

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: Saturday, October 01, 2016 4:57 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 #428

Carleton Masters Swimming Newsletter #428

Saturday, October 1st, 2016

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2016 and Alumni: 7:30am Earlybirds I (41 addresses), 8:30am Earlybirds II (38 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (31 addresses), Saturday Only (8 addresses), Masters "Alumni" (16 addresses); plus Fall 2015, Winter 2016, Spring 2016, Summer 2016, and Alumni: 7:30am Earlybirds I (12 addresses), 8:30am Earlybirds II (13 addresses), 6pm Whitecaps I (16 addresses), 7:10pm Whitecaps II (13 addresses), Saturday Only (1 address), Masters "Alumni" (31 addresses)

I recently read "**Chasing Water**" by **Anthony Ervin** and **Constantine Markides**. The next four newsletters will include some quotes from that book about swim workouts:

"A standard swim workout is like having to do the SAT math section while bleeding and being pursued by a hungry shark."

Masters Program Notes and Cancellations

- The Fall session is underway and runs until **Thu Dec 22nd**.
 - There are no workouts **Mon Oct 10th (Thanksgiving)**. For Saturday swimmers, there is a workout **Sat Oct 8th at 8:15am**.
- Registration is open for both Fall and Winter. Details on dates, prices, and barcodes is near the end of the newsletter.
- For Fall, the 7:30am and 6pm groups are full: wait lists available (do let me know if you're on a wait list!). There are just **2** spots left at 8:30am.
 - The 7:30am and 6pm groups are likely to fill for Winter, also, so if you like to swim at either of those times, I'd recommend signing up for Winter by December.

Aquasport Discount for Carleton Masters Swimmers

Carleton Masters is now registered with Aquasport, which means that you get a 15% discount on regularly priced merchandise at all their stores. (No discount on sale merchandise.) They have two locations in Ottawa (2730 Iris Street in the West End and 2160 Montreal Road in the East) and several in Montreal. **To get the discount, just tell the staff that you are with Carleton Masters** (no proof is required!).

Masters Swimming Ontario Registration for 2016-2017

If you want to enter Masters Swimming competitions, you need to register with Masters Swimming Ontario. Registration for this season (Fall 2016 to December 2017) is now available. Cost is **\$40** (cash, cheque or e-transfer to me). If you are registering with MSO / Carleton Masters for the first time, I need: date of birth, address and phone number. If you are renewing your membership, please let me know if any of your details have changed.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Mark Blenkinsop** (Coach), his wife **Krista** and son **Linden**. They are expecting a new addition to the family on April 6th!

- **Nancy Manning** (8:30am Earlybirds) won the age 35 plus category in the Gatineau Park Kingsmere Regatta Swim-Around-the-lake, a yearly event which includes swimmers from Technosport. This was **Nancy's** first victory in fifteen years of participation for which she credits Lynn and the other 8:30am Earlybirds coaches! Congratulations, **Nancy!** What an impressive trophy!



- Thanks to **Robin Henderson** (7:30am Earlybirds) for getting a very appropriate cycling card that the Earlybirds signed and gave to **Margaret King** (7:30am Earlybirds) to wish her well for the Ironman World Championships in Kona, Hawaii next weekend. Go Margaret!!

- **Michael Lau** (6pm Whitecaps) experienced a racing heart at practice on **Mon Sept 19th** which led to the pool being cleared and Mike staying in the hospital overnight for observation. He apologies to the swimmers who were inconvenienced by this, but we are all just glad that he is ok! **Mike** reports that training is back to normal and he will be racing at the Mohawk Hudson River Marathon next weekend and back in the pool raring to go for the 400m time trial the following week! Good luck, Mike!

- **Hiba Mahmoud** is a research student at University of Ottawa working with **Dr. Karen Fleming** from Toronto (Sunnybrook Health Sciences Centre). They are conducting a study on the maternal health and fetal health of female swimmers. Women who complete this survey will help in the development of medical prescriptions geared to athletes: https://dfcmutorontoca.qualtrics.com/SE/?SID=SV_af7X6F0GLsI0937.

- The Rideau Speedeaus (Ottawa's Gay/Lesbian-friendly Masters Swim Team) is **still** looking for a Wednesday night coach 6- 7pm at Ottawa U starting immediately. It is a paid position, pay dependent on experience. Please contact **Tarek** (swimguy_66@hotmail.com) for more information.

