

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** August 25, 2023 12:17 PM  
**To:** 'Steve Baird'; 'Andrew Beckett'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Tim Kilby'; 'Paddy Mallia'; 'Lynn Marshall'  
**Subject:** Carleton Masters Swimming Newsletter #614

## Carleton Masters Swimming Newsletter #614

Friday, August 25, 2023

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

**Bcc:** Those registered for Fall 2022, Winter 2023, Spring 2023, and Alumni, 7:35am Earlybirds I (65 addresses), 8:40am Earlybirds II (48 addresses), 6:00pm Whitecaps I (46 addresses), 7:15pm Whitecaps II (41 addresses), Saturday Only (15 addresses), Alumni (39 addresses).

**"Success is not built on success. It's built on failure. It's built on frustration. Sometimes it's built on catastrophe." - Sumner Redstone**



At **Jocelyn Pender** and **Derek Woodard**'s August 6 wedding. Left to right: **Mo** (**Mars**' boyfriend), **Rachel Bennett** (6pm Whitecaps), **Mars Nienhuis** (6pm Whitecaps), **Konstantin Petoukhov** (6pm Whitecaps), **Jocelyn** (x-Earlybirds), **Derek** (x-Whitecaps/Earlybirds), **Marta Kolbuszewska** (x-Earlybirds).



**Wendy Gifford** and **Harley Gifford** (7:35am Earlybirds) celebrating their 4km swim around Nowhere Island on the Rainy Lake Waterway in north/western Ontario.





**Doug Brubacher** (8:40am Earlybirds) sailing from Greenland to Iceland!

## Masters Swimming Program Notes

- The Summer session runs from on **Tuesday July 4** to **Saturday September 2**.
  - There are **no workouts on Monday September 4 (Labour Day)**.
- Full details of the Summer session can be found at the end of the newsletter.
- Details on registration for the Fall Session are in the next section.
  - Note that the 7:35am Earlybirds is **full** for Fall. Please let me know if you are on the wait list.
- The Fall session starts on **Tuesday September 5**.

## Fall Session Details

Registration for the Fall session has started. If you wish to use a credit on your account, you must register by phone or in person. Otherwise, registering online is recommended: <https://rec.carleton.ca/>.

**Fall Session:** Tuesday September 5 to Saturday December 23; no workouts Monday October 9

**Earlybirds 1:** Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$204+HST: **Full** (wait list available)

**Earlybirds 2:** Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$204+HST

**Whitecaps 1:** Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Paddy, Mark, Sean (sub: Adrian); \$220+HST

**Whitecaps 2:** Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Paddy, Mark, Sean (sub: Adrian); \$204+HST

**Saturdays:** 8:15-9:25am; Coaches: Rotating Schedule; \$100+HST

Note that this information is also posted on our web site: <https://www.sce.carleton.ca/faculty/lynmar/masters/>.

More details on the Fall session will be in the next newsletter. In the meantime, here's a link to the workout themes: <https://www.sce.carleton.ca/faculty/lynmar/masters/mastplanfall23.pdf>.

