

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Thursday, August 15, 2019 6:11 PM
To: 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; 'David Thibodeau'
Subject: Carleton Masters Swimming Newsletter #504

Carleton Masters Swimming Newsletter #504

Thursday, August 15th, 2019

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2018, Winter 2019, Spring 2019, Summer 2019, and Alumni: 7:30am Earlybirds I (57 addresses), 8:30am Earlybirds II (34 addresses), 6pm Whitecaps I (57 addresses), 7:10pm Whitecaps II (33 addresses), Saturday Only (4 addresses), Alumni (32 addresses).



Congratulations to the top 3 finishers at the **Lac Grand 5km swim on Sat Aug 10th**: left to right: 3rd **Harley Gifford** (7:30am Earlybirds); 1st **James Verreault**; 2nd **Sam Hersh** (7:30am Earlybirds). Great job of organizing the swim, **Francois Jacques** (7:30am Earlybirds)! Full results in the results section.

Masters Swimming Program Notes

- The Summer session runs until **Sat Aug 31st**, inclusive.

- Full details on the dates and prices for the Summer programs can be found in the “Notes and Reminders” at the end of the newsletter.
- A reminder that the only groups running for summer are 7:30am Earlybirds, 6pm Whitecaps, and 12:15pm Saturdays.
 - This summer, Saturdays are **not** included with your weekday registration. See below for drop in option.
- Registration is open for both Fall/Winter 2019/2020. Program details below.

NEW!: Summer Saturday \$5 Drop Ins

As the Saturday numbers have been low lately, due to vacations, we are opening up the last three Saturdays of the session to all. If you are not registered for Saturdays, you may swim from **12:15pm to 1:25pm on August 17th, 24th, and/or 31st** by purchasing a \$5 public swim pass for each workout at the Welcome Centre. Ask for a receipt (not a hand stamp) and give your receipt to the coach on deck before your swim. You may also bring a friend to try Masters, as long as he/she also pays the drop in fee.

Fall/Winter Programs and Registration

Registration for Fall **and** Winter Masters is underway. Masters is a members-only program with no student discount. Registration can be done in person or by phone: 613-520-4480. The 6pm and 7:30am groups fill quickly, so register early to avoid disappointment! The Masters program information is also available on the web site:

<http://carletonmasters.tripod.com/>. Note that the system requires that the cost be the same for both Fall and Winter, so there are two bonus workouts in the Fall (i.e. you pay for 43 workouts and get 45) and one or two extra Winter workouts on unusual days to get 43 workouts in for all groups. Prices are unchanged from last year.

Fall 2019: Wed Sept 4th to Thu Dec 19th; no workouts Tue Sept 3rd; Mon Oct 14th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon/Thu: Sean; Tue: David): cost \$165+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: Mon/Thu: Sean; Tue: David): cost \$150+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow; Coaches: rotating schedule): cost: \$64+HST

Winter 2020: Thu Jan 2nd to Sat Apr 11th; no workouts Mon Feb 17th; Fri Apr 10th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST: includes **Thu Jan 2nd and Thu Apr 9th**

8:30am Earlybirds 2: 8:30-9:30am MWF (deep; Coach: **Lynn**): cost: \$150+HST: includes **Thu Jan 2nd and Thu Apr 9th**

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: Mon/Thu: Sean; Tue: David): cost \$165+HST: includes **Fri Jan 3rd**

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: Mon/Thu: Sean; Tue: David): cost \$150+HST: includes **Fri Jan 3rd**

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow; Coaches: rotating schedule): cost: \$64+HST

Swimmer Notes

Swimmer Updates:

- Congratulations to **Paola Osorio** (6pm Whitecaps) and **Alejandro Rojas** (6pm Whitecaps) on the birth of their son, **Agustin Rojas Osorio**, on **Thu Aug 8th**! Congratulations also to Aunt **Luz Osorio** (6pm Whitecaps).

- Congratulations to **Randi Karstad** (7:30am Earlybirds) on her marriage to **Neil Milton** on **Thu Aug 15th** (today!).

- For Fall and Winter Whitecaps, **Sean** will be coaching Mondays and Thursdays, and **David** will be coaching Tuesdays. **Mark** and **Adrian** will be available to substitute if/when needed. Thanks, guys!

- **Aug 14-19th** Performance Swimwear Warehouse Sale, Hudson, QC. I got this information from Facebook, so I'd recommend phoning to confirm before making the drive:

<https://www.facebook.com/swimsalemtl/photos/rpp.1641227216090892/2387778721435734/?type=3&theater>.