- **Sarah Zhang** works in an exercise physiology lab at U of Ottawa:

"We are currently looking for older participants (55+ yo) to come in and participate in our research. Our research looks at different responses and performances in the heat, with an emphasis on more vulnerable populations (chronically ill, aging, etc.). All our participants receive a free aerobic fitness test as well as body composition analysis, which we give in a fitness report as compensation. The testing will take place in mid-October."

If anyone is interested, please e-mail Sarah at szhan139@uottawa.ca.

- The Masters Swimming Ontario (MSO) AGM will be held **Sun Oct 16th 1pm** in the Varsity Room of the Holiday Inn Toronto Bloor-Yorkdale, **280 Bloor St W, Toronto**. If anyone will be nearby and wants to attend, just let me know! Details here: <http://www.mastersswimmingontario.ca/notice-of-annual-general-meeting-masters-swimming-ontario/>.

- On **Oct 3, 5, 11, 14, 17, and 19th from 8:00-9:00am and 11am-noon** Carleton University Safety will be conducting a campus-wide awareness campaign on new traffic regulations for vehicles and cyclists. During this awareness campaign, safety officers will be at key locations across campus handing out information cards that highlight driving within the speed limit, staying off the phone while driving and the importance of stopping at stop signs.

- **Robin Henderson** (7:30am Earlybirds)'s husband, **Chris St Michael**, is having some of his photos featured in the "Wildlife, Birds and Adventure" exhibition at the "Oh So Good" Coffee House Westboro location (261 Richmond Road) until **Oct 28th**.

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



News and Links:

- **Michael Phelps** Teaches "Average Andy" Butterfly: <http://www.onecountry.com/michael-phelps-ellen-show-race-2021361789.html>

- Ten Ways to Spice up Your Relationship with Your Kick Board?!: <https://swimswam.com/10-ways-spice-relationship-kick-board/>

- **Karlyn Pipes**: I Was a World-Champion Swimmer—Until Alcohol Took Over My Life: <http://www.womenshealthmag.com/fitness/karlyn-pipes-addiction-alcoholism>

- The Distance Debate: How Much Swim Training Should We Be Doing?: <https://www.swimmingworldmagazine.com/news/swim-training/>

- Does Exercise Slow Cellular Aging?: <http://cathe.com/exercise-slow-cellular-aging>

- Is Swimming the Most Age-Friendly Sport of them All?: <http://www.vancouver.sun.com/health/diet-fitness/swimming+most+friendly+sport+them/12068560/story.html>

- Why do I Swim? This is Why: <https://swimswam.com/this-is-why/>

- From **Sheila Kealey**: Natural Sweeteners vs. Sugar: <http://www.sheilakealey.com/2016/09/18/natural-sweeteners-vs-sugar/>

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.

Fall Session Information

Dates: Tue Sept 6th to Thu Dec 22nd; excluding Mon Oct 10th.

The usual pool allocations and coaches are as follows:

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

8:30am Earlybirds: Deep End: **Lynn**

6pm Whitecaps: Mon: Shallow End; Tue/Thu: Deep End: Mon/Thu: **Sean**; Tue: **Mark**

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

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

Exceptions will be noted here.

I coached for **Mark** on **Sat Oct 1st**.

I am coaching for **Sean** on **Thu Oct 13th**.

Fin Days:

Tue Oct 25th / Wed Oct 26th

Thu Nov 24th / Fri Nov 25th

Time Trials:

Thu Oct 13th / Fri Oct 14th: timed 400fs or IM

Thu Oct 20th / Fri Oct 21st: 2 timed 50s

Mon Oct 31st: 200 choice

Mon Nov 14th: 800 / 1500fs

Tue Nov 29th / Wed Nov 30th: 100 choice

Wed Dec 21st / Thu Dec 22nd: "funner" day (e.g. relays)

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

at: <http://carletonmasters.tripod.com/mastplanfall16.pdf>.

Here are the weekday attendance statistics for this term to date. If you notice any mistakes, please let me know! Those with the best attendance will receive certificates early next term.

