

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, June 09, 2017 4:29 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 #445

Carleton Masters Swimming Newsletter #445

Friday, June 9th, 2017

To: Carleton Masters Coaches / Staff (10 addresses)

Bcc: Those registered for Fall 2016, Winter 2017, Spring 2017, and Alumni: 7:30am Earlybirds I (54 addresses), 8:30am Earlybirds II (41 addresses), 6pm Whitecaps I (57 addresses), 7:10pm Whitecaps II (31 addresses), Saturday Only (12 addresses), Masters Alumni (30 addresses).

"The will to win means nothing if you haven't the will to prepare."

Masters Program Notes and Cancellations

- The Spring session is underway, and runs until **Mon Jul 3rd**. The Summer session starts **Tue Jul 4th**.
 - There are no workouts **Sat Jul 1st**, and the Athletics building is **closed** for Canada Day.
 - Please note that for **Spring Saturday swimmers**, there will be a **make-up workout on Mon Jul 3rd 12:15-1:25pm**.
- Registration is open for both Spring and Summer Masters. Details of the programs can be found near the end of the newsletter.
 - Both Spring **and** Summer 6pm Whitecaps are **full**: wait lists available.
 - There are **3** spots left in **Spring** 7:30am Earlybirds

Swimmer Notes

Swimmer Updates:

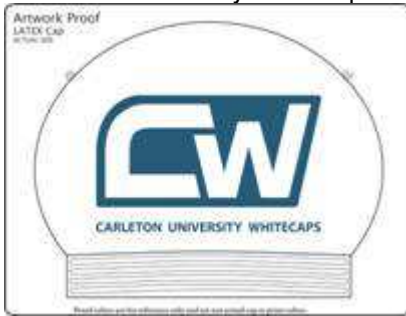
- Carleton's **Convocation is this coming week: Tue Jun 13th to Fri Jun 16th with ceremonies at 9:30am and 2pm** each day. Parking in Lot 5 will be limited. Those with parking passes may park in any other parking spots / lots on campus. Just give yourself a bit of extra time!

- Ausome Ottawa is hosting a screening of SWIM TEAM, an award-winning feature documentary about a New Jersey-based community swim team made up of kids on the autism spectrum. The film follows three of the team's star athletes, boys on the cusp of adulthood, when government services become scarce. SWIM TEAM is a portrait of diverse families facing overwhelming struggles and triumphing as they strive for independence, inclusion and a life that feels winning. This film offers an inspiring look at the power of community to transcend disability and create hope and opportunities for the future - all things we at Ausome Ottawa feel strongly about. The film will be screened on **Mon Jun 12th at 6:45pm** at the Mayfair Theatre and is open to the public. Tickets are available by donation at <https://www.eventbrite.ca/e/swim-team-screening-of-award-winning-documentary-tickets-34697176188> OR at the door.

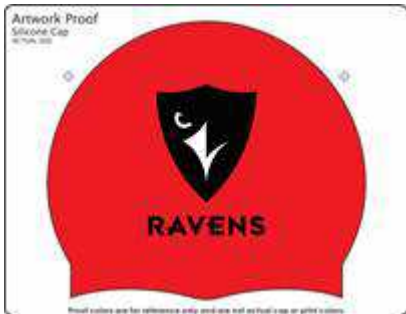
- Researchers at the Human and Environmental Physiology Research Unit (HEPRU) of the University of Ottawa are currently recruiting participants aged 18 to 75 years to take part in an exercise study. At this time they are especially in need of older adults (aged 55-75 years) and individuals with type 2 diabetes and/or chronic hypertension. Qualifying volunteers will receive a VO2max test (gold standard in assessing aerobic fitness) and a body composition analysis (hydrostatic weighing technique) (\$650 value). These results will be provided to you upon completion of the experimental session. If you want to learn about your physical fitness and are interested in helping researchers at the University of Ottawa study the effects of exercise-induced

heat stress in older adults and individuals with diabetes and/or chronic hypertension, call at 613-562-5800 ext. 4270 or email hepru@uottawa.ca, including your name, age and phone number.

