

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Friday, November 22, 2019 1:07 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 #511

## Carleton Masters Swimming Newsletter #511

Friday, November 22<sup>nd</sup>, 2019

**To:** Carleton Masters Coaches / Staff (9 addresses)

**Bcc:** Those registered for Fall 2019 and Alumni: 7:30am Earlybirds I (40 addresses), 8:30am Earlybirds II (26 addresses), 6pm Whitecaps I (47 addresses), 7:10pm Whitecaps II (25 addresses), Saturday Only (3 addresses), Alumni (39 addresses).

**There is winning and there is losing and in life both will happen. What is never acceptable to me is quitting. – Magic Johnson**

### Masters Swimming Program Notes

- The Fall session runs from Wed Sept 4<sup>th</sup> to Thu Dec 19<sup>th</sup>, inclusive, excluding **Mon Oct 14<sup>th</sup>**.
  - The 6pm Whitecaps and 7:30am Earlybirds groups are **full** for Fall: wait lists available. **If you are on the wait list, please let me know, including your position on the list.**
  - Full details for the Fall and Winter programs is in the “Reminders” section at the end of the newsletter.
- Note that the **6pm Whitecaps** is nearing capacity for the **Winter** term. There are just **6 spots** remaining. (The other groups still have lots of space.)

### Swimmer Notes

#### Swimmer Updates:

- Our thoughts are with **Natalie Aucoin** (8:30am Earlybirds), her husband **Rick Boland**, and their daughter **Brigitte Boland** (Earlybirds) on the sudden passing of their son and brother, **Phil Boland**. The celebration of life is tomorrow afternoon, **Sat Nov 23<sup>rd</sup>**. Full details: <https://www.hpmcgarry.ca/memorials/philip-boland/4034049/obituary.php>.

- Tomorrow!: The Carleton Masters Annual Festive Gathering will again be hosted by **Don Wells** and **Joanie Conrad** (6pm Whitecaps) on **Sat Nov 23<sup>rd</sup>**. Full details: <http://carletonmasters.tripod.com/festive2019.pdf>. Hope to see you there!

- Carleton University will again be participating in “Giving Tuesday”, this year on **December 3<sup>rd</sup>**. On that date, all donations of up to \$10,000 will be 100% matched by Carleton up to a total of \$500,000. You can explore all the funds and projects available at <https://futurefunder.carleton.ca/>. Here are some that may be of interest:

- **Phil Boland Memorial Fund:** Funds donated are matched by the University at any time, and will be double-matched on Giving Tuesday: <https://futurefunder.carleton.ca/giving-fund/phil-boland-memorial-fund/>.

- **Tom Anzai Memorial Swimming Bursary** (recently renamed in **Tom’s** honour): The first \$6000 donated on Giving Tuesday will be double-matched by Carleton: <https://futurefunder.carleton.ca/giving-fund/tom-ansai-swimming-bursary-giving/>.

- **Carleton Ravens Swim Team** (to subsidize out of town competitions and Florida training camp): <https://futurefunder.carleton.ca/campaigns/ravens-swim-team-2/>.

- Kudos to **Lisa Meyer** (8:30am Earlybirds) on completing a **500m fly** in workout on **Wed Nov 20<sup>th</sup>**!

- **Eleanor Fast** (7:30am Earlybirds)’s son Joe made this list of best runner’s names: <https://runningmagazine.ca/the-scene/the-6-best-runners-names/>.

- Congratulations to **Melanie Heroux** (8:30am Earlybirds) on her selection to the Ottawa team to compete in swimming at the Special Olympics Provincial Games in Waterloo, from May 20 to 24<sup>th</sup>. Doing well at this competition can earn qualification for the National Games in Medicine Hat in 2022, leading to the World Games in Berlin in 2023. So happy for you, **Melanie!** In addition, last weekend Melanie participated in the Fifth Annual Norm McEwen Bowl-a-thon to raise funds for Special Olympics. It's not too late to sponsor her:  
<https://secure.e2rm.com/registant/FundraisingPage.aspx?registrationID=4627079>.