## Swimmer Notes

## Swimmer Updates:

- Campus congestion next week:
  - **Monday August 28 to Friday September 1** is the last week of Ravens summer camps. High traffic is expected around Stadium Way and Lot P5 in the mornings and afternoons.
  - Carleton Residence move in is **9am to 5pm Thursday August 31 to Sunday September 3**. Expect congestion near the Bronson entrance to campus!
  - Please note that Colonel By Drive will be closed for a triathlon until about **noon on Saturday September 2**.
- Congratulations to **Jocelyn Pender** and **Derek Woodard** who met about six years ago at the Carleton Masters Swim Club and who tied the knot on August 6! (See photo at the top of the newsletter.)
- Check out the events that the Rideau Speedeaus have planned for Pride, including a 1500yd swim:  
<https://www.rideauspeedeaus.com/pride>:  
From **Tarek Raafat** (President): *Celebrate Pride with the Rideau Speedeaus : Join us for a 1500 y challenge, while raising funds for two great community organizations. The Rideau Speedeaus are once again hosting our swimEAUthon, 4pm Aug. 26 at General Burns pool. Swim 1500 y as a team or individual, enjoying the outdoor pool and picnic afterwards! We are raising funds for Capital Rainbow Refuge and le BRAS Outaouais. We are looking for participants and volunteers.*
- **Cathy Brooks**, long time Technosport Masters swimmer has passed away at age 69:  
<https://ottawacitizen.remembering.ca/obituary/catherine-brooks-1088683191>.
- For those who like to plan ahead, Carleton will be hosting home football games on the following dates, which may affect parking in Lot 5:
  - Saturday September 9, 7pm
  - Saturday September 23, 1pm
  - Saturday October 21, 1pmNote that if you have a Lot 5 parking pass and Lot 5 is closed, you may park in any other legal spot on campus.
- If you or anyone you know of was part of any of the four University of Waterloo Swimming and Diving CIAU Championship winning teams from 1976 to 1979, please contact Claudia ([Claudia.croninschlote@gmail.com](mailto:Claudia.croninschlote@gmail.com)). A reunion is being planned for 2025.
- Just a note that the Aquasport coupon (near the end of this newsletter) expires at the end of this month. The Varsity swim team is not planning an order with them this summer, which means that the coupon will not be renewed. That said, if anyone has suggestions for a group Masters order, we could certainly look into that (and thus get the coupon renewed for another year).
- Coach **Andrew** and I recently completed an inventory of the Varsity swim team merchandise and we have the following available for sale to raise funds for the Varsity team. All items are \$20 each.
  - Purple cotton short-sleeved T-shirts with Ravens Swimming logo on the front: Men: 4: L; 1: M; Women: 4: L; 4: M; 2: S
  - Black hoodies with red trim (like this: <https://carleton.ca/seo/wp-content/uploads/Spirit-Day-Hoodie-Size-Chart-1-1.pdf>): 1: XL; 7: L; 5: M; 3: S
  - Black TYR Women's 100% polyester swimsuit with "CARLETON" on the chest: 3: size 36 only
  - Red Ravens Swimming back pack with the name "Hamdy" embroidered on it (which could be covered up)
- If you are erroneously issued a parking ticket in Lot 5, send me a copy and I'll get it cancelled for you.
- **Permanent Lockers Available:** Permanent lockers are now available for 12-month rentals. Inquire at the Welcome Centre for availability and details.
- The public swim schedule can be found here: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>.

## Aquatic-Related Links:

- An ER Doc Explains Why You Get Sick after a Triathlon Swim [thanks to **Bicki Westerheide** (6pm Whitecaps)]:  
<https://www.triathlete.com/training/injury-prevention/an-er-doc-explains-why-you-get-sick-after-a-triathlon-swim/>
- US Masters Swimmer, **Heather Mohorn**, Finished Second in W35-39 1500m LC at Nationals in 20:10 (!) in Her Second Trimester: <https://twitter.com/MastersSwimming/status/1686825125381840896>
- **Jincheng Guo** Sets S5 World Record in 50m free (29.78 with no arms!):  
<https://www.youtube.com/watch?v=xwYaFNiJX9Y>

