

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, September 01, 2017 11:29 PM
To: 'Fran Craig'; 'Steve Baird'; 'Blake Christie'; 'Lynn Marshall'; 'Mark Blenkinsop'; 'Mits Kachi'; 'Sean Dawson'; 'Tim Kilby'; 'David Thibodeau'
Subject: Carleton Masters Swimming Newsletter #451

Carleton Masters Swimming Newsletter #451

Friday, September 1st, 2017

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2016, Winter 2017, Spring 2017, Summer 2017, and Alumni: 7:30am Earlybirds I (57 addresses), 8:30am Earlybirds II (42 addresses), 6pm Whitecaps I (64 addresses), 7:10pm Whitecaps II (31 addresses), Saturday Only (13 addresses), Masters Alumni (30 addresses).



Left: Podium of Mont Tremblant, with **Jordan Monnink** (8:30am Earlybirds) on the right with his bronze medal.
Right: **Dawn Walsh** (7:30am Earlybirds) and **Megan Holtzman** (8:30am Earlybirds) holding the Sportchicks trophy from the Rideau Canoe Club Dragon Boat Festival.

Masters Program Notes

- The Summer session runs until **Sat Sept 2nd** (12:15-1:25pm).

- Please note that Colonel By Drive will be closed that day for a triathlon, and students will be moving into residence, so give yourself extra time if you are driving!
- Registration for Fall and Winter is underway. Program details can be found near the end of the newsletter.
 - The 6pm group is **full** with a wait list.
 - There are **8** spots left in the 7:30am group.
- The Fall session starts **Wed Sept 6th**.
- There will be an **interim workout** on **Tue Sept 5th 6:00-7:15pm**. **This workout is free of charge, all welcome - bring a friend!**

Swimmer Notes

Swimmer Updates:

- Here's a video from the Welland swim races on Sun Aug 13th. There's a photo of **Mars Nienhuis** (6pm Whitecaps) with her gold medal 8 seconds from the end:

<https://www.facebook.com/100006079038097/videos/1968100776735871>. Congratulations again, **Mars!**

- **Doris McEwan**, a long-time Masters swimmer from Brockville, has passed away at 92. She asked her son to pass along this message to her friends: "Thank you for your friendship and wishes all of you a wonderful and successful life." Here's her obituary and some interesting articles on her amazing life:

<https://obitree.com/obituary/ca/ontario/brockville/irvine-memorial---funeral-homes---crematorium---cemetery/doris-mcewan/3058379/>; <http://www.recorder.ca/2011/08/13/qa-with-doris-mcewan-a-real-competitor/>; and <http://www.recorder.ca/2010/01/20/winning-never-gets-old>.

- The Carleton Ravens Varsity Swim Team is hosting its first home meet in about 10 years from **10am to 2pm on Sat Oct 28th**. It will be followed by a Varsity vs. Alumni meet. We are looking for volunteer timers! Please let me know if you'd like to help.

- Carleton is celebrating its 75th birthday with a party in Parking Lot 5 on **Sat Sept 16th 10am-5pm**. All are welcome, and there will be a Ferris wheel, entertainment, food, etc. The event is open to all. Admission is free, but donations are welcome. Note that Parking Lot 5 will be closed all day, so leave extra time to get to the pool if you are a Saturday swimmer.

- **Swim Ontario Masters Update:** Swim Ontario has released the information on registering Masters clubs. The fees have gone up considerably from the old MSO fees: \$277 vs \$45 to register the club, and \$60 vs. \$35 per swimmer. To cover the club registration cost, we will need to charge an extra \$15, thus \$75 per swimmer.

- 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:

