

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Wednesday, July 19, 2017 12:22 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 #448

Carleton Masters Swimming Newsletter #448

Wednesday, July 19th, 2017

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2016, Winter 2017, Spring 2017, Summer 2017, and Alumni: 7:30am Earlybirds I (56 addresses), 8:30am Earlybirds II (42 addresses), 6pm Whitecaps I (64 addresses), 7:10pm Whitecaps II (31 addresses), Saturday Only (13 addresses), Masters Alumni (29 addresses).

"Friendships born on the field of athletic strife are the real gold of competition. Awards become corroded, friends gather no dust." – Jesse Owens

Masters Program Notes and Cancellations

- The Summer session runs until **Sat Sept 2nd**. There are **no workouts Mon Aug 7th** (Civic Holiday).
- All Saturdays in Summer are 12:15-1:25pm, and are included for weekday swimmers.
- Details of the Summer programs can be found near the end of the newsletter. Only the 7:30am and 6pm groups, as well as Saturdays, run in summer.
 - Summer 6pm Whitecaps is **full**: wait list available. (Please let me know if you are on the wait list.)

Swimmer Notes

Swimmer Updates:

- Check out the "Race Results" section for some fantastic results by Carleton swimmers. For example, on **July 9th** Carleton swimmers were running, dragon boating, playing water polo, and competing in triathlons! And on **July 15th**, many swimmers participated in the 3km Bring on the Bay swim. Congrats to you all on great results!

- Did you know that three Carleton swimmers are participating in the FINA World Masters Championships in Budapest in August? Best of luck to **Harley Gifford** (7:30am Earlybirds), **Natalie Aucoin** (7:30am Earlybirds), and **Sandy Lawson** (7:30am Earlybirds)!

- **MSO (Masters Swimming Ontario) Update:** Swimming Canada and Masters Swimming Canada are not budging on their stance of not allowing Masters Swimming Ontario to register Masters swimmers for competition or sanction meets. A Masters task force is working with Swim Ontario to figure out the process for Masters Clubs and Masters swimmers to register with Swim Ontario starting this Fall. MSO will continue to exist with its focus being on non-competitive Masters swimmers. I will provide updates as details become available.

- Researchers at the Human and Environmental Physiology Research Unit (HEPRU) of the University of Ottawa are currently recruiting participants aged 18 to 75 years to take part in an exercise study. At this time they are especially in need of older adults (aged 55-75 years) and individuals with type 2 diabetes and/or chronic hypertension. Qualifying volunteers will receive a VO2max test (gold standard in assessing aerobic fitness) and a body composition analysis (hydrostatic weighing technique) (\$650 value). These results will be provided to you upon completion of the experimental session. If you want to learn about your physical fitness and are interested in helping researchers at the University of Ottawa study the effects of exercise-induced heat stress in older adults and individuals with diabetes and/or chronic hypertension, call at 613-562-5800 ext. 4270 or email hepru@uottawa.ca, including your name, age and phone number.

- 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:

- Top 10 Books About Swimming [thanks to Ruth Fawcett (7:30am Earlybirds)]: <https://www.theguardian.com/books/2017/jul/05/top-10-books-about-swimming>
- New Study on Health Benefits of Swimming: <http://blogs.bmj.com/bjbm/2017/06/23/major-new-study-health-benefits-swimming-released/>
- "Let it Go" by High School Waterboys ("Synchronized Swimming"): <https://www.facebook.com/SwimWithIssues/videos/1351922434905713>
- LSU New "Lazy River" Pool: <https://swimswam.com/lsu-opens-new-lazy-aquatics-center/>
- Brad Tandy Start: <https://www.yourswimlog.com/brad-tandys-start-is-absolutely-ridiculous/>
- The Benefits of Long Unbroken Swimming: <http://www.yourswimlog.com/the-benefits-of-long-unbroken-swimming/>
- Pre-Race Rituals: <https://www.facebook.com/SkillsNTalents/videos/1386333381435427>
- Ryan Lochte in Shark Week Teaser: <https://www.youtube.com/watch?v=kx18lqflizs>
- Five Things Your Coach Shouldn't be Doing for You: <https://www.swimmingworldmagazine.com/news/5-things-your-swimming-coach-shouldnt-be-doing/>
- "I Wear Speedos": <https://www.youtube.com/watch?v=7kOKDdocGyc>
- 101 Year Old Misses Nap to Set 100m Dash World Record: <https://www.washingtonpost.com/news/early-lead/wp/2017/07/15/i-missed-my-nap-for-this-101-year-old-sprinter-breaks-100-meter-dash-record/>

Swim Suits for Sale: The suits range in brand, style, and colour. Most prices are \$45 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 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.