News and Links:

- **Loren King**: Political Science Prof at WLU and avid Masters Swimmer Conquers the English Channel in 12:02!: <https://twitter.com/lorenantonyking/status/1161136747364933632>

- From Ice-Cold Rock Pools to Secluded Riverbanks, Six UK Authors Reveal their Favourite Spots to Dive In: <https://www.theguardian.com/lifeandstyle/2019/aug/10/launch-naked-into-unknown-writers-joy-wild-swimming>
- Canadian **Michael Woods** plans Ironman Debut Post-Cycling Career: <https://triathlonmagazine.ca/feature/michael-woods-plans-ironman-debut-post-cycling-career/>
- Great South African Swimmer and American Masters Swimmer **Graham Johnston** Dies at Age 88: <https://swimhistory.co.za/index.php/champions/international-stars/graham-johnston> and <https://bayoucityaquaticcenter.org/graham-johnston>
- This St. John's woman left the couch to chase the Ironman dream — and it saved her life: <https://www.cbc.ca/news/canada/newfoundland-labrador/cheryl-myers-inspires-with-triathlon-journey-1.5240414>
- Advanced Stretching Session with **Gerry Parenti**: <https://www.facebook.com/trucok/videos/10157208386905491/UzpfSTlwODA0NTMzOTI2NTc1MzoyODU2Nzg3NTQ0MzIxNTA2/>

Summer Session Information

Dates: Tue Jul 2nd to Sat Aug 31st; excluding Mon Jul 1st, Sat Aug 3rd, and Sat Aug 5th.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End plus 2 Lanes Shallow: **Lynn**

6pm Whitecaps: Shallow End: Mon: **Sean**; Tue: **David**; Thu: **Sean**

12:15pm Saturdays: Shallow End; rotating coach schedule

Exceptions will be noted here.

Mits coached for **Sean** on **Thu Aug 1st**.

Mark coached for **Lynn** on **Wed Aug 7th**.

David coached for **Sean** on **Thu Aug 8th**.

Tim coached for **Lynn** on **Fri Aug 9th**.

David coached for **Mits** on **Sat Aug 10th**.

TBD is coaching for **David** on **Tue Aug 27th**.

Fin Day:

Thu Aug 1st / Fri Aug 2nd

Time Trials:

Mon Jul 8th am: 400 free or IM (evening group will do this later in the term)

Mon Jul 15th am / Tue July 16th: 100 and 50 choice

Tue Aug 6th / Wed Aug 7th: 800 / 1500 free

Tue Aug 13th / Wed Aug 14th: 200 choice

Thu Aug 29th / Fri Aug 30th: “funner” day (e.g. relays)

This information and more can be found with the Spring/Summer workout themes at: <http://carletonmasters.tripod.com/mastplansprsum19.pdf>.

Here's the weekday attendance, so far. Let me know of any errors or omissions.

6pm Whitecaps: July 2-August 13th (18 workouts); range 18-33; average: 24.2

Missed 2 Workouts: **Don Wells**

Missed 3 Workouts: **Christian Cattan, Elaine Yardley, Peter Lithgow, Stephanie Le Saux Farmer**

7:30am Earlybirds: July 3-August 14th (18 workouts); range 24-37; average: 31.2

Perfect Attendance: **Bruce Brown, Derek Woodard**

Missed 1 Workout: **Steve Dods, Susan Hulley**

Missed 2 Workouts: **Dawn Walsh, Harley Gifford, Marta Kolbuszewska, Ralph Siemsen, Stephen Agberien**

Missed 3 Workouts: **Ian Lorimer, Justin Kernot**

Thanks to all those who participated in the **800 / 1500 time trial on Tue Aug 6th / Wed Aug 7th** and to **Mark** for timing the morning group while I was away! There were 8 improvements led by **Christian** with an over 3 minute improvement in 800 free, and **Zak** with nearly 1.5 minutes in 1500 free. The full list follows:

1500 free (3)

Zak Jacques	87.0	EB1
Ralph Siemsen	54.0	EB1
Sam Hersh	8.0	EB1

800 free (4)

Christian Cattan	192.0	WC1
Claude Tellier	57.0	EB1
Matthew Sinclair	38.0	WC1
Susan Hulley	14.0	EB1

400 free (1)

Lisa Tauskela	5.9	WC1
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Great job by those who did the **200 time trial on Tue Aug 13th / Wed Aug 14th**. There were 9 improvements led by Christian with a huge 17 second improvement in 200IM, and Peter Kallai with over 7 seconds in 200 free. Here's the full list:

200 free (7)

Peter Kallai	7.3	WC1
Matthew Sinclair	3.1	WC1
Lillian Wheatley	2.5	EB1
Stephen Agberien	1.7	EB1
Ralph Siemsen	1.5	EB1
Marta Kolbuszewska	1.1	EB1
Justin Kernot	0.7	EB1

200 fly (1)

David Caughey	1.7	EB1
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200 IM (1)

Christian Cattan	17.3	WC1
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Ask the Coach

Dear Coach: What's going on in the parking lot by the pool? Curious Swimmer

Dear C. Swimmer: A new road is being constructed. Details here (from Carleton U):

The National Capital Commission (NCC) has advised that work will commence on the Hog's Back Swing Bridge on **Monday, Aug. 12, 2019**. The bridge will be closed for a projected nine months. For additional information about this NCC project and site plan, [click here](#).

During this construction, Hog's Back Road between Prince of Wales and Colonel By Drive will be closed to vehicular traffic. However, pedestrians and cyclists will be able to cross the canal via an accessible pathway to the lock just below the bridge.

The City of Ottawa suggests the following driving detour route during this closure: Prince of Wales to Heron Road to Riverside Drive to Colonel By Drive. A map detailing this route, as well as pedestrian and cyclist entry points to campus may be found on the university's Transportation Plan website by [clicking here](#).

Carleton University has taken steps to mitigate traffic congestion caused by construction projects around the city. The first step is the construction of [Stadium Way](#) that will connect Bronson Avenue and University Drive through parking lot 5 (P5), near MNP Park. Construction has already begun and will be completed this fall.

The City is planning for the extension of [Raven Road](#) to assist in the movement of bus traffic and this project is currently under design by the City of Ottawa.

The closure of the swing bridge will negatively impact commuting to and from the university. We ask community members to exercise patience with one another as we cycle, walk or drive to and from campus during this construction project by the NCC.

Dear Coach: I want to go to a meet in the US this Fall and swim for Carleton. Which of the many swim associations do I have to be registered with for USMS (United States Masters Swimming) to accept my registration? And how much does it cost? Confused Swimmer

Dear C. Swimmer: Registration with Swim Ontario (but not MSC or MSO) is recognized by Swim Canada and thus by USMS and FINA. The prices will be in either the next newsletter or the one after that. They will likely be similar to the numbers given in the section below.

Dear Coach: How can I start learning and practicing flip turns? It's been ten years since I have done them and I don't know where to start. Returning to Turns

Dear R.t. Turns: In the morning, we have space in the dive tank to do clinics on turns. In the evening, it's more tricky, but ask the coaches for tips, and if there is enough interest a lane can be used for the last 10-15 minutes of workout.

Masters Swimming Competitions

This season (September 2018 to August 2019), you have several options for registration for competitions:

1. You can register with Masters Swimming Ontario (MSO). This allows you to compete in Ontario only, and in meets sanctioned by MSO only. Your times will probably be accepted by MSC (e.g. for the Top 20 rankings) but will probably not be recognized by FINA (e.g. for World Records). This costs **\$15** for Sept 1st to Aug 31st. This registration can be done quite quickly, so it doesn't have to be done very far in advance of the competition you are interested in. (You can also pay a \$5 registration fee for each MSO-sanctioned competition that you enter, but then you would **not** be swimming for Carleton Masters.)
2. If you wish to compete outside Ontario, or in Ontario SO-sanctioned meets, you must register with Swimming Ontario (SO) as a Carleton Masters swimmer. This costs **\$65** for Sept 1st to Aug 31st. Registration several weeks in advance of the meet deadline is required, as you will not be eligible to compete until your registration has been processed by SO.
3. You can register with both MSO and SO. This costs **\$75** for Sept 1st to Aug 31st.

Note that the Carleton Masters club code is CARMA.

For all of the above, if you haven't registered before, please send me your name, gender, date of birth, address and phone number. You may pay by e-transfer, cash, or cheque payable to me (**Lynn Marshall**). Note that the above costs include a contribution to the club registration fee.

Many Ontario meets, including most local meets, are MSO sanctioned. If you want to compete in (for example) Montreal or at Nationals, then SO registration is required.

For MSO competitions see: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

For Ontario SO competitions and Quebec competitions see: <https://www.swimming.ca/en/events-results/live-upcoming-meets/>, select the province and the month of interest, then select the appropriate meet to get more info. Masters meets are identified as "Masters" under meet type. 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 becomes available. **Note that meet entries and confirming meet information and entry dates are your responsibility.** Meets are SCM unless otherwise indicated.

