

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Saturday, December 10, 2016 3:01 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 #433

Carleton Masters Swimming Newsletter #433

Saturday, December 10th, 2016

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2016 and Alumni: 7:30am Earlybirds I (42 addresses), 8:30am Earlybirds II (41 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (32 addresses), Saturday Only (8 addresses), Masters "Alumni" (31 addresses).

"Awards can give you a tremendous amount of encouragement to keep getting better, no matter how young or old you are." – Alan Alda

Masters Program Notes and Cancellations

- The Fall session is underway and runs until **Thu Dec 22nd**. The Winter session starts **Tue Jan 3rd**.
 - We will take end of year photos again: see below.
 - There will be three interim workouts : see below.
- 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, 8:30am, and 6pm groups are full with wait lists available (do let me know if you're on a wait list!).
- The 6pm group is full for Winter. There is a wait list available. Let me know if you are on the wait list. The 7:30am group is starting to fill up. As the 6pm, 7:30am, and 8:30am groups all filled in the Fall term, so I recommend signing up sooner rather than later to get your first choice.

Please Swipe Your Card to Access the Athletics Facility

Everyone is reminded that they **must** swipe their card at the Welcome Centre to access the change rooms and pool. Starting in the new year the staff will be strictly enforcing this policy to ensure no unauthorized access. Your cooperation is greatly appreciated!

Carleton Masters End of Term Photos

Coach **Sean Dawson** has kindly volunteered to take photos again this term. Here is the schedule:

- **Sat Dec 17th: 9:25am** (right after workout) for the Saturday group
 - **Wed Dec 21st: 8:30am** (between the morning workouts) for the Earlybirds groups
 - **Thu Dec 22nd: 7:10pm** (between the evening workouts) for the Whitecaps groups
- Photos will be taken on the sundeck stairs (north-west corner of the pool).

Carleton Masters Interim Workouts

We are offering three interim workouts between the Fall and Winter sessions. If you are in town, please make an effort to attend! Each workout costs \$4.85 (the cost of a public swim pass). Note that these workouts are only open to those with a valid Athletics membership (or student/staff card) for the date/time of the workout. If you have a morning-only membership, it is good all day on "reduced hours" days, i.e. all of these dates. Guests (who do not have to be members) are welcome, if they pay the \$4.85 fee and are accompanied by a member. **Please pay the public swim \$4.85 fee at the Welcome Centre, get a receipt (*not* a hand stamp!), write your name on the back, and give your receipt to the coach on deck before you get in the water.** No receipt, no swim, no exceptions!! (Themes coming soon.)

Interim Workouts:

Tue Dec 27th 6:00-7:15pm: Coach: Sean

Wed Dec 28th 6:00-7:15pm: Coach: Sean

Thu Dec 29th 6:00-7:15pm: Coach: Sean

Swimmer Notes

Swimmer Updates:

- Apologies for the duplicate newsletters last time. I'm sending this one from my Carleton account. Let's hope that it's more reliable!

- Thanks to **Joanie Conrad** and **Don Wells** (both 6pm Whitecaps) for hosting the Masters holiday party. There was a great turn out and lots of food, especially desserts! Thanks to everyone who was able to attend. And a shout out to **Meagan Michie** (7:30am Earlybirds / 6pm Whitecaps) for the beautiful cake saying "Carleton Masters: Thanks for a Great Year"!

- Coach **Mits Kachi** and his wife, **Marijan**, report that their son, **Hiroshi**, has nearly doubled his birth weight and that they recently went on their first out of town family trip to Toronto by train. **Mits** will be back coaching Saturdays in May. Here's a photo of **Hiroshi** "reading" one of his favourite books:



- On Sat Dec 3rd, **Margaret King** (7:30am Earlybirds) received her second TriRudy award (for completing the Winterlude Triathlon, Keskinada Triathlon, Rideau Lakes Bike Tour, a marathon, and an Ironman). In addition, **Julia Aimers** (8:30am Earlybirds) the Community Builder's award, her second coaching award in just a few weeks. (Last time we reported that she received Honorable Mention in Triathlon Ontario's Coach of the Year category.) **Julia** is the Head Coach of Team Triumph: <http://www.pbest.ca/>.

- Thanks very much to those of you who supported the Varsity Swim Team on Giving Tuesday. Your support is greatly appreciated. We raised \$18,000 (before the matching funds)!! Due to the cyber-attack at Carleton, there's a delay in calculating the matching funds (which ran out much earlier in the day than anticipated). The grand total should be available for the next newsletter.

- In addition to a new Subway restaurant opening in Athletics in the New Year, there will also be a Carleton Ravens merchandise shop opening January 13th. It will be located on the other side of Tim Horton's from the new Subway. In the meantime, you can buy some merchandise on-line: <https://shopravens.ca/>.

