

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** Saturday, October 29, 2016 3:24 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 #430

## Carleton Masters Swimming Newsletter #430

Saturday, October 29<sup>th</sup>, 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 (39 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (32 addresses), Saturday Only (8 addresses), Masters "Alumni" (31 addresses).

"...while their bodies burn in water for 120+ minutes, [swimmers] must at the same time coolly calculate yardage, intervals, splits, beats per kick, descending stroke counts, alternate breathing patterns, dolphin kicks off the wall, and so on." – "Chasing Water" by Anthony Ervin and Constantine Markides

### Masters Program Notes and Cancellations

- The Fall session is underway and runs until **Thu Dec 22<sup>nd</sup>**.
- Registration is open for both Fall and Winter. Details on dates, prices, and barcodes are 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.

### Masters Swimming Ontario Registration for 2016-2017: Cost \$35

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 **\$35** (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.

### Carleton Masters Web Site Down

As Lycos is upgrading their servers, our web site (<http://carletonmasters.tripod.com>) is offline for a few days. It should be back up by mid-week. Sorry for the inconvenience.

## Swimmer Notes

### Swimmer Updates:

- Congratulations to coach **Sean Dawson** and **Andrea Zarins** (6pm Whitecaps) on their recent engagement! The wedding is planned for summer 2017.
- Congratulations to **Madelayne DeGrace** (7:30am Earlybirds), her husband **Kyle**, and son **Jeremy** on the (late!) arrival of baby #2, **Evelyn**, on **Fri Oct 14<sup>th</sup>** weighing 9lbs 3.4oz.
- Congratulations to **Margaret King** (7:30am Earlybirds) on completing her second TriRudy award (Ironman, Marathon, Winterlude Triathlon, Keskinada Ski Race, and Rideau Lakes bike tour). She will be recognized along with 8 others on **Sat Dec 3<sup>rd</sup>** at the annual TriRudy awards.

- **Penny Estabrooks** (8:30am Earlybirds) spent one night in hospital after her knee replacement surgery on Tuesday and is now home and using crutches to get around. Things are progressing well, but it will be a while before she can get back in the pool, as the incision needs to fully heal.

- Cyclocross season is here again. If you don't know what it's all about, check out <http://www.cyclocross.org/>. There are races each Sunday at a different remote location each week. Scenic Renfrew, Almonte, Perth, Cornwall by the river, and the really stunning Kingston race on Fort Henry Hill, including riding right through the fort itself. Three races down, 7 to go. One hour of zone 4 to 5 fun and adrenaline rush!

If you want to see what it's all about, or try it out, come on over to Queen Juliana Park on Wed. evenings or to Britannia Park on Monday evenings when we practice, or contact **Lisa Meyer** (8:30am Earlybirds). If you don't have a cyclocross bike, you can do it on a mountain bike. Warning – it's very addictive!

- Did you know that **Jordan Monnink** (8:30am Earlybirds) is a professional triathlete? He had his last race of the 2016 season in Miami last weekend – see the Race Results section for details. You can also check out his web site, race results, and blog here: <http://www.jmonninktriathlon.com/>. **Jordan** has worked really hard on his swimming this year and has made amazing progress! It's great to see the hard work paying off!

- A big thank you to **Don Wells** (6pm Whitecaps) and **Joanie Conrad** (6pm Whitecaps) for once again agreeing to host our annual Holiday Potluck Party. The party will be held on **Sat Nov 26<sup>th</sup>**. This is a great feast! I hope to see you there! Full details: <http://carletonmasters.tripod.com/festive2016.pdf>.

- **Carleton Varsity Swim Team Alumni**: The annual Carleton Alumni vs. Varsity swim meet will be held **Sat Nov 12<sup>th</sup> 12:30-2:30pm** at the Carleton Pool, and will be followed by a Social Event. If any alumni didn't get an invite from **Louise Hayes** (Alumni President), just let me know!