Aug 5-18th FINA World Masters Championships, Gwangju, Korea http://www.fina-gwangju2019.com/masters_eng/

Sun Oct 13th Bermuda 800m, 2k, 4k, 10k Around the Sound open water swims on the Canadian Thanksgiving long weekend. One of the organizers is from U of Waterloo: **Mike Cash** (mike@bows.bm) and he's happy to help with logistics if anyone is interested.

Fri-Sun Mar 27-29th, 2020 MSO Provincials, Nepean (not recognized by Swim Ontario, MSC, or Swim Canada)

Fri-Sun May 22-24th, 2020 MSC Nationals, Etobicoke (not recognized by Swim Canada)

Global Open Water Swim Series (Year Round): <https://globalswimseries.com/races/>

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

Fri-Sun Jul 19-21st Dragon Boat National Championships, Regina

Update: Missing from the last newsletter was **Claude's** team. **Claude** paddles for the Ottawa Dragon Masters.

Claude Tellier (7:30am Earlybirds) was on a team that won gold in the Senior B women (49+), silver in the mixed Senior B, and 4th in the mixed Senior C (59+). All three boats qualified for the 2020 World Dragon Boat Crew Championships in France! Congratulations, **Claude**!!

Sun Jul 28th Ironman Whistler (3.8k/180k/42.2k)

Update: Margaret's race report added.

Congratulations to **Margaret** on a podium finish!!! Amazing! Full results:

<https://www.ironman.com/triathlon/events/americas/ironman/canada/results.aspx?race=canada&rd=20190728&y=2019#axzz5vGwJD2Ac>.

Margaret King (7:30am Earlybirds; 55-59): 525th overall; 106th woman, and 2nd in category in 13:11:50 (swim 1:10:24)

Margaret's report:

Ironman Canada delivered an exceptional day for racers! The weather, the volunteers, the course were all phenomenal. As a friend said, Whistler is like Tremblant on steroids!

There were two transition zones (like Meech tri!) so the morning started with a bus ride out to Alta Lake. The swim in Alta Lake was my second favourite swim (1st being Kona) - the water was exceptionally clear and clean...and refreshing like a glass of chilled white wine!

I exited the swim with that "chill" clinging to me and subsequently started to shiver on the bike. The sun was out but was blocked by the tall trees and mountains on the first part of the course. Much of ride is on the Sea to Sky highway which meant a more or less downward trajectory until Callahan road. This steep climb up to the 2010 Olympic Biathlon Park easily took away the morning chill! Coming down I was hitting speeds just over 70 kph...and that was with some cautionary feather braking! It was a serpentine descent which added to the thrill factor!

Back onto the Sea to Sky highway you continue to descend, and descend...to Daisy Lake. Your mind, now, is only thinking of the long climb ahead back up and beyond Whistler! ...and then do it all over again:)

Run started off well (no bears!) - again, the course was gorgeous with a mix of forest trails and river pathways. Unfortunately leg cramps got the better of me that day (my hydration on the bike wasn't optimal) so my first place lead slipped away from me! But no regrets- was happy to have had the opportunity to race this course in its final year....can't wait to test out the Ironman Canada course in Penticton next summer!!!

Sat Aug 3rd Traversee du Lac Tremblant 3km Swim (313 participants)

Great swims by **Mars** and **Kasia**! Results: <https://results.chronotrack.com/event/results/event/event-52809>.

Mars Nienhuis (6pm Whitecaps; 18-29): 14th overall; 5th woman, and 3rd in category in 46:15

Kasia Poplawski (7:30am Earlybirds; 30-39): 180th overall; 90th woman, and 26th in category in 1:03:36

Aug 7-11th USMS Long Course Nationals, Mission Viejo

Liliane Cardinal swam in some events with her daughter's team (San Diego Masters Club) and they won the championship! She also saw **Anthony Ervin** swim 100 free! Congrats to **Liliane** on her **club record in 50 breast**, beating 1:42.19 by **Margaret Dibben King** from 2005. Results:

<https://www.usms.org/comp/meets/meet.php?MeetID=20190807SNCL>. Updated club records:

<http://carletonmasters.tripod.com/190815.Records.pdf>.

Liliane Cardinal (7:30am Earlybirds; 70-74, swimming for San Diego Masters): 2nd 400IM (11:31.23); 5th 280+ 200 free relay (2:59.22; 3rd split: 56.27); 6th 50 breast (1:15.78); 11th 200+ 200 medley relay (3:41.36; split free: 58.86)

Sat Aug 10th 2.5km and 5km Swims in Lac Grand, Val-des-Monts, Quebec

Francois Jacques (7:30am Earlybirds) did a great job organizing the swim, and I hear that the post-swim brunch was awesome. Here are the full results, with the Carleton swimmers in bold.