6pm Whitecaps: Sept 6-29th (7 workouts: Sept 19, 20, 26, 29 to be added next time); range 21-33; average: 28.7
Perfect Attendance: **Bill W, Cam D, Erica P, Joanne D, Konstantin P, Mars N, Marg E, Meagan M, Peter L, Philip K**

7:10pm Whitecaps: Sept 6-29th (7 workouts: Sept 19, 20, 26, 29 to be added next time); range 12-17; average: 14.7
Perfect Attendance: **Gillian M**

7:30am Earlybirds: Sept 7-30th (11 workouts) range 20-31; average: 25.7
Perfect Attendance: **Bruce B, Christiane W, Jamie C, Jim L**

8:30am Earlybirds: Sept 7-30th (11 workouts); range 21-32; average: 27.6
Perfect Attendance: **Bill G, Colleen H, Isla P, Lorne M, Mark B, Paul M, Sheila K**

Ask the Coach

Dear Coach: I'm interested in trying a 10km open water swim race and I hear that you've done a few races of that length. What tips do you have to pass along? Newbie Long Distance Swimmer

Dear N.L.D. Swimmer: I'd recommend building up to the 10km by doing a few 5km races first. The conditions make a big difference, so I'd suggest finding an event in a small lake where it's less likely to be really wavy. FINA swims don't permit wet suits but some unsanctioned races do permit them. In FINA swims you are permitted to wear a swim suit with full legs, even though those are no longer permitted in pool races. While you don't have to do workouts that are 10km long before a 10km race, I would recommend being comfortable with an 8km swim (e.g. beach-to-beach-to-beach in Meech Lake, or an 8km pool swim). Good luck!!

Dear Coach: Remind me about the timing in backstroke again, please. Budding Backstroker

Dear B. Backstroker: The lower arm (the one near your side) should start moving before the upper arm (the one above your head). The upper arm should pause at the top, or at least move slowly as you start the catch, to permit your body to be "tall" at the water line. The body roll will also help your propulsion. When an arm is above water, the shoulder should also be out of the water.

Dear Coach: You demonstrate breaststroke kick with wide knees. When I watched the Olympics, the breaststrokers had their knees very close together and the motion was very much forward and back with a narrow kick. Which is best? Improving Breaststroker

Dear I. Breaststroker: The important thing in breast kick is to turn your feet out. If you can do that and keep your knees close together, that is ideal. For many of us, that's not feasible. I need to have my knees quite wide to be able to turn my toes out. Even if you do have wide knees, you still want to think about kicking backwards, not outwards and then inwards.

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2017 (which includes Fall 2016) is now available for \$40.** 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**).

Full details on all Ontario Masters competitions can be found at: <http://www.mastersswimmingontario.ca/events/>. For Quebec competitions see: <https://www.swimming.ca/en/events-results/live-upcoming-meets/>, select Quebec and the month of interest, then select the appropriate meet to get more info. If it says "sanctioned" the meet package should be available.

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

Oct 29th to Nov 6th Swim Camp in Barbados <http://katiebrambley.wix.com/freestyleexperience>
Sat Nov 12th Brossard Meet, Montreal <https://swimming.ca/en/meet/19958/>
Sat Nov 19th Swim Ottawa Willy Lee Meet, Brewer Pool
<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=4>
Sat Nov 19th Coupe de Quebec: Claude Robillard Meet, Montreal <https://swimming.ca/en/meet/19959/>
Sun Nov 20th Etobicoke Semi-Serious Masters Meet:
<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=807>
Sun Dec 4th Technosport Meet, Ottawa U
<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=803>
Sat Dec 10th Montreal Nord Meet, Montreal <https://swimming.ca/en/meet/19960/>
Sat Dec 10th Sainte Foy Meet, Quebec City <https://swimming.ca/en/meet/19961/>
Sun Dec 11th North York Gators Pentathlon Masters Meet
<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=809>
Sat Dec 17th Nepean Masters Short Course Invitational Meet
<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=808>
Fri Jan 20th, 2017 Alderwood SCY Meet, Toronto
<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=10>
Sat Jan 21st Drummondville Masters Meet, Drummondville, QC <https://swimming.ca/en/meet/19962/>
Sat-Sun Feb 4-5th Coupe de la Capitale LCM Meet, Quebec City <https://swimming.ca/en/meet/19963/>
Sun Feb 5th Technosport Meet, Ottawa U
<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=804>
Sun Feb 12th Burlington Masters Meet <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=810>
Sun Feb 26th Thornhill Meet, Markham <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=801>
Sat Mar 4th Cowansville Masters Meet, Cowansville, QC <https://swimming.ca/en/meet/19964/>
Sun Mar 5th Technosport Meet, Ottawa U
<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=805>
Sat Mar 18th Dollard-des-Ormeaux Meet, Montreal <https://swimming.ca/en/meet/19965/>
Fri-Sun Mar 24-26th Ontario Provincial Masters Meet, Thornhill, Markham
<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=802>
Sat-Sun Apr 22-23rd Quebec Provincial Masters Meet, Quebec City <https://swimming.ca/en/meet/19951/>
Fri-Mon May 19-22nd Canadian Masters Nationals LCM?, Quebec City <https://swimming.ca/en/meet/19821/>
Sat Jun 3rd Longueuil LCM Meet, Montreal <https://swimming.ca/en/meet/19898/>
Late July to Early August FINA World Masters Aquatic Championships, Budapest, Hungary <https://www.fina-budapest2017.com/masters>

