

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: August-22-15 5:34 PM
To: Fran Craig; Steve Baird; Alex Joubert; Blake Christie; Claudia Cronin-Schlote; Kristi Dean; Lynn Marshall; Mits Kachi; Sean Dawson; Tim Kilby
Subject: Carleton Masters Swimming Newsletter #398

Carleton Masters Swimming Newsletter #398

Saturday, August 22nd, 2015

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2014, Winter 2015, Spring 2015, Summer 2015, and Alumni 7:30am Earlybirds I (52 addresses), 8:30am Earlybirds II (39 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (29 addresses), 8:10pm Whitecaps III (14 addresses), Saturday Only (8 addresses), Masters "Alumni" (25 addresses)



The 7:30am Earlybirds, including (left to right, top row) **Harley Gifford, Norine Naguib, Jim Lee, Ian Lorimer, Francois Jacques,** (bottom row) **Miguel Chavez, Dawn Walsh, Matthew Tucciarone, Sandy Lawson, and Robin Henderson** wish Carleton's two representatives at Masters Worlds good luck. **Natalie Aucoin** and **Jamie Chalmers** were two of only 11 Canadians at the FINA World Masters in Kazan, Russia. Both swam very well – details below!

Masters Program Notes and Cancellations

- Just two weeks left in the Summer session!
 - Saturday swimmers please note that residence move in starts **Sat Aug 29th** (details below).
- The Summer session runs until **Sat Sept 5th 12:15-1:25pm**
 - The weekday groups (7:30am and 6pm) both include Saturdays.
- Saturday workouts are from **12:15-1:25pm for July, August, and Sept 5th**.
 - **Note that due to a pool schedule change, the Sat Sept 5th workout is now at 12:15pm, not 8:15am.**
- **There are no workouts Mon Sept 7th (Labour Day).** The Fall session starts **Tue Sept 8th**.
- **Registration for Fall and Winter has started** – details below.
 - The Fall 7:30am and 6pm are filling up: **11** spots left at 7:30am and **16** left at 6pm.

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. Note that the 8:10pm group will not run this year due to low registration. 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 2015: Tue Sept 8th to Sat Dec 19th; no workouts Mon Oct 12th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 10100; cost: \$140+HST
8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 10101; cost: \$140+HST
6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10106; cost \$156+HST
7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10108; cost: \$140+HST
8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 10102; cost: \$58+HST
Winter 2016: Mon Jan 4th to Fri Apr 8th; no workouts Mon Feb 15th, Fri Mar 25th, Mon Mar 28th
7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 10103; cost: \$127+HST
8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 10104; cost: \$127+HST
6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10107; cost \$146+HST
7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: Mon/Thu: **Sean**; Tue: **Mits**; barcode 10109; cost: \$130+HST
8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 10105; cost: \$50+HST

Swimmer Notes

Swimmer Updates:

- Best of luck to **Derek Baas** (x-Whitecaps, husband of **Andrea Chandler**, 6pm Whitecaps, and father of **Freddy** and **Stuart**, x-Child Safety Supervision) for mitral valve (open heart) surgery on **Mon Aug 24th**. Here are some details from **Derek**:

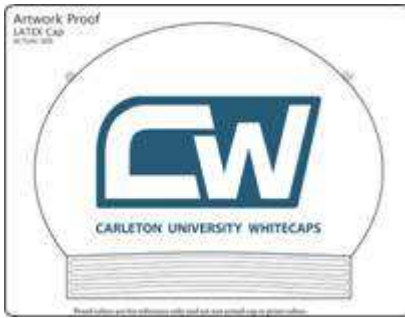
“Operation to take place at Ottawa Heart Institute. Surgeon is Dr. Thierry Mesana. Estimated procedure time 7-8 hours. Estimated hospital stay 7-10 days. Estimated recovery time (i.e., off work – approx. 3 months). The diagnosis of the deteriorating performance of the valve was a by-the-numbers thing. I am still feeling well but have been told that – absent the surgery – symptoms of heart failure would start to make themselves felt in fairly short order. I have suspected that I would eventually need this surgery for a number of years and the recommendation to proceed “this year” came in about March or April. I’ve had a scheduled date since mid-June and I am looking forward to getting on with it.”