- **Ursula Scott** (7:30am Earlybirds) is a member of the choral group Voices in Harmony which is performing one more public Christmas concert: Sat. Dec. 17 at 3 p.m. at Woodroffe United Church, 207 Woodroffe Ave, by donation (\$10 recommended).

- **Tony Revitt** (8:30am Earlybirds) has worked at the Carleton Physiotherapy clinic for many years. He's now venturing out on his own! Here's some information for him on his new position:

Glebe Health House is a multidisciplinary clinic which will now be offering Physiotherapy. The clinic is located on Bank and 2nd above the Bridgehead (entry is on 2nd). I will be starting with 2 days a week (Tuesday mornings and Wednesday afternoon/evening) and adding more times as I get busy. The appointments can be booked and managed online, including payments. You will also have personalized appointments (no use of physio assistants). I have been doing physio for 11 years and have been mainly helping sports minded people get back to their various activities, from the weekend warrior to National Team athletes. Outside of the clinic I work with the Canadian National Diving Team and Ontario/Eastern Ontario Rugby teams. I treat all types of injuries including neck and back problems. As well as manual therapy and exercise prescription, I do IMS, a needling technique used for chronic conditions and to relax tight muscles. If you, or anyone else you know, has an injury that is giving you pain or restricting your activity please come in to see me by booking a time on the website: <http://www.glebehealthhouse.com/>.

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



News and Links:

- Simon Fraser University Swim Team Snow Relay: <http://www.cbc.ca/news/canada/british-columbia/speedo-clad-swimmers-dive-into-sfu-snow-1.3885665>
- "I am passionate about swimming. I love the water, it's my element. I've been swimming since I was seven years old," **Normand Piché** has completed an ambitious goal: swimming between five continents: <http://www.cbc.ca/listen/shows/the-story-from-here>
- Tennis Players Live Longer (and Swimmers, too): <http://www.nydailynews.com/life-style/health/tennis-players-net-longer-lives-jocks-study-article-1.2891732>
- Six Health Benefits of Swimming: <http://www.cheatsheet.com/health-fitness/6-health-benefits-of-swimming.html/>
- For those who like doing calculations with their swim times, thanks to **Megan Holtzman** (8:30am Earlybirds) for these articles on Critical Swim Speed: <http://link.springer.com/article/10.1007/BF00863406> and <https://www.thieme-connect.com/products/ejournals/html/10.1055/s-2004-821227>
- I Need My Goggles: <https://swimswam.com/watch-adorable-little-boy-searches-goggles-head/>
- Can you Regain Muscle Mass After Age 60?: <http://well.blogs.nytimes.com/2016/12/02/can-you-regain-muscle-mass-after-age-60/>
- Cyclists vs. Animals: <https://www.facebook.com/WAtoday/videos/10154736772969313/>
- The Importance of Strength Training for Endurance Athletes: <http://home.trainingpeaks.com/blog/article/the-importance-of-strength-training-for-endurance-athletes>

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.

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

Sean is coaching for **me** on **Wed Dec 14th**.

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 (and Thu Nov 17th)
 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>.

Thanks to all those who participated in the **100m time trials** on **Tue Nov 29th** and **Wed Nov 30th**. There were 16 improvements, led by **Konstantin Petoukhov** (6pm Whitecaps) with a whopping 10.1 second improvement in 100fs. A full list of all the improvements follows.

100fs (13)

Konstantin Petoukhov	10.1	WC1
David Moore	5.4	WC1
Christiane Wilke	5.3	EB1
Mary Lou Davies	5.2	EB2
Cory Fraser	4.4	EB1
Nancy Manning	3.3	EB2
Jonathan Critch	2.9	WC2
Erica Parker	2.6	WC1
Roy Hanes	1.5	WC2
Luz Osorio	1.2	WC1
Jordan Monnink	0.9	EB2
Bill Gregg	0.4	EB2
Isabelle Fradette	0.3	EB2

100br (2)

Fay Hjartarson	3.1	EB2
Francois Jacques	0.3	EB1

100IM (1)

Cathy Crawley	1.8	EB1
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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-Dec 8th (35 of 40 workouts: Sept 19, 20, 26, Oct 3, 6 missing); range 21-33; average: 26.4

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

Missed 1 Workout: **Peter Lithgow**

Missed 3 Workouts: **Don W, Rachel B**

7:10pm Whitecaps: Sept 6-Dec 8th (35 of 40 workouts: Sept 19, 20, 26, Oct 3, 6 missing); range 11-23; average: 16.4