Summer Session Information

Dates: Tue Jul 4th to Sat Sept 2nd; excluding Mon Aug 7th.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End (plus 2 lanes Shallow End as needed): **Lynn**

6pm Whitecaps: Shallow End: **Sean**

12:15pm Saturdays: Usually Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here:

I coached for **Sean** on **Tue Jul 4th** and **Tue Jul 11th**.

Blake coached for **Tim** on **Sat Jul 8th**.

Owen coached for **Sean** on **Tue Jul 18th**.

Tim is coaching for **Blake** on **Sat Jul 22nd**.

Owen is coaching for **Sean** on **Tue Jul 25th**.

Owen is coaching for **me** on **Fri Jul 28th** and **Mon Jul 31st**.

Fin Day:

Thu Aug 3rd / Fri Aug 4th

Time Trials:

Mon Jul 10th: timed 400fs or IM

Mon Jul 17th: timed 50 and 100 choice

Tue Aug 10th / Wed Aug 11th: 800 / 1500fs

Tue Aug 15th / Wed Aug 16th: 200 choice

Thu Aug 31st / Fri Sept 1st: fun day (relays, etc.)

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

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

Here are the weekday attendance statistics to date. If you notice any errors, please let me know.

6pm Whitecaps: July 4-18th (7 workouts): range: 22-31; average: 27.7

Perfect Attendance: **Andrea Z, Christian C, Elaine Y, Ingrid H, Jalen R, Joanie C, Peter Lithgow, Steph LSF**

7:30am Earlybirds: July 5-19th (7 workouts): range 20-30; average: 24.6

Perfect Attendance: **Bob T, Harley G, Ursula S**

Thanks to all who participated in the timed **400 free** (no one did IM this time) on **Mon Jul 10th**. There were nine improvements, led by **Philip Kaisary** (6pm Whitecaps) with a 15.2 second improvement. The full list follows:

400fs (9)

Philip Kaisary	15.2	WC1
Christian Cattan	8.9	WC1
Lisa Tauskela	7.5	WC1
Matthew Tucciarone	7.5	EB1
Andrea Chandler	7.4	WC1
Andrea Zarins	7.2	WC1
Liliane Cardinal	5.7	EB1
Mars Nienhuis	0.9	WC1
Robin Henderson	0.6	EB1

Congratulations to those who did the **timed 50 and 100** on **Mon Jul 17th**. There were nine improvements and one tied best time. The biggest improvements were by **Ethan Young** (6pm Whitecaps). Since his previous time trials last

summer, he improved his 50fs by 4.8 and his 100fs by 8.0 – well done! **Harley Gifford** (7:30am Earlybirds) also improved in both his swims, and **Bob Tipple** (7:30am Earlybirds) improved in one and tied the other. The full list of improvements follows:

50fs (3+1 tie)

Ethan Young	4.8	WC1
Ingrid Hagberg	0.3	WC1
Adrian Finn	0.2	WC1
Bob Tipple	0.0	EB1

100fs (5)

Ethan Young	8.0	WC1
Erin McRae	1.3	EB1
Harley Gifford	1.1	EB1
Christian Cattan	0.5	WC1
Bob Tipple	0.4	EB1

50bk (1)

Harley Gifford	0.6	EB1
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Ask the Coach

Dear Coach: There were a lot of DQs in the 400IM at the US World Championship Trials. What is the Lochte rule and why were they DQ'd? Curious Swimmer

Dear C. Swimmer: In 2015 Ryan Lochte did dolphin kicks on his back during the freestyle leg of a 200IM. At the time it wasn't against the rules, but a new rule came into effect shortly after that prohibiting this. The reasoning is that the freestyle leg of IM must be a different stroke from those done in the other three quarters of the event, and being on your back during freestyle is considered to be backstroke. This is the Lochte rule. As all freestylers are on their back at some point during their turn, it becomes a bit of a judgment call if a swimmer is on their back during the freestyle portion of an IM race. The rule is likely going to be modified to permit you to be on your back as long as you don't kick or pull until you have turned onto your front. Here are a couple of links with more details: <https://swimswam.com/lochte-rule-worst-rule-sports/>, and <https://www.swimmingworldmagazine.com/news/the-lochte-rule-why-all-the-dqs-and-what-could-change/>.