- **Norine Naguib** (7:30am Earlybirds, norine.naguib@gmail.com) is looking for a squash partner to play at Carleton on Monday or Tuesday evenings for an hour between 6pm and 8pm. She says that she is a new and mediocre player but motivated to elevate her game with someone more seasoned.

- **Residence Move-in Weekend:** On **Sat Aug 29th** and **Sun Aug 30th** students will be moving into residence and traffic on campus (and Bronson, turning into campus from both north and south) will likely be crazy. Also, the **entrance to campus at Colonel By will be closed**. Those swimming or working out on those two days may prefer to walk, cycle, or take public transit (O-Train is your best bet). If you choose to drive, it may be better to park at Brewer.

- The Orleans Riptides Special Olympics Swim Team, of which **Mélanie Héroux** (8:30am Earlybirds) is a member, is looking for an additional volunteer coach for their workouts next season. The season runs from mid-October until early May and they have one workout per week at the Bob MacQuarrie Pool in Orleans on Sundays from 4:30-5:30pm. Please pass this on to anyone else who may be interested. For more details, contact **Mélanie Héroux** at: saku_fan@hotmail.com.

- **Carolyn Odecki** (6pm Whitecaps)’s daughter designed a Carleton Masters Swimming logo for latex swim caps. Note that our official team name for swim meets is Carleton University Masters Whitecaps, and although for registration purposes Carleton calls only the evening groups “Whitecaps”, that doesn’t mean these caps are intended only for evening swimmers! Caps are available from me and from **Carolyn** for \$5 each. Once **Carolyn** has made back her money, any profit will go to the team. This is what the caps look like:



News and Links:

- The Best Athlete in the World Right Now is 18 Year Old Swimmer Katie Ledecky, and What She's Doing is Nuts [thanks to **Lucie Boudreau** (7:30am Earlybirds)]: <http://www.outsideonline.com/2007106/best-athlete-world-right-now-18-year-old-swimmer-and-what-shes-doing-nuts>
- Team of Octogenarian Men Swim the Catalina Channel in a Relay: <http://www.sandiegouniontribune.com/news/2015/aug/20/80-somethings-swim-to-Catalina-record/>
- The Three "R"s of Distance Freestyle: Reach, Rotation, Relaxation: <http://www.usms.org/articles/articledisplay.php?aid=379>
- In Masters Swimming, Training is more Important than the Race: <http://www.wsj.com/articles/in-u-s-masters-swimming-training-is-more-important-than-the-race-1438622826>
- Swimming Pool in the Sky: <http://thespaces.com/2015/08/19/londons-nine-elms-set-for-a-swimming-pool-in-the-sky/>
- **Manny Pacquiao** Says 'God, Salt Water' Fixed His Injured Shoulder: <http://bleacherreport.com/articles/2552911-manny-pacquiao-says-god-salt-water-fixed-his-injured-shoulder>
- How Swimmers can Strengthen the Serratus Anterior Muscle: <http://www.swimmingworldmagazine.com/news/how-swimmers-can-strengthen-the-serratus-anterior-muscle/>
- Strength Moves for a Cardio Workout: <http://www.womenshealthmag.com/fitness/strength-moves-for-a-cardio-workout>
- The Best Way to Make your Exercise Habit Stick: <http://time.com/3950220/exercise-healthy-habits/>
- Why We are Bad at Predicting our Behaviour, and what that Means for Coaching: <http://www.scienceofrunning.com/2015/07/why-we-are-bad-at-predicting-our-own.html>
- The latest from **Sheila Kealey**: <http://www.sheilakealey.com/2015/08/07/food-health-and-fitness-news-20/> and <http://www.sheilakealey.com/2015/08/14/food-health-fitness-research-news/>

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.