- Spanish swimmer at Masters Worlds Honours Barcelona with 1 Minute Silence [thanks to Coach **Mark Blenkinsop**]: <https://ca.sports.yahoo.com/spanish-swimmer-honors-barcelona-minute-silence-race-145437341.html>
- **Laura Val** has Never Met a Pool She Didn't Like [thanks to **Sheila Kealey** (7:30am Earlybirds)]: <https://www.outsideonline.com/2234771/laura-val-has-never-ever-met-pool-she-didnt>
- 103 year old Training for Her Next Swim Race!: <https://purpose2play.com/2017/08/06/mieko-nagaoka-103-year-old-training-next-swim-race/>
- Quebec Doctor Dies After Mont Tremblant Ironman: <http://www.cbc.ca/news/canada/montreal/ironman-quebec-doctor-death-2017-1.4259264>
- Is Swimming Golf a Good Measure of Efficiency? [thanks to **Brad Shapansky** (7:30am Earlybirds)]: http://watersportnews.com/news/story/526077/is-swolf-or-swim-golf-really-a-true-measure-of-efficiency/full_story.html
- The Man Who Swims to Work in Munich: <http://www.bbc.com/capital/story/20170724-the-man-who-swims-to-work>
- Senior Men's Synchronized Swimming [thanks to **Tracey McGrath** (7:30am Earlybirds)]: <http://www.reshareworthy.com/senior-men-synchronized-swim/>
- Things only Swimmers Know: <https://thoughtcatalog.com/linnea-gregg/2014/01/37-things-only-swimmers-know/>
- High-Intensity Aerobic Training Can Reverse Aging Processes In Adults: <https://scienceblog.com/492782/high-intensity-aerobic-training-can-reverse-aging-processes-adults/>
- Stretching Before Exercise is Overrated [thanks to **Sheila Kealey** (7:30am Earlybirds)]: <https://www.theatlantic.com/health/archive/2014/08/stretching-before-exercise-is-overrated/376089/>
- How Exercise Can Help Learn a New Language: <https://www.nytimes.com/2017/08/16/well/move/how-exercise-could-help-you-learn-a-new-language.html>

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.

Fall Session Information

Dates: Wed Sept 6th to Thu Dec 21st; excluding Mon Oct 9th, plus free interim workout Tue Sept 5th 6:00-7:15pm.

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/Tue: **David**; Thu: **Sean**

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

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

Exceptions will be noted here.

David and **I** are coaching the **interim** workout on **Tue Sept 5th**.

David is coaching for **Sean** on **Thu Sept 7th**.

Fin Days:

Tue Oct 24th / Wed Oct 25th
Thu Nov 23rd / Fri Nov 24th

Time Trials:

Thu Oct 12th / Fri Oct 13th: timed 400fs or IM
Thu Oct 19th / Fri Oct 20th: 2 timed 50s
Mon Oct 30th: 200 choice
Mon Nov 13th: 800 / 1500fs
Tue Nov 28th / Wed Nov 29th: 100 choice
Wed Dec 20th / Thu Dec 21st: "funner" day (e.g. relays)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall17.pdf>.

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:

Mark coached for **Sean** on **Mon Aug 28th** and **Tue Aug 29th**.

David and **I** coached for **Sean** on **Thu Aug 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>.

Thanks to those who participated in the relays on Thu Aug 31st and Fri Sept 1st. There were 4 improvements and 2 ties. Congratulations to **Sheila Kealey** (7:30am Earlybirds) for the largest improvement and to **Stephen Agberien** (Saturday) for an improvement and a tie. Here's the summary of improvements:

50fs (3)

Jean-Louis Tiernan	0.7	WC1
Stephen Agberien	0.5	WC1
Christiane Wilke	0.3	EB1

50br (1 tie)

Cori Dinovitzer	0.0	EB1
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50fl (1 + 1 tie)

Sheila Kealey	1.7	EB1
Stephen Agberien	0.0	WC1

Summer Session Summary

A big thank you to evening coach **Sean Dawson**, to Saturday coaches **Tim Kilby**, **Blake Christie**, and **Mark Blenkinsop**, to Fall coach **David Thibodeau**, and to sub-coaches **Owen Saunders** and **Matthew Tucciarone** for their coaching this term.

Here's the summary of the attendance and time trials for the Summer 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 Fall term or by e-mail.

Weekday Attendance:

This term we had **just one** swimmer with perfect attendance. Congratulations to **Ursula Scott** (7:30am Earlybirds)!

Here is the weekday attendance summary for this term:

6pm Whitecaps: July 4-Aug 31st (25 workouts): range: 15-31; average: 23.6

Missed 1 Workout: **Peter Lithgow**

Missed 2 Workouts: **Stephanie Le Saux Farmer**

Missed 3 Workouts: **Mindy Finkelstein**

Missed 4 Workouts: **Christian Cattan**

7:30am Earlybirds: July 5-Sept 1st (25 workouts): range 17-30; average: 22.5

Perfect Attendance: **Ursula Scott**

Missed 2 Workouts: **Jamie Chalmers**

Missed 4 Workouts: **Robin Henderson**

Time Trial and Relay Summary

The information below on most improved and fastest swimmers is taken from the time trials done during the Summer 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 73 different swimmers: 38 women and 35 men. There were 237 completed time trials: 122 for women and 115 for men. If you notice any errors or omissions, please let me know.