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



## News and Links:

- Dive Start: Expectation vs. Reality: <https://vine.co/v/M5PjjdiLXO>

- An Athlete's Guide to Preventing Colds and Flu [by **Sheila Kealey** (8:30am Earlybirds)]: <http://www.sheilakealey.com/2016/01/11/an-athletes-guide-to-prevent-colds-and-flu/>

- 34.5m deep swimming pool in Belgium: <http://www.memecenter.com/fun/3141353/nemo-33>

- 85 Year Old Ed Whitlock Runs 3:56 Marathon: <http://runningmagazine.ca/ed-whitlock-stwm-2016/>

- Seven Pieces of Triathlon Training Advice: <http://www.weekendtriathlete.com/blog/7-pieces-of-triathlon-training-advice-to-live-by>

- Study Shows Running Repairs Brain Damage in Animals: <http://ottawacitizen.com/storyline/ottawa-study-shows-running-repairs-brain-damage-in-animals>

- How Exercise May Fight Obesity by Turning White Fat to Brown: <http://www.nytimes.com/2016/10/12/well/move/how-exercise-may-fight-obesity-by-turning-white-fat-into-brown.html>

**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 6<sup>th</sup> to Thu Dec 22<sup>nd</sup>; excluding Mon Oct 10<sup>th</sup>.

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 **Tue Oct 18<sup>th</sup>**. **Sean** coached for **Mark** on **Tue Oct 25<sup>th</sup>**.

### Fin Days:

Tue Oct 25<sup>th</sup> / Wed Oct 26<sup>th</sup>

Thu Nov 24<sup>th</sup> / Fri Nov 25<sup>th</sup>

### Time Trials:

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

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

Mon Oct 31<sup>st</sup>: 200 choice

Mon Nov 14<sup>th</sup>: 800 / 1500fs

Tue Nov 29<sup>th</sup> / Wed Nov 30<sup>th</sup>: 100 choice

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

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

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

First, a correction to the **400 time trial** improvements on **Thu Oct 13<sup>th</sup> / Fri Oct 14<sup>th</sup>**. Apologies to **Penny Estabrooks** (8:30am Earlybirds) for miscalculating her improvement. It was 2.2 seconds, not 16.7 – I didn't notice that she used a pull buoy – thanks for fessing up ☺ !

Thanks to all those who participated in the **50 time trials on Thu Oct 20<sup>th</sup> / Fri Oct 21<sup>st</sup>**. There were 20 improvements, led by **Isabelle Fradette** (8:30am Earlybirds) with a 3 second improvement in 50 back, and **Liliane Cardinal** (7:30am Earlybirds) with a 2.8 second improvement in 50 breast. The list of all the improvements follows:

### 50fs (4)

<b>Randi Karstad</b>	1.5	EB1
<b>Konstantin Petoukhov</b>	1.1	WC1
<b>Ashley Kotarba</b>	1.0	WC2
<b>Justin Kernot</b>	0.5	EB2

### 50bk (4)

<b>Isabelle Fradette</b>	3.0	EB2
<b>Deb Low</b>	2.3	WC1
<b>Paola Osorio</b>	1.7	WC1
<b>Meagan Michie</b>	0.3	EB1

### 50br (6)

<b>Liliane Cardinal</b>	2.8	EB1
<b>Bill Gregg</b>	2.0	EB2
<b>Nancy Manning</b>	1.8	EB2
<b>Sylvia Williams</b>	1.1	WC2
<b>Christiane Wilke</b>	0.8	EB1
<b>Matthew Tucciarone</b>	0.1	EB1

50fl (6)

<b>Margaret King</b>	2.3	EB1
<b>Matt Czapalay</b>	1.8	EB1
<b>Francois Jacques</b>	1.1	EB1
<b>Ursula Scott</b>	0.9	EB1
<b>Brad Shapansky</b>	0.4	EB1
<b>Natalie Aucoin</b>	0.1	EB2

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-Oct 27<sup>th</sup> (17 of 22 workouts: Sept 19, 20, 26, Oct 3, 6 to be added next time); range 21-33; average: 26.8