Summer Session Information

The usual pool allocations and coaches are as follows:

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

6pm Whitecaps: Shallow End; Monday/Thursday: **Sean**; Tuesday: **Mits**

12:15pm Saturdays (8:15am Sept 5th): Usually Shallow End; rotating coach schedule (see bulletin board / web site)
Exceptions will be noted here.

Thanks to **Sean** for coaching for me on **Mon Aug 10th**, **Wed Aug 12th**, and **Fri Aug 14th**. Also, **Mits** coached for **Sean** on **Mon Aug 17th**, and **Sean** coached for **Mits** on **Tue Aug 18th**.

Fin Day:

Tue Aug 6th / Wed Aug 7th

Time Trials:

Mon Jul 13th: 400fs or IM
Mon Jul 27th: 50 choice and 100 choice
Tue Aug 11th / Wed Aug 12th: 800 / 1500fs
Tue Aug 18th / Wed Aug 19th: 200 choice
Thu Sept 3rd / Fri Sept 4th: fun day (relays)

This information and more can be found with the Spring/Summer workout themes at: <http://carletonmasters.tripod.com/mastplansprsum15.pdf>.

Apologies to **Mieke Corriveau** as I missed listing her in the previous newsletter under the **50 and 100** improvements on **Mon Jul 27th**. **Mieke** (6pm Whitecaps) improved by 3.3 seconds in her 50fs! In addition, **Cory Fraser** (7:30am Earlybirds) did a make-up 50 free time trial on **Wed Aug 19th** and improved his time by 1.4 seconds.

Thanks to those who participated in the **distance time trials on Tue Aug 11th / Wed Aug 12th**. The biggest improvement nearly 2 minutes by **Marshall Perrin** (6pm Whitecaps) in his 1500. A full list of improvements follows:

800fs (1)

Cory Fraser (7:30am Earlybirds) 21

1500fs (3)

Marshall Perrin (6pm Whitecaps) 1:51

Miguel Chavez (7:30am Earlybirds) 39

Justine Schweizer (6pm Whitecaps) 12

Great job by those participating in the **200 time trials on Tue Aug 18th / Wed Aug 19th**. Cory Fraser (7:30am Earlybirds) had the biggest improvement with 11.5 seconds in 200 free. A list of all improvements follows:

200fs (4)

Cory Fraser (7:30am Earlybirds) 11.5

Mary Lou Davies (7:30am Earlybirds) 2.9

Sylvia Williams (6pm Whitecaps) 2.6

Bob Tipple (7:30am Earlybirds) 1.1

200IM (1)

Malika Shaath (7:30am Earlybirds) 5.5

Here's the weekday attendance summary for the term, so far. Those with the best attendance will receive a certificate at the end of the term. If you notice any errors, please let me know, as several days attendance stats have been lost, and recreated from memory!

7:30am Earlybirds (July 6-Aug 21st; 20 workouts; range: 19-35; average: 27.6)

Missed 1 Workout: **Christian C**

Missed 2 Workouts: **Susan H**

Missed 4 Workouts: **Bob T, Harley G, Ian L, Margaret DK**

6:00pm Whitecaps (July 6-Aug 20th; 20 workouts; range: 16-31; average: 21.9)

Perfect Attendance: **Dave G**

Missed 1 Workout: **Mike L, Peter L**

Missed 2 Workouts: **Deb L, Mindy F**

Missed 3 Workouts: **Monica F, Nicole D, Roy H**

Ask the Coach

Dear Coach: What should the head position be in breaststroke when breathing and when gliding? Improving My Breaststroke

Dear I.M. Breaststroke: The rules for the head position in breaststroke have changed over the years. Many years ago the head did not have to break the surface at all. In the 1956 Melbourne Olympics **Masara Furukawa** of Japan set a world record staying underwater (long course!) except for the turns. In the 1970s the head was not allowed to go under water completely, except on the push offs. How the head must break the surface once per stroke cycle. For efficiency,

the head should stay low. Look towards the water (not straight ahead) when breathing, and look at the bottom of the pool, submerging the head completely, when gliding. Note that you do not have to breathe every stroke in breaststroke, but the top of the head must still break the surface on every stroke cycle.