Twenty-five swimmers (14 women and 11 men) improved in at least one event (33 total improvements). **Erica Parker** (6pm Whitecaps) was the most improved swimmer with an improvement of 2:51 in her 1500 free (18.1 sec/100m). Next and most improved man was **Ethan Young** (6pm Whitecaps) with an improvement of 4.8 seconds in 50 free (9.6 sec/100m). Next was **Andrea Chandler** (6pm Whitecaps) with an improvement of 11.8 seconds in 200 free (5.9 sec/100m). Second man was **Peter Lapner** (6pm Whitecaps) with a 1:08 improvement in 1500 free (4.5 sec/100m). He was followed by **Philip Kaisary** (6pm Whitecaps) with a 15.2 second improvement in 400fs (3.8 sec/100m). Rounding out the top three for the women was **Sheila Kealey** (7:30am Earlybirds) with a 1.7 second improvement in 50 fly (3.4 sec/100m). **Christiane Wilke** (7:30am Earlybirds) improved in three different events.

Seventeen swimmers (9 women and 8 men) scored 270 plus points in at least one event (80 swims total), as per the 2015 point scores at this link: http://wiki.swimrankings.net/index.php/swimrankings:FINA_Points. **Andrea Zarins** (6pm Whitecaps) had the highest score with 466 points for 5:02.3 in 400 free. Next and top male was **Steve Kennedy** (6pm Whitecaps) with 430 points for 59.5 in 100 free. Next was **Erin McRae** (7:30am Earlybirds) with 385 points for 1:10.1 in 100 free. She was followed closely by **Justin Kernot** (7:30am Earlybirds) with 382 points for 27.9 in 50 free. Third for the men was **Adrian Finn** (6pm Whitecaps) with 380 points for 1:02.0 in 100 free. Rounding out the top three for the women was **Ingrid Hagberg** (6pm Whitecaps) with 373 points for 1:10.8 in 100 free. **Andrea Zarins**, **Steve Kennedy**, and **Lisa Tauskela** (6pm Whitecaps) scored 270 or more in four different events.

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, Sat = Saturdays only, 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 14 women and 11 men who improved in at least one event.

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Erica Parker	WC1	F	1500fs	271.0	18.1
2	Andrea Chandler	WC1	F	200fs	11.8	5.9
3	Sheila Kealey	EB1	F	50f1	1.7	3.4
4	Christiane Wilke	EB1	F	1500fs	43.0	2.9
5	Lisa Tauskela	WC1	F	400fs	7.5	1.9
6	Andrea Zarins	WC1	F	400fs	7.2	1.8
7	Liliane Cardinal	EB1	F	400fs	5.7	1.4
8	Erin McRae	EB1	F	100fs	1.3	1.3
9	Lisa Sharp	WC1	F	1500fs	18.0	1.2
10	Ingrid Hagberg	WC1	F	50fs	0.3	0.6
11	Heloise Emdon	EB1	F	800fs	3.0	0.4
11	Ursula Scott	EB1	F	200fs	0.7	0.4
13	Mars Nienhuis	WC1	F	400fs	0.9	0.2
13	Robin Henderson	EB1	F	400fs	0.6	0.2
1	Ethan Young	WC1	M	50fs	4.8	9.6
2	Peter Lapner	WC1	M	1500fs	68.0	4.5
3	Philip Kaisary	WC1	M	400fs	15.2	3.8
4	Gi Wu	WC1	M	200fs	6.6	3.3
5	Christian Cattan	WC1	M	400fs	8.9	2.2
6	Matthew Tucciarone	EB1	M	400fs	7.5	1.9
7	Jean-Louis Tiernan	WC1	M	50fs	0.7	1.4
8	Harley Gifford	EB1	M	50bk	0.6	1.2
9	Stephen Agberien	WC1	M	50fs	0.5	1.0
10	Adrian Finn	WC1	M	50fs	0.2	0.4
10	Bob Tipple	EB1	M	100fs	0.4	0.4

Fastest Swimmers (best event for each person):

All those scoring 270 or more points are shown. This term there were 9 women and 8 men who made the list.

P1	Name	Group	Gender	Event	Time	Points
1	Andrea Zarins	WC1	F	400fs	5:02.3	466
2	Erin McRae	EB1	F	100fs	1:10.1	385
3	Ingrid Hagberg	WC1	F	100fs	1:10.8	373
4	Mars Nienhuis	WC1	F	400fs	5:35.6	341
5	Paola Osorio	WC1	F	200fs	2:39.0	338

6	Stephanie Le Saux Farmer	WC1	F	200fs	2:42.6	316
7	Gillian Massel	WC1	F	400fs	5:45.1	313
8	Lisa Sharp	WC1	F	400fs	5:46.6	309
9	Lisa Tauskela	WC1	F	100fs	1:16.4	297
1	Steve Kennedy	WC1	M	100fs	59.5	430
2	Justin Kernot	EB1	M	50fs	27.9	382
3	Adrian Finn	WC1	M	100fs	1:02.0	380
x	Sean Dawson	EB1	M	200fs	2:19.7	359
4	Owen Saunders	WC1	M	100fs	1:04.3	341
5	Sam Hersh	EB1	M	50fs	30.0	308
6	Don Wells	WC1	M	400fs	5:20.7	289
7	Gi Wu	WC1	M	50fs	30.8	284

