

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Thursday, December 9, 2021 11:57 AM  
**To:** 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; 'David Thibodeau'  
**Subject:** Carleton Masters Swimming Newsletter #568

## Carleton Masters Swimming Newsletter #568

Thursday, December 9<sup>th</sup>, 2021

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

**Bcc:** Those registered for Fall 2021, and Alumni: 7:35am Earlybirds I (43 addresses), 8:45am Earlybirds II (41 addresses), 6:00pm Whitecaps I (38 addresses), 7:15pm Whitecaps II (38 addresses), Saturday Only (4 addresses), Alumni (56 addresses).

"Life is uncertain. Eat dessert first." – Ernestine Ulmer

### Masters Swimming Program Notes

- The Fall session started **Monday September 13** and runs until **Wednesday December 22**. Full details near the end of the newsletter.
  - Details on Carleton's cuScreen app (used to show your COVID-19 vaccination status, and daily screening to access Carleton Athletics), and the Carleton Pool COVID protocols are near the end of the newsletter.
- We will run **four interim workouts** between the Fall and Winter sessions. Details below and registration starts **TOMORROW**: Friday December 10 at noon.
- Information on the **Winter session** is also below. Some groups are full and the others are filling quickly!

### Interim Program Information

There are four interim evening workouts. Swimmers must sign up ahead of time for all four workouts (no pay-as-you-go). **Registration starts noon Friday December 10**. Online registration is recommended:

<https://rec.carleton.ca/Program/GetProgramDetails?courseId=7bbb668a-cdb2-4622-94a5-b6b4517fd7f9&semesterId=3677ca4c-2f5c-49c3-ac2c-37b48b02a071>. You may also register by phone (613-520-4480) and in person. As usual, you must be staff, student, or a community member to swim with Carleton Masters.

**Interims:** Thu Dec 23, Mon Dec 27, Tue Dec 28, and Thu Dec 30: 6:00-7:15pm: Coaches: **rotating schedule**: \$20 + HST

### Winter Program Information

Dates: Monday January 3 to Thursday April 14, excluding Monday February 21. **Registration is open.**

Online registration is recommended: <https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74&category=ccd456df-3432-4f5f-bf6c-8aaf5a3474c5>. You may also register by phone (613-520-4480) and in person.

As usual, you must be staff, student, or a community member to swim with Carleton Masters. Note that the Earlybirds 2 group is 5 minutes earlier than in the Fall term.

**Earlybirds 1:** Mon/Wed/Fri **7:35-8:35am** deep end: Coach: **Lynn**: \$170 + HST (full: wait list available)

**Earlybirds 2:** Mon/Wed/Fri **8:40-9:40am** deep end: Coach: **Lynn**: \$170 + HST (16 spots available)

**Whitecaps 1:** Mon/Tue/Thu **6:00-7:10pm** Mon/Tue: shallow; Thu: deep: Coach: **Sean**: \$185 + HST (6 spots available)

**Whitecaps 2:** Mon/Tue/Thu **7:15-8:15pm** Mon/Tue: shallow; Thu: deep: Coach: **Mark**: \$174 + HST (9 spots available)

**Saturday:** **8:15-9:25am** shallow end: Coaches: **rotating schedule**: \$70 + HST (full: wait list available)

### Swimmer Notes

Swimmer Updates:

- **Alan Hunt** (x-Earlybirds) passed away yesterday afternoon (Wednesday December 8). As well as swimming with the Carleton Masters team for many years until his health no longer permitted, Alan was a Chancellor's Professor Emeritus with the Department of Sociology and Anthropology and with Law. He had a career at Carleton that spanned 25 years. He joined the department in 1989 and retired in 2014. Some of his teaching and research interests were in sociological and legal theory, governmentality, the regulation of consumption, and sex and sexuality.