Dear Coach: I have my first two triathlons coming up next month. Would you recommend that I cut out other strokes and focus purely on freestyle until after my races? New Triathlete

Dear N. Triathlete: I feel very strongly that doing only freestyle is a bad thing, for several reasons. First, it tends to lead to injury, as you are using the same muscles all the time. Backstroke is a great way to “unwind” from a lot of freestyle. Also, varying things in your workouts helps you improve. Finally, IM (and fly and breast) are much more aerobically challenging than free and back, which again helps you improve.

Dear Coach: How wide should my arms go in freestyle? Improving My Speed

Dear I.M. Speed: Your hands should enter the water with the fingers pointed forward and palm facing down, at shoulder width. From there, after extending the arm, the fingers should point down (not out or in) and as you push back the wrist should be just inside the elbow (i.e. the elbow should be the widest point). There will be a slight “S” to the stroke, but you should focus on pushing straight back, keeping the arms shoulder width.

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**). Details for next year will be announced once they are available.

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.**

May 1st, 2017 to April 30th, 2018 Global Swim Series: <https://globalswimseries.com/races/>

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 Ottawa 4k Riverkeeper Swim (750m and 1.5km also available; MSO registration not required)

<http://www.ottawariverkeeper.ca/riverkeeper-4k/>

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>

Sun Aug 13th Welland, ON 1k, 2.5k, 5k, and 10k Canadian Masters Championships Swims

<https://raceroster.com/events/2017/12135/canadian-masters-open-water-swimming-championships-at-the-welland-canal>

Sun Aug 20th Toronto Island Lake Swim <http://canaquasports.com/>

Sat Sept 9th Welland, ON SwimRun and 2.5k and 5k Swims <http://canaquasports.com/>

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

Sat Jul 8th Mike Collingwood Meech Lake Triathlon, Gatineau (1200m/23.5k/6.4k; 261 participants)

Great job by **Julia Aimers** (8:30am Earlybirds) organizing this triathlon! Lots of Carleton swimmers participated, and all did very well. Kudos to those making the podium: **Sheila** (3rd woman overall!), **Bailin, Lisa, Erin, Nancy,** and **Renee!** Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=43456>.

Tony Revitt (8:30am Earlybirds; 40-44): 15th overall, 15th man and 5th in category in 1:31:21.7 (45:18 swim)

Sheila Kealey (7:30am Earlybirds; 50-54): 26th overall, 3rd woman and 1st in category in 1:36:21.7 (19:59 swim)

Bailin Xie (x-Earlybirds and Lisa's daughter; 20-24): 55th overall, 9th woman and 1st in category in 1:45:09.2 (21:55 swim)

Lisa Meyer (8:30am Earlybirds; 55-59): 57th overall, 11th woman and 1st in category in 1:45:16.9 (23:38 swim)

Will Manning-Dewar (x-Earlybirds and Nancy's son; 25-29): 59th overall, 49th man and 6th in category in 1:45:21.5 (24:41 swim)

Erin McRae (7:30am Earlybirds; 20-24): 69th overall; 14th woman and 3rd in category in 1:46:53.7 (19:39 swim)

Paul Scully (8:30am Earlybirds; 45-49): 70th overall; 57th man and 4th in category in 1:46:55.3 (23:50 swim)

Nancy Manning (8:30am Earlybirds; 60-64): 99th overall; 20th woman and 1st in category in 1:51:47.7 (24:22 swim)

Janet Whitley (8:30am Earlybirds; 50-54): 151st overall, 50th woman and 9th in category in 2:01:54.8 (22:47 swim)

Renee Robert (8:30am Earlybirds; 60-64): 176th overall, 64th woman and 3rd in category in 2:10:16 (23:59 swim)

Sun Jul 9th Camp Fortune Fell 5k Run, Gatineau (213 participants)

Nancy and her son participated, and yet another win for **Nancy** – well done! Full results:

<https://www.sportstats.ca/display-results.xhtml?raceid=43646&status=results>.

