representing Carleton Masters in the World Masters Games in New Zealand later this month!

- Every year since 2004, Swimming World Magazine has selected 12 Masters Swimmers of the year (6 women and 6 men), based on the number of Masters world records set. The winners for 2016 were just announced, and I was selected! <http://www.swimmingworldmagazine.com/news/swimming-world-presents-the-2016-top-12-world-masters-swimmers-of-the-year/> and <https://www.swimmingworldmagazine.com/news/world-masters-swimmer-spotlight-mike-freshley-lynn-marshall/>.

- **Lee Storm** (Whitecaps)'s daughter, **Jordan**, visited the International Swimming Hall of Fame in Fort Lauderdale, Florida, and found my "page"!



- Sign a petition to keep the Parc Jean-Drapeau pools in Montreal open this summer (French only): http://www.projetmontreal.org/complexe_aquatique#.

- Sign a petition to help Fredericton, NB get a new pool: <https://www.change.org/p/petition-calling-for-new-assessment-for-much-needed-capital-city-aquatic-centre>.

- Sign a petition to help the University of Ottawa get a Varsity Nordic Ski Team: https://docs.google.com/forms/d/e/1FAIpQLSd8EAgYgEC2gKfCYswKIYK_IH6Gx8GPhbAZQDdP0YrZ4JJtlw/viewform?c=0&w=1.

- Sign a petition to keep the 50km Race Walk in the Olympics and World Championships: <https://www.change.org/p/ioc-iaaf-keep-the-50km-race-walk-in-the-olympics>.

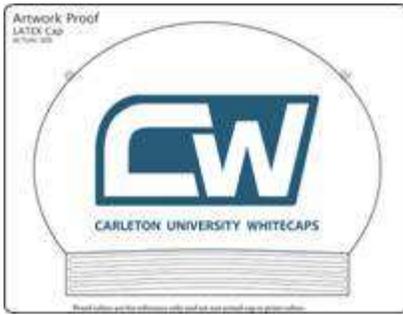
- Masters Swimmer and Ph.D. student, **Heather Larson**, University of Alberta is asking those Masters swimmers who competed as young age-groupers to complete her survey: <https://redcap.ualberta.ca/surveys/index.php?s=sViCCWeeJY>.

- **Steve Papai** (steve.papai@ottawa.ca) is organizing a \$10 Open Water swim (no lane ropes) at the Nepean Sportsplex **Sun Apr 30th 1:00-3:15pm**. This event is open to swimmers of all levels. E-mail **Steve** to sign up.

- The Carleton Masters web site (<http://carletonmasters.tripod.com/>) is a free site, so sometimes there is advertising. I've heard that some swimmers are seeing a pop up to claim a prize. I recommend blocking pop-ups and/or installing an ad blocker to avoid this. If you are having problems accessing the site and need a particular document, just let me know and I can send it by e-mail.

- 10th Annual Bushtukah S.W.E.E.T. Night (Sporty Women Empowering Evening of Tips and Advice) **Sun Apr 9th 6:15-9:15pm**: <http://bushtukah.com/events/10th-annual-bushtukah-s-w-e-e-t-night/>

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



- For those who prefer silicone caps, Carleton Varsity swim caps are available as a fundraiser for the Varsity team for \$15 each:



News and Links:

- 45 Thoughts Swimmers have During Practice: <https://swimswam.com/45-thoughts-swimmers-practice/>
- 12 Ways to Get Out of the Pool: <https://www.youtube.com/watch?v=DSGX9j2MKG4>
- Dog doing Breaststroke: <https://www.youtube.com/watch?v=DAzDUcPIres>
- Shark in the Pool (and no one noticed!): <https://swimswam.com/shark-in-the-pool-your-worst-age-group-nightmare-brought-to-life/>
- American **Dana Vollmer** to Race While Six Months Pregnant: <http://www.swimmingworldmagazine.com/news/dana-vollmer-to-race-while-pregnant-at-arena-pro-swim-mesa/>
- 40 of American **Katie Ledecky's** Training Secrets: <http://www.swimmingscience.net/40-must-do-katie-ledecky-training-secrets/>
- Swimming in the Fast Lane (Returning to the Pool after a 30 Year Absence): <https://www.nytimes.com/2017/04/04/well/move/swimming-in-the-fast-lane.html>
- Why that "Clean Swimming Pool" Smell is Actually Bad for Your Health: <http://www.iflscience.com/editors-blog/why-that-clean-swimming-pool-smell-is-actually-bad-for-your-health/all/>
- Why Physical Activity Helps Prevent Dementia: <https://www.participaction.com/en-ca/peptalk/lifestyle-culture/why-physical-activity-is-essential-for-preventing-dementia>
- Three Ways Muscles Age and How to Prevent It: <http://cathe.com/3-ways-muscles-age-and-how-you-can-prevent-it>
- Planking Each Day Keeps the Spine Doctor Away: <https://beta.theglobeandmail.com/life/health-and-fitness/fitness/planking-each-day-keeps-the-spine-doctor-away/article34220822/>

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.

Spring Session Information

Dates: Mon May 1st to Fri Jun 30th; excluding Mon May 22nd.

Details on the Spring session will be in the next newsletter, near the start of the session.

Winter Session Information

Dates: Tue Jan 3rd to Fri Apr 7th; excluding Mon Feb 20th.