## News and Links:

- Don't Accentuate the Positive (with anecdotes from **Bob Bowman, Michael Phelps'** coach) [thanks to **Ruth Fawcett** (6pm Whitecaps)]: <https://www.happinesslab.fm/episodes/dont-accentuate-the-positive>
- The Woman making '60 the new 40' by Becoming the Oldest Person to swim the 200-km Oceans Seven: <https://www.guinnessworldrecords.com/news/2019/11/the-woman-making-60-the-new-40-by-being-the-oldest-person-to-swim-the-200-598062>
- The Five: Exercises to Help Avoid an Early Death [thanks to **Isla Paterson** (8:30am Earlybirds)]: <https://www.theguardian.com/technology/2019/nov/10/five-exercises-help-avoid-early-death>
- Here's What Swimmers Can Learn from **Michael Phelps'** Pre-Race Routine: <https://swimswam.com/michael-phelps-pre-race-routine/>
- The Six Different Types of Swimmers: <https://www.swimmingworldmagazine.com/news/the-six-different-types-of-swimmers/>
- Being Young, Active and Physically Fit May Be Very Good for Your Brain: <https://www.nytimes.com/2019/10/02/well/move/being-young-active-and-physically-fit-may-be-very-good-for-your-brain.html>
- **Terry Laughlin's** Pool Tool Review: Just Say No To Kickboards [Thanks to **Julia Aimers** (8:30am Earlybirds)]: <http://www.totalimmersion.net/blog/pool-tool-review-just-say-kickboards/>

## Fall Session Information

Dates: Wed Sept 4<sup>th</sup> to Thu Dec 18<sup>th</sup>; excluding Mon Oct 14<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: Shallow End: Mon; Deep End: Tue/Thu; Mon/Thu: **Sean**; Tue: **David**

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

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

Exceptions will be noted here.

**Sean** is coaching for **David** on **Tue Nov 26<sup>th</sup>**.

**Mark** is coaching for **Sean** on **Thu Dec 5<sup>th</sup>**.

### Fin Days:

Tue Oct 22<sup>nd</sup> / Wed Oct 23<sup>rd</sup>

Thu Nov 21<sup>st</sup> / Fri Nov 22<sup>nd</sup>

### Time Trials:

Thu Oct 10<sup>th</sup> / Fri Oct 11<sup>th</sup>: timed 400 free or IM

Thu Oct 17<sup>th</sup> / Fri Oct 18<sup>th</sup>: two timed 50s choice

Mon Oct 28<sup>th</sup>: timed 200 choice

Mon Nov 11<sup>th</sup>: timed 800 / 1500 free

Tue Nov 26<sup>th</sup> / Wed Nov 27<sup>th</sup>: timed 100 choice

Wed Dec 17<sup>th</sup> / Thu Dec 18<sup>th</sup>: "funner" day (e.g. relays)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall19.pdf>.

Here are the weekday attendance statistics for the term to date. Please let me know of any errors or omissions.

**7:30am Earlybirds:** Sept 4-Nov 22<sup>nd</sup> (34 workouts); range 13-28; average: 21.1

Missed 1 Workout: **Bruce Brown, Margaret King**  
Missed 3 Workouts: **Liliane Cardinal**

**8:30am Earlybirds:** Sept 4-Nov 22<sup>nd</sup> (34 workouts); range 14-24; average: 18.8  
Missed 1 Workout: **Debby Whately**  
Missed 3 Workouts: **Chris Whitehead, Isla Paterson**

**6pm Whitecaps:** Sept 5-Nov 21<sup>st</sup> (33 workouts); range 18-35; average: 26.3  
Perfect Attendance: **Don Wells, Konstantin Petoukhov**  
Missed 1 Workout: **Cam Dawson**  
Missed 2 Workouts: **Joanne Dawson**  
Missed 3 Workouts: **Joanie Conrad, Nicole Delisle**

**7:10pm Whitecaps:** Sept 5-Nov 21<sup>st</sup> (33 workouts); range 6-15; average: 10.3  
Perfect Attendance: **Stephen Agberien**

Apologies to missing **Peter Kallai** (6pm Whitecaps) in the list of improvement in the **200 time trial on Mon Oct 28<sup>th</sup>**. He improved by over 15 seconds in his 200 free – well done, **Peter!**

**200 free:**

<b>Peter Kallai</b>	15.9	WC1
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Thanks to those who participated in the **long distance time trial on Mon Nov 11<sup>th</sup>**. **Emma Cross** (7:30am Earlybirds) improved her 400 free again by 25.2 seconds, giving her a total of a 50 second improvement this term! **Christian Cattan** (6pm Whitecaps) improved his 1500 by 40 seconds. Here's the full list of improvements:

**400 free (1)**

<b>Emma Cross</b>	50.0	EB1
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**800 free (2)**