Dear Coach: What muscles should I be using in the breaststroke kick? Struggling with Breast Kick

Dear S.w.B. Kick: Breaststroke kick comes naturally to some. For the rest of us, it's a struggle! You should be using your glutes, adductors, and quads. Here's a video showing the muscles that are used in each of the swimming strokes, at each point in the stroke: <https://www.youtube.com/watch?v=1rQ8iEGd2jk>.

Dear Coach: How do I know how often to stop and when to do the 50m easy that you often include in the workouts? New Swimmer

Dear N. Swimmer: Usually the 50m easy is between sets, and not between repeats. Thus if, for example, it says: 3 x 100 ...
50 ch ez
you would do all three 100m swims before doing the 50 choice easy, and then repeat that 350m pattern. In this example you would stop after every 100m, and again after the 50 easy. If I wanted you to do 300m without stopping I would write: 300 ...
50 ch ez

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 will be open soon.** Note that you must register with MSO before the **due date** of the entry for your first competition. You must register with MSO (as a Carleton Masters swimmer) if you want to enter any competitions. If you have not registered with MSO and Carleton Masters (or have not competed since 2008), I need the following: name, date of birth, address, phone number. If you have registered with us in the past five years, I just need to know if any of your information has changed. You may pay by cash or cheque payable to me (**Lynn Marshall**).

Full details on all Ontario Masters competitions can be found at: <http://www.mastersswimmingontario.ca/events/>. For Quebec competitions see: <https://www.swimming.ca/MeetList.aspx>, select FNQ and Masters <show>, and the upcoming meets tabs, then the appropriate month or "season", then select the appropriate meet to get more info. If it says "sanctioned" the meet package should be available.

Here's a list of tentative and confirmed upcoming competitions in Ontario and Quebec. Links will be added to further information when available. Note that for meets that are usually annual but not yet listed, I've included my guess of the likely date along with "TBC". More meets and more details will be added as the information become available. **Note that meet entries and confirming meet information and entry dates are your responsibility.**

Sat Oct 24th Brossard Masters Meet, Montreal (TBC)
Sat-Sun Nov 7-8th Baie-Comeau Masters Meet (TBC)
Sun Nov 8th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-november-8-2015/>
Sun Nov 15th Etobicoke Masters Meet (TBC)
Sun Nov 15th Cote St-Luc Masters Meet, Montreal <https://www.swimming.ca/en/meet/18297/>
Thu Nov 19th Elliot Lake Masters Meet (TBC)
Sat Nov 21st Swim Ottawa Meet, Brewer Pool (TBC)
Sat Nov 21st Coupe de Quebec, Claude Robillard Pool LC, Montreal (TBC)
Sat Dec 5th Montreal Nord Masters Meet (TBC)
Sun Dec 6th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-december-6-2015/>
Sat-Sun Dec 5-6th Ste-Foy Masters Meet (TBC)
Sun Dec 6th North York Pentathlon (TBC)
Sun Dec 6th Clarington Masters Meet (TBC)
Sun Jan 17th U of T Masters Meet (TBC)
Sun Jan 17th Alderwood SCY Masters Meet <http://www.mastersswimmingontario.ca/events/alderwood-teddy-bares-41st-annual-scy-swim-meet-january-17-2016/>
Sat Jan 24th Pointe Claire Masters Meet (TBC)
Sat-Sun Feb 6-7th Quebec City LC Masters Meet (TBC)