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.

Fin Days:

Mon Jan 30th

Thu Mar 9th / Fri Mar 10th

Time Trials:

Tue Feb 7th / Wed Feb 8th: timed 400fs or IM

Tue Feb 21st / Wed Feb 22nd: 2 timed 50s

Thu Mar 2nd / Fr Mar 3rd: 100 choice

Thu Mar 16th / Fri Mar 17th: 200 choice

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

Thu Apr 6th / Fri Apr 7th: "funner" day (e.g. relays)

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

at: <http://carletonmasters.tripod.com/mastplanwint17.pdf>.

Thanks to those who participated in the **relays** on **Fri Apr 7th**. There were six improvements, led by Myriam Saboui (7:30am Earlybirds), who had a 2.7 second improvement in 50 fl. The list of improvements follows:

50fs (1)

Ursula Scott	0.6	EB1
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50bk (2)

Mike Mopas	0.7	EB1
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Bill Gregg	0.6	EB2
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50br (2)

Isabelle Fradette	0.3+0.5(earlier in term)=0.8	EB2
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Heloise Emdon	0.1	EB1
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50fl (1)

Myriam Saboui	2.7	EB1
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Winter Session Summary

A big thank you to evening and Saturday coaches **Sean Dawson** and **Mark Blenkinsop**, and to Saturday coaches **Tim Kilby** and **Blake Christie** for their coaching this term.

Apologies to the Earlybirds for not being able to use the bubbles this morning as they are under repair ☹ !

Here's the summary of the attendance and time trials for the Winter session. If you notice any errors or omissions, please do let me know. Those of you who earned awards (perfect attendance, top 3 most improved overall, top 3 fastest overall, relay winners overall) will receive certificates early in the Winter term or by e-mail.

Weekday Attendance:

This term we had **two** swimmers with perfect attendance, both from the 6pm Whitecaps. Congratulations to **Joanne Dawson** and **Cam Dawson**.

Here is the weekday attendance summary for this term:

6pm Whitecaps: Jan 3-Mar 23rd (34 workouts); range 20-35; average: 26.6

Perfect Attendance: **Cam Dawson, Joanne Dawson**

Missed 1 Workout: **John Halloran**

Missed 2 Workouts: **Joanie Conrad, Konstantin Petoukhov**

Missed 3 Workouts: **Don Wells, Rachel Bennett**

Missed 4 Workouts: **Mars Nienhuis, Peter Lithgow**

7:10pm Whitecaps: Jan 3-Mar 23rd (34 workouts); range 6-20; average: 13.0

Missed 4 Workouts: **Stephanie Le Saux-Farmer**

7:30am Earlybirds: Jan 4-Mar 24th (40 workouts) range 10-25; average: 19.8

Missed 2 Workouts: **Christiane Wilke**

Missed 3 Workouts: **Liliane Cardinal**

Missed 4 Workouts: **Harley Gifford**

8:30am Earlybirds: Jan 4-Mar 24th (40 workouts) range 14-28; average: 20.3

Missed 2 Workouts: **Amir Banihashemi**

Missed 3 Workouts: **Isla Paterson**

Missed 4 Workouts: **Chris Whitehead, Lisa Meyer**

Time Trial and Relay Summary

The information below on most improved and fastest swimmers is taken from the time trials done during the Winter session, and includes the relay splits from the end of term relays. Times done in competitions are **not** included. If your times are not listed here and you're curious, just e-mail me for details. (I have all time trial times since May 2001.)

This term time trials were done by 116 different swimmers: 62 women and 54 men. There were 450 completed time trials: 241 for women and 209 for men. If you notice any errors or omissions, please let me know.

Forty-four swimmers (26 women and 18 men) improved in at least one event (87 total improvements). The largest improvement was by **Flo Kellner** (8:30am Earlybirds). She improved her 100fs by 27.6 seconds. Next was **Jocelyn Pender** (6pm Whitecaps) with a 2:47 (20.9 sec/100m) improvement in 800fs. Third overall was **Liliane Cardinal** (7:30am Earlybirds) with a 32.7 sec (16.4 sec/100m) improvement in 200IM. Fourth overall and top man was **Derek Woodard** (6pm Whitecaps) with a 5.3 sec (10.6 sec/100m) improvement in 50fl. Next was **Chris Whitehead** (8:30am Earlybirds). He improved his 400fs by 41 seconds (10.3 sec/100m). The third man was **Jason Sokolowski** (7:10pm Whitecaps) with a 19.2 sec (9.6 sec/100m) improvement in 200fs. **Konstantin Petoukhov** (6pm Whitecaps) improved in six different events. **Mars Nienhuis** (6pm Whitecaps), **David Moore** (6pm Whitecaps), and **Derek Woodard** improved in five events each.