(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	Ingrid Hagberg	WC1	F	0.3	0.6
2	Christiane Wilke	EB1	F	0.3	0.6
1	Ethan Young	WC1	M	4.8	9.6
2	Jean-Louis Tiernan	WC1	M	0.7	1.4
3	Stephen Agberien	Sat	M	0.5	1.0
(2/4)					
100fs					
1	Erin McRae	EB1	F	1.3	1.3
1	Ethan Young	WC1	M	8.0	8.0
2	Harley Gifford	EB1	M	1.1	1.1
3	Christian Cattan	WC1	M	0.5	0.5
(1/4)					
200fs					
1	Andrea Chandler	WC1	F	11.8	5.9
2	Christiane Wilke	EB1	F	4.1	2.1
3	Lisa Tauskela	WC1	F	1.4	0.7
1	Gi Wu	WC1	M	6.6	3.3
(4/1)					
400fs					
1	Lisa Tauskela	WC1	F	7.5	1.9
2	Andrea Chandler	WC1	F	7.4	1.9
3	Andrea Zarins	WC1	F	7.2	1.8
1	Philip Kaisary	WC1	M	15.2	3.8

2	Christian Cattan	WC1	M	8.9	2.2
3	Matthew Tucciarone	EB1	M	7.5	1.9
(6/3)					
800fs					
1	Heloise Emdon	EB1	F	3.0	0.4
(1/1)					
1500fs					
1	Erica Parker	WC1	F	271.0	18.1
2	Christiane Wilke	EB1	F	43.0	2.9
3	Lisa Sharp	WC1	F	18.0	1.2
1	Peter Lapner	WC1	M	68.0	4.5
(3/1)					
50bk					
1	Harley Gifford	EB1	M	0.6	1.2
(0/1)					
50f1					
1	Sheila Kealey	EB1	F	1.7	3.4
(1/0)					
200IM					
1	Matthew Tucciarone	EB1	M	2.1	1.1
(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	Andrea Zarins	WC1	F	31.9
2	Ingrid Hagberg	WC1	F	33.1
3	Erin McRae	EB1	F	33.2
1	Steve Kennedy	WC1	M	27.9
1	Justin Kernot	EB1	M	27.9
3	Adrian Finn	WC1	M	28.4
(34/31)				
100fs				
1	Erin McRae	EB1	F	1:10.1
2	Ingrid Hagberg	WC1	F	1:10.8
3	Stephanie Le Saux Farmer	WC1	F	1:15.9
1	Steve Kennedy	WC1	M	59.5
2	Adrian Finn	WC1	M	1:02.0
3	Owen Saunders	WC1	M	1:04.3
(16/16)				
200fs				

1	Andrea Zarins	WC1	F	2:26.3
2	Paola Osorio	WC1	F	2:39.0
3	Stephanie Le Saux Farmer	WC1	F	2:42.6
1	Steve Kennedy	WC1	M	2:14.7
x	Sean Dawson	EB1	M	2:19.7
2	Peter Lithgow	WC1	M	2:37.8
3	Jalen Ramsaran	WC1	M	2:39.5
4	Ethan Young	WC1	M	2:39.6
(17/12)				
400fs				
1	Andrea Zarins	WC1	F	5:02.3
2	Ingrid Hagberg	WC1	F	5:27.6
3	Mars Nienhuis	WC1	F	5:35.6
1	Steve Kennedy	WC1	M	4:59.5
2	Don Wells	WC1	M	5:20.7
3	Peter Lithgow	WC1	M	5:29.7
(21/17)				
800fs				
1	Heloise Emdon	EB1	F	17:10
1	Jamie Chalmers	EB1	M	18:19
(1/1)				
1500fs				
1	Lisa Sharp	WC1	F	23:11
2	Jennifer Murdock	EB1	F	25:06
3	Nicole Delisle	WC1	F	26:14
1	Bruce Brown	EB1	M	23:40
2	Christian Cattan	WC1	M	27:04
3	Jean-Louis Tiernan	WC1	M	28:21
(11/5)				
50bk				
1	Nicole Delisle	WC1	F	49.4
2	Mary Donaghy	EB1	F	55.9
3	Joanie Conrad	WC1	F	58.4
1	Harley Gifford	EB1	M	36.6
2	Don Wells	WC1	M	37.8
3	Bruce Brown	EB1	M	42.1
(3/12)				
100bk				
1	Tony Michel	EB1	M	1:39.2
2	Jamie Chalmers	EB1	M	2:00.5
(0/2)				
200bk				
1	Sam Hersh	EB1	M	2:45.2
2	Jamie Chalmers	EB1	M	4:22.3