Sun Feb 7th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-february-7-2016/>
Sun Feb 7th Burlington Masters Meet <http://www.mastersswimmingontario.ca/events/winter-splash-2016-february-7-2016/>
Sat-Sun Feb 13-14th La Salle Masters Meet, Montreal (TBC)
Sat Feb 20th Nepean LC Masters Meet (TBC)
Sun Feb 28th Cote St-Luc Masters Meet, Montreal (TBC)
Sun Feb 28th Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/5th-annual-thornhill-invitational-swim-meet-february-28-2016/>
Sun Mar 6th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-march-6-2016/>
Sat Mar 12th Dollard-des-Ormeaux, Montreal (TBC)
March or April Ontario Provincials (TBC)
Fri-Sun Apr 15-17th Quebec Provincials, Montreal Nord <https://www.swimming.ca/en/meet/18365/>
Sun Apr 17th Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-april-17-2016/>
Sat Apr 23rd All Out Swim LC, Toronto (TBC)
Fri-Mon May 20-23rd Nationals (TBC)
Sat Jun 4th Longueuil LC, Montreal <https://www.swimming.ca/en/meet/18314/>
Sat Jun 25th Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-2k-open-water-race-june-25-2016/>
Sat Jul 23rd Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-3k-open-water-race-july-23-2016/>
Sat Aug 13th Technosport 2k Open Water Swim, Meech Lake <https://www.mastersswimmingontario.ca/events/techno-4k-open-water-race-august-13-2016/>

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

Sun Jul 5th Muskoka Ironman 70.3 (1.9k/90k/21.1k)

Congratulations to **Jordan** on 4th overall, and less than 30 seconds from 3rd! Full results here:

<http://www.ironman.com/triathlon/events/americas/ironman-70.3/muskoka/results.aspx>

Jordan Monnink (8:30am Earlybirds; Pro): 4th overall, 4th man, and 4th in category in 4:19:58 (swim 26:49)

Sun Jul 19th Racine Wisconsin Ironman 70.3 (1.9k/90k/21.1k)

Congratulations to **Margaret** and **Annemarieke** on their races. Great job by **Annemarieke** finishing in the top 10 in her first half ironman race! Full results here: <http://www.ironman.com/triathlon/coverage/athlete-tracker.aspx?race=racine70.3&y=2015>.

Margaret King (7:30am Earlybirds; 50-54): 781st overall; 168th woman; and 14th in category in 5:56:54 (swim 33:32)

Annemarieke Goldsmith (8:30am Earlybirds; 55-59): 1322nd overall; 371st woman; and 10th in category in 6:35:06 (swim 38:07)

Sat Aug 1st National Capital Sprint Triathlon (500m/20k/5k; 169 participants)

Carleton swimmers took 3 of the top 5 spots, and **Tony** and **Andrew** had the fastest 2 swims!! Full results at: <https://www.sportstats.ca/display-results.xhtml?raceid=26647>. **Coach Sean Dawson** tells me that **Tony's** good result is due to him (Sean) writing the numbers on Tony before his race. And apologies for missing **Andrea Z** from the results, and congrats to her on a podium age group finish!

Tony Revitt (8:30am Earlybirds; 40-44): 2nd overall, 2nd man, and 2nd in category in 1:06:39.2 (9:27 swim)

Andrew Dechamplain (8:30am Earlybirds; 20-24): 3rd overall; 3rd man, and 1st in category in 1:06:53.3 (9:50 swim)

Aaron Holtzman (8:30am Earlybirds; 40-44): 5th overall; 5th man, and 3rd in category in 1:09:04.4 (12:19 swim)

** **Andrea Zarins** (x-6pm Whitecaps; 25-29): 76th overall; 25th woman, and 2nd in category in 1:26:48.3 (11:48 swim)

Sat-Mon Aug 1-3rd Penticton Ultraman Canada (10k/425.6k/84.4k; 25 participants)

Congratulations to **Robert Fabes** (7:30am Earlybirds) on a fantastic result in this grueling 3-day race. **Kevin Graham** (7:30am Earlybirds) was also there as a crew member for Robert. Robert finished 12th overall, and won his age group (4 competitors)! Awesome!!! Full results here: <http://ultra520kcanada.com/wp-content/uploads/2015/07/U520-2015Final.pdf>.