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



- For those who prefer silicone caps, Carleton Varsity swim caps are available as a fundraiser for the Varsity team for \$15 each:



News and Links:

- Attempt to break the 101km World Record: 99.45 km in 24 hours:

<http://dailynews.openwaterswimming.com/2017/06/maarten-van-der-weijden-swims-99450.html>

- The Dad Who Picked up His Kid From School in Speedo:

http://www.slowtwitch.com/Lifestyle/A_minute_with_the_dad_who_picked_up_his_kid_from_school_in_a_Speedo_6389.html

- The Butterfly: A Complex History for a Complex Stroke: <http://www.swimmingworldmagazine.com/news/the-butterfly-a-complex-history-for-a-complex-stroke/>

- Push the Water, Don't Pull, in Backstroke: <https://swimswam.com/why-you-should-push-rather-pull-the-water-in-backstroke/>

- The Secret to Improving your Dolphin Kick: <https://www.yourswimlog.com/boring-dolphin-kick/>

- Do Swimmers get Injured More than Other Athletes?: <https://swimswam.com/do-swimmers-get-injured-more-often-than-other-athletes/>

- Six Everyday Struggles of a Retired Breaststroke: <http://www.swimmingworldmagazine.com/news/6-everyday-struggles-of-a-retired-breastroker/>

- This Coach had Swimmers Train 36km per Day!: <https://www.yourswimlog.com/this-coach-had-his-swimmers-train-36000m-a-day/>

- Boost Your Workouts with Caffeine: <https://www.nytimes.com/2017/05/31/well/move/boost-your-workouts-with-caffeine-even-if-you-chug-coffee-daily.html>

Swim Suits for Sale: The suits range in brand, style, and colour. Most prices are \$45 and less. The swim suits are available for browsing whenever I am coaching – just ask! If there's a particular suit you are looking for, I may be able to track it down.

Caps and Goggles to Borrow: I always have a "lost and found" bag full of spare caps and goggles to borrow if you forget (or break) yours.

Swim Caps for Sale: The money raised selling these caps goes towards the \$45 annual fee to register Carleton Masters with Masters Swimming Ontario. We have a few triathlon latex caps (50c), as well as some silicone caps (\$2). Ask if you're interested in looking at these. If anyone has any caps that they'd like to donate, they would be most welcome.

Nose Clips for Sale: Cost \$5. Contact me if you are interested.

Spring Session Information

Dates: Mon May 1st to **Mon Jul 3rd**; excluding Mon May 22nd, Sat Jul 1st.

The usual pool allocations and coaches are as follows:

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

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

6pm Whitecaps: Monday: Shallow End; Tuesday/Thursday: Deep End; **Sean** (and occasionally **Lynn**)

7:10pm Whitecaps: Monday: Shallow End; Tuesday/Thursday: Deep End; **Sean** (and occasionally **Lynn**)

8:15am Saturdays (except: 10:45am on May 20th; and **12:15pm Mon Jul 3rd**): Shallow End; rotating coach schedule (see workout themes)

Exceptions will be noted here.

Thanks to **Owen B** (Pool Staff; 6pm Whitecaps) for coaching for me on **Fri May 26th**, and to **Sean** for ensuring that the fins were available.

Apologies to the Saturday swimmers for the short workout on **Sat May 27th**. Note that there will be a make-up workout on **Mon Jul 3rd at 12:15pm**.

I am coaching for **Sean** on **Tue Jun 13th**.

On **Thu Jun 15th** the **dive tank** may be used by Capital Wave Water Polo from **7:40-8:10pm**.

Fin Day:

Thu May 25th / Fri May 26th

Time Trials:

Thu Jun 1st / Fri Jun 2nd: 400 fs or IM

Tue Jun 6th / Wed Jun 7th: 200 choice

Mon Jun 12th: 800 / 1500fs

Thu Jun 22nd / Fri Jun 23rd: 50 and 100 choice

Thu Jun 29th / Fri Jun 30th: fun day (relays)

This information and more can be found with the Spring/Summer workout themes at: <http://carletonmasters.tripod.com/mastplansprsum17.pdf>.

Here are the weekday attendance statistics to date. If you notice any errors, please let me know.