- Congratulations to Dean Laplonge (7:35am Earlybirds) on his upcoming book launch of conversations with influential Cape Breton women: <https://www.amazon.ca/Smashing-Conversations-Influential-Breton-Island/dp/B09KN45SWB>

## PLEASE JOIN US FOR A BOOK LAUNCH

Thursday, December 16th  
311 Charlotte Street, Sydney

On Paper  
Books



Thirteen conversations with fifteen women living on Unama'ki, on Cape Breton, today. Through these conversations, we learn about what these women do in their professional jobs and for their communities. We listen to their experiences of being a woman on the island. We get an insight into their visions for the future of this island - a future they strive to make a better one for all women, for all people.

### CONVERSATIONS WITH

Amanda McDougall  
Annie Bernard-Daisley  
Caitlyn Purcell  
Carla Arsenault  
Christine Porter

Erika Shea  
Karen Bernard  
Dr. Laura Whyte  
Laurianne Sylvester  
Lori Burke

Madonna Doucette  
Margaret Nichols-MacAdam  
Monika Dutt  
Nicole Sullivan  
Sarabeth Drover

In compliance with Nova Scotia COVID-19 protocols, proof of vaccination will be required to enter this event.

- Congratulations to **Isaac Fierro Marquez** (6pm Whitecaps) on having worked at Carleton for 10 years!

- **Christiane Wilke** (7:35am Earlybirds) had her last swim at Britannia Beach on December 5!!:  
<https://twitter.com/jaanelwilke/status/1467540568230309895>.

- Thank you to everyone for your support on Giving Tuesday. The nearly \$1M in matching funds ran out at 10am! The final numbers are not yet in, but the swim team raised about \$32,830 of which about \$30,000 will be matched, giving a total of around \$62,830. This includes a \$500 prize for my social media campaign.

- For those who like a challenge, **Steve Papai** of the City of Ottawa is organizing two dates for a 100 x 100 swim. Thursday December 30 6:00-9:45pm Long Course and Sunday January 2 6:30-10:00am Short Course, both at the Nepean Sportsplex. Cost is \$11.25. Details and sign up here:  
[https://forms.office.com/Pages/ResponsePage.aspx?id=PQPM34ffbkyhul6qc\\_G3LiF0xz4MxgVPrIHgF1w\\_eTJURFEwMEhZSkdBRlCxFMRKR1BOM0ICMDBSTC4u](https://forms.office.com/Pages/ResponsePage.aspx?id=PQPM34ffbkyhul6qc_G3LiF0xz4MxgVPrIHgF1w_eTJURFEwMEhZSkdBRlCxFMRKR1BOM0ICMDBSTC4u).

- Congratulations to the Carleton Men's Waterpolo team on winning the silver medal in the OUA Championships game: <https://twitter.com/CURavens/status/1467259675095805952/photo/1>. The University of Toronto won the game 13-8. Congratulations to the team and Coaches **Zoltan Csepregi** (6pm Whitecaps), **Bill Meyer** (7:35am Earlybirds), and **Ogi Gutovic** (6pm Whitecaps). With apologies to **Ogi** for omitting his name last time!

- **Matthew Sinclair** (6pm Whitecaps) is looking to sell his old Giant Cyclotron Indoor Bike Trainer, and Garmin 910XT with HRM. The Kijiji links are included below:

<https://www.kijiji.ca/v-view-details.html?adId=1591518201>

[https://www.kijiji.ca/v-view-details.html?adId=1597684459&siteLocale=en\\_CA](https://www.kijiji.ca/v-view-details.html?adId=1597684459&siteLocale=en_CA)

- Here are some updates on the proposed National Aquatic Centre (NAqC) by Hurdman Station:

<https://drive.google.com/file/d/18zlmJpgV-U6vg7nz4j13ALn97UCmRqgN/view>

<https://capitalmag.ca/2021/11/05/the-national-aquatic-complex-project-2/>

- You can read more about the road work at Bronson, University Drive, and Sunnyside, including the sidewalk detour and long term plan here: <https://carleton.ca/transportationplan/university-messages/>. Progress is being made!