(0/2)				
50br				
1	Lara Thorpe	WC1	F	53.0
2	Isla Paterson	EB1	F	57.4
3	Christiane Wilke	EB1	F	57.6
1	Sam Hersh	EB1	M	39.0
2	Sam Gamble	WC1	M	41.7
3	Philip Kaisary	WC1	M	53.1
(6/4)				
100br				
1	Ruth Fawcett	EB1	F	1:51.9
2	Isla Paterson	EB1	F	2:05.7
(2/0)				
200br				
1	Karen Jensen	EB1	F	4:00.4
1	Francois Jacques	EB1	M	3:37.0
(1/1)				
50f1				
1	Natalie Aucoin	EB1	F	38.1
2	Dawn Walsh	EB1	F	44.6
3	Sheila Kealey	EB1	F	46.9
1	Adrian Finn	WC1	M	31.4
x	Dave McLellan	WC1	M	35.6
2	Harley Gifford	EB1	M	40.0
3	Stephen Agberien	WC1	M	40.8
(6/4)				
100f1				
1	Andrea Zarins	WC1	F	1:16.7
(1/0)				
100IM				
1	Karen Jensen	EB1	F	1:50.9
2	Cori Dinovitzer	EB1	F	1:56.8
3	Ursula Scott	EB1	F	1:59.9
1	Sam Hersh	EB1	M	1:18.0
2	Don Wells	WC1	M	1:20.6
3	Marshall Perrin	WC1	M	1:31.1
(3/6)				
200IM				
1	David Moore	WC1	M	3:06.1
2	Matthew Tucciarone	EB1	M	3:25.3
(0/2)				

Fun Relays (Thu Aug 31st / Fri Sept 1st)

6pm Whitecaps

4 x 50 Free Relay

1. 2:24.2 Team 3: Don Wells, Lara Thorpe, Stephen Agberien, Mars Nienhuis
2. 2:32.2 Team 1: Joanie Conrad, Philip Kaisary, Adrian Finn, Jean-Louis Tiernan
3. 2:45.5 Team 2: Nicole Delisle, Andrea Chandler, Dave McLellan, Peter Lithgow

4 x 50 Medley Relay

1. 2:47.2 Team 3: Don Wells, Lara Thorpe, Stephen Agberien, Mars Nienhuis
2. 3:04.3 Team 2: Nicole Delisle, Andrea Chandler, Dave McLellan, Peter Lithgow
3. 3:04.4 Team 1: Joanie Conrad, Philip Kaisary, Adrian Finn, Jean-Louis Tiernan

4 x 25 Kick Relay

1. 1:35.7 Team 3: Don Wells, Lara Thorpe, Stephen Agberien, Mars Nienhuis
2. 1:40.8 Team 1: Joanie Conrad, Philip Kaisary, Adrian Finn, Jean-Louis Tiernan
3. 1:43.6 Team 2: Nicole Delisle, Andrea Chandler, Dave McLellan, Peter Lithgow

7:30am Earlybirds

7 x 50 Free Relay

1. 4:47.1 Team 2: Francois Jacques, Mike Mopas, Isla Paterson, Christiane Wilke, Sheila Kealey, Sandy Lawson, Susan Hulley
2. 5:14.2 Team 1: Jamie Chalmers, Bruce Brown, Larry Durr, Cori Dinovitzer, Dawn Walsh, Harley Gifford, Nicole Le Saux

7 x 50 Medley Relay (bk, bk, br, br, fl, fl, fs)

1. 5:46.6 Team 1: Jamie Chalmers, Bruce Brown, Larry Durr, Cori Dinovitzer, Dawn Walsh, Harley Gifford, Nicole Le Saux
2. 5:52.9 Team 2: Francois Jacques, Mike Mopas, Isla Paterson, Christiane Wilke, Sheila Kealey, Sandy Lawson, Susan Hulley

Ask the Coach

Dear Coach: I have a question about **Derek Baas**, my husband. As you know he has had surgeries on his middle ear which have left him with ongoing issues. He has tried various techniques to swim comfortably – different earplugs, headband, etc. – but they haven't worked well for him. Do you know of any swimmers who have techniques for swimming without putting their head underwater? Could this possibly be an option for a serious swimmer? I have tried to suggest that he take up water running or aqua fit but he really does miss the swimming. If you know of any tips that would be appreciated. Thanks, **Andrea Chandler**

Dear Andrea: Swimming with your head out of the water, while a technique used by many recreational swimmers, is only used by water polo players in a "serious" manner. Even they do go under water, so their ears definitely don't stay dry. I would also worry about getting accidentally splashed by someone in the same or a nearby lane if getting water in the ears was a definite no-no. From some articles I found, it does look like ear plugs are the best bet (see below). I include some links below that I looked at. The ear cap looks interesting, but while it works for showering, I can't see it being tight enough for swimming. The last link mentions custom-made ear plugs. That would be my suggestion. Maybe other swimmers have ideas?