Thirty swimmers (13 women and 17 men) scored 270 plus points in at least one event (87 swims total), as per the 2015 point scores at this link: http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points. **Jian-Lok Chang** (6pm Whitecaps) had the highest point score with 456 points for his 18:24 1500fs. **Andrea Zarins** (6pm Whitecaps) was the top female with 453 points for a 10:24 800fs. Second woman and third overall was **Luz Osorio** (6pm Whitecaps) with 438 points for 1:11.9 in 100fl. Next was **Justin Kernot** (8:30am Earlybirds) with 419 for 1:07.7 in 100IM. Coach **Sean Dawson** scored 408 points for 4:46.0 in 400fs. Third for the women was **Paola Osorio** (6pm Whitecaps) with 382 points for 2:32.6 in 200fs. And the third man (excluding Masters coaches) was **Zoltan Csepregi** (6pm Whitecaps) with 373 points for 1:02.4 in 100fs. **Mars Nienhuis** scored over 270 points in six different events. **Justin Kernot, Sean Dawson,** and **Kathryn Hrycusko** (8:30am Earlybirds) scored over 270 in five events each.

All those improving and all those scoring over 270 points, as well as the top 3 improvements, and the top 3 times for each event are listed below, as are the results of the relays.

Many thanks to all of you who participated in the time trials!

Key:

EB1 = 7:30am Earlybirds I, EB2 = 8:30am Earlybirds II, WC1 = 6pm Whitecaps I, WC2 = 7:10pm Whitecaps II, TR = Masters trial workout.

Most Improved Swimmers (best event for each person) :

Only those who have swum Carleton Masters time trials in the same event at least twice are eligible. This term there were 26 women and 18 men who improved in at least one event.

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Flo Kellner	EB2	F	100fs	27.6	27.6
2	Jocelyn Pender	WC1	F	800fs	167.0	20.9
3	Liliane Cardinal	EB1	F	200IM	32.7	16.4
4	Mars Nienhuis	WC1	F	50br	4.9	9.8
5	Fay Hjartarson	EB2	F	400fs	34.8	8.7
6	Christiane Wilke	EB1	F	1500fs	122.0	8.1
7	Cori Dinovitzer	WC1	F	100fs	6.6	6.6
8	Myriam Saboui	EB1	F	50fl	2.7	5.4
9	Ruth Fawcett	EB2	F	400fs	15.4	3.9
10	Alison Creba	EB2	F	1500fs	52.0	3.5
11	Tracey McGrath	EB1	F	50fs	1.7	3.4
11	Lisa Meyer	EB2	F	1500fs	51.0	3.4
13	Mary Lou Davies	EB2	F	400fs	11.5	2.9
14	Natalie Aucoin	EB2	F	200fl	4.1	2.1
15	Claude Tellier	EB2	F	50br	0.9	1.8
15	Elsbeth Cudmore	EB2	F	50fl	0.9	1.8
15	Janet Whitley	EB2	F	50fl	0.9	1.8
18	Isabelle Fradette	EB2	F	50br	0.8	1.6
18	Erica Parker	WC1	F	50fs	0.8	1.6
20	Ursula Scott	EB1	F	50fs	0.6	1.2
20	Melanie Heroux	EB2	F	200bk	2.4	1.2
22	Luz Osorio	WC1	F	100fl	1.1	1.1
23	Megan Holtzman	EB2	F	50fs	0.5	1.0
23	Rachel Bennett	WC1	F	1500fs	15.0	1.0
25	Kathryn Hrycusko	EB2	F	200fs	1.5	0.8
26	Heloise Emdon	EB1	F	50br	0.1	0.2
1	Derek Woodard	WC1	M	50fl	5.3	10.6
2	Chris Whitehead	EB2	M	400fs	41.0	10.3
3	Jason Sokolowski	WC2	M	200fs	19.2	9.6
4	Matthew Tucciarone	EB1	M	100bk	7.5	7.5
5	Konstantin Petoukhov	WC1	M	50fs	3.2	6.4
5	Jean-Louis Tiernan	WC1	M	400fs	25.4	6.4
7	Bill Gregg	EB2	M	50br	3.0	6.0
8	Roy Hanes	WC2	M	800fs	41.0	5.1
9	David Moore	WC1	M	200IM	9.4	4.7
10	Sam Gamble	WC2	M	200fs	7.0	3.5
11	Justin Kernot	EB2	M	200fs	5.3	2.7

12	Philip Kaisary	WC1	M	400fs	8.3	2.1
13	Harley Gifford	EB1	M	100bk	1.6	1.6
14	Mike Mopas	EB1	M	50bk	0.7	1.4
15	Kevin Graham	EB1	M	100IM	0.9	0.9
16	Tony Revitt	EB2	M	400IM	1.8	0.5
17	Francois Jacques	EB1	M	100br	0.4	0.4
18	John Critch	WC2	M	200fs	0.4	0.2

Fastest Swimmers (best event for each person):

All those scoring 270 or more points are shown. This term there were 13 women and 17 men who made the list.