<b>Nicole Le Saux</b>	12.0	EB1
<b>Ann Bortolotti</b>	1.0	EB1

**1500 free (5)**

<b>Christian Cattan</b>	40.0	WC1
<b>Kasia Poplawski</b>	6.0	EB1
<b>David Moore</b>	5.0	WC1
<b>Heather Morrison</b>	3.0	EB1
<b>Ralph Siemsen</b>	2.0	EB2

## Ask the Coach

**Dear Coach:** Should I breathe on both sides during the 800 / 1500 time trial? Improving Freestyler

Dear I. Freestyler: It's recommended to breathe on both sides in training: either every 3 strokes; or every 2 or 4 strokes, but alternating sides each length. This is to keep the stroke symmetrical and avoid injury due to asymmetries in the stroke. When you are doing a long distance race or time trial, however, where speed is important, oxygen is more important than symmetry and you should follow whatever breathing pattern is most comfortable to you and also breathe quite frequently (every 2 or 3 strokes).

**Dear Coach:** What is drafting? Penalized for Drafting

Dear P.f. Drafting: When you swim closely behind someone (less than about 10 seconds behind), you get an advantage from following in their wake. For that reason, one of the long distance time trial rules is that if you start 10 seconds behind someone and catch up, you must either pass or drop back to keep that 10 second gap. You should notice that it is much easier / faster when you are right behind someone. Thus, for fairness, if you get an advantage from this you are penalized (time added to your final time).

## Masters Swimming Competitions

This season (September 2019 to August 2020), you have many 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 be accepted by Christian Berger (for his Top 20 rankings) but will not be recognized by Swim Canada, MSC, or FINA (e.g. for World Records). This costs **\$15** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>. 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 \$6 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 **\$50** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>. 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. Notice the price has been reduced by \$15 this year!
3. You can register with both MSO and SO. This costs **\$60** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>.
4. You can also register with MSC. This costs \$30. It's not yet clear what this gets you beyond a few discounts and the ability to use their Million Meter recording page. It will likely be required to swim at the MSC Nationals.

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 Swim Canada Masters 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.

Sun Dec 1<sup>st</sup> Technoport Meet, uOttawa (MSO registration required)

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

Sat Dec 7<sup>th</sup> Quebec Manche 2, Sainte-Foy (SO registration required) <https://www.swimming.ca/en/meet/34517/>

Sun Dec 8<sup>th</sup> Nepean Red vs. Blue Meet (MSO registration required)

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

Sun Dec 15<sup>th</sup> IM Fast, Toronto Pan-Am Sports Centre (SO registration required)

<https://www.facebook.com/swimontariomasters/photos/pcb.2517965238293659/2517956668294516/?type=3&theater>

Sat Jan 11<sup>th</sup> Quebec Manche 3, Drummondville (SO registration required) <https://www.swimming.ca/en/meet/34518/>

Sun Jan 19<sup>th</sup> Alderwood Yards Meet (MSO registration required)

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

Sat Jan 25<sup>th</sup> Cote St Luc Invitational, Montreal (SO registration required) <https://www.swimming.ca/en/meet/34397/>

Sat Feb 1<sup>st</sup> Quebec Manche 4 LC, Quebec (SO registration required) <https://www.swimming.ca/en/meet/34519/>

Sun Feb 2<sup>nd</sup> Technoport Meet, uOttawa (MSO registration required)

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

Sat Feb 8<sup>th</sup> Downtown Swim Club All Out Swim Meet, Toronto (SO or MSO registration required?)

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

Note: No Nepean Winterlude LC Meet in 2020 as Nepean is hosting MSO Provincials.

Sat Feb 22<sup>nd</sup> Quebec Manche 5, Pointe Claire, Montreal (SO registration required)

<https://www.swimming.ca/en/meet/34520/>

Sun Feb 23<sup>rd</sup> Thornhill Stephen Forsey Invitational Swim Meet (MSO registration required)

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

Sun Mar 1<sup>st</sup> Technoport Meet, uOttawa (MSO registration required)

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

Sun Mar 1<sup>st</sup> Wilmot ACES Meet (SO registration required)

<https://www.facebook.com/swimontariomasters/photos/pcb.2517965238293659/2517956668294516/?type=3&theater>

Sat Mar 14<sup>th</sup> Quebec Manche 6, Dollard-des-Ormeaux, Montreal (SO registration required)