- <http://www.indianjotol.org/article.asp?issn=0971-7749;year=2016;volume=22;issue=2;spage=143;epage=143;aulast=Raman>
- <http://www.livestrong.com/article/178618-how-to-protect-ears-while-swimming/>
- <https://www.nonoise-earplugs.com/en/products/water-sports/>
- <http://www.earplugstore.com/swimandwatpr.html>

Dear Coach: I tend to cross over in my freestyle. What drill would you recommend to help with that? Working on my Freestyle

Dear W.o.m. Freestyle: First, just to clarify, in case anyone is unfamiliar with the term, crossing over refers to the hands entering the water above the head (rather than above the shoulder), especially if the hand crosses the mid-line of the body. A great drill, if you are able to get a lane to yourself, is to swim with your torso right on top of the black line, looking slightly forward so that you can see your hands entering the water, and ensure that your right hand enters (and stays) about 10cm to the right of the line, and your left hand about 10cm to the left of the line.

Masters Swimming Competitions

You **must** register annually with Swimming Ontario (SO) as a Carleton Masters swimmer if you want to compete in Masters Swimming competitions. **Registration for September 2017 to August 2018 will cost \$75.** As the process has changed, you must now register further in advance than before, as you will not be eligible to compete until your registration has been processed by SO. If you have not registered with MSO and Carleton Masters before, I need the following: name, gender, date of birth, address, phone number. If you have registered with us in the past few years, I just need to know if any of your information has changed. You may pay by e-transfer, cash, or cheque payable to me (**Lynn Marshall**).

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

<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 becomes 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/>

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

Note: A list of Masters meets (at least those I know about so far) will be in the next newsletter.

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

Sun Aug 6th Kingston Triathlon (750m/30k/7.2k; 183 participants)

Congratulations to **Lisa Meyer** on winning her age group and having the fastest female bike split of the day!! Results:

<https://www.sportstats.ca/display-results.xhtml?raceid=43715>.

Lisa Meyer (8:30am Earlybirds; 55-59): 27th overall, 4th female, and 1st in category in 1:48:17.0 (15:27 swim; 52:29 bike)

Mon-Sun Aug 14-20th World Masters Championships, Budapest, Hungary

Congratulations to **Harley** and **Natalie** on their great swimming. Full results:

http://mastersbudapest2017.microplustiming.com/swimming/index_web.php. Updated club records:

<http://carletonmasters.tripod.com/170816.Records.pdf>.

Natalie Aucoin (7:30am Earlybirds; 45-49): 24th 50fl (33.46 PB and close to a Club Record!); 25th 200fl (3:36.54); 31st 100fl (1:23.04 PB); 34th 200fs (2:47.12 very close to a PB!); 45th 50fs (33.03)

Harley Gifford (7:30am Earlybirds; 60-64): 17th 100bk (1:23.05); 19th 200bk (3:02.38 Club Record, PB); 35th 200fs (2:45.67 Club Record, PB); 59th 50fs (32.04)

Sat Aug 19th Reykjavik, Iceland Marathon (1267 participants)

Congratulations to **Susan Nevitt-Yelle** on a podium result! Results: <http://www.marathon.is/results/results-2017>.

Susan Nevitt-Yelle (7:30am Earlybirds; 50-59): 265th overall; 48th female, and 2nd in category in 3:43.07 (3:42.30 chip time)

Sat Aug 19th Provincial Cycling Time Trial Championships, Bruce Peninsula

Congratulations to **Lisa Meyer** on her Provincial title! Results: <http://www.ontariocycling.org/results/bike-bruce-time-trial-provincials-start-times/>.

Lisa Meyer (8:30am Earlybirds; 50+; Masters C): 1st in 30km in 47:02

Sun Aug 20th Thousand Islands Olympic Distance Triathlon (53 participants)

Congratulations to **John Halloran** on making the podium! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=43879>.