- Swimmers Hospitalized with Chlorine Poisoning at Age 14 and Under Meet in Kansas [Ed. Note: And the competition continued!]: <https://swimswam.com/swimmers-hospitalized-with-chlorine-poisoning-at-central-zone-14u-champs-in-kansas>
- Ontario Photographer and Model set Guinness World Record with Underwater Photo Shoot: <https://ottawacitizen.com/news/canada/guinness-world-record-ontario-photo-shoot/wcm/34467be5-c1be-44b5-91e1-3932763a1619>
- Australia Mourns Passing Of Olympic Champion and 'Mr. Swimming' **John Devitt**; 86, Legend With Chlorine In His Veins: <https://www.swimmingworldmagazine.com/news/passages-australia-mourns-the-passing-of-mr-swimming-john-devitt-a-legend-with-chlorine-in-his-veins/>
- **John Devitt**, Champion Swimmer With a Tarnished Gold Medal, Dies at 86: [https://www.nytimes.com/2023/08/18/sports/olympics/john-devitt-dead.html?unlocked\\_article\\_code=Ro65FPX0X8u-7-UG4DOUHkxIthYYE1J\\_Dg8pHTjk3NLbp2aQHvQMGg9iM0xOWqOKNIz0noj6KwKZ8nQBafJKIyT3QjscrWh9WQtfG6hNXeDMWxihqs7j3AX3DHgkKv3HNG48sKjAwt8\\_cCDJSi5f\\_RSS18xfap-wnGYEPAS6OFcJ7-LAucTpaal7N39yD4rtcbHqv96ltzpg7FhYrvfRIIRwpZon3Xkl3Lxo1mLTqSbDTwiW8GhexPGZRC4HWqGUwWa8LHELTT HG4IZyejdtCyRnQxsFRJOR2RmsulUoKFEsfelM38mgCf4vRapwA84hNmKzrLqInyoKeekkorxWhu&smid=url-share](https://www.nytimes.com/2023/08/18/sports/olympics/john-devitt-dead.html?unlocked_article_code=Ro65FPX0X8u-7-UG4DOUHkxIthYYE1J_Dg8pHTjk3NLbp2aQHvQMGg9iM0xOWqOKNIz0noj6KwKZ8nQBafJKIyT3QjscrWh9WQtfG6hNXeDMWxihqs7j3AX3DHgkKv3HNG48sKjAwt8_cCDJSi5f_RSS18xfap-wnGYEPAS6OFcJ7-LAucTpaal7N39yD4rtcbHqv96ltzpg7FhYrvfRIIRwpZon3Xkl3Lxo1mLTqSbDTwiW8GhexPGZRC4HWqGUwWa8LHELTT HG4IZyejdtCyRnQxsFRJOR2RmsulUoKFEsfelM38mgCf4vRapwA84hNmKzrLqInyoKeekkorxWhu&smid=url-share)
- Dolphins Swim By During a Channel Swimming Attempt: <https://www.facebook.com/watch/?v=780274937225793&ref=sharing>

### News and Other Links:

- When she was 85, Grandma **Joy** and her Grandson **Brad Ryan** Visited Their First US National Park Together. Eight Years Later, They Have Now Been to All 63: <https://www.bbc.com/news/av/world-us-canada-66344539>
- At Age 114, Here's Her Advice "Speak Your Mind and Don't Hold Your Tongue" [Ed. Note: Imagine being 94 and your mom being alive, or 68 with your grandma still living!]: <https://ottawacitizen.com/news/at-age-114-heres-her-advice-speak-your-mind-and-dont-hold-your-tongue/wcm/275a6e96-676d-40ec-bbba-cca4f93ef066>
- Want to Run a World-Record Time? Follow the Green Lights: [https://www.nytimes.com/2023/06/23/sports/wavelights-track-records-pace.html?unlocked\\_article\\_code=8sXYDfOyTSSVImTOSmVvjdgxglT0or3JwmEGkFQjka09bEc7hhwvgr6asUnWFHlivsf00-SA0NV7PjE4GmtNRH20Ketz8iTKGqbLzJBjGlbmdRnxOkEUIGQdbci9a0tAu5e3naeyqxxHXK31sGZmRE9owRsAuFboNY0fU7I04-DADv9nm6dZk-YTBEJOSjmrU7UQrpfFb3pqmTGSV7W6s\\_T5LAA1JAvGq4y6jNyJUTeViRNhp8CmGzONG4N7rKGmmhV90dYISOzyz9bvFi990i0HQ78QgdV1b5glb4zRmxDx9BVRnl7K\\_juZi8aqWTmOF-d3\\_TOWpefYIUwETcgGhptEY6w&smid=url-share](https://www.nytimes.com/2023/06/23/sports/wavelights-track-records-pace.html?unlocked_article_code=8sXYDfOyTSSVImTOSmVvjdgxglT0or3JwmEGkFQjka09bEc7hhwvgr6asUnWFHlivsf00-SA0NV7PjE4GmtNRH20Ketz8iTKGqbLzJBjGlbmdRnxOkEUIGQdbci9a0tAu5e3naeyqxxHXK31sGZmRE9owRsAuFboNY0fU7I04-DADv9nm6dZk-YTBEJOSjmrU7UQrpfFb3pqmTGSV7W6s_T5LAA1JAvGq4y6jNyJUTeViRNhp8CmGzONG4N7rKGmmhV90dYISOzyz9bvFi990i0HQ78QgdV1b5glb4zRmxDx9BVRnl7K_juZi8aqWTmOF-d3_TOWpefYIUwETcgGhptEY6w&smid=url-share)