- Members may book the Fitness Centre and Member Swims here: <https://rec.carleton.ca/booking>. Here is the member swim schedule: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>.

### “Fun” Aquatic-Related Links:

- The "Mighty Mo", **Maurine Kornfeld**, Begins Her Second Century as a Swimming Champion [thanks to **Mary-Lou Dunnigan** (8:45am Earlybirds)]: <https://twitter.com/MastersSwimming/status/1465432882336309249/photo/1>, <https://www.latimes.com/california/story/2021-11-27/maurine-kornfeld-swim-star-turns-100>

- Snowy Owl Rescued from Ravens by Kayakers:

<https://www.facebook.com/groups/inuithuntingstoriesoftheday/permalink/2406435192820973>

- Swimming Breaststroke with **Dave Salo**, US Olympic Swim Coach: <https://www.youtube.com/watch?v=tLTljVu2-uE>

- Mahali, the River Hippo, Swimming with His Ball: <https://twitter.com/DenverZoo/status/1466072690452844552>

- A Reflection on Swimming for Mental Health: <https://insightplus.mja.com.au/2021/41/a-reflection-on-swimming-for-mental-health/>

### News and Other Links:

- “Runners High” is no Joke – You Make your Own “Cannabis” During Exercise: <https://www.centredaily.com/news/nation-world/national/article255935317.html>

- Blackcurrants May Benefit Exercise Recovery, According to New Research:

<https://www.runnersworld.com/news/a37886144/blackcurrant-extract-may-aid-exercise-recovery-study/>

- Does Acetaminophen Improve Endurance Performance?: <https://runningmagazine.ca/health-nutrition/does-acetaminophen-improve-endurance-performance/>

- How Lifelong Cholesterol Levels Can Harm or Help Your Heart: <https://www.nytimes.com/2021/10/18/well/live/ldl-cholesterol-heart-attack.html>

- Study Pinpoints the Best Time to Exercise if You Want Better Sleep: <https://www.inverse.com/mind-body/best-exercise-for-sleep>

- Why Exercise Is More Important Than Weight Loss for a Longer Life:

<https://www.nytimes.com/2021/09/29/well/move/exercise-weight-loss-longer-life.html>

- Struggling With Mental Burnout? Aerobic Exercise May Help Your Brain Recover:

<https://www.runnersworld.com/news/a37727325/running-may-help-you-recover-from-mental-burnout-study/>

### Fall Session Information

Dates: Monday September 13 to Wednesday December 22; No workouts: Monday October 11.

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End: **Lynn**

8:45-9:45am Mon/Wed/Fri Earlybirds 2: Deep End: **Lynn**

6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Mon/Tue: Shallow End; Thu: Deep End: **Sean**

7:15-8:15pm Mon/Tue/Thu Whitecaps 2: Mon/Tue: Shallow End; Thu: Deep End: **Mark**

8:15-9:25am Saturdays: Shallow End; rotating coach schedule

Any changes will be noted here.

Sean coached for **Mark** on Monday December 6.

### Special Sets:

Tue/Wed Oct 19/20: fin day

Mon Nov 8: 1500/800 time trial

Thu/Fri Nov 18/19: fin day

Tue/Wed Dec 21/22: "funner" day

Workout themes, etc.: <https://carletonmasters.tripod.com/mastplanfall21.pdf>.

Here are the attendance statistics for the term to date. If there are any errors, please let me know.