P1	Name	Group	Gender	Event	Time	Points
1	Andrea Zarins	WC1	F	800fs	10:24	453
2	Luz Osorio	WC1	F	100f1	1:11.9	438
3	Paola Osorio	WC1	F	200fs	2:32.6	382
4	Mars Nienhuis	WC1	F	100fs	1:12.8	344
5	Cathy Crawley	EB1	F	50fs	33.5	333
6	Kathryn Hrycusko	EB2	F	50fs	33.6	330
7	Stephanie Le Saux-Farmer	WC2	F	400fs	5:42.7	320
7	Gillian Massel	WC2	F	400fs	5:43.3	318
9	Elsbeth Cudmore	EB2	F	400fs	5:43.9	317
10	Rachel Bennett	WC1	F	1500fs	23:08	290
11	Alison Creba	EB2	F	400fs	5:54.5	289
12	Natalie Aucoin	EB2	F	50f1	37.4	277
13	Myriam Saboui	EB1	F	50fs	35.7	275
1	Jian-Lok Chang	WC1	M	1500fs	18:24	456
2	Justin Kernot	EB2	M	100IM	1:07.7	419
x	Sean Dawson	EB1	M	400fs	4:46.0	408
3	Zoltan Csepregi	WC1	M	100fs	1:02.4	373
4	Tony Revitt	EB2	M	1500fs	19:43	371
5	Don Wells	WC1	M	1500fs	19:49	365
x	Mark Blenkinsop	EB2	M	50f1	31.2	341
6	Sean Sepulis	WC2	M	100fs	1:05.5	322
7	Gi Wu	WC1	M	50fs	29.9	311
8	Derek Woodard	WC1	M	50f1	32.3	307
8	Hayden Clark	WC1	M	50f1	32.3	307
10	David Moore	WC1	M	100fs	1:06.7	305
11	John Critch	WC2	M	200fs	2:30.0	290
11	Sam Hersh	EB1	M	50fs	30.6	290
13	Konstantin Petoukhov	WC1	M	50fs	30.7	287
14	Sam Gamble	WC2	M	200fs	2:31.1	284
15	Peter Lithgow	WC1	M	400fs	5:25.5	277

(For point scores, see: http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points.)

Top 3 Swimmers Improving in Each Event:

Minutes and/or seconds improved and sec/100m improvement are both listed. The numbers in parentheses below the event indicate the number of women and men, respectively, who improved in that event. If the improvements are close, more than three swimmers may be shown.

	Name	Group	Gender	Imp	Imp/100m
50fs					
1	Liliane Cardinal	EB1	F	3.8	7.6
2	Christiane Wilke	EB1	F	2.2	4.4
3	Tracey McGrath	EB1	F	1.7	3.4
1	Konstantin Petoukhov	WC1	M	3.2	6.4
2	Derek Woodard	WC1	M	2.3	4.6
(10/2)					
100fs					
1	Flo Kellner	EB2	F	27.6	27.6
2	Cori Dinovitzer	WC1	F	6.6	6.6
3	Ruth Fawcett	EB2	F	2.7	2.7
1	Derek Woodard	WC1	M	4.1	4.1
2	Konstantin Petoukhov	WC1	M	3.3	3.3
3	Bill Gregg	EB2	M	2.7	2.7
(5/4)					
200fs					
1	Flo Kellner	EB2	F	32.5	16.3
2	Jocelyn Pender	WC1	F	22.3	11.2
3	Kathryn Hrycusko	EB2	F	1.5	0.8
1	Jason Sokolowski	WC2	M	19.2	9.6
2	Sam Gamble	WC2	M	7.0	3.5
3	Justin Kernot	EB2	M	5.3	2.7
(3/4)					
400fs					
1	Fay Hjartarson	EB2	F	34.8	8.7
2	Liliane Cardinal	EB1	F	28.4	7.1
3	Christiane Wilke	EB1	F	16.3	4.1
1	Chris Whitehead	EB2	M	41.0	10.3
2	Derek Woodard	WC1	M	30.8	7.7
3	Jean-Louis Tiernan	WC1	M	25.4	6.4
(11/7)					
800fs					
1	Jocelyn Pender	WC1	F	167.0	20.9
1	Roy Hanes	WC2	M	41.0	5.1
(1/1)					
1500fs					
1	Christiane Wilke	EB1	F	122.0	8.1
2	Mars Nienhuis	WC1	F	73.0	4.9

3	Alison Creba	EB2	F	52.0	3.5
1	Derek Woodard	WC1	M	50.0	3.3
2	David Moore	WC1	M	44.0	2.9
3	Konstantin Petoukhov	WC1	M	26.0	1.7
(6/3)					
50bk					
1	Tracey McGrath	EB1	F	0.9	1.8
1	Matthew Tucciarone	EB1	M	1.2	2.4
2	Harley Gifford	EB1	M	0.7	1.4
3	Mike Mopas	EB1	M	0.7	1.4
(1/4)					
100bk					
1	Matthew Tucciarone	EB1	M	7.5	7.5
2	Harley Gifford	EB1	M	1.6	1.6
(0/2)					
200bk					
1	Melanie Heroux	EB2	F	2.4	1.2
(1/0)					
50br					
1	Mars Nienhuis	WC1	F	4.9	9.8
2	Claude Tellier	EB2	F	0.9	1.8
3	Isabelle Fradette	EB2	F	0.8	1.6
1	Bill Gregg	EB2	M	3.0	6.0
2	Sam Gamble	WC1	M	1.1	2.2
(5/2)					
100br					
1	Francois Jacques	EB1	M	0.4	0.4
(0/1)					
50f1					
1	Myriam Saboui	EB1	F	2.7	5.4
2	Elsbeth Cudmore	EB2	F	0.9	1.8
3	Janet Whitley	EB2	F	0.9	1.8
1	Derek Woodard	WC1	M	5.3	10.6
2	Konstantin Petoukhov	WC1	M	1.8	3.6
3	David Moore	WC1	M	0.3	0.6
(4/3)					
100f1					
1	Luz Osorio	WC1	F	1.1	1.1
(1/0)					
200f1					
1	Natalie Aucoin	EB2	F	4.1	2.1
(1/0)					
100IM					
1	Kevin Graham	EB1	M	0.9	0.9