Robert Fabes (7:30am Earlybirds; 50-59): 12th overall; 11th man and 1st in category in 31:33:07 (3:04:16 swim: 2nd overall and 1st man!!)

Tue-Sun Aug 11-16th FINA Masters World Championships, Kazan, Russia

Natalie Aucoin (7:30am Earlybirds) and **Jamie Chalmers** (7:30am Earlybirds) were Carleton's two swimmers at this event. They both did very well. Each swam two personal bests, and **Jamie** scored medals (i.e. top 10) in all five of his events! Congratulations!!! Full results at: <http://masterskazan2015.microplustiming.com/index.php>; results of the 11 Canadians only here: <http://mymisc.ca/ShowMeet.jsp?id=816>.

Natalie Aucoin (7:30am Earlybirds; 40-44): 12th 50fl (34.69); 14th 100fs (1:13.68 PB), 200fs (2:46.41 PB)

Jamie Chalmers (7:30am Earlybirds; 70-74): 6th 50bk (48.25), 200bk (4:08.03 PB); 7th 100bk (1:52.50 PB); 9th 400IM (9:59.89); 10th 50fs (36.00)

Sat Aug 15th Riverkeeper 4km (Escape from Alymer-traz) Swim (61 swimmers)

Cori Dinovitzer (7:30am Earlybirds) was Carleton's sole participant, with a good swim, despite giving the others a bit of help due to her navigational issues. Full results here: <http://www.ottawariverkeeper.ca/wp-content/uploads/2015/06/2015-Riverkeeper-4K-Official-Placing.pdf>.

Cori Dinovitzer (7:30am Earlybirds): 47th overall; 29th non-wetsuit in 1:33:12

Sat Aug 15th Technosport Meech Lake 4km Swim (30 participants)

Three current and one former Carleton swimmer participated. Congratulations to **Jian** and **Julie** for their gender podium finishes, and to all four for age group podium finishes. Full results here:

http://www.technosport.ca/results/Techno_Meech_Lake_4K_results_august_15_2015.pdf.

Jian-Lok Chang (6pm Whitecaps; 30-34): 2nd overall; 2nd man, and 1st in category in 60:40

Julie Mouris (6pm Whitecaps; 25-29): 6th overall; 3rd woman, and 1st in category in 68:18

Gi Wu (6pm Whitecaps; 30-34): 9th overall; 5th man, and 2nd in category in 70:55

Stephane Raynaud (x-6pm Whitecaps; 40-44): 18th overall; 7th man, and 2nd in category in 82:47

Sun Aug 16th Brockville Olympic Triathlon (1.5k/41.2k/10k; 65 participants)

Gillian had a great race! If I missed anyone, let me know! Full results here: <https://www.sportstats.ca/display-results.xhtml?raceid=23717>.

Gillian Massel (6pm Whitecaps; 20-24): 33rd overall; 13th woman, and 2nd in category in 2:59:22.8

Sun Aug 16th Mont Tremblant Ironman (3.8k/180k/42.2k)

Congratulations to Carleton's five swimmers (unless I missed anyone?) who participated. Some great results despite a brutally hot day! Many PBs (or close) and **Nicole M** qualified for Kona!! Kudos to **Robert** for an ironman PB less than two weeks after Ultraman! Full results here: <http://www.ironman.com/triathlon/events/americas/ironman-mont-tremblant/results.aspx>.