7:30am Earlybirds: May 1-June 9th (17 workouts): range 16-27; average: 21.2

Perfect Attendance: **Bruce B, Harley G, Jennifer M**

Missed 1 Workout: **Brad S, Christiane W, Ursula S**

Missed 2 Workouts: **Candace N, Mike M**

Missed 3 Workouts: **Margaret K, Meagan M, Robin H, Susan N-Y**

8:30am Earlybirds: May 1-June 9th (17 workouts): range 14-25; average: 19.0

Missed 1 Workout: **Flo K, Justin K, Nancy M**

Missed 2 Workouts: **Rod H, Sheila K**

Missed 3 Workouts: **Amir B, Chris W, Claire O, Megan H, Natalie A**

6pm Whitecaps: May 1-June 8th (17 workouts): range 18-29; average: 24.4

Perfect Attendance: **Don W**

Missed 1 Workout: **Jocelyn P, Mars N, Nicole D, Peter Lithgow**

Missed 2 Workouts: **Elaine Y, Joanie C, Meagan M, Owen S**

Missed 3 Workouts: **Cam D, Joanne D, Konstantin P**

7:10pm Whitecaps: May 1-June 8th (17 workouts): range 9-15; average: 10.8

Missed 3 Workouts: **Mindy F, Roy H**

Thanks to all those who participated in the **400m time trial** on **Thu Jun 1st / Fri Jun 2nd**. There were **13** improvements in the 400 free and **one** in 400IM. There were three swimmers who improved by over 20 seconds: **Peter Lapner** (6pm Whitecaps) 28.9 seconds, **Jocelyn Pender** (6pm Whitecaps) 28.4 seconds, and **Melanie Heroux** (8:30am Earlybirds) 20.1 seconds. A full list of improvements follows:

400fs (13)

Peter Lapner	28.9	WC1
Jocelyn Pender	28.4	WC1
Melanie Heroux	20.1	EB2
John Weston	14.7	EB1
Konstantin Petoukhov	13.7	WC1
Christian Cattan	13.6	WC1
David Moore	9.8	WC1
Christiane Wilke	8.8	EB1
Mars Nienhuis	8.4	WC1
Justin Kernot	5.6	EB2
Lisa Tauskela	5.2	WC2
Ruth Fawcett	1.9	WC1
Robin Henderson	0.6	EB1

400IM (1)

Natalie Aucoin	0.3	EB2
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Congratulations to those who did the **200m time trial** on **Tue Jun 6th / Wed Jun 7th**. There were **20** improvements, led by **Nicole Mikhael** (6pm Whitecaps) with a whopping 40.9 second improvement! The full list of improvements follows:

200fs (13)

Nicole Mikhael	40.9	WC1
Christian Cattan	8.0	WC1
Jean-Louis Tiernan	7.5	WC1
Christiane Wilke	7.0	EB1
Mars Nienhuis	5.9	WC1
Lisa Tauskela	4.5	WC2
Megan Holtzman	3.6	EB2
Andrea Zarins	2.5	WC1
Miguel Chavez	2.1	EB1
Jocelyn Pender	0.7	WC1
Andrea Chandler	0.6	WC1
Susan Hulley	0.5	EB1
Jean Kneale	0.5	WC2

200bk (2)

Harley Gifford	4.6	EB1
Tony Revitt	4.4	EB2

200IM (5)

Andrea Mrozek	5.9	EB1
Justin Kernot	3.4	EB2

David Moore	2.3	WC1
Konstantin Petoukhov	1.1	WC1
Brad Shapansky	0.1	EB1

Ask the Coach

Dear Coach: When I swim with fins, I am by far the fastest in my lane, and I'm much faster than when I swim without fins. I am also the slowest in my lane for kicking without fins, but the fastest puller. Does this mean that there is something seriously wrong with my stroke and/or kick? I Love Fins

Dear I.L.Fins: Some swimmers are much faster swimming with fins, and for some it doesn't make too much difference. Same for kicking with and without fins, and for pull vs. swim, etc. Fins help with ankle flexibility, so that is one area to look at. Perhaps adding ankle stretches to your routine will help. It may also mean that your body position needs work (the faster you swim, the easier it is to keep a good body position, and a pull buoy also helps body position). Ask your coach to check your body position.

Dear Coach: Will we have some extra lanes for the 7:30am Summer group, like last year? Planning for Summer

Dear P.f. Summer: Yes, we will have access to two lanes in the shallow end (when numbers warrant), in addition to the six deep end lanes for the 7:30am Summer session.

Dear Coach: How to I avoid getting water up my nose on a backstroke push-off? Waterboarded Swimmer

Dear W. Swimmer: Try tucking your chin and humming or breathing out slowly to keep the water out of your nose when you are underwater on your back. If you find that this is holding you back from improving, then a nose clip will solve the problem!

Dear Coach: You said that I should do two or three strokes off the wall before I take my first breath. How is that possible when I'm doing flip turns. Out of Breath Swimmer

Dear O.o.B. Swimmer: Part of it is practice, and part of it is controlling the exhale on your flip turn. As per the above, hum or breath out slowly during the turn. Once again, if you find this to be a huge challenge, a nose clip will help.

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**).

If you plan to compete in sanctioned competitions outside Ontario, you can pay \$2 to join SCCM (Swim Canada Competitive Masters) and register with Swim Canada via this link:

<https://form.swimming.ca/machform/view.php?id=18366>. You will then get a registration number that is in the national database (that may be the same or different from your MSO number). Note that you can still sign up as a member of CAPS, but you must use the new registration number for meets outside Ontario.

