

Carleton Masters Swimming Newsletter #658

Friday, March 21, 2025

To: Carleton Masters Coaches / Staff (12 addresses)

Bcc: Those registered for Fall 2024, Winter 2025 and Alumni: 7:35am Earlybirds I (54 addresses), 8:40am Earlybirds II (50 addresses), 6:00pm Whitecaps I (50 addresses), 7:15pm Whitecaps II (42 addresses), Saturday Only (19 addresses), Alumni (40 addresses).

"The person who achieves success is the person who moves forward with a steady resolution and persistence toward their predetermined goals." – Unknown

Masters Swimming Program Notes

- The Winter session runs from **Monday January 6 to Tuesday April 8**.
- There will be **interim workouts** from **Wednesday April 9 to Saturday April 12**. Details below.
- The **pool will be closed for maintenance from Monday April 14 to Friday May 2**, inclusive.
- The **Spring Masters Sessions start Saturday May 3**. Details on the Spring and Summer sessions and registration start date are below.
- The **7:35am Earlybirds, 8:40am Earlybirds, 6pm Whitecaps, and Saturday** groups are full for the **Winter** term. Wait lists are available. There is still lots of space in the 7:15pm Whitecaps.
 - Full details on the Winter Masters Programs can be found near the end of the newsletter in the "Notes and Reminders" section.

End of Winter Term Extra Workouts

The pool was originally scheduled to close for maintenance at the end of day on Tuesday April 8. That has now been changed to end of day on Sunday April 13. Thus we are offering some **pay-as-you-go workouts from April 9 to 12**. These workouts are open to those registered for Winter and/or Spring/Summer Masters programs. However, registered swimmers may bring a friend. The **drop-in fee for all swimmers is \$7+HST**. Those affected by the 6pm Whitecaps workout being cut short on **Monday March 10**, may attend one of these workouts free of charge.

Here are the dates and times:

Wed Apr 9 7:35-8:35am (deep)

Wed Apr 9 8:40-9:40am (deep)

Thu Apr 10 6:00-7:10pm (shallow)

Fri Apr 11 7:35-8:35am (deep)

Fri Apr 11 8:40-9:40am (deep)

Sat Apr 12 8:15-9:25am (shallow)

Spring / Summer Masters Programs

Registration for the Spring and Summer Masters programs starts at **9am on Wednesday April 9**.

Registering online (<https://rec.carleton.ca/>, search for "Masters") is recommended unless you wish to use a credit on your account, then register by phone or in person.

Here are the details of the programs and dates:

Spring Session: Saturday May 3 to Saturday June 28; no workouts Saturday May 17 (Early Bird Triathlon) or Monday May 19 (Victoria Day).

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$113+HST

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$113+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$122+HST

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$113+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$61+HST

Summer Session: Monday June 30 to Saturday August 30; no workouts Tuesday July 1 or Monday August 4.

Earlybirds: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$127+HST

Whitecaps: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$133+HST

Saturdays: 12:15-1:25pm; Coaches: Rotating Schedule; \$69+HST

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

Swimmer Notes

- Carleton is offering a 6-week program for beginner triathletes to help prepare for the Somersault Early Bird Triathlon on Saturday May 17. The program is called "**Raven Ready: Early Bird Triathlon Training Program**" and it starts on **Tuesday March 25**. Full details here: <https://athletics.carleton.ca/cu-fitness/triathlon-training/>.

- Apologies to the 6pm Whitecaps swimmers who had their workout cut short on **Monday March 10** due to a pool fouling. Those who were at that workout may attend one of the April interim workouts free of charge. (Details above.)

- **Gonzalo Wills** (8:40am Earlybirds) recently returned from a trip to Mexico that involved a 42km trail run race in the mountains of Chihuahua. It sounds like it was an incredible trip! Here's his report:

"Some of you may have read **Christopher McDougal's** book 'Born to Run'. In this book, McDougal recounts the life of **Micah True** and his relationship with the Raramuris, an indigenous tribe that live deep in the Tarahumara Canyons in the state of Chihuahua in Mexico. My relationship with the Raramuris began two years ago when a group of six runners came to Ottawa to compete in the World Indigenous Games. Since then, me and my wife have been involved in helping them and their projects aimed at preserving their culture, language and traditions. "Born to Run" describes in great detail the first race organized in the Canyons by Micah True who was able to bring some of the best runners in the world, including World Ultra Marathon champion Scott Jurek, to race in the Sierra Tarahumara against the Raramuris on an epic race. Every year since then, the 'Caballo Blanco race' is held during the first week of March. In this 22nd edition, there were 21km, 42km, 80km and 160km races. After doing the 21km last year, I decided to register to the 42 km race, a grueling course with >1500m of elevation gain in breathtaking scenery. It was a privilege to run alongside hundreds of Raramuris, women and men running in their traditional costumes and hand-made Sandals! In addition to the already wonderful race, I was very fortunate on the days after the race to hike 28 km into **Arnulfo Quimare's** house (main character of the book) and spend three days with him and his family. Overall wonderful experience....already looking forward to next year!"