## Summer Session Information

Dates: Tuesday July 4 to Saturday September 2. No workouts Monday July 3 (Canada Day Stat Hol), Monday August 7 (Civic Holiday).

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End and 3 Lanes Shallow: **Lynn**  
 6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Shallow End: **Mark, Adrian, Sean, Paddy**  
 12:15-1:25pm Saturdays: Shallow End: rotating coach schedule

Any changes will be noted here.

**Paddy** coached the **6:00-7:10pm Whitecaps** on **Monday August 14** and **Monday August 21**.

**Mark** coached the **6:00-7:10pm Whitecaps** on **Tuesday August 15**, **Thursday August 17**, and **Tuesday August 22**.

**Sean** coached the **6:00-7:10pm Whitecaps** on **Thursday August 24**.

### Special Sets:

Tue/Wed July 25/26: short distance time trials (morning group: lanes 7-9)  
 Thu/Fri August 3/4: fin day  
 Tue August 8: 800/1500 free time trial  
 Tue August 15: short distance time trials (morning groups: lanes 4-6)  
 Wed August 16: morning group shallow end 800/1500 time trial  
 Fri August 18: morning group deep end 800/1500 time trial  
 Wed August 23: morning group short distance time trials: lanes 4-6  
 Thu/Fri August 24/25: short distance time trials (morning group: lanes 1-3)

Thu/Fri August 31/September 1: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplansprsum23.pdf>.

Here are the attendance statistics for the term to date. Please let me know of any errors or omissions! Note that only the swimmer(s) with the best attendance **for each group** are listed below.

**7:35am Earlybirds:** July 5 to August 25 (22 workouts); range: 22-40; average: 32.0  
Perfect Attendance: **Steve Dods, Susan Hulley, Ursula Scott**

**6:00pm Whitecaps:** July 4 to August 26 (22 workouts); range: 13-26; average: 20.5  
Missed 1 Workout: **Adam Vieira, Kelly Biggs**

**12:15pm Saturdays:** July 8 to August 19 (7 workouts); range: 9-15; average: 12.3  
Perfect Attendance: **Elaine Yardley, Nicole Delisle**

Details of the time trials will be in the end of term newsletter.

### Ask the Coach

**Dear Coach:** Do you know of any solution for covering an open wound on the toe for swimming? Asking for a friend, really! Swimmer Friend

Dear S. Friend: There are protectors that you can get for fingers (sometimes called finger condoms – really!). It looks like there is something similar for toes: toe caps/covers: <https://www.amazon.com/waterproof-toe-cover/s?k=waterproof+toe+cover> – some are silicon and some are gel. I would think that would do the trick. I expect you could find these in most drug stores.