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

<https://ms.mastersswimmingontario.ca/web/schedule.php>.

For Quebec competitions see: <https://www.swimming.ca/en/events-results/live-upcoming-meets/>, select Quebec and the month of interest, then select the appropriate meet to get more info. If it says "sanctioned" the meet package should be available. You can also look on the Masters Swimming Canada site, which should list competitions from all provinces, and is sometimes more helpful than the above: <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>.

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

May 1st, 2017 to April 30th, 2018 Global Swim Series: <https://globalswimseries.com/races/>
Sun Jun 25th Etobicoke LCM Meet <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>

June, July, August Technosport 2k, 3k, and 4k Swims, Meech Lake: **CANCELLED**

Sat Jul 15th Bring on the Bay 1.5k and 3k Swims, Ottawa (MSO Registration not required) <https://bringonthebay.com/>

Aug 7-20th FINA World Masters Aquatic Championships, Budapest, Hungary <https://www.fina.org/content/17th-fina-world-masters-championships> (Open Water Swimming: Aug 10-12th; Pool Swimming: Aug 14-20th)

Sat Aug 12th Ottawa 4k Riverkeeper Swim (750m and 1.5km also available; MSO registration not required)

<http://www.ottawariverkeeper.ca/riverkeeper-4k/>

Sat Aug 12th Sun City 1k and 4k Swims, Orillia, fundraiser for Simcoe/Muskoka Child Advocacy Centre (MSO registration not required): <http://www.cacsimcoemuskoka.ca/sun-city-swim.html>

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

Sat May 20th Early Bird Tri, Carleton

Congratulations to **Konstantin Petoukhov** (6pm Whitecaps) who placed **1st** in the 35-39 age group and **9th** overall (out of 266) in the Sprint Distance Triathlon (1:10:55.4; 8:50 swim), and to **Nancy Manning** (8:30am Earlybirds) who was **1st** in women's 60-64, the **2nd** woman overall (out of 22), and **10th** overall (49 runners) in the 8km Colonel By Classic Run, despite feeling under the weather! Sprint Triathlon Results: <https://www.sportstats.ca/display-results.xhtml?raceid=43823>. Colonel By Classic Results: <https://www.sportstats.ca/display-results.xhtml?raceid=43818>.

Sat May 27th H2O Dragon Boat Open, Montreal

The **Sportchicks** (including many Carleton swimmers) competed in the Premier (open age) division and in the Senior B (50+) division in their first dragon boat races of the season. The premier team won **gold** in the 1000m and **bronze** in the 500m. The Senior B team won **gold** in the 500m and **silver** in the 1000m. Congratulations Sportchicks! Full results: https://docs.wixstatic.com/ugd/60e97d_91d80e046cc6464f803f8d14ffc9660c.pdf

Sat-Sun May 27-28th Ottawa Race Weekend

If I missed anyone, please let me know! Congratulations to **Susan** on a PB, and to **Liliane** for being within 30 seconds of her PB!

5km (8918 participants):

Julia Aimers (8:30am Earlybirds; 50-54): 1240th overall, 348th female, and 11th in category in 27:11.8

5k Results: <https://www.sportstats.ca/display-results.xhtml?raceid=42850>.

Half Marathon (13475 participants):

Christian Cattán (6pm Whitecaps; 35-39): 394th overall, 329th male and 58th in category in 1:36:33.3

Renee Robert (8:30am Earlybirds; 60-64): 7492nd overall, 3464th female and 47th in category in 2:22:32.7

Janet Whitley (8:30am Earlybirds; 50-54): 8102nd overall, 3865th female and 341st in category in 2:26:59.0

Liliane Cardinal (7:30am Earlybirds; 65-69): 8628th overall, 4220th female and 21st in category in 2:31:00.8

Half Marathon Results: <https://www.sportstats.ca/display-results.xhtml?raceid=42853>.

Marathon (5287 participants):

Susan Nevitt-Yelle (7:30am Earlybirds; 50-54): 900th overall, 130th female and 6th in category in 3:36:50.6

Marathon Results: <https://www.sportstats.ca/display-results.xhtml?raceid=42854>.