- **Christine Rivas** (7:35am Earlybirds) is doing very well after her hip resurfacing surgery. We hope to see her back at the pool in another month or so! Here's her update:

"My husband, family and I are astounded by the positive rate of recuperation. It is sincerely exceeding our expectations! Monday, started walking inside the bathroom and around the cabinet areas of the kitchen unaided. The rest of the time, I have the walker with me for balance and assistance. Most of the time I put little weight on it and graduation to a cane for getting around the house seems possible in the next days.

You can tell **Fiona Hill** (7:35am Earlybirds) that although there is no way I would be ready for a marathon this Friday with just the one leg done (unlike her husband who had both), there was a slight miscommunication between the physiotherapist and the nursing team. The result was that 10 minutes after getting back to the recovery room, the physio came to test the joint mobility with a few exercises, do a short walk and stairs when they were supposed to have waited at least another hour for two IV bags and additional pain meds to enter my system. It really wasn't that bad for me, so I had no idea there was an error, until an hour later. The nursing staff noted the accelerated timeline, unhooked the IV they were previously going to try to reinsert and gave us the discharge speech! I was just happy not to have to do it all again! Lol

Looking forward to continued improvement to rejoin yourself and the group of friends soon, as well continuing to improve my strokes.

Hope you are doing well and miss you."

- Our favourite ice **Tom Heyerdahl** (8:40am Earlybirds) is featured in the March/April Fifty-Five Plus Magazine: <https://console.vpaper.ca/fifty-five-plus-magazine/ottawa-55-marchapril-2025/page/86/#86/>. In addition, the Ottawa Citizen article that featured him has been nominated for an journalism award!!: <https://ottawacitizen.com/news/anna-ken-warren-tony-caldwell>. Congratulations, Tom!

- **Steve Dods** (8:40am Earlybirds) has unfortunately injured his knee. We will see him back in the pool once he's able to "hop" to the pool.

- **Natalie Aucoin** (7:35am Earlybirds) would like to get a large group of Carleton swimmers to attend the OlymPink meet at the Brewer pool on **April 5**. If you are interested, let me know and I'll put you in touch with her! It's a great meet for beginners as all the events are short distance.

- **Update**: Olympian **Maggie Mac Neil** will be in attendance at this meet!!: <https://www.facebook.com/groups/8400861274/posts/10161521243066275/>. It's still not too late to register. Note that in addition to the \$75 fee to enter the meet, you have the option of joining Masters Swimming Ontario (MSO) just for the event and swimming "unattached" or you can join MSO as part of Carleton Masters for \$20 (reach out to me ASAP for that option). So far, there are at least six Carleton swimmers interested!

- **Coach Mark Blenkinsop** once again has honey! He and his wife, **Krista**, actually had a great harvest this year, so much so that he needed to make a special order for more bottles. The only size they have is the regular 500g bottles, and they are selling them for \$12 each. Mark is at the pool regularly on Wednesday morning (for Varsity practice) and Thursday evening (for Whitecaps). Otherwise, feel free to email him .

Aquatic-Related Links:

- At a Penguin 'Retirement Home,' a Slower Pace and Plenty of Fish: https://www.nytimes.com/2025/03/16/science/penguin-retirement-home-aquarium.html?unlocked_article_code=1.404.No7a.XJQyF6MsZq2E&smid=url-share
- Woman Crashes Car into Santa Rosa Health Club Pool During a Masters Workout [Ed. Note: From 2015]: <https://www.pressdemocrat.com/article/news/woman-crashes-car-into-santa-rosa-health-club-pool/>
- Aquatic Sport Council Launches White Paper Advocating for Greater Swimming Infrastructure Investment in Ontario: <https://www.swimontario.com/about/partners-and-sponsors/aquatic-sport-council/>
- Modern Breaststroke is Impossible Without This: <https://www.facebook.com/reel/1138641250841160>
- Five Affordable Triathlon Purchases that Will Help You Go Faster in 2025: <https://triathlonmagazine.ca/gear/5-affordable-triathlon-purchases-that-will-help-you-go-faster-in-2025/>
- Five Reasons to Race an Indoor Triathlon this Winter: <https://triathlonmagazine.ca/racing/5-reasons-to-race-an-indoor-triathlon-this-winter/>

News and Other Links:

- Improve Bike Efficiency and Speed With These Five Pedal Stroke Workouts: <https://triathlonmagazine.ca/training/improve-bike-efficiency-and-speed-with-these-5-pedal-stroke-workouts/>
- Five Signs of Training Burnout and How to Fix It: <https://triathlonmagazine.ca/training/5-signs-of-training-burnout-and-how-to-fix-it/>
- Your Smartwatch Might Be Making You Sick, New Research Says: <https://triathlonmagazine.ca/gear/run-gear/run-electronics/your-smartwatch-might-be-making-you-sick-new-research-says/>
- The Next Big Challenge: Canada's 200-Mile Races Are Redefining Endurance: <https://getouttheremag.com/push-beyond-limits-canadas-200-mile-races-are-redefining-endurance/>

- **Community Members Parking:** Most community memberships include a Lot 5 parking pass (<https://athletics.carleton.ca/memberships/>). As long as your parking information is on file with the Welcome Centre, members can enjoy up to 3 hours of parking in Lot P5 during the Fitness Centre's hours of operation. If you get a new car or new plate, let the Welcome Centre know so that your parking information can be updated. If you are erroneously issued a parking ticket in Lot 5, take a photo or scan and send me a copy and I'll get it cancelled for you. If necessary, I'll also get your plate information updated.

- **Permanent Lockers Available:** Permanent lockers are now available for 12-month rentals. Inquire at the Welcome Centre for availability and details.

- The Carleton Ravens Athletics App (<https://athletics.carleton.ca/mobile-app/>) is available on iOS and Android devices. The app allows users to view pool schedules, register for sessions, and subscribe to personalized push notifications including aquatics updates for any closures or schedule changes. The public swim schedule can also be found here: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>.

Winter Session Information

Dates: Monday January 6 to Tuesday April 8; no workouts Monday February 17.

The usual pool allocations and coaches are as follows:

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

8:40-9:40am Mon/Wed/Fri Earlybirds 2: Deep End: **Lynn**

6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark** (sub: **Adrian**)

7:15-8:15pm Mon/Tue/Thu Whitecaps 2: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark** (sub: **Adrian**)

8:15-9:25am Saturdays: Shallow End: rotating coach schedule (see workout themes)

Further details and changes will be noted here.

Nick coached the **6pm and 7:15pm Whitecaps** for **Sean** on **Monday March 10**.

Special Sets:

Thu/Fri February 6/7: short distance time trials

Tue/Wed February 25/26: fin day

Tue/Wed March 18/19: 1500/800 time trial

Thu/Fri March 27/28: fin day

Mon a.m./Tue April 6/7: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplanwint25.pdf>.

Here are the attendance statistics for the term so far. 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: January 6 to March 21 (32 workouts); range: 20-37; average: 27.4

Perfect Attendance: **Bruce Brown, Margaret Janse van Rensburg**

8:40am Earlybirds: January 6 to March 21 (32 workouts); range: 18-32; average: 25.1

Perfect Attendance: **Megan Holtzman**

6:00pm Whitecaps: January 6 to March 20 (32 workouts); range: 10-33; average: 23.0

Perfect Attendance: **Don Wells, Konstantin Petoukhov**

7:15pm Whitecaps: January 6 to March 20 (32 workouts); range: 9-21; average: 14.4

Missed 2 Workouts: **Richard Arsenault**

8:15am Saturdays: January 11 to March 15 (10 workouts); range: 25-32; average: 29.0

Perfect Attendance: **Don Wells, Francois Jacques, Nicole Le Saux, Sam Holmstrom**

Thank you to everyone who participated in the long-distance time trials on **Tuesday March 18, Wednesday March 19, and Thursday March 20**. The most improved and fastest swimmers will be recognized in the end of term newsletter.

Ask the Coach

Dear Coach: I'm going to be moving to the US. Any suggestions on how to find nearby Masters swim teams in my new location? Globetrotting Swimmer

Dear G. Swimmers: To find pools near any location (not just US), try <https://www.places2swim.com/>. You can enter the location of interest, and it lists nearby pools. For each one it will list public swim times and any teams (age group, Masters, water polo, diving, artistic swimming) that train at that pool. It was previously called Swimmers Guide. For US, you can also look up USMS (United States Masters Swimming) teams on the USMS web site, under "Club Finder": <https://www.usms.org/clubs>. Good luck in finding a convenient place to swim!

Dear Coach: Do I have to pre-register for the pay-as-you-go workouts in April? Planning Ahead

Dear P. Ahead: No. Pre-registration is not required (or possible).

Dear Coach: For the pay-as-you go workouts, do I have to attend workouts at the same time as the group I'm registered with for Winter? Is there a minimum or maximum number of workouts I can attend? Also Planning Ahead

Dear A.P. Ahead: No. You may attend as many or as few of the pay-as-you-go workouts, as long as your membership is good for the time of the swim (e.g. those with a morning membership may not attend the evening interim workout).

