

Carleton Masters Swimming Newsletter #662

Friday, May 16, 2025

To: Carleton Masters Coaches / Staff (12 addresses)

Bcc: Those registered for Fall 2024, Winter 2025, Spring 2025, and Alumni: 7:35am Earlybirds I (62 addresses), 8:40am Earlybirds II (51 addresses), 6:00pm Whitecaps I (53 addresses), 7:15pm Whitecaps II (42 addresses), Saturday Only (20 addresses), Alumni (39 addresses).

"Happy are those who dream dreams and are ready to pay the price to make them come true." – Leon Suenens

Masters Swimming Program Notes

- The Spring Masters Session runs from Saturday May 3 to Saturday June 28, inclusive.
 - There is **no workout on Saturday May 17** (Triathlon and ROCS Swim Meet).
 - There are **no workouts on Monday May 19** (Victoria Day).
 - There is space in all groups except the 7:35am Earlybirds. A wait list is available. Let me know if you are on a wait list!
- The Summer Masters Session runs from Monday June 30 to Saturday August 30, inclusive.
 - Registration starts 9am on Wednesday June 11 – details below.

Summer Masters Programs

Registration for the Summer Masters programs starts **9am on Wednesday June 11**.

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. Note that only some membership categories may be purchased online.

Here are the details of the programs and dates:

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/Nick, 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

- Good luck to everyone competing in the Early Bird Triathlon tomorrow!

- **Margaret Janse Van Rensburg** (7:35am Earlybirds) is finishing her PhD and has accepted a job in South Carolina. She's hosting a party at Flora Hall Brewing on **Sunday June 22nd** and would love for swim buddies to attend or drop by. Feel free to email her or text her if you have questions (MargaretJanseVanRens@cmail.carleton.ca; 2268688687). Here's the invite: <https://www.punchbowl.com/parties/a30aea1e80cec4ec3452/>!

- Thanks to **Ruth Fawcett** (8:40am Earlybirds) for passing on this swimming history on Trudgen from a sign spotted while in Paris:

Le saviez-vous Did you know

Le trudgeon