**7:35am Earlybirds:** September 13-December 8 (37 workouts); range: 17-37; average: 27.4  
Missed 1 Workout: **Ann Bortolotti, Eleanor Fast**

**8:45am Earlybirds:** September 13-December 8 (37 workouts); range: 17-32; average: 24.6  
Missed 1 Workout: **Debby Whately**

**6:00pm Whitecaps:** September 13-December 6 (36 workouts); range: 18-32; average: 25.3  
Perfect Attendance: **Cameron Dawson, Jennifer Murdock, Konstantin Petoukhov, Nicole Delisle**  
Missed 1 Workout: **Joanne Dawson, Matthew Sinclair**

**7:15pm Whitecaps:** September 13-December 7 (37 workouts); range: 13-26; average: 20.1  
Missed 3 Workouts: **Gary Cousens, Kelly Biggs, Nathan Fudge**

**8:15am Saturdays:** September 11-December 4 (12 workouts); range: 18-29; average: 25.4  
Missed 1 Workout: **Cori Dinovitzer, Ian Lorimer, Jennifer Murdock, Liliane Cardinal, Lynn Marshall, Mariette Kenney, Mary Donaghy, Zoltan Csepregi**

## Ask the Coach

### Another follow up on this question:

***Dear Coach:** Following the long distance swim, I would be interested in knowing the tricks that swimmers use to keep track of their lengths, especially the fast swimmers that actually manage to swim the whole ~~nine~~ 1500 yards meters. Maybe you can put out a call for tricks and compile them for a subsequent issue? Swimmer Who Lost Count*

*Dear S.W.L. Count: Great idea! Please send in your tips and I'll include a summary next time. How do you count (meters, lengths, 50s, 100s)? And how do you keep track? One of the most unusual was from a woman, Gwen, who used to swim with us. She always did the 800m and did 50m for each member of her family (husband, kids, grandkids) which numbered 16. She almost never miscounted except once she was 50m short – I teased about who she wasn't speaking to at the time ;-).*

Here are two more suggestions:

From **Ruth Fawcett** (7:35am Earlybirds): When swimming the 1500, I count to 10 six times by going through the alphabet. 1a, 2a, 3a..., 10a; 1b, 2b, 3b..., 10b; all the way up to f!

From me: I use the pace clock to help with my counting. Let's say that I start on the top and hold about 1:30/100m. Then every time I turn on the top, I have done a multiple of 200m. If I hold 1:40/100m, then every time I turn on the top, I've done a multiple of 300m. Note that this doesn't help much if you are swimming some multiple of 1:00 per 100m, or if your pace is very erratic.

Here are two (very different) suggestions (as per the previous newsletter):

From **Carolyn Odecki** (6pm Whitecaps): To count lengths, I sing "The Ants Go Marching" in my head. One arm stroke for each beat. I do an "ant" per 50, so 10 ants means I have done 500m. A 1500 would be 10 ants times 3. I find that changing up what the ants stopped to do helps me to keep track of where I am. The ants go marching 4 by 4.... the little one stopped to shut the door. Or check the score, or clean the floor, etc.

From **David Moore** (6pm Whitecaps): For length counting you can't beat the Form Swim goggles. I've had mine for over a year now and they are truly remarkable. Tech geek's solution anyway. I realize they do a bunch of things you should be able to do in your head but there are some great features. With the right watch they tell you distance in open water, can be paired with real time heart rate, and can report time and metrics in a heads up display while you swim.

**Dear Coach:** I developed blisters after the last fin day. Any suggestions? Sore Feet

Dear S. Feet: I recommend socks. The fin days are listed in the newsletter, so you know what days to bring them, or just throw a spare pair in your bag so that you have them when needed. You can get fancy neoprene socks, but regular socks work almost as well.

## Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August 2022), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$40**. For both, it's **\$50**. Contact me for more details.

