

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, April 28, 2017 4:00 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 #442

Carleton Masters Swimming Newsletter #442

Friday, April 28th, 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).

“Don't mistake activity for achievement. Practice the right way all the time.” – John Wooden

Masters Program Notes and Cancellations

- The pool re-opens and the Spring session starts on **Mon May 1st**. I'm looking forward to seeing everyone back in the pool!
- 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 Spring: 5 spots left
 - 6pm Whitecaps Summer: 9 spots left
 - 7:30am Earlybirds Spring: 13 spots left
- The Spring/Summer workout themes are now available: <http://carletonmasters.tripod.com/mastplansprsum17.pdf>.

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:

- Best wishes to **Stephanie Le Saux-Farmer** (7:10pm Whitecaps) for a quick recovery from her back disc surgery (L5-S1) earlier this month. She hopes to be back in the water by July, if not sooner!

- Here is Masters Swimming Canada's Spring Newsletter: <https://www.mastersswimmingcanada.ca/WP/wp-content/uploads/2017/04/MS-C-News-Spring-17-EN.pdf>.

- **Early Bird Tri Swim Start Volunteer Needed:** As many of you know, I usually start all the swimmers at the Early Bird Tri (Sat May 20th at Carleton). This year I'll be out of town as my nephew is participating in the Scholastic Chess Nationals in Toronto that weekend, having won the Manitoba Grade 7 title. All you have to do is say "ready, go" every 12 seconds for about 1.5 hours (clock provided!). If you are interested, please let me know. It's a lot of fun! Please let me know if you are available. The time commitment is from **7:30 to 10am on Sat May 20th**.

- Thank you to **Lucie Lalonde** for sending the below. Please read and pass on this encouraging information for anyone diagnosed with GBM.

"I wish to share with you the details of a project that my husband, **Dr. François Jacques** (7:30am Earlybirds), and I take to heart. And I am also seeking your support for this project by asking you to communicate the news of its existence to as many people as you can reach. This can be done by making your computer's opening page <https://www.gbmtherapy.com/> or forwarding this website address/email to as many as you can with the same request to forward. The specifics of the acceptance into the clinical trial make it important to reach a person with a Glioblastoma Multiforme (GBM) in its very early stages.

Working on it for 18 months, François, with **Dr. Ian Lorimer** (7:30am Earlybirds) and **Dr. Garth Nicholas** of OHRI, have developed a clinical research protocol using immunotherapy to treat Glioblastoma Multiforme. Developing a protocol for a clinical trial, using new treatments, involves many steps and requires review and approval by Health Canada, multiple ethics committees, and more. As of this month, the GBM clinical trial is ready to go and is recruiting patients. As you read the information on the GBM website about one suffering with a GBM, you will understand why I am seeking your cooperation to reach as many people as possible.

For background information, if you take a look at the plaques on the AcadeCap International School Wall of Awards, you will find one, for perseverance and determination, in the memory of **Sarah Emmanuelle**. For two years she worked as a Kindergarten assistant and the physical education teacher at AcadeCap; this after her GBM diagnosis.

François was the one who diagnosed Sarah Emmanuelle with a GBM, who took care of her after each of the four operations, and who was the neurologist on call to sign the certificate when she passed away at the age of 23. Sarah Emmanuelle suffered immensely; people with GBM suffer immensely. And so, essentially, since 2002, François has searched for a medical treatment that could alleviate the suffering and provide hope for some through a viable treatment option. This clinical research protocol, using this specific immunotherapy in the treatment of GBM, is one of the few in the world...with the aim that more will be put in place.

The protocol's name, SEJ, is in memory of our Sarah Emmanuelle and Jim, a close friend of the president of the pharmaceutical company developing the immunotherapy. "

- The Behavioural and Metabolic Research Unit at the University of Ottawa are currently investigating the influence various training environments on the ability to dissipate heat during exercise in hot and humid conditions. We are currently seeking to recruit athletes age 18-40 who are highly trained swimmers and middle to long distance runners. Briefly, the total time commitment for prospective participants will be 9 hrs over 3 visits separated by at least 24 hrs. upon completion of all trials, participants will receive the results of their body composition scan using dual x-ray absorptiometry (DEXA; the accuracy is below MRI) and an assessment of their maximum oxygen consumption using a Modified Bruce Treadmill Protocol. If there is an additional fitness testing procedure that we are equipped to conduct at the BMRU, we would be happy to provide that as further recuperation for their time! Contact **Nicholas Ravanelli** (nick.ravanelli@gmail.com) for more information.

- **Grey Cup Festival Volunteers Needed:** From Tue Nov 21st to Sun Nov 26th Ottawa is hosting the Greg Cup Festival and volunteers are needed (age 16+, speak fluent English or French, attend volunteer training sessions). If interested, register here: <https://app.initlive.com/web-admin/app/index.html#/join-party?k=b24wq4xuv3iyu>.