(0/1)					
200IM					
1	Liliane Cardinal	EB1	F	32.7	16.4
1	David Moore	WC1	M	9.4	4.7
2	Konstantin Petoukhov	WC1	M	8.2	4.1
(1/2)					
400IM					
1	Tony Revitt	EB2	M	1.8	0.5
(0/1)					

Fastest Three Times in Each Event:

The numbers in parentheses below the event indicate the number of female and male, respectively, time trials in that event (some swimmers may have done more than one time trial of the same event). If times are really close, more than 3 swimmers are included. (The 800m is intended only for those who cannot complete 1500m in under 32:30.)

	Name	Group	Gender	Time
50fs				
1	Luz Osorio	WC1	F	30.8
2	Cathy Crawley	EB1	F	33.5
3	Kathryn Hrycusko	EB2	F	33.6
3	Mars Nienhuis	WC1	F	33.6
1	Justin Kernot	EB2	M	27.8
x	Sean Dawson	EB1	M	27.8
2	Jian-Lok Chang	WC1	M	28.2
3	Tony Revitt	EB2	M	29.5
(61/43)				
100fs				
1	Mars Nienhuis	WC1	F	1:12.8
2	Gillian Massel	WC2	F	1:15.8
3	Myriam Saboui	EB1	F	1:20.4
1	Zoltan Csepregi	WC1	M	1:02.4
2	Sean Sepulis	WC2	M	1:05.5
3	David Moore	WC1	M	1:06.7
(19/21)				
200fs				
1	Paola Osorio	WC1	F	2:32.6
2	Kathryn Hrycusko	EB2	F	2:41.4
3	Mars Nienhuis	WC1	F	2:42.6
1	Justin Kernot	EB2	M	2:13.0
2	Don Wells	WC1	M	2:27.5
3	John Critch	WC2	M	2:30.0
(18/19)				
400fs				
1	Stephanie Le Saux-Farmer	WC2	F	5:42.7

2	Gillian Massel	WC2	F	5:43.3
3	Elspeth Cudmore	EB2	F	5:43.9
1	Jian-Lok Chang	WC1	M	4:42.1
x	Sean Dawson	EB1	M	4:46.0
2	Justin Kernot	EB2	M	4:54.6
3	Zoltan Csepregi	WC1	M	5:16.4
(32/30)				
800fs				
1	Susan Hulley	EB1	F	16:59
2	Jocelyn Pender	WC1	F	17:05
3	Heloise Emdon	EB1	F	17:33
1	Damian Lobato	WC2	M	14:05
2	Roy Hanes	WC2	M	18:15
(5/1)				
1500fs				
1	Kathryn Hrycusko	EB2	F	22:15
2	Mars Nienhuis	WC1	F	22:16
3	Rachel Bennett	WC1	F	23:08
1	Jian-Lok Chang	WC1	M	18:24
2	Tony Revitt	EB2	M	19:43
3	Don Wells	WC1	M	19:49
(25/25)				
50bk				
1	Paola Osorio	WC1	F	40.7
2	Elspeth Cudmore	EB2	F	42.3
3	Stephanie Le Saux-Farmer	WC2	F	44.0
1	Sean Sepulis	WC2	M	33.1
2	Don Wells	WC1	M	37.0
3	Harley Gifford	EB1	M	37.2
(17/13)				
100bk				
1	Don Wells	WC1	M	1:18.4
2	Harley Gifford	EB1	M	1:21.7
3	Matthew Tucciarone	EB1	M	1:28.7
(0/4)				
200bk				
1	Sandy Lawson	EB1	F	3:38.2
2	Melanie Heroux	EB2	F	6:45.3
1	Sam Hersh	EB2	M	2:42.5
(2/1)				
50br				
1	Mars Nienhuis	WC1	F	42.3
2	Cathy Crawley	EB1	F	46.9
3	Margaret King	EB1	F	49.0

1	Tony Revitt	EB2	M	37.6
2	Sam Gamble	WC1	M	38.8
3	Sam Hersh	EB1	M	40.1
(16/15)				
100br				
1	Kathryn Hrycusko	EB2	F	1:33.8
2	Liliane Cardinal	EB1	F	2:30.6
1	Sam Gamble	WC2	M	1:25.4
2	Sam Hersh	EB1	M	1:26.1
x	Mark Blenkinsop	EB2	M	1:28.4
3	Bill Westcott	WC1	M	1:29.6
(2/5)				
200br				
1	Andrea Zarins	WC1	F	3:02.3
2	Flo Kellner	EB2	F	7:49.8
x	Sean Dawson	EB1	M	2:55.7
1	Jian-Lok Chang	WC1	M	2:56.0
(2/2)				
50f1				
1	Luz Osorio	WC1	F	32.6
2	Elspeth Cudmore	EB2	F	35.8
3	Paola Osorio	WC1	F	36.1
x	Sean Dawson	EB1	M	29.7
1	Jian-Lok Chang	WC1	M	29.9
x	Mark Blenkinsop	EB2	M	31.2
2	Justin Kernot	EB2	M	31.9
3	Derek Woodard	WC1	M	32.3
3	Hayden Clark	WC1	M	32.3
(18/17)				
100f1				
1	Luz Osorio	WC1	F	1:11.9
2	Natalie Aucoin	EB2	F	1:27.5
3	Melanie Heroux	EB2	F	3:53.9
(3/0)				
200f1				
1	Natalie Aucoin	EB2	F	3:28.6
(1/0)				
100IM				
1	Paola Osorio	WC1	F	1:20.6
2	Cathy Crawley	EB1	F	1:23.6
3	Alison Creba	EB2	F	1:29.4
1	Justin Kernot	EB2	M	1:07.7
2	Kevin Graham	EB1	M	1:32.9
3	Ian Lorimer	EB1	M	1:36.1