Nov 21-Dec 11: MSO's Three-Week Not-Quite-Nationals Virtual Pool Challenge:

<https://www.mastersswimmingontario.ca/not-quite-nationals-virtual-challenge/> (continuing every three weeks): Free (MSO registration required)

Dec Etobicoke Masters Meet: details TBA (SO registration required)

Dec 12 B-Train Shake off the Dust, Brewer Pool, Ottawa: <https://ms.mastersswimmingontario.ca/web/schedule.php> (MSO registration required)

2022 Endurance Swim Challenge (100, 200, 300, 400 or 500 miles, and 500 mile team event):

<https://www.active.com/other-endurance/virtual-events/endurance-swim-challenge-100-200-300-400-or-500-miles-and-500-mile-team-event-2022>

Jan 8 Quebec Cup Meet 3: Sherbrooke: <https://www.swimming.ca/en/meet/36490/> (SO registration required)

Jan 22 Cote St Luc, Montreal: <https://www.swimming.ca/en/meet/36591/> (SO registration required)

Jan 29 Quebec Cup Meet 4: Drummondville: <https://www.swimming.ca/en/meet/36115/> (SO registration required)

Feb 12 Nepean Masters Winterlude Meet: <https://ms.mastersswimmingontario.ca/web/schedule.php> (SO registration required)

Feb Burlington Masters Meet: details TBA (SO registration required)

Feb 19 Quebec Cup Meet 5: Pointe Claire: <https://www.swimming.ca/en/meet/36116/> (SO registration required)

Mar 6 Wilmot Masters Meet: details TBA (SO registration required)

Mar 12 Quebec Cup Meet 6: Dollard-des-Ormeaux: <https://www.swimming.ca/en/meet/36412/> (SO registration required)

Mar 26-27, 2022 Ontario Masters Provincials, Etobicoke (SO registration required)

Apr 22-24 Quebec Masters Provincials: details TBA (SO registration required)

May 20-22 Canadian Masters Championships, Quebec City <https://www.swimming.ca/en/events-results/events/canadian-masters-championships/>; <https://www.swimming.ca/en/meet/35953/> (SO registration required)

FINA Masters World Championships 2022 (instead of 2021): <https://www.fina.org/node/160117> (SO registration required)

Global Open Water Swim Series (Year Round; **Virtual Races** available): <https://globalswimseries.com/races/>

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

## 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 **Dec 6<sup>th</sup>**).

## Private and Semi-Private Masters Swim Lessons

**Tuesday 9:40-10:40am**

**Wednesday 11:30am-12:30pm**

**Wednesday 12:30-1:30pm (female only)**

**Wednesday 1:30-2:30pm (female only)**

**Thursday 3:45-4:45pm**

**Thursday 4:45-5:45pm**

**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

### cuScreen

- Athletics community members must be 2 weeks post fully vaccinated to use the facilities. For Carleton staff/students, your second dose was required by October 1 so that you are considered fully vaccinated by October 15. After your second vaccination, you will submit your vaccination documents again.
- To access the pool, you must show your COVID screening with the green tick mark on your phone, and also swipe your member / campus card at the Welcome Centre. If your card does not swipe, the staff will make a note and get that resolved.
  - If you do not have a smart phone, show the paper screening form along with a paper copy of your vaccination records for admittance.
  - Please be polite to the Welcome Centre staff! They are just doing their job. Thank you!
- cuScreen details:
  - Proof of COVID-19 vaccination and a daily COVID-19 screening is required to access all buildings on the Carleton campus via cuScreen: <https://carleton.ca/covid19/cuscreen/>.
  - If you are not Carleton staff or student, instructions on how to **create your account** can be found under "Visitors" (<https://carleton.ca/covid19/wp-content/uploads/cuScreen-Instructions-for-Visitors-Final.pdf>). The instructions include the required registration code. Although it should be possible to create more than one profile per account, one account per person is recommended.
  - Click on "**Report your latest vaccination status**" to upload your proof of vaccination. Note that if you are fully vaccinated, you need to upload proof of **both** vaccinations, not just the second one. If you don't have pdf copies of your Ontario vaccinations, you can download them here: <https://covid-19.ontario.ca/covid-19-vaccine-booking-support#vaccination-receipts>. If you are fully vaccinated, you only need to do this once.
  - In addition to uploading your vaccination records, you will do a daily COVID screening using cuScreen. You will also check in and out of the buildings you access (e.g. Athletics) via QR location codes: <https://carleton.ca/covid19/cuscreen/gr-location-codes/>. If you don't have a smart phone, there is a paper form available: <https://carleton.ca/covid19/cuscreen/paper-based-self-assessment/>. If you use the paper form, be sure to have a copy of your vaccination records and government photo ID with you, to show upon request.