Nancy Manning (8:30am Earlybirds; 60+): 59th overall; 18th woman and 1st in category in 42:31.1

William Manning-Dewar (x-Earlybirds; 30-39): 79th overall; 49th man and 12th in category in 44:20.2

Sun Jul 9th Montreal Challenge Dragon Boat Races

Sportchicks Premier won bronze in the 500m A Final! Sportchicks Senior B (age 50+) were 4th in the 400m B final. And the Coolchicks were 6th in the 500m C Final. Here's a video showing the Premier team (lane 4 in bright yellow) winning bronze by 0.02 over lane 1: https://www.youtube.com/watch?v=WpcBti5ZbHw&list=PLiAALMqIKHm-o_4lazLA3mYfoGT3CU63q&index=80.

Sun Jul 9th Youth Pan American Water Polo Championships

Congratulations to **Bogdan Djerkovic** (6pm Whitecaps) and **Diego Gonzalez** (6pm Whitecaps) on winning bronze as members of the U17 Canadian Team at the Pan American Water Polo Championships in Lima, Peru: <http://www.waterpolo.ca/News3466.aspx>.

Sun Jul 9th Muskoka Ironman 70.3

You may recall that on **Sun Jun 18th**, **Nicole Mikhael** (6pm Whitecaps) raced in the Syracuse Ironman 70.3 and finished 4th in her age group, qualifying for the 2017 Ironman World Championships 70.3. They are being held in Chattanooga, Tennessee on Sat Sept 9th. I didn't include the exact details then, so here they are. Full results:

<http://www.ironman.com/triathlon/coverage/athlete-tracker.aspx?race=syracuse70.3&y=2017#axzz4n1NxJxXS>.

Nicole Mikhael (6pm Whitecaps; 35-39): 133rd overall, 20th woman, and 4th in category in 5:34:37 (40:59 swim)

Just 3 weeks later, Nicole did the Muskoka Ironman, and was 10 minutes faster, despite the swim being into a current. She won her age group and qualified for the 2018 World Championships in South Africa! What an amazing 3 weeks for **Nicole**! Full results: <http://www.ironman.com/triathlon/coverage/athlete-tracker.aspx?rd=20170709&race=muskoka70.3&y=2017#axzz4n1NxJxXS>.

Nicole Mikhael (6pm Whitecaps; 35-39): 135th overall, 8th woman, and 1st in category in 5:24:19 (42:52 swim)

Sat Jul 15th Bring on the Bay Swims, Ottawa

Lots of Carleton swimmers and lots of great swims – congrats to all, especially to **Tim, Erin, and Penny** for winning their categories! Please let me know if I missed anyone. 3k full results (580 participants): <https://www.sportstats.ca/display-results.xhtml?raceid=42573>; and 1.5k full results (36 participants): <https://www.sportstats.ca/display-results.xhtml?raceid=46102>.

3km:

No Wetsuit:

Tim Kilby (Coach; 50-59): 35th overall; 24th male and 1st in category in 43:26.6

Mars Nienhuis (6pm Whitecaps; 20-29): 73rd overall; 30th female and 9th in category in 47:13.5

Linz Buckingham (6pm Whitecaps; 20-29): 79th overall; 33rd female and 10th in category in 47:57.1

Gillian Massel (6pm Whitecaps; 20-29): 100th overall; 45th female and 12th in category in 49:50.7

Lee Storm (6pm Whitecaps; 40-49): 137th overall; 78th male and 10th in category in 52:11.6

Lisa Tauskela (6pm Whitecaps; 15-19): 209th overall; 94th female and 13th in category in 56:14.0

Heather McBurney (x-Earlybirds; 40-49): 241st overall; 114th female and 11th in category in 57:48.5

Cheri Reddin (Saturdays; 40-49): 254th overall; 119th female and 12th in category in 58:26.7