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

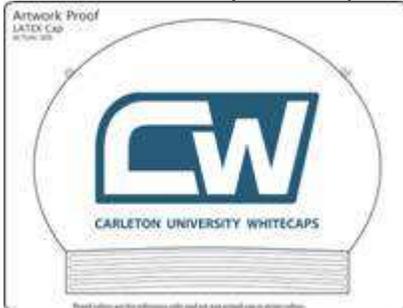
- Sign a petition to keep the 50km Race Walk in the Olympics and World Championships: <https://www.change.org/p/ioc-iaaf-keep-the-50km-race-walk-in-the-olympics>.

- 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.

- 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:

- Proposed New Olympic Swimming Events for Tokyo 2020: <https://swimswam.com/fina-proposes-event-additions-tokyo-2020/>
- Obituary Pioneer Swimmer **Ann Meraw** (B.C.) Age 100: <http://www.theglobeandmail.com/sports/marathon-swimmer-ann-meraw-conquered-the-waves/article34694607/>
- Ice Swimming in Scotland's Highest Loch: <https://www.youtube.com/watch?v=ZYwOYcZXiUw>
- Synchronized Breaststroke: <https://swimswam.com/german-swim-club-hofheimer/>
- More about **Diana Nyad**'s Controversial Swim from Cuba to Florida: <http://stentornews.com/questioning-diana-nyads-73-cuba-florida-swim-interview-daniel-slosberg/>, and <http://nyadfactcheck.com/index.html>
- Don't use a Kickboard: <http://www.swimmingscience.net/definitive-defense-swimmers-never-use-kickboard/>
- 12 Ways to Get in a Swimming Pool: <https://swimswam.com/watch12-ways-to-get-in-a-swimming-pool-which-one-are-you/>
- 17 Things Swimmers Do (But Would Never Admit): <https://swimswam.com/17-things-every-swimmer-never-admit/>
- Tips for a Great Attitude at the Pool: <https://swimswam.com/3-simple-tips-for-having-an-awesome-attitude-at-the-pool/>
- 99 Reasons to Exercise: <https://twitter.com/BelievePHQ/status/854047049439997952/photo/1>
- An Hour of Running Adds 7 Hours to Your Life: <https://www.nytimes.com/2017/04/12/well/move/an-hour-of-running-may-add-seven-hours-to-your-life.html>
- Chocolate cake for breakfast? Research says it's good for both your brain and your waistline [thanks to **Bicki Westerheide** (7:10pm Whitecaps)]: <https://www.fromthegrapevine.com/health/chocolate-cake-breakfast-new-research-says-it-might-actually-help-you-lose-weight>
- How to Grow Old Like an Athlete [thanks to **Sheila Kealey** (8:30am Earlybirds)]: <https://www.weforum.org/agenda/2017/02/healthspan-vs-lifespan/>

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, Sat Jul 1st.

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; **Sean** (and occasionally **Lynn**)

7:10pm Whitecaps: Monday: Shallow End; Tuesday/Thursday: Deep End; **Sean** (and occasionally **Lynn**)

8:15am Saturdays (except: 10:45am on May 20th): Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

I am coaching for **Sean** on **Thu May 4th**. **Rachael B** (Pool Staff) is coaching for **me** on **Fri May 5th**.

Sean is coaching for **me** on **Fri May 19th**.

Fin Day:

Thu May 25th / Fri May 26th

Time Trials:

Thu Jun 1st / Fri Jun 2nd: 400 fs or IM

Tue Jun 6th / Wed Jun 7th: 200 choice

Mon Jun 12th: 800 / 1500fs

Thu Jun 22nd / Fri Jun 23rd: 50 and 100 choice

Thu Jun 29th / Fri Jun 30th: fun day (relays)

This information and more can be found with the Spring/Summer workout themes

at: <http://carletonmasters.tripod.com/mastplansprsum17.pdf>.

Ask the Coach

Dear Coach: I'd like to do some open water swims this summer. Any suggestions? Bought a New Wetsuit

Dear B.a.N. Wetsuit: Information on open water swims is just starting to become available. As I hear of events, I add them to the competition schedule below. If an open water event says "MSO Registration not required", that generally means that wet suits are permitted, but always best to double check. If anyone knows of any upcoming events, just let me know and I will add them.

Dear Coach: I know you often get questions about avoiding leg cramps while swimming. Has anyone tried quinine? I recently read that tonic water (which contains quinine) can help, as quinine tablets are no longer readily available. A Cramper

Dear A Cramper: Interesting – I hadn't heard of this! If anyone has tried this, please let me know.

Dear Coach: I am experiencing tendinitis-like pain in my right elbow while swimming freestyle. I may also have aggravated it during my weights workouts. Is this a common problem for swimmers? Do I need to take a break, or should I continue swimming? Sore Elbow

Dear S. Elbow: While shoulder pain is more common, some do experience elbow pain while swimming, especially freestyle. I recommend asking your coach to look at your technique. The elbows should always be wider than the wrists to avoid stress on the elbow and shoulder joints. As for whether a break is warranted, that depends on the severity of the pain. I'd try ice and ibuprofen after exercise to see if that helps. It is also a good idea to mix up the strokes and do more kicking to give the arms a break from freestyle until the inflammation subsides.