### Masters Swimming COVID Protocols

The changes from last term are bold and underlined.

- A mask must be worn, except when swimming. Use the hand sanitizer provided, and maintain a distance of 6 feet.
- The Welcome Centre will let you know when you may access the change room. We recommend that you wear your swim suit to the pool to limit time in the change room. Lockers are available for day use. There are showers available in all change rooms. The saunas remain closed.
- Walk clockwise around the pool deck. **Please use the correct doors to access and exit from the pool deck.** To enter the pool from the change rooms, please use the doors by the showers (the doors that were used pre-COVID to both enter and exit). When leaving the pool deck, exit through the door by the bulkhead, behind the guard chair.
- If you arrive early, please keep your distance from swimmers leaving the pool deck.
- Each lane will have a maximum of six swimmers.
- You may only attend the swims that you are registered for.
- **The masters equipment (kick boards and pull buoys, plus fins on fin days) will be available. However, swimmers must clean the pool-owned equipment they use both before and after use. Cleaning materials will be provided.**
- You may bring your own equipment, but no snorkels are permitted.

### Fall Program Information

Dates: Monday September 13 to Wednesday December 22, excluding Monday October 11.

Online registration is recommended: <https://rec.carleton.ca/>. You may also register by phone (613-520-4480) and in person.

As usual, you must be staff, student, or a community member to swim with Carleton Masters.

Earlybirds 1: Mon/Wed/Fri **7:35-8:35am** deep end: \$170 + HST (full: wait list available)

Earlybirds 2: Mon/Wed/Fri **8:45-9:45am** deep end: \$170 + HST (full: wait list available)

Whitecaps 1: Mon/Tue/Thu **6:00-7:10pm** Mon/Tue: shallow; Thu: deep: \$180 + HST (full: wait list available)

Whitecaps 2: Mon/Tue/Thu **7:15-8:15pm** Mon/Tue: shallow; Thu: deep: \$170 + HST (full: wait list available)

Saturday: **8:15-9:25am** shallow end: \$70 + HST (full: wait list available)

### General Masters Information:

- **Memberships:** To be able to swim with Masters, you need a membership good for the entire term, and for the time of day when you will be swimming. The different membership options are listed here: <https://athletics.carleton.ca/memberships/>. (Senior Ravens, Winter Walking, and Squash memberships do **not** give access to Masters swimming.)
- **Parking:** To park on campus, parking passes or payment is required. The member's free parking pass is good except for 10am to 4pm Monday to Friday.
- **Lockers:** Day lockers are now available for use while swimming. Permanent lockers are not available while physical distancing measures are in place.

### Students May Add Carleton Masters to their Co-Curricular Record

Carleton students who swim with Carleton Masters may now get this added to their co-curricular record. Just add "Carleton Masters Swim – Member". Information on how to do this is provided here: <https://carleton.ca/se0/ccr/>.

**Carleton Ravens Gear:** Swim caps (\$15) and T-shirts (\$20) are available as a fundraiser to support the Varsity swim 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 annual fees to register Carleton Masters with Masters Swimming Ontario and Swim Ontario. We have a few triathlon latex caps (50c), as well as some brand new Speedo silicone caps (\$5). 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.)

### 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. **To get the discount, just tell the staff that you are with Carleton Masters** (no proof is required!).

**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](mailto:lynmar@sce.carleton.ca)).

Happy lengths!  
Lynn

[lynmar@sce.carleton.ca](mailto:lynmar@sce.carleton.ca)

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