Perfect Attendance: **Cam D, Joanne D, Konstantin P**

Missed 1 Workout: **Don W, Peter Lithgow**

Missed 2 Workouts: **Bill W, Meagan M, Rachel B**

**7:10pm Whitecaps:** Sept 6-Oct 27<sup>th</sup> (17 of 22 workouts: Sept 19, 20, 26, Oct 3, 6 to be added next time); range 11-21; average: 15.1

Missed 2 Workouts: **Gillian M, Sebastien R-C**

**7:30am Earlybirds:** Sept 7-Oct 28<sup>th</sup> (22 workouts) range 20-31; average: 24.7

Perfect Attendance: **Bruce B, Christiane W, Jamie C, Jim L**

Missed 1 Workout: **Harley G, Liliane C, Mike M, Robin H, Ursula S**

Missed 2 Workouts: **Matthew T**

**8:30am Earlybirds:** Sept 7-Oct 28<sup>th</sup> (22 workouts); range 21-32; average: 27.6

Perfect Attendance: **Bill G, Mark B**

Missed 1 Workout: **Alison C, Amir B, Colleen H, Melanie H, Ruth F**

Missed 2 Workouts: **Chris W, Isla P, Natalie A, Rod H, Sheila K**

## Ask the Coach

**Dear Coach:** I enjoyed the 400 time trial but I was very nervous and that affected my breathing. Any tips? New Racing Swimmer

Dear N.R. Swimmer: It's normal to get nervous in a race situation even when it's "just for fun". When we're nervous we tense up and that makes exhaling a challenge. Of course, if we don't exhale properly, we can't inhale properly which affects performance. Taking a few deep breaths to help calm down before a time trial can help. (That said, don't hyperventilate!) The 400 is one of the hardest distances to pace properly, too, and takes quite a bit of practice so I'm sure that you'll improve next time.

**Dear Coach:** Any suggestions on how to dive without losing my goggles? Diving Is No Advantage If I Have To Stop To Put My Goggles Back On

Dear D.I.N.A.I.I.H.T.S.T.P.M.G.B. On: There are many things to try. Perhaps a combination of these will help. Generally you want your goggles to be tighter for racing than for training. Also, putting the strap a little higher than usual, and being

sure to tuck your chin on the dive will help. Another trick is to put your goggles under your cap, or to wear a second cap over your goggles. And, of course, practicing before the time trials is a good idea!

**Dear Coach:** What rules do I need to know before I can participate in a swim meet? New Racer

Dear N. Racer: You should know all the rules for the events you're swimming. Check with your coach if you're not sure. You should also know the swim suit rules, i.e. no clips, zippers or ties, except for a drawstring at the waist of a men's suit. Suits may not extend past the shoulders or knees on women, nor above the waist or below the knees on men. And, always follow the instructions of the referee as far as getting on the blocks or entering the water before your swim, and exiting the pool after your swim.

**Dear Coach:** I'm going to the Brewer meet (Nov 19<sup>th</sup>) and I'm wondering who else from Carleton is entering and whether anyone is interested in doing a relay? Organized Swimmer

Dear O. Swimmer: Well let's see... If you're going to the Brewer meet and want to participate in a relay, let me know and I'll pass on the list.

## 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 \$35.** Note that you must register with MSO before the **due date** of the entry for your first competition. If you have not registered with MSO and Carleton Masters before, I need the following: name, gender, date of birth, address, phone number. If you have registered with us in the past few years, I just need to know if any of your information has changed. You may pay by e-transfer, cash, or cheque payable to me (**Lynn Marshall**).