Nicole Mikhael (7:10pm Whitecaps; 30-34): 256th overall; 30th woman and 3rd in category in 11:02:02 (1:19:12 swim)

Kevin Graham (7:30am Earlybirds; 40-44): 399th overall; 352nd man and 83rd in category in 11:27:22 (1:01:47 swim)

Robert Fabes (7:30am Earlybirds; 50-54): 1031st overall; 856th man and 92nd in category in 12:46:10 (1:04:09 swim)

Christian Cattan (7:30am Earlybirds; 35-39): 1085th overall; 896th man and 130th in category in 12:53:10 (1:28:14 swim)

Mike Mopas (7:30am Earlybirds; 40-44): 1700th overall; 1325th man and 297th in category in 14:27:20 (1:17:49 swim)

Sun Aug 16th Timberman Ironman 70.3, New Hampshire (1.9k/90k/21.1k)

Jordan had a great race in a very competitive field. Full results here: <http://www.ironman.com/triathlon/coverage/athlete-tracker.aspx?race=timberman70.3&y=2015>

Jordan Monnink (8:30am Earlybirds; Pro): 19th overall; 19th man, and 18th in category in 4:13:14 (27:55 swim)

Tue Aug 18th Xerox 10km Run, Ottawa (76 participants)

Congratulations to **Lucie** on a great run and age group win! Full results here: <https://www.sportstats.ca/display-results.xhtml?raceid=26182>.

Lucie Boudreau (7:30am Earlybirds; 50-59): 38th overall; 11th woman, and 1st in category in 52:57.5

Wed-Sun Aug 19-23rd World Dragon Boat Championships, Welland

Dawn Walsh (7:30am Earlybirds) is a member of Canada's women's and mixed 50+ (Senior B) Dragon Boat teams. Both teams are cleaning up at Worlds at the moment. She is competing in 2k, 1k, 500m, and 200m for both women's and mixed (8 races). With one event to go tomorrow (500m women), she has earned 7 golds! Fantastic job, Dawn!! Full results here: https://idbfchamps.org/2015_well.php.

2015 Statistics Summary: Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and 2014 rankings, as well as previous years, top 20 (by gender and age group both SCM and LCM) at: <http://www3.sympatico.ca/chberger/#canada> (last update **June 23rd**).

Private and Semi-Private Masters Swim Lessons

For July and August, lessons are available at the following times:

Mon-Fri 12:30-1:30pm

Mon-Thu 4:30-5:30pm or 5:00-6:00pm

Wed 6:00-7:00pm

Wed 7:00-8:00pm

Mon, Tue, Thu 7:10-8:10pm

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.

Reminders

Summer Masters Swimming Programs, Barcodes and Prices

Registration is open for Summer. 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>.

Summer 2015: Mon Jul 6th to Sat Sept 5th; no workouts Mon Aug 3rd

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 9384; cost: \$98+HST

6:00pm Whitecaps: 6:00-7:10pm MTuTh and 12:15-1:25pm Sat (shallow): Coaches: Evenings: Mon/Thu: **Sean**; Tue: **Mits**; Saturdays: **rotating schedule**; barcode 9389; cost \$110+HST

12:15pm Saturday Earlybirds ONLY: 12:15-1:25pm Sat, except 8:15-9:25am Sept 5th (shallow): Coaches: **rotating schedule**; barcode 9386; cost: \$34+HST

Newsletter: An e-newsletter (like this one) is sent out about every two weeks. If you have new lane-mates, please mention to them that they should give their e-mail address to their coach if they'd like to receive it.

Suggestions for Workouts or Interested in Making up a Workout or a Set?: If you have suggestions for the workouts (something you like that we never do, or something you dislike that we do too much!), or if you'd like to try making up a workout or a set in a workout, just talk to your coach.

Interested in Copies of my Workouts?: Are you interested in getting copies of my workouts ahead of time? Let me know. I usually e-mail out two week's worth of workouts at a time. (Note that these are only the workouts that I coach.)

Triathletes: Check out Rudy Hollywood's website: <http://www.trirudy.com> and subscribe to the daily tri-news e-mail. Another good resource is <http://www.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>