John Halloran (6pm Whitecaps; 45-49): 6th overall, 6th man, and 3rd in category in 2:28.22.2 (26:47 swim)

Sun Aug 20th Ironman Mont-Tremblant

Huge congratulations to **Jordan Monnink** on his podium finish, **3rd** in the pro category and under 9 hours!! This was his very first Ironman! **Jordan Monnink** (8:30am Earlybirds; Pro): **3rd** overall, **3rd** man, and **3rd** in category in 8:51:29.0 (54:33 swim)

Here's his report:

This past Sunday, I completed my first Ironman in Mont-Tremblant. Over the past few days, as I have spent time reflecting on the race, I've had difficulty expressing what I really felt before, during, and after the event. The best I can say is that I felt various bits of the wide range of emotions we as humans are capable of feeling. From apprehension, excitement and worry before the race, boredom, panic, dread, confidence during the race, to sheer elation and disbelief after the race. It was certainly a roller coaster ride, and one I will never forget at that.

The decision to compete in this race occurred approximately five weeks before the event date. My coach (Ian Fraser) and I discussed the difficulties of even attempting this race as my training up to this point has been 100% focused on the half-distance. Of particular concern was my lack of base miles on both the bike and the run. Prior to the training build up for this race, my longest run ever had been 26km and I had rode 130km a handful of times. A promise was made that should anything feel "off" about the sudden increase in miles that I would pull the plug and abort the race. Thus started a 3-week "taper/build" (trademark Ian Fraser) which consisted of focused long-workouts and great recovery in between. The build saw me peak with a run of 33km and a ride of 200km heading into the event. I felt good during this training block and so the race was on.

At this point I want to give a very special shoutout to the Zaret family of Neil, Debi and Adam. They hosted me for the weekend as well as the 70.3 race in June. They saw to it that I was extremely comfortable and well taken care of. They certainly made my race day all the more enjoyable and enabled me to perform to the best of my abilities.

On race morning, as I was standing on the beach getting ready for what would be a really long day, everything felt the same as it had for all the half-iron races I have competed in. One thing I learned is that for me, it was very hard to conceptualize the distance of the full without actually having done it before. I came to this realization once the gun went off and I entered the water. I had a really good swim start and was able to latch on to the lead group. I grabbed some fast feet and started swimming out into Lac Tremblant. This was the first taste of what I was in for when I realized that we were just swimming out and out and out and out. I was counting the Buoys on my right....10, 11, 12, 13.... "HOW MANY Buoys are there?!?!". We finally made the turn, good lord.... today is going to be a long day. I finished the swim in 54:33, perfect, only about 1:20 off the leaders.

Out onto the bike, I had a plan, ride the first loop conservatively and push a little more on the second if I'm feeling good. I thought I had a great ride. I felt comfortable and strong and didn't cook myself too badly. I caught some of my competitors and got passed by some as well. The biggest advice Ian had for me about the bike was to be patient. A lot can happen (and it did) on the bike and things happen slowly. I needed to be patient and let the race come to me. I focused on nutrition and taped a cheat sheet to my aero bottle so I would never forget when to eat and what to eat. For anyone who's wondering, I ate one picky bar, one Naak protein bar, four Fruit 3 bars, two bottles of Scratch, 2 bottles of Gatorade, and water at every aid station. I finished the ride with a split of 4:46:50.

Onto the run.... I entered the run course in 5th position, really happy with this spot. I immediately felt strong. I ran the first 5km though the hilly bits leaving the village at about a 3:50/km pace, which I realized was too fast. I overtook 4th in the process. My pace slowed a bit for the pathway section between km 5-10, where I was going at roughly a 4:00/km pace. At this point I was able to overtake 3rd position. Then the turn around and the slight uphill pathway section... This was where I began to suffer for the first time. At around km 12, my legs began to feel heavy and dead. I got really worried, convinced I was slowing to a snail's pace. I began to walk through the aid stations, taking time to take full sips of water and Gatorade. I even put down a gel. When I finally got through that pathway section, it was like the life was instantly put back into my legs. I had a great 15-25km piece where I was running at roughly a 4:10/km pace. Perfect I thought, I've got this. Then the pathway section... my goodness how I hate that section. I will take those rolling hills a million times before I take that lonely pathway section. I got to the turnaround ok. Now at km 33 and roughly 9km to go, the wheels started to fall off. I was stopping, 10 strong paces, then stop. The darkness was here. I walked the aid stations, thought this is over, 4th is going to pass me, then 5th. All I could really do is try to keep my feet moving. I remembered Ian telling me that during the run, I would experience utter darkness probably 3 times, that it would pass if I just stayed in the moment and kept my feet moving. So that's what I did, I kept moving forward, praying that I would begin to feel better. Again, as soon as I cleared the pathway section, the life was back, my pace increased, and I felt reassured that I was going to podium for my first time. Entering the village in Tremblant is like no race experience I have ever felt before. The feeling at this venue never gets old. The atmosphere is electric and the fans are so genuinely excited to see you finish. I finished the run with a split of 3:04:58, simultaneously setting my Ironman and marathon PR ;). To be able to take 3rd place in my first Ironman is not something I ever would have thought possible. To share the podium with Chris MacDonald and Marino Vanhoenacker, a legend in this sport, is still so surreal to me. I am grateful every day of the privilege I have to compete in this sport. It is something I will never take for granted. I want to thank everyone who reached out to me both before and after the race, those positive vibes were felt in my dark moments on the run course. It means so much to me that there is such a great community here in Ottawa who reached out with such heart felt messages. I also want to give special thanks to Ian Fraser, who somehow got me ready enough to complete this race, Cyclelogik, Zizu Optics (Code: Jordan25 for 25% off all eyewear ;)) Felt Bicycles and Human Powered Performance. Their support is literally the only way I can continue in this sport.