(9/4)				
200IM				
1	Luz Osorio	WC1	F	2:48.0
2	Andrea Mrozek	EB1	F	3:30.3
3	Ursula Scott	EB1	F	4:05.5
1	Peter Lithgow	WC1	M	2:54.8
2	Derek Woodard	WC1	M	3:01.6
3	David Moore	WC1	M	3:03.3
(4/6)				
400IM				
1	Andrea Zarins	WC1	F	5:44.0
2	Cathy Crawley	EB1	F	6:26.6
1	Tony Revitt	EB2	M	5:32.9
(2/1)				

Fun Relays (Fri Apr 7th)

4 x 50 Free Relay

7:30am Earlybirds

- 2:38.1 Team 3: [Bruce Brown](#), [Christiane Wilke](#), [Andrea Mrozek](#), [Ursula Scott](#)
- 2:41.6 Team 4: [Jim Lee](#), [Heloise Emdon](#), [Sandy Lawson](#), [Brad Shapansky](#)
- 2:47.4 Team 2: [Mike Mopas](#), [Margaret King](#), [Harley Gifford](#), [Liliane Cardinal](#)
- 2:52.2 Team 1: [Sam Hersh](#), [Meagan Michie](#), [Susan Nevitt-Yelle](#), [Myriam Saboui](#)

7 x 50 Free Relay

8:30am Earlybirds

- 4:27.5 Team 2: [Elspeth Cudmore](#), [Colette Kenney](#), [Rod Haney](#), [Marie-Odile Junker](#), [Chris Whitehead](#), [Paul Scully](#)
- 4:37.2 Team 3: [Melanie Heroux](#), [Isla Paterson](#), [Lisa Meyer](#), [Natalie Aucoin](#), [Justin Kernot](#), [Ruth Fawcett](#)
- 4:46.7 Team 1: [Colleen Hyslop](#), [Bill Gregg](#), [Isabelle Fradette](#), [Amir Banihashemi](#), [Kathryn Hrycusko](#), [Doug Brubacher](#), [Alison Creba](#)

4 x 50 Medley Relay

7:30am Earlybirds

- 3:07.6 Team 3: [Bruce Brown](#), [Christiane Wilke](#), [Andrea Mrozek](#), [Ursula Scott](#)
- 3:07.9 Team 4: [Jim Lee](#), [Heloise Emdon](#), [Sandy Lawson](#), [Brad Shapansky](#)
- 3:09.6 Team 1: [Meagan Michie](#), [Sam Hersh](#), [Myriam Saboui](#), [Susan Nevitt-Yelle](#)
- 3:13.7 Team 2: [Mike Mopas](#), [Margaret King](#), [Harley Gifford](#), [Liliane Cardinal](#)

7 x 50 Medley Relay (back, back, breast, breast, fly, fly, free)

8:30am Earlybirds

- 5:16.2 Team 3: [Melanie Heroux](#), [Isla Paterson](#), [Lisa Meyer](#), [Natalie Aucoin](#), [Justin Kernot](#), [Ruth Fawcett](#)
- 5:17.0 Team 2: [Elspeth Cudmore](#), [Colette Kenney](#), [Rod Haney](#), [Marie-Odile Junker](#), [Chris Whitehead](#), [Paul Scully](#)
- 5:54.1 Team 1: [Colleen Hyslop](#), [Bill Gregg](#), [Isabelle Fradette](#), [Amir Banihashemi](#), [Kathryn Hrycusko](#), [Doug Brubacher](#), [Alison Creba](#)

4 x 25 Kick Relay

7:30am Earlybirds

- 1:43.0 Team 4: [Jim Lee](#), [Heloise Emdon](#), [Sandy Lawson](#), [Brad Shapansky](#)
- 1:44.8 Team 3: [Bruce Brown](#), [Christiane Wilke](#), [Andrea Mrozek](#), [Ursula Scott](#)
- 1:46.2 Team 1: [Meagan Michie](#), [Susan Nevitt-Yelle](#), [Myriam Saboui](#), [Sam Hersh](#)
- 1:55.7 Team 2: [Mike Mopas](#), [Margaret King](#), [Harley Gifford](#), [Liliane Cardinal](#)

Ask the Coach

Dear Coach: My receipt for the 6pm Whitecaps Spring session says that the workouts are in the shallow end. Can you confirm? Whitecaps Swimmer

Dear W. Swimmer: It turns out that the receipt shows the location of just the first workout, so if workouts are not all in the same end of the pool, the receipt is incorrect. Spring Whitecaps will be in the shallow end on Mondays and the deep end on Tuesdays and Thursdays.