**Dear Coach:** How should I pace the long distance freestyle time trial (800 or 1500)? Improving Swimmer

Dear I. Swimmer: Ideally you want to keep an approximately even pace. To do this, you need to feel like you are speeding up as you go through the swim. I recommend trying to speed up every time you have done half of the remaining distance, e.g. for 800: at 400, 600, 700, 750. Just don't start too fast!

**Dear Coach:** What's the best breathing pattern to use in backstroke? Backstroke Swimmer

Dear B. Swimmer: Ideally you want to breath every second stroke, i.e. once per arm cycle. Ensure that you inhale when both arms are underwater, so there is less splash then.

### Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August 2023), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$45**. For both, it's **\$60**. Contact me for more details. Details for 2023-2024 will be posted here soon!

Here's a list of upcoming meets and races mostly in Ontario and Quebec. Note that the Swimming Canada site was hacked last month, so some links below won't work. Contact me if you need information on how to enter a Swim Canada meet!

August 27 Lac-Delage (near Quebec City) Open Water Swims: 1k to 6k and 4x500m relay

<https://lesclassiquescapitale.com/defi-lac-delage/>

November 8-12 Barbados Open Water Festival 1.5k to 10k Swims <https://www.barbadosopenwaterfestival.com/>

February 23 – March 3, 2024 World Aquatic Masters Championships, Doha

<https://www.worldaquatics.com/news/3544328/competition-dates-announced-for-the-world-aquatics-masters-championships-doha-2024>

April 19-21, 2024 Swim Ontario Masters Provincials, Etobicoke

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!

### **July 30 Lake Willoughby, VT 5-Mile Swim and August 5 Escape from Alcatraz Swim, San Francisco, CA**

A big thank you to **Cori Dinovitzer** (7:35am Earlybirds) for this great report on her Lake Willoughby and Alcatraz swims!! **Tom Heyerdahl** (8:40am Earlybirds) also participated in the Lake Willoughby swims. Here's **Cori's** report:

*On July 30<sup>th</sup> I took part in the 5-mile Lake Willoughby open water swim. Lots of perseverance needed for this race.*

*I first registered for the 10-mile Kingdom Swim in Lac Magog in 2019 to swim July 2020. Magog is a great race with an even better Friday night pasta dinner and post-race BBQ with a corn roast. I've done the 10k in the past.*

*2020 rolls around and we all know what happened in 2020. COVID! Race gets cancelled and deferred to 2021.*

*My training continued with very little pool time so I decided to drop down to the 10k distance for 2021. The race goes ahead as scheduled in 2021 but since it was a race starting in Vermont and the borders were shut Canadians could not attend the race. Deferred again this time to 2022. My training continues with no races. In 2022 I was all set to swim in Lac but I got injured. I deferred my entry once again – to 2023.*

*2023 rolls around and I am more than excited to return to Lac Magog to swim on July 29<sup>th</sup> but had to find a new kayaker still determined to finally swim.*

*10 days before the Lac Magog race all the swimmers received an email from the swim organizer explaining that Vermont was under a state of emergency due to major rainfall and flooding. The water level of Lac Magog had risen by 3 feet. All the docks were under water, boats had all been pulled from the water, logs and other debris were bouncing around in the waves. The state of Vermont had said no one was to boat or swim in Lac Magog due to dangerous conditions. It was beginning to look like my race will be deferred once again.*

*The amazing race organizer and team of volunteers came up with a solution on July 24<sup>th</sup>. It was confirmed that the race will go ahead with modifications.*

*The new plan was to move my 10k (6 mile) race and all the other race distances to Lake Willoughby which is at the top of the water chain so no other lakes flow into it which means it was at its regular water level. We were told that Lake Willoughby is a shorter lake only 5 miles in length. My 10k (6 mile) race would be shortened to 5 miles. This was fine with me as long as I would finally get to swim.*

*Logistics of the race day were interesting. My kayaker had to drop me off at the start line, drive to the finish line, get a shuttle drive back to the start and prepare to start the race with me. While my kayaker was doing this, I was standing at the start shivering with all the other swimmers (it was freezing cold with major wind and whitecaps on the water). We could all see that we had a 5-mile race ahead of us with a major head wind and head on waves.*