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. You can also look on the Masters Swimming Canada site, which should list competitions from all provinces, and is sometimes more helpful than the above: <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>.

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 30th Perth Masters Meet <http://ms.mastersswimmingontario.ca/web/schedule.php>,
<https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>

Sat May 6th Barrie Masters Meet <http://ms.mastersswimmingontario.ca/web/schedule.php>,
<https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>

Sun May 7th Clarington, Bowmanville <http://ms.mastersswimmingontario.ca/web/schedule.php>,
<https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>

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/>

Sat Jul 15th Bring on the Bay 3k Swim, Ottawa (MSO Registration not required) <https://bringonthebay.com/>

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)

Sat Aug 12th Sun City 1k and 4k Swims, Orillia, fundraiser for Simcoe/Muskoka Child Advocacy Centre (MSO registration not required): <http://www.cacsimcoemuskoka.ca/sun-city-swim.html>

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

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

Alumnus **Andrew Dechamplain** (x-Earlybirds, now with North Toronto) also participated in this meet. He swam about 31 for 50fs on a relay, and did the 800 in 11:29. Awesome times, Andrew! Huge improvements from your Carleton time trial times! Full results here: <https://www.mastersswimmingcanada.ca/ms/web/stats/meets/narrowMeet.php?MeetID=802>.

Mon Apr 17th Boston Marathon

Margaret was Carleton's only participant, and it sounds like it was quite the experience! Well done, Margaret! Full results: http://registration.baa.org/2017/cf/Public/iframe_ResultsSearch.cfm.

Margaret King (7:30am Earlybirds; 55-59): 20703rd overall; 8831st female, and 428th in category in 4:27:46.

Here's Margaret's race report (from the Team Triumph newsletter):

"I was lucky enough to qualify last year at the Mississauga Marathon for the Boston Marathon. Race weekend arrives and the weather is looking promising. After Sunday's toasty 27 degrees it settled into a comfortable 20 degrees on race day Monday. The bonus was a tailwind from Hopkinton to Boston! The yellow school buses lined up to take runners off to Hopkinton start to take off one by one and finally I am on one of them. The ride is full of chatty runners comparing notes. Once at Hopkinton most disembark and head straight for the line up to the loo. This will easily pass 20 minutes. More chatting in line while eyeing a self-serve hot coffee table with its own line up...I switch line ups...gotta do things in the proper order☺ Overall an hour is spent at Hopkinton waiting for my wave to be called to the start line. Each wave is subdivided further into corrals according to your time so when you start you are pretty much going the same speed as all those around you. The security here is obviously high. Boston police at every town and if you look up you might see the camouflage soldiers on rooftops. As we start, the descent is notable and continues more or less for the first 25 km (my quads weren't too happy the next couple of days!). At that point you hit the Newton hills of which there are four with the last being "Heartbreak Hill". You are now about 10km from the finish. The never-ending line of spectators since the start of the race grows in size and VOLUME from here to the finish line! I was very happy to cross the finish line and very tired. Found it a tough course because of the accumulated downhill (actually enjoyed the uphill). No PB here but enjoyed the experience and may try to dig up some lucky Irish charm to qualify again!"

Fri-Thu Apr 21-27th World Masters Games Swimming (Long Course), Auckland, New Zealand

Tony Revitt was Carleton's only swimmer. He swam two events on Sat Apr 22nd and did very well, setting club records in both events, even though the meet was long course, and we don't differentiate between long course and short course for the purpose of club records! Awesome job, Tony! Day 2 results:

<http://www.worldmastersgames2017.co.nz/media/2636/day-2.pdf>. Updated club records:

<http://carletonmasters.tripod.com/170423.Records.pdf>.

Tony Revitt (8:30am Earlybirds; 40-44): 5th 100br (1:19.01 Club Record), 200IM (2:34.39 Club Record)

Fri-Sun Apr 21-23rd Quebec Masters Provincials, Montreal

I was Carleton's only swimmer. Note: I did a good 1200m – too bad the race was 1500m. I experienced vertigo (again) for the last 300m. Full results:

<https://www.mastersswimmingcanada.ca/ms/web/stats/meets/narrowMeet.php?MeetID=884>. Updated club records:

Lynn Marshall (Coach, 55-59): 1st 200fs (2:15.40), 1500fs (18:01.79 World Record; 800 split: 9:32.63 World Record), 100bk (1:13.61), 400IM (5:28.96); 3rd 50bk (35.57)

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 22nd**).

Private and Semi-Private Masters Swim Lessons

Spring Schedule:

Mon/Wed 5:00-6:00pm

Fri 9:35-10:35am

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>