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

Thu Sept 15th ITU World Sprint Triathlon Grand Final, Cozumel (750m/20k/5k; 86 competitors)
Congratulations to **Aaron** on a great race on a tough course. He swam against a strong current and it was a hot day. The swim is very near a reef so the pretty sealife is distracting, too. Life's rough ☺! Full results here:
http://www.triathlon.org/results/event/2016_itu_world_triathlon_grand_final_cozumel.

Aaron Holtzman (8:30am Earlybirds; 40-44): 75th in category 1:16.51 (swim 15:01)

Sat-Sun Sept 17-18th Dragon Boat Quebec Cup, Montreal

Congratulations to the **Sportchicks** (including many Carleton Masters swimmers) who had a great weekend. On Saturday they won the women's 500m, beating the elite Montreal team for the first time! They also finished fourth in the 2k, and 2nd in the 200m, giving them the silver medal for the Quebec Cup! These results were combined with those of the H2O Festival in May and the Montreal Festival in July for the Triple Crown placings. The Sportchicks also won silver in the Triple Crown. A great way to finish the season! Excellent work, ladies!!

Sun Sept 18th Army Runs, Ottawa

Congratulations to **Cory** on a great 5k! Great job by **Liliane** – this was her first ever half marathon and she had a top 5 finish in her age category! And **Susan** showed a lot of determination – she finished even though she cramped so badly at 20k that she fell over!

5k (12348 participants): full results: <https://www.sportstats.ca/display-results.xhtml?raceid=30775>

Cory Fraser (7:30am Earlybirds; 20-24): 136th overall, 131st male and 25th in category in 20:23.3 (19:53.0)

Half Marathon (7120 participants): full results: <https://www.sportstats.ca/display-results.xhtml?raceid=30774>

Susan Nevitt-Yelle (7:30am Earlybirds; 50-54): 1518th overall, 354th woman and 22nd in category in 1:59:38.9 (1:59:23.1)

Liliane Cardinal (7:30am Earlybirds; 65-69): 4538th overall, 1791st woman and 5th in category in 2:47:45.4 (2:30:30.5)

Sun Sept 18th Barrelman Half Irondistance Triathlon, Niagara Falls (1.9k/90k/21.1k; 554 participants)

Congratulations to **Jordan** on a podium finish!! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=30947>.

Jordan Monnink (8:30am Earlybirds; Pro Men): 2nd overall, 2nd man, and 2nd in category in 3:59:51.7 (swim 28:05)

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 **August 31st**).

Private and Semi-Private Masters Swim Lessons

For Fall, the schedule is:

Monday and Friday 9:35-10:35am

Some early evenings, usually Thursday 4-5pm.

Additional times available in late October and mid-December.

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 2016: Tue Sept 6th to Thu Dec 22nd; no workouts Mon Oct 10th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: **Lynn**): barcode 12285; cost: \$148+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: **Lynn**): barcode 12286; cost: \$148+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12291; cost \$168+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12293; cost: \$152+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow; Coaches: **rotating schedule**): barcode 12287; cost: \$60+HST

Winter 2017: Tue Jan 3rd to Fri Apr 7th; no workouts Mon Feb 20th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: **Lynn**): barcode 12288; cost: \$132+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: **Lynn**): barcode 12289; cost: \$132+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12292; cost \$148+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: M/Th: **Sean**; Tu: **Mark**): barcode 12294; cost: \$132+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow; Coaches: **rotating schedule**): barcode 12290; cost: \$52+HST

Carleton Masters Swim Team Photos:

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** (Summer 7:30am Earlybirds), **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. Did we miss anyone else?

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>