Dear Coach: I'd like to buy an inexpensive racing suit. Any suggestions? Racing Swimmer

Dear R. Swimmer: Aquasport has a good range of racing suits. Plus, if you buy at a store (rather than on-line), you can try them on. Also, you get a 15% discount on regular merchandise if you are a member of Carleton Masters. More details including the Aquasport locations are in the "Notes and Reminders" section below.

Dear Coach: I'd like to become a better kicker. Should I do lots of kicking with fins? Poor Kicker

Dear P. Kicker: Assuming that you actually want to become better at swimming, and not just kicking, I'd recommend a variety of things. First, if you cannot touch your big toes to the ground when sitting with your legs straight and then pointing and turning your toes/knees in, I'd suggest working on ankle flexibility. Often working on body position (keeping the head and chest down) will help your freestyle body position, which will mean that you can kick a bit less, and save some energy. Doing some kicking with and without fins is also a good thing, but the main thing is to mix it up: vary the set (swim, kick, etc.), the distance, and the rest.

Dear Coach: I always strain my lower back when I dive in by arching it too much. What am I doing wrong? Sore Diver

Dear S. Diver: Focus on keeping your core (stomach and butt) tight when you dive to avoid over extending your back. Practice off the edge of the pool before you try it on a starting block.

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2016-2017 (September 2016 to August 2017) costs \$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**).

If you plan to compete in sanctioned competitions outside Ontario, you can pay \$2 to join SCCM (Swim Canada Competitive Masters) and register with Swim Canada via this link:

<https://form.swimming.ca/machform/view.php?id=18366>. You will then get a registration number that is in the national database (that may be the same or different from your MSO number). Note that you can still sign up as a member of CAPS, but you must use the new registration number for meets outside Ontario.

Full details on all Ontario Masters competitions can be found at:

<https://ms.mastersswimmingontario.ca/web/schedule.php>.

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 Apr 9th Milton Masters Meet <http://ms.mastersswimmingontario.ca/web/schedule.php>

Apr 21-30th World Masters Games, Auckland, New Zealand <http://www.worldmastersgames2017.co.nz/>

Fri-Sun Apr 21-23rd Quebec Provincial Masters Meet, Montreal, Claude-Robillard <https://swimming.ca/en/meet/19951/>

Sun Apr 30th Perth Masters Meet <http://ms.mastersswimmingontario.ca/web/schedule.php>

Sat May 6th Barrie Masters Meet <http://ms.mastersswimmingontario.ca/web/schedule.php>

Sun May 7th Clarington, Bowmanville <http://ms.mastersswimmingontario.ca/web/schedule.php>

Fri-Sun May 12-14th Canadian Masters Nationals, Quebec City <https://www.mastersswimmingcanada.ca/WP/en/msc-nationals/>

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

Aug 7-20th FINA World Masters Aquatic Championships, Budapest, Hungary <https://www.fina.org/content/17th-fina-world-masters-championships> (Open Water Swimming: Aug 10-12th; Pool Swimming: Aug 14-20th)

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

Sat-Sat Mar 18-25th Canadian Cross Country Ski Nationals, Canmore, Alberta

Sheila Kealey (8:30am Earlybirds) was in five races, placing around 20th in the country, and wrote a great report here: <http://www.sheilakealey.com/2017/03/27/ski-nationals-canmore/>. Note that although **Sheila** is in her 50s, she competes in the open women's division, so this is an amazing accomplishment! Full results: <http://www.skinationals2017.com/>.

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

Marty was Carleton's only swimmer, and he cleaned up in his new age group with 5 golds and 1 silver. Fantastic job, Marty! Full results here: <https://www.mastersswimmingcanada.ca/ms/web/stats/meets/narrowMeet.php?MeetID=802> and <https://www.facebook.com/2017omsc/posts/422939884723783>.

Marty Raymond (x-Whitecaps; 55-59): 1st 50fs (27.41), 100fs (59.97), 200fs (2:16.02, 400fs (4:52.89), 1500fs (19:51.51); 2nd 800fs (10:21.18)

Sat Mar 25th Gatineau Distance Masters Meet

I was Carleton's only swimmer. Full results:

<https://www.mastersswimmingcanada.ca/ms/web/stats/meets/narrowMeet.php?MeetID=886>.

Lynn Marshall (Coach; 55-59): 1st 1500fs (18:18.97; 800 split 9:46.42)

Sun Mar 26th Hamilton Around the Bay 30k Road Race (4243 participants)

Margaret had a great race! She improved her time, despite blustery conditions. Full results:

<https://www.sportstats.ca/display-results.xhtml?raceid=42134>.

Margaret King (7:30am Earlybirds; 55-59): 1845th overall, 595th woman, and 23rd in category in 2:53:37.2

Sat Apr 1st LaSalle Long Course Meet, Montreal

Liliane and I were Carleton's only swimmers. We enjoyed the meet, had some good swims, and even won a pair of goggles as a draw prize! Full results here: <https://swimming.ca/en/meet/20824/>.