<https://swimming.ca/en/events-results/live-upcoming-meets/>

Fri-Sun Mar 27-29<sup>th</sup> MSO Provincial Championships, Nepean (MSO registration required)

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

Sat Mar 28<sup>th</sup> La Salle LC Meet, Montreal (SO registration required) <https://www.swimming.ca/en/meet/34281/>

Sat Apr 18<sup>th</sup> OlymPINK Masters Challenge, Ottawa (MSO registration required)

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

Sat-Sun Apr 25-26<sup>th</sup> Swim Ontario Masters Provincials, Etobicoke (SO registration required)

<https://www.facebook.com/swimontariomasters/photos/pcb.2517965238293659/2517956668294516/?type=3&theater>

Fri-Sun May 22-24<sup>th</sup> Swim Canada Masters Nationals, Etobicoke (SO registration required)

<https://swimming.ca/en/events-results/live-upcoming-meets/>

Sat-Sun Jun 27-28<sup>th</sup> Swim Portion of USA Masters Games (SCY = yards), Grand Rapids, Michigan

<https://www.usamastersgames.com/swimming>

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!)

### 2019 TriRudy Awards

Congratulations to **Margaret King** (7:30am Earlybirds) for earning her fourth TriRudy award. To earn the award you have to complete the Winterlude triathlon, a marathon, the Rideau Lakes cycle tour, and an Ironman triathlon in a calendar year. Awesome!

### 2019 Cyclocross Series

Congratulations to **Lisa Meyer** (8:30am Earlybirds) on placing first in the women's 59-68 age category in this season's cyclocross Series. Well done!

### Sun Nov 10<sup>th</sup> Shark Tank Meet, Sarasota, Florida

Congratulations to **Robin** on her awesome swim, setting three club records in one race! The 400 record was previously held by **Ann Kilby** (Tim's mother). Full results: <http://midnightsports.com/2019/20191109sysm/EventResults/>. Updated club records: <http://carletonmasters.tripod.com/191116.Records.pdf>.

**Robin Henderson** (7:30am Earlybirds; 60-64): 4<sup>th</sup> 1500 free (27:38.18 Club Record; 400 split 7:17.02, Club Record, and 800 split 14:42.17).

### Fri-Sun Nov 15-17<sup>th</sup> Howe Cup Squash Championships, Seattle

Congratulations to **Luz Osorio** (6pm Whitecaps) on her 4-0 record. Her team lost the consolation finals.

### Sat Nov 16<sup>th</sup> Coupe de Montreal Masters Meet

Congratulations to **Liliane** on her great swims! She set four club records! Results:

<https://www.swimming.ca/en/meet/618948/?faction=81730>. Updated club records:

<http://carletonmasters.tripod.com/191116.Records.pdf>.

**Liliane Cardinal** (7:30am Earlybirds; 70-74): 1<sup>st</sup> 200 free (4:26.86 Club Record), 800 free (18:42.25 Club Record, 400 split 9:19.23 Club Record), 200 breast (5:33.46 Club Record)

### Sat Nov 16<sup>th</sup> Willy Lee Masters Meet, Brewer Pool, Ottawa

I was Carleton's only swimmer. Results: <https://ms.mastersswimmingontario.ca/web/stats/meets/meetResults.php>

**Lynn Marshall** (Coach; 55-59): 1<sup>st</sup> 100 back (1:16;37), 100 breast (1:29.33), 100 fly (1:14.44), 200IM (2:39.82)

### 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 **November 21<sup>st</sup>**).

## Private and Semi-Private Masters Swim Lessons

### Fall Schedule:

Mon/Wed 4:30-5:30pm

Tue/Thu 4:00-5:00pm

Tue/Thu 5:00-6:00pm

Fri 9:35-10:35am

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

### Fall/Winter Programs

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 4<sup>th</sup> to Thu Dec 19<sup>th</sup>; no workouts Tue Sept 3<sup>rd</sup>; Mon Oct 14<sup>th</sup>**

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

**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 **Full: Waitlist Available**

**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 2<sup>nd</sup> to Sat Apr 11<sup>th</sup>; no workouts Mon Feb 17<sup>th</sup>; Fri Apr 10<sup>th</sup>**

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

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

**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 3<sup>rd</sup>**

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

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow; Coaches: rotating schedule): cost: \$64+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 ([lynnmar@sce.carleton.ca](mailto:lynnmar@sce.carleton.ca)).

Happy lengths!  
Lynn

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