Missed 4 Workouts: **Derek W, Gillian M**

7:30am Earlybirds: Sept 7-Dec 9th (40 workouts) range 15-31; average: 22.9

Missed 1 Workout: **Christiane W**

Missed 2 Workouts: **Liliane C**

Missed 3 Workouts: **Bruce B, Jamie C, Ursula S**

8:30am Earlybirds: Sept 7-Dec 9th (40 workouts); range 17-32; average: 26.3

Missed 1 Workout: **Alison C, Bill G, Mark B**

Missed 2 Workouts: **Amir B**

Missed 3 Workouts: **Isla P**

Ask the Coach

Dear Coach: What is “firm”? I haven’t seen you use that term before? Long Time Swimmer

Dear L.T. Swimmer: Firm is between moderate and fast. It’s easier to say and write than “moderately-fast”!

Dear Coach: What are good stretches for swimmers? Sore Swimmer

Dear S. Swimmer: Swimmers should be sure to stretch their pecs, lats, and triceps, among others. Here’s an article on stretching for swimmers: <http://www.stretching-exercises-guide.com/exercises-for-swimmers.html>.

Dear Coach: I missed one of the time trials. Any chance I can still do it? Disappointed Swimmer

Dear D. Swimmer: Depending on the length of the time trial and how busy your lane is, it may be possible to do that. Ask your coach for suggestions on when it’s best to do a make-up time trial.

Dear Coach: I want to get faster. Any suggestions? Improving Swimmer

Dear I. Swimmer: This very much depends on what distance you want to improve at. For shorter distances, speed work and weights will help the most. For longer distances, extra swim training at the high aerobic end, as well as some speed work will help the most. In all cases, mixing things up will give you the most improvement. If you always do the same thing (for any sport), you will stop improving once your body adapts. Discuss your situation with your coach in more detail for further tips.

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. **Registration for 2016-2017 (September 2016 to August 2017) costs \$35.** Note that you must register with MSO before the **due date** of the entry for your first competition. If you have not registered with MSO and Carleton Masters before, I need the following: name, gender, date of birth, address, phone number. If you have registered with us in the past few years, I just need to know if any of your information has changed. You may pay by e-transfer, cash, or cheque payable to me (**Lynn Marshall**).

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.

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 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>
Sat Feb 25th Nepean Winterlude Long Course Meet
<https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=825>
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>
Sun Mar 5th Clarington, Bowmanville <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=847>
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/>
Sun May 7th, Clarington, Bowmanville <https://ms.mastersswimmingontario.ca/web/meets/displayMeet.php?MeetID=848>
Fri-Sun May 12-14th Canadian Masters Nationals, Quebec City <https://swimming.ca/en/meet/19821/>
Sat Jun 3rd Longueuil LCM Meet, Montreal <https://swimming.ca/en/meet/19898/>
Aug 7-20th FINA World Masters Aquatic Championships, Budapest, Hungary <https://www.fina.org/content/17th-fina-world-masters-championships>

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

Sun Dec 4th Technosport Masters Swim Meet, Ottawa U

Three Carleton swimmers participated in this early morning meet. Official results are not yet posted, but we received a “sneak peek”. Updated club records: <http://carletonmasters.tripod.com/161204.Records.pdf>.

Sylvia Williams (7:10pm Whitecaps; 55-59): 1st 100fs (1:52.54); 2nd 50fl (52.07), 50br (1:06.82), 50fl (1:01.25 PB), 100fl (2:30.68)

Lynn Marshall (Coach; 55-59): 1st 50fs (30.13), 50bk (36.01), 200fl (2:34.29 National Record)

Chris Whitehead (8:30am Earlybirds; 40-44): 1st 50fs (32.94), 100fs (1:13.66), 100br (1:42.09), 50fl (36.22), 200IM (3:06.42)

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 **December 3rd**).

Private and Semi-Private Masters Swim Lessons

December Schedule:

9:35-10:35am: Mon Dec 12th

11:45am-12:45pm (or **12:00noon to 1:00pm**, or **12:15pm-1:15pm**): Mon Dec 19th, Tue Dec 20th, Wed Dec 21st, Thu Dec 22nd

4:00-5:00pm: Thu Dec 15th, Tue Dec 20th, Thu Dec 22nd

4:30-5:30pm (or **4:45-5:45pm** or **5:00-6:00pm**): Mon Dec 12th, Mon Dec 19th, Wed Dec 21st

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

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 a month's worth of workouts at a time. (Note that these are only the workouts that I coach.)

Triathletes: Check out Rudy Hollywood's website: <http://www.trirudy.com> and subscribe to the daily tri-news e-mail. Another good resource is <http://www.slowlitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

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

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

Happy lengths!
Lynn

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