Liliane Cardinal (7:30am Earlybirds; 65-69): 1st 100bk (2:35.70 PB), 200bk (5:24.45 PB); 2nd 100fl (2:51.43 PB)

Lynn Marshall (Coach; 55-59): 1st 100fs (1:06.92), 200br (3:11.18 PB, Ontario Record), 100fl (1:12.48 Canadian Record), 200IM (2:42.52)

Sat Apr 1st Oceanside, California 70.3 Triathlon

Congratulations to **Jordan Monnink** (8:30am Earlybirds) who took part as a Pro and did very well (top 15)! Here's his race report:

On April 1st, I raced Ironman 70.3 Oceanside in Oceanside, California. This would be my first race, outdoor bike ride, and open water swim of the season.... Ok so not ideal, but a good excuse to go into a race with few performance expectations. I picked this race mostly for its location. After the winter we've had in Ottawa, the temperate California weather seemed appealing to say the least. Thankfully, the weather and venue did not disappoint. The scenery on the bike and the run along the ocean were breathtaking. I could see this being a world championship location in the near future.

Oceanside is one of the marquee events of the year, as it officially kicks off the Triathlon season in North America. That being the case, the race draws a who's who of competitors in the pro field. This year was no different, with several big names in the sport expected to toe the line. What can you do though? It's always great to race among the best, and that's why I continue to do this sport. Besides, I had a great winter of training. I was focused day in and day out, I had no major setbacks, and I was feeling confident about my fitness. Needless to say, I was feeling great about the work myself, Ian Fraser and Human Powered Performance had accomplished over the off season. There was no reason to not be confident that this was going to be a good race for me.

So let's get to it then! The men's race started at 6:40am. If you can believe it, it was about 10 degrees C on race morning.... This did not make jumping into the ocean very easy. The start here was furious, with about 40 men jostling about, I think this was roughest race start I have experienced thus far. That's ok though, things smoothed out after about 500m, and to be honest, I kind of enjoy the aggressive swimming. The swim went well. I found a nice group and just

settled into a nice pace and came out of the water in 25:18, about 1:40 down from the leaders.

Out on the bike, I tried to settle in as quickly as possible. I started to pick off a few guys right away and was feeling strong and comfortable on my Felt IA. With a small group of riders just up the road, I tried desperately to bridge the gap and reach them but I couldn't. So I ended up riding the course completely solo, which was tough. I will say some course recon would have been a good idea. Though you can't pre drive the course here because it's on a closed navy base, I should have got my hands on a course profile map. I had no idea the course had such significant climbs. So somewhere in the middle, I started to think I wasn't riding very strongly. I'm not sure why this was the case, maybe it was because my average speed was dropping with all the climbs, or maybe I was just lonely. Regardless though I just kept turning the pedals. I was able to hold off the chase pack behind me and come off the bike in 2:18, which in retrospect I am pretty happy with. With a group to work from, most of the front pack came off the bike around 2:14, so a 2:18 solo is not too shabby in my opinion.

Finally, off onto the run. The run course was amazing. It was two loops that follow the beach and you have an amazing ocean view to look at the entire way. There are also spectators urging people on for pretty much the entire distance of the run. I don't have much to say about my run, other than that I think it was the first time I actually enjoyed the run leg of a race. I felt great, my body felt strong, my breathing was in control, and I was able to just keep putting down km splits that ranged from 3:35-3:45. It was fantastic. I finished the run just over 1:19, which is a ironman half-marathon PB for me.

Overall I was really happy with how the day went. I finished 15th in a competitive pro field of about 40 men, and came in with a total time of 4:08:55. I also had a great vacation with my mom, got some sun, saw the ocean, and ate lots of food. All good.

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 **April 6th**).

Private and Semi-Private Masters Swim Lessons

Spring Schedule:

Coming soon!

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

Spring/Summer Masters Swimming Programs, Barcodes, and Prices

Registration is open for both Spring and Summer registration. 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. Saturdays are included in your weekday registration for Summer (but not for Spring). The information below is also on the web site:

<http://carletonmasters.tripod.com/index.html#schedSpringSummer>.

Spring 2017: Mon May 1st to Fri Jun 30th; no workouts Mon May 22nd or Sat Jul 1st

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 13182; cost: \$85.50+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 13183; cost: \$85.50+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: **Sean and Lynn**; barcode 13187; cost \$95.50+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: **Sean and Lynn**; barcode 13188; cost: \$85.50+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat, except: May 20th 10:45-11:55am (shallow): Coaches: **rotating schedule**; barcode 13185; cost: \$32+HST

Summer 2017: Tue Jul 4th to Sat Sept 2nd; no workouts Mon Jul 3rd, Mon Aug 7th, or Mon Sept 4th

7:30am Earlybirds: 7:30-8:30am MWF and 12:15-1:25pm Sat (MWF deep; Sat shallow): Coaches: Weekdays: **Lynn**; Saturdays: **rotating schedule**; barcode 13184; cost: \$198+HST

6:00pm Whitecaps: 6:00-7:10pm MTuTh and 12:15-1:25pm Sat (M/Sat shallow/TuTh deep): Coaches: Weekdays: **Sean and Lynn**; Saturdays: **rotating schedule**; barcode 13189; cost \$108+HST

12:15pm Saturday Earlybirds ONLY: 12:15-1:25pm Sat (shallow): Coaches: **rotating schedule**; barcode 13186; cost: \$36+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 2016 group photos (Saturday, Morning, Evening): <http://carletonmasters.tripod.com/fall16photos.pdf>.

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** (6pm Whitecaps), **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.

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 a month'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>