Joanie Conrad (6pm Whitecaps; 50-59): 302nd overall; 147th female and 10th in category in 1:01:16.0

Lisa Hans (x-Whitecaps; 50-59): 369th overall; 189th female and 14th in category in 1:05:19.5

Laura Tauskela (6pm Whitecaps; 20-29): 389th overall; 201st female and 25th in category in 1:06:30.0

Cori Dinovitzer (7:30am Earlybirds; 50-59): 421st overall; 224th female and 21st in category in 1:10:07.4

Mary Donaghy (7:30am Earlybirds; 50-59): 424th overall; 226th female and 22nd in category in 1:10:22.2

Stephane Raynaud (6pm Whitecaps; 40-49): 432nd overall; 201st male and 27th in category in 1:12:09.4

Liliane Cardinal (7:30am Earlybirds; 60-69): 488th overall; 269th female and 6th in category in 1:21:08.6

Wetsuit:

Ingrid Hagberg (6pm Whitecaps; 20-29 Wetsuit): 39th overall; 12th female and 2nd in category in 44:31.9

Konstantin Petoukhov (6pm Whitecaps; 30-39 Wetsuit): 78th overall; 46th male and 2nd in category in 47:55.7

David Moore (6pm Whitecaps; 40-49 Wetsuit): 126th overall; 71st male and 9th in category in 51:34.2

Nancy Manning (8:30am Earlybirds; 60-69 Wetsuit): 324th overall; 161st female and 2nd in category in 1:02:35.1

1.5km:

No Wetsuit:

Erin McRae (7:30am Earlybirds; 20-29): 1st overall, 1st female and 1st in category in 23:48.4

Wetsuit:

Penny Estabrooks (8:30am Earlybirds; 70+ Wetsuit): 15th overall; 10th female and 1st in category in 34:31.6

Sat Jul 15th Grand Fondo Ottawa – 150km “Piccolo” Road Bike Fondo

Thanks very much to **Philip Kaisary** (6pm Whitecaps) for this race report:

On the morning of Saturday July 15, I find myself pulling into the parking lot of the Richcraft Recreation Complex in Kanata to take part in the 150km ‘Piccolo’ Fondo, one of a number of bike events that together comprise “Grand Fondo Ottawa.” The shortest event is the 65km “Corto Fondo,” the longest the 235km “Super Fondo.” Strictly speaking

this is a “timed event” not a race, though competitors are timed and ranked and there are timed ‘sprint’ and ‘mountain’ segments to spice things up along the route.

It’s been 7 years since my last race, save for the Willy Lee Swim Meet at Brewer Pool in November. In the car park I assemble my bike, my 2006 Colnago Dream. Lovingly cleaned and polished the day before until it gleamed. I inflate my tires: 90psi, no more. I fill my pockets with food: energy gels, energy bars, a banana. A little pre-ride chit-chat with some other riders. I make my way to the start. I’m about halfway back. There are 70 of us. 8:45am: we’re off.

32km/h. I’m too far back. If there’s a split at the front I won’t be able to bridge it. I make my way forward. We’re riding two abreast. Watch the wheel in front. Now I’m about 10 rows back. A little further forward. 5 rows back. Wheels and free hubs humming all around. This is cool! Today is my Tour de France. The pace is winding up. My heart rate is still nice and low. 20kms done. Long day ahead still. Bike Racing. So. Much. Fun.

At about 40km we reach the first aid station. Water. Pee. Go. The lead group has gone. Where are they? I see a dozen or so riders about 200m down the road. Too far. Too risky to try and catch them alone. Need to find an ally, quick. Bike racing: chess and politics on wheels. I find someone. I’m good. We go. We form a new pack: two abreast and about five rows. We’re eating up the road: a peleton is a train. But now I’m on the front. I’m working too hard. We’re doing 40-something km/h. Into a headwind. My heart rate has spiked. I can’t keep this effort up. We still have 100km to go. I pull off to the left and join at the back. “Nice work on the front,” the rider on my right says. “Yeah,” I smile and grimace. I’m hanging on. Suddenly, I’m dropped. A couple of lonely kilometers. I was doing 40+km/h, now I’m alone and doing 25km/h. The loneliness of the dropped rider. I notice my wrists. I need new allies. I’m caught by five riders working together. Perfect! I tag on. New friends. I’m OK. 65km. We drop three of them. Now it’s just me, Rob, and Randy. Rob looks super-strong: he’s a superhero on a bike. Randy is older. And strong as an ox. We’re working well together. I calculate: there are about 20 riders ahead. I can still get a top 25. Not so bad. I only unpacked my bike at the end of April after a long hibernation. Top 25 wouldn’t be so bad.