Finally, I want to give my condolences to the family and friends of the athlete who passed away on Tuesday after receiving medical attention on the run course on Sunday. It is just so very sad.

Up next for me is the Cornwall Olympic triathlon (I will be there regardless but may not be competing because I feel like I got run over by a bus), and then the Barrelman Half-distance triathlon, which is an absolute must do for anyone who wants a late season 70.3 race. This race challenges the most well executed WTC events and far exceeds many others. Come Join me!

Sat Aug 26th Rideau Canoe Club Dragon Boat Festival

Congratulations to the SportChicks on winning the women's division, placing first in all three distances: 200m, 500m, and 1000m. They won a huge trophy! **Dawn Walsh** (7:30am Earlybirds) and **Megan Holtzman** (8:30am Earlybirds) were the team captains. Full results:

<https://docs.google.com/viewer?a=v&pid=sites&srcid=cmlkZWZlF1Y2Fub2VjbHVhLmNhfGdyYWVtZXN0ZXN0fGd4Ojc0ZWZiMGQ2ODI1NWQyMjI>.

Sun Aug 27th Cornwall Olympic Distance Triathlon (139 participants)

Congratulations on great results! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=42301>.

Jordan Monnink (8:30am Earlybirds; 30-39): **2nd** overall, **2nd** man, and **1st** in category in 1:58:43.0 (23:15 swim)

Konstantin Petoukhov (6pm Whitecaps; 30-39): **23rd** overall, **20th** man, and **4th** in category in 2:20:39.5 (27:03 swim)

Christian Cattan (6pm Whitecaps; 30-39): **38th** overall, **29th** man, and **7th** in category in 2:33:07.1 (32:42 swim)

Lisa Meyer (8:30am Earlybirds; 50-59): **50th** overall, **14th** woman, and **4th** in category in 2:36:53.2 (31:45 swim)

Sun Aug 27th Cornwall Sprint Distance Triathlon (162 participants)

Again, lots of great results! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=42302>

Aaron Holtzman (8:30am Earlybirds; 40-49): **10th** overall, **10th** man, and **2nd** in category in 1:14:05.6 (15:37 swim)

Megan Holtzman (8:30am Earlybirds; 40-49): **31st** overall, **6th** woman, and **2nd** in category in 1:21:12.7 (13:44 swim)

Nancy Manning (8:30am Earlybirds; 60+): **45th** overall, **9th** woman, and **1st** in category in 1:24:39.3 (15:59 swim)

Rachel Bennett (6pm Whitecaps; 30-39): **55th** overall, **14th** woman, and **5th** in category in 1:26:22.9 (13:01 swim)

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 **Sept 1st**).

Private and Semi-Private Masters Swim Lessons

Fall Schedule:

Mon and Fri 9:35-10:35am

Early evenings may also be available.

Prices:

Private: \$52.50 per hour, plus HST.

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

Please e-mail me for more details.

Notes and Reminders

Fall/Winter Masters Swimming Programs, Barcodes and Prices

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

Fall 2017: Wed Sept 6th to Thu Dec 21st; no workouts Mon Oct 9th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): barcode 14262; cost: \$155+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): barcode 14263; cost: \$155+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): barcode 14268; cost \$170+HST: **Full: wait list available.**

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): barcode 14270; cost: \$155+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): barcode 14264; cost: \$62+HST

Winter 2018: Wed Jan 3rd to Sat Apr 14th; no workouts Mon Feb 19th, Fri Mar 30th, Mon Apr 2nd

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): barcode 14265; cost: \$140+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): barcode 14266; cost: \$140+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): barcode 14269; cost \$155+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): barcode 14271; cost: \$140+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): barcode 14267; cost: \$62+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.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>