Sat Jun 3rd Longueuil LCM Masters Meet, Montreal

Liliane and **I** were Carleton's two swimmers at this meet. Congratulations to **Liliane** on her club records. Note that I strongly recommend against attempting a 200m fly (especially long course) while recovering from bronchitis – it was horrendous!! Full results: <http://www.natationelite.com/wp-content/uploads/2017/05/resultats.pdf>. Updated club records: <http://carletonmasters.tripod.com/170603.Records.pdf>

Liliane Cardinal (7:30am Earlybirds; 65-69): **1st** 100fs (2:06.92 PB, Club Record); **2nd** 50fs (55.27 Club Record), 200fs (4:31.64 PB)

Lynn Marshall (Coach; 55-59): **1st** 200fs (2:21.12), 50bk (38.47), 200fl (2:46.03); **2nd** 50br (42.36), 100br (1:34.01)

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 **May 18th**).

Private and Semi-Private Masters Swim Lessons

Spring Schedule:

Mon/Wed 5:00-6:00pm

Fri 9:35-10:35am

Summer schedule coming soon.

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

Spring/Summer Masters Swimming Programs, Barcodes, and Prices

Registration is open for both Spring and Summer registration. 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 (but not for Spring). The information below is also on the web site:

<http://carletonmasters.tripod.com/index.html#schedSpringSummer>.

Spring 2017: Mon May 1st to Mon Jul 3rd; no workouts Mon May 22nd or Sat Jul 1st

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: **Lynn**; barcode 13182; cost: \$85.50+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: **Lynn**; barcode 13183; cost: \$85.50+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: **Sean and Lynn**; barcode 13187; cost: \$95.50+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: **Sean and Lynn**; barcode 13188; cost: \$85.50+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat, except: May 20th 10:45-11:55am and **Mon Jul 3rd 12:15-1:25pm** (shallow): Coaches: **rotating schedule**; barcode 13185; cost: \$32+HST

Summer 2017: Tue Jul 4th to Sat Sept 2nd; no workouts Mon Jul 3rd, Mon Aug 7th, or Mon Sept 4th

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 13184; cost: \$198+HST

6:00pm Whitecaps: 6:00-7:10pm MTuTh and 12:15-1:25pm Sat (M/Sat shallow/TuTh deep): Coaches: Weekdays: **Sean and Lynn**; Saturdays: **rotating schedule**; barcode 13189; cost \$108+HST

12:15pm Saturday Earlybirds ONLY: 12:15-1:25pm Sat (shallow): Coaches: **rotating schedule**; barcode 13186; cost: \$36+HST

Aquasport Discount for Carleton Masters Swimmers:

Carleton Masters is now registered with Aquasport, which means that you get a 15% discount on regularly priced merchandise at all their stores. (No discount on sale merchandise.) In Ottawa, they are located at 2730 Iris Street in the West End. (The Montreal Road location has closed.) There are also several locations in Montreal. **To get the discount, just tell the staff that you are with Carleton Masters** (no proof is required!).

Carleton Masters Swim Team Photos:

Fall 2016 group photos (Saturday, Morning, Evening): <http://carletonmasters.tripod.com/fall16photos.pdf>.

Fall 2015 Evening groups: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec17whitecaps.pdf>.

Fall 2015 Morning groups: <http://sce.carleton.ca/courses/ecor-2606/f15/teamphotos/2015dec18earlybirds.pdf>.

There are some old team photos (circa 1992-1994) here: <http://carletonmasters.tripod.com/90sphotos/>.

We have identified **19** current swimmers in the old photos: **Joanie Conrad** (7:10pm Whitecaps), **Cam Dawson** (6pm Whitecaps), **Joanne Dawson** (6pm Whitecaps), **Sean Dawson** (then child safety supervision; now Coach), **Nicole Delisle** (6pm Whitecaps), **Cori Dinovitzer** (6pm Whitecaps), **Fiona Hill** (7:30am Earlybirds), **Karen Jensen** (7:30am Earlybirds), **Tim Kilby** (Coach), **Mike Lau** (6pm Whitecaps), **Sandy Lawson** (7:30am Earlybirds), **Peter Lithgow** (6pm Whitecaps), **Lynn Marshall** (Coach), **Carolyn Odecki** (6pm Whitecaps – on sabbatical), **Lina Vincent** (6pm Whitecaps), **Jose Vivanco** (7:10pm Whitecaps), **Don Wells** (6pm Whitecaps), **Bicki Westerheide** (7:10pm Whitecaps), and **Debby Whately** (6pm Whitecaps). Also **Derek Baas** is in an old photo, and his wife, **Andrea Chandler** (6pm Whitecaps), swims now.

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

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

workout or a set in a workout, just talk to your coach.

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

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

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

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

Happy lengths!
Lynn

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