Randy, Rob, and I are chain-ganging. I’ve never met them before; we may never meet again, but now I’ll remember these two forever. We’re another 30km closer. A few kilometers on brand new smooth road. Ahhh ... Bliss! Speed. Now we’re really moving – a racing bicycle is a miracle! 50km to go. Hot. Over a bridge, river below. Pretty country. Rolling roads. We climb. I’m strong on the climbs; Rob steamrolls the flats. Randy is solid. But now I’m feeling it. Legs and stomach. Rob and Randy are still strong. Mustn’t get dropped. This is a bad patch. Hang tough. Bike racing is suffering. The world shrinks to Rob’s rear wheel. Mustn’t lose sight of it. Must hang on. I hang on. Now Randy is struggling too. There’s a gap. Rob and I ease up. We’re stronger as a three. Randy’s back with us. I eat a banana and a gel. I’m feeling better. Rob is still superman. We’re flying. We have a tailwind. We’re flying. 14km to go. We fly. Randy’s distanced now. I pull. Rob pulls. I cross the line. I’m 24th! Top 25 isn’t so bad. Next year I’ll shoot for top ten. Bike racing: SO. MUCH. FUN.

Sat-Sun Jul 15-16th Musselman Triathlons, Geneva, NY

Congrats to **Julie** and **Janet** on their results! Sprint results: <http://scorethis-results.com/ResultsMS.php?raceid=20170715MINI>. Half Ironman length results: <http://scorethis-results.com/ResultsMS.php?raceid=20170716MUSL>.

Sprint:

Julie Aimers (8:30am Earlybirds; 50-54): 141st overall, 32nd woman and 2nd in category in 1:33:25 (11:35 swim)

Halfiron:

Janet Whitley (8:30am Earlybirds; 50-54): 338th overall, 128th woman and 14th in category in 7:02:33 (35:37 swim)

Renee Robert (8:30am Earlybirds; 60-64): 373rd overall, 150th woman and 6th in category in 7:16:51 (39:51 swim)

Sun Jul 16th Baltic Sea (Daenische Wiek; The Danish Wiek), Germany 2.6km Swim (149 swimmers)

Christiane did her first open water race while visiting her family, and did very well, with a podium finish (winning a bottle of body wash)! Full results: http://my6.raceresult.com/64392/results?lang=en#1_C8F593, and http://my6.raceresult.com/64392/results?lang=en#1_9FE231.

Christiane Wilke (7:30am Earlybirds; 36-46): 68th overall; 26th woman and 3rd in category in 1:02:12

Here’s her race report and a photo (you can see that it wasn’t very warm after the swim, either!):

On Sunday I swam my first open water race ever, and it was in my hometown. The Boddenschwimmen (swimming across a bay of the Baltic Sea) is a local tradition going back to 1921. The course is about 2.6k, and headwinds as well as choppy and chilly waters are to be expected. This year the water was 19 degrees (balmy by local standards), but we had headwinds with nasty short waves that slowed everyone down. I was cautious about swimming with so many people around me and I was also a bit confused about the course, so I stayed too far away from the buoys and swam some extra mileage. But I ended up finishing 3rd in my age group (1 hour 2 min 12 sec) and enjoyed the day a lot.



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 **June 29th**).

Private and Semi-Private Masters Swim Lessons

Summer Schedule:

Mon-Fri 11:30am to 12:30pm, and 12:30pm to 1:30pm

Mon-Thu 4:30 to 5:30pm, and 5:30 to 6:30pm

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

Summer Masters Swimming Programs, Barcodes, and Prices

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. The information below is also on the web site:

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

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.) In Ottawa, they are located at 2730 Iris Street in the West End. (The Montreal Road location has closed.) There are also several locations 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.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>