*The race began with waves crashing straight on over my head for 5-miles. Each time I turned my head to the right for a breath I could see the look on my kayaker's face. He was tasked with guiding me down the course although he was fighting the wind working hard to paddle straight. When he stopped paddling to hand me my water bottle, I had to chase him down because the wind was blowing him away. To say the least this race was interesting but you know what, I did enjoy it even if it was difficult and took me 55 minutes longer than expected. 4 hours and 24 minutes of swimming into a headwind with waves crashing over my head, but I persevered and finished the race with a smile on my face. Now I was ready to head to San Francisco in 3 days so I could swim Escape from Alcatraz on August 5.*

*I figured Alcatraz would be a snap since it was only 2 miles as opposed to the 5 miles that I just swam. My Alcatraz swim was not a race just a swim with an open water swim company called Odyssey. They were an amazing company with great safety protocols and well organized if you are ever looking to Escape from Alcatraz (<https://www.odysseyopenwater.com/alcatraz>).*

*At the race briefing we were warned about the strong current we needed to cross and how important it was to sight so that we would land on shore in or at least close to the right spot. On the morning of the race, we all met up at 5:30 am loaded onto 3 boats and head for Alcatraz. We were told that as soon as the boat stopped, we had no time to waste. Needed to jump into the water and start swimming right away or the boat and ourselves would be swept away with the current. I was determined to follow all the instructions and swim hard so that I would be successful. Because I was swimming so hard and concentrating on sighting, I was able to ignore the pins and needles from the cold water. Did I mention that I do not wear a wetsuit and this was my first-time swimming in the ocean.*

Success!! What a great swim. It didn't seem very hard and I was not eaten by any sealions. I was so proud of myself. Got to shore, checked in with the safety team, shivered on the beach while waiting for all other swimmers to finish so that myself and about 10 others could jump back into the ocean, swim to one of the boats so that we could be driven back to the start line. Plus, my dry warm clothes were on the boat. Take a look at the pictures. Tony my swim buddy was much more tired after the swim than I was.

I recommend this swim to anyone who has ever thought about Escaping from Alcatraz.



### August 7 to 13 16<sup>th</sup> World Dragon Boat Racing Championships, Pattaya, Thailand

Huge congratulations to **Carolyn Odecki** (6pm Whitecaps) on being a member of the Senior C (60+) Canadian National Team that won **gold** at the World Championships!! (**Carolyn** is fourth from the right in the second row from the front.)





### August 13 Riverkeeper 4k Swim, Ottawa (112 competitors)

Congratulations to all competitors. If I missed anyone, please let me know. I believe that all Carleton swimmers did the 4k. There was also a 1.5k swim. First many congratulations to **Margaret Janse van Rensburg** (7:35am Earlybirds) for being the top fundraiser with \$1095.82: <https://raceroster.com/events/2023/67230/riverkeeper-open-water-swimmage-en-eau-libre-garde-riviere/pledge/participant/21357487>. Here's a great photo of **Margaret** receiving her award: <https://www.flickr.com/photos/ottawariverkeeper/53117167548/in/album-72177720310495103/>. And also a great picture of **Tom**: <https://www.flickr.com/photos/ottawariverkeeper/53117082280/in/album-72177720310495103/>.