Dear Coach: I am really glad that you do the 1500m. It's such a novel experience from our past masters training. And it's a good goal and excellent race prep. However, every time I do the 1500m, I get a massive headache. Have you ever heard of this happening to anyone? My Head Hurts

Dear M.H. Hurts: This sounds like an exertion headache. It's not too uncommon, and is likely nothing to worry about as long as it only happens infrequently. Still, it's not a bad idea to ask your doctor about this. For exertion headaches, hydration and a longer warm up may help. For swimmers, it's also worth checking that it's not due to your swim cap or goggles being too tight.

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August **2025**), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$65**. For both, it's **\$80**. Contact me for more details.

Here's a list of upcoming meets and races mostly in Ontario and Quebec.

Details of Swim Ontario and Quebec meets can be found (after they are sanctioned) at

<https://www.swimming.ca/en/events-results/live-upcoming-meets/>. Note that due to a new system, this link is not accurate (yet!). If you need to find meet packages, look here for Ontario:

<https://docs.google.com/spreadsheets/d/1xG03Eli1IWBnfjwuMmBTWQ84RfXfHrEBTgqv4XyB7wQ/edit?gid=1189075859#gid=1189075859>, and here for

Quebec: https://docs.google.com/spreadsheets/d/1jTV5t_HJfBgaUimKIMGbQqv7hYOxvUyR4P6RGU_92MY/edit?gid=0#gid=0.

Details on MSO meets can be found here: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

March 23 Stephen Forsey Invitational, Markham Pan-Am Centre (SO registration required)

<https://form.jotform.com/243528406847262>

April 5 OlymPink Masters Challenge, Brewer Pool, Ottawa (MSO registration or one-day registration required)

April 25-27 Swim Ontario Masters Championships, Markham Pan-Am Centre (SO registration required)

<https://www.swimontario.com/athletes/competitions/2025-ontario-masters-swimming-championships/>

April 25-27 Championnat Quebecois des Maitres, Drummondville (SO registration required)

May 17-19 Canadian Masters Swimming Championships (LCM), Saskatoon (SO registration required)

June 29 Worlds Warm-Up LC Meet, Etobicoke (SO registration required)

July 12 Bring on the Bay 1.5k and 3k swims <https://bringonthebay.com/>

July 26-27 Ontario Open Water Provincials Gull Lake, Gravenhurst

July 26 – August 22 World Masters Aquatic Championships, Singapore (SO registration required): Open Water Swim: July 26-27; Pool Swimming: August 7-14: If you are planning to attend the Worlds Masters in Singapore there is a WhatsApp channel you can join: <https://chat.whatsapp.com/Km9BOi8WGjWDKwg9vq39xR>

November 5-9 Barbados Open Water Festival <https://www.barbadosopenwaterfestival.com/>
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!

March 9 Swim for the Heart 1500m LC, Etobicoke

I was the only Carleton swimmer in attendance. My time was slow, but a little better than last summer. Full results: <https://www.sce.carleton.ca/faculty/lynnmar/masters/2025%20Swim%20for%20Heart%20Results.pdf>
Lynn Marshall (Coach; 60-64): 2nd overall, 2nd female, and 1st in category in 20:16.29

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 **March 21**).

Notes and Reminders

Carleton Masters Winter Programs

Registering online (<https://rec.carleton.ca/>, search for "Masters") is recommended unless you wish to use a credit on your account, then register by phone or in person.

Here are the details of the programs and dates:

Winter Session: Monday January 6 to Tuesday April 8; no workouts Monday February 17.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$192+HST: **Full: Wait list available.**

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$192+HST: **Full: Wait list available.**

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$212+HST: **Full: Wait list available.**

Whitecaps 2: Monday/Tuesday/Thursday 7:15-8:15pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$196+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/lynnmar/masters/>.

General Masters Information:

- **Memberships:** To be able to swim with Masters, you need a membership good for the entire term. It must include pool access and be valid for the time of day when you will be swimming. The different membership options are listed here: <https://athletics.carleton.ca/memberships/>.
- **Parking:** Most community memberships include three hour parking in Lot 5.

Private and Semi-Private Masters Swim Lessons

Winter Schedule:

Monday 4:00-5:00pm and 5:00-6:00pm or 4:30-5:30pm (depending on the week)

Tuesdays 4:30-5:30pm (occasionally 3:30-4:30pm)

Lessons are currently all booked, but a cancellation list is available.

Prices: Private: \$52.50 per hour, plus HST; **Semi-Private** (2-3 swimmers; per swimmer): \$34 per hour, plus HST. Prices are going up in May.

Please e-mail me for more details.

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/>.

Team Aquatic Supplies Discount for Carleton Masters Swimmers: Aquasport (2730 Iris Street) is run by Team Aquatic Supplies. We receive a 15% discount on regularly priced merchandise until the end of August **2025**. 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, hoodies, and size 36 women's suits (\$20 each) 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.

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).

Happy lengths!
Lynn

lynnmar@sce.carleton.ca

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