21 swimmers participated; 8 swam the 2.5 and 13 the 5km (with over half the 5k swimmers from Carleton!)

Several volunteers helped make the swim a success

2.5 km swim

Victoria Witt.	51:50.	1st
Zoe Witt	53:20.	2nd
Andreas Guilbeault	1:18:28.	3rd
Janice Dempsey.	1:19:25.	4th
Vinay. Ladha.	1:21:38.	5th
Lynn Hansberger.	1:25:50.	6th
Olivia Frith.	1:29:41.	7th
Linda Gamm. (Completed 2 km).	2:25:00.	8th
5km swim with split times at 2.5km		
James Verreault.	38:27 1:18:37.	1st
Sam Hersh (7:30am EB)	40:59. 1:26:27.	2nd
Harley Gifford (7:30am EB)	43:41. 1:28:03.	3rd
Mathew Fyfe.	43:15. 1:31:41.	4th
Miguel Chavez (6pm WC)	45:21. 1:35:57.	5th
Jean-François Jacques (6pm WC)	48:05. 1:37:01.	6th
Sandra Lawson (7:30am EB)	47:39. 1:40:19.	7th and top woman
Maureen Grace.	47:55. 1:40:22.	8th
Christian Cattan (6pm WC)	51:52. 1:50:57.	9th
François Bourdon.	51:43. 1:52:09.	10th
Karen Jensen (7:30am EB)	53:28. 1:53:23.	11th and 3rd woman
Cori Dinovitzer (7:30am EB)	54:55. 1:53:59.	12th and 4th woman
Ian Miller.	55:11. 1:56:56.	13 th

Sat Aug 10th Ottawa Riverkeeper 4km Swim (99 non-wetsuit competitors)

Great job by the Carleton swimmers, especially **Mars** for placing **first** amongst the women! If I missed anyone, let me know!

Tim Kilby (Coach): 6th overall in 1:04:03

Mars Nienhuis (6pm Whitecaps): 7th overall and **top** woman in 1:05:33

Zoltan Csepregi (6pm Whitecaps): 12th overall in 1:07:32

Isaac Fierro Marquez (6pm Whitecaps): 17th overall in 1:11:12

Aug 13-18th World Masters Swimming Championships, Gwangju, South Korea

Jamie is just past half way through his swims with three club records and three top-10 finishes in his 3 events to date (2 more to go on Saturday and Sunday)! Canadian swimmer results: <https://www.mastersswimmingontario.ca/2019-fina-masters-gwangju-korea/>. Updated club records (**Jamie** improved his own records!): <http://carletonmasters.tripod.com/190815.Records.pdf>.

Jamie Chalmers (Earlybirds; 75-79): 7th 200 back (4:40.82 Club Record); 9th 100 free (1:37.06 Club Record); 10th 50 free (39.87)

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://www.statsman.ca/#canada> (last update **July 17th**).

Private and Semi-Private Masters Swim Lessons

Summer Schedule:

Mon-Thu 11:30am-12:30pm

Mon-Thu 4:30-5:30pm

Wed 5:30-6:30pm

Other times may be available upon request.

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

Summer Masters Programs

Details on the Summer Masters programs can be found below and on the web site:

<http://carletonmasters.tripod.com/>. The main change for this year is that there is a **separate registration for Saturdays in the Summer** program (i.e. it is no longer included with the weekday registration).

Summer 2019: Tue Jul 2nd to Sat Aug 31st; no workouts Mon Jul 1st, Sat Aug 3rd, or Mon Aug 5th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep + 2 lanes shallow, if needed; Coach: **Lynn**): cost: \$76+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (shallow; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Sean**; Sub-coach: **Adrian**): cost \$84+HST

12:15pm Saturday Earlybirds: 12:15-1:25pm Sat (shallow; Coaches: rotating schedule): cost: \$34+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. 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 Ravens Gear: Swim caps (\$15) and T-shirts (\$20) are available as a fundraiser to support the Varsity team:



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.

Carleton Masters Swim Team Photos: Check out some new and old team photos:

<http://www3.sympatico.ca/lynnmarshall/teamphotos.html>.

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!

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 (lynmar@sce.carleton.ca).

Happy lengths!
Lynn

lynmar@sce.carleton.ca

Club website: <http://carletonmasters.tripod.com>