Full results: <https://www.finishtime.online/c0a9d436-2ef3-4847-b565-8825416dc1d3/d7778e19-7127-41a5-ad29-d5c12e5e3521>

**Tim Kilby** (Coach; M60-64): 10<sup>th</sup> overall; 9<sup>th</sup> man, and 2<sup>nd</sup> in category in 1:05:04.2

**Patrick Nadeau** (7:35am Earlybirds; M40-44): 27<sup>th</sup> overall; 16<sup>th</sup> man, and 1<sup>st</sup> in category in 1:14:47.6

**Megan Holtzman** (8:40am Earlybirds; W45-49): 38<sup>th</sup> overall; 17<sup>th</sup> woman, and 6<sup>th</sup> in category in 1:19:18.9

**Margaret Janse van Rensburg** (7:35am Earlybirds; W25-29): 57<sup>th</sup> overall; 30<sup>th</sup> woman, and 1<sup>st</sup> in category in 1:27:11.3

**Luciara Nardon** (7:35am Earlybirds; W50-54): 69<sup>th</sup> overall; 39<sup>th</sup> woman, and 11<sup>th</sup> in category in 1:31:27.8

**Jake Graham** (7:35am Earlybirds; M35-39): 107<sup>th</sup> overall; 39<sup>th</sup> man, and 2<sup>nd</sup> in category in 1:52:46.6

**Tom Heyerdahl** (8:40am Earlybirds; M60-64): 110<sup>th</sup> overall; 40<sup>th</sup> man, and 9<sup>th</sup> in category in 2:00:09.1

### August 20 Peasantman Intermediate Distance Triathlon, Penn Yan, NY (1.7k/47k/10.6k/52 competitors)

Congratulations to **Peter** on a great race and podium finish! Full results: <https://scorethis-results.com/ResultsMS.php?raceid=20230820PSNT>

**Peter Konecny** (6pm Whitecaps; M60-64): 3<sup>rd</sup> overall, 3<sup>rd</sup> man, and 1<sup>st</sup> in category in 2:36:57 (swim 31:22)

### 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 **August 15**).

## Notes and Reminders

## Private and Semi-Private Masters Swim Lessons

### Spring/Summer Schedule:

Schedule full

**Fall Schedule: TBD** (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.

## Carleton Masters Summer Program

Registration for the Summer Session can be done online:

<https://rec.carleton.ca/Program/GetProducts?classification=51e2209d-b659-4c41-9fb3-1c52df283d74&category=ccd456df-3432-4f5f-bf6c-8aaf5a3474c5>

Here are the details of the programs and dates:

**Summer Session:** Tuesday July 4 to Saturday September 2 (no workouts Saturday July 1, Monday July 3, or Monday August 7)

**Earlybirds 1:** Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$110+HST: full (wait list available)

**Whitecaps 1:** Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mark, Adrian, Sean, and Paddy; \$120+HST

**Saturdays:** 12:15-1:25pm; Coaches: Rotating Schedule; \$56+HST

Note that this information is also posted on our web site: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

## Masters Swimming COVID Protocols

- The mask mandate has been lifted, but masks are recommended indoors, except when swimming. Use of hand sanitizer and physical distancing are recommended.
- We suggest 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.
- The regular doors to the pool deck will be used for both entry and exit.
- If you arrive early, please keep your distance from swimmers leaving the pool deck.
- While lanes may have more than six swimmers, a maximum of six will be maintained where possible.
- 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.
- You may bring your own equipment, but no snorkels are permitted.

## 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, a parking pass or payment is required. The member's free parking pass is good at all times, except from 10am to 4pm Monday to Friday.

## 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/seo/ccr/>.

**Aquasport Discount for Carleton Masters Swimmers:** Aquasport (2730 Iris Street) is under new management, now being run by Team Aquatic Supplies. We receive a 20% discount on regularly priced merchandise until the end of August 2023. When ordering on-line (<https://team-aquatic.com/>) use the code on the card. When shopping in person, show a copy of this [discount card](#).

**Carleton Ravens Gear:** Swim caps (\$15) and T-shirts (\$20) are available as a fundraiser to support the Varsity swim team. Ask for more details.

**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), some silicone caps (\$2), as well as some brand new Speedo silicone caps and Speedo thick polyester 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:  
<https://www.sce.carleton.ca/faculty/lynnmar/masters/early1990sphotos.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.)

**General Information:** Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

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

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

Club website: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>