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.**

Sat Nov 12<sup>th</sup> Brossard Meet, Montreal <https://swimming.ca/en/meet/19958/>

Sat Nov 19<sup>th</sup> Swim Ottawa Willy Lee Meet, Brewer Pool

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=4>

Sat Nov 19<sup>th</sup> Coupe de Quebec: Claude Robillard Meet, Montreal <https://swimming.ca/en/meet/19959/>

Sun Nov 20<sup>th</sup> Etobicoke Semi-Serious Masters Meet:

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=807>

Sun Dec 4<sup>th</sup> Technosport Meet, Ottawa U

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=803>

Sat Dec 10<sup>th</sup> Montreal Nord Meet, Montreal <https://swimming.ca/en/meet/19960/>

Sat Dec 10<sup>th</sup> Sainte Foy Meet, Quebec City <https://swimming.ca/en/meet/19961/>

Sun Dec 11<sup>th</sup> North York Gators Pentathlon Masters Meet

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=809>

Sat Dec 17<sup>th</sup> Nepean Masters Short Course Invitational Meet

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=808>

Fri Jan 20<sup>th</sup>, 2017 Alderwood SCY Meet, Toronto

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=10>

Sat Jan 21<sup>st</sup> Drummondville Masters Meet, Drummondville, QC <https://swimming.ca/en/meet/19962/>

Sat-Sun Feb 4-5<sup>th</sup> Coupe de la Capitale LCM Meet, Quebec City <https://swimming.ca/en/meet/19963/>

Sun Feb 5<sup>th</sup> Technosport Meet, Ottawa U

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=804>

Sun Feb 12<sup>th</sup> Burlington Masters Meet <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=810>

Sat Feb 25<sup>th</sup> Nepean Winterlude Long Course Meet

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=825>

Sun Feb 26<sup>th</sup> Thornhill Meet, Markham <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=801>

Sat Mar 4<sup>th</sup> Cowansville Masters Meet, Cowansville, QC <https://swimming.ca/en/meet/19964/>

Sun Mar 5<sup>th</sup> Technoport Meet, Ottawa U

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=805>

Sat Mar 18<sup>th</sup> Dollard-des-Ormeaux Meet, Montreal <https://swimming.ca/en/meet/19965/>

Fri-Sun Mar 24-26<sup>th</sup> Ontario Provincial Masters Meet, Thornhill, Markham

<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=802>

Sat-Sun Apr 22-23<sup>rd</sup> Quebec Provincial Masters Meet, Quebec City <https://swimming.ca/en/meet/19951/>

Fri-Sun **May 12-14<sup>th</sup>** Canadian Masters Nationals, Quebec City <https://swimming.ca/en/meet/19821/> (**note date change!**)

Sat Jun 3<sup>rd</sup> 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.)

**Sun Oct 23<sup>rd</sup> Ironman 70.3 Miami** (1.9k swim / 90k bike / 13.1k run)

Congratulations to **Jordan Monnik** (8:30am Earlybirds) for finishing his season in style in Miami. Despite the heat, a wavy swim, and a very competitive field, **Jordan** finished 18<sup>th</sup> overall! Full results:

<http://www.ironman.com/triathlon/coverage/athlete-tracker.aspx?race=miami70.3&y=2016#axzz4NwR8NWKu>

**Jordan Monnik** (8:30am Earlybirds; Pro): 18<sup>th</sup> overall, 18<sup>th</sup> man and 18<sup>th</sup> in category in 4:05:03 (29:52 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 **August 31<sup>st</sup>**).

**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 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 6<sup>th</sup> to Thu Dec 22<sup>nd</sup>; no workouts Mon Oct 10<sup>th</sup>**

**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 3<sup>rd</sup> to Fri Apr 7<sup>th</sup>; no workouts Mon Feb 20<sup>th</sup>**

**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

## **Aquasport Discount for Carleton Masters Swimmers:**

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

## **Carleton Masters Swim Team Photos:**

Fall 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.slowlitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

**General Information:** Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at: <http://carletonmasters.tripod.com>.

Your input to this newsletter is most welcome, especially for the Swimmer Notes, Race Results and Ask the Coach sections! To be added to or removed from the receiver list, just let me know ([lynnmarshall@sympatico.ca](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn

[lynnmarshall@sympatico.ca](mailto:lynnmarshall@sympatico.ca) (or for quicker response: [lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca))  
Club website: <http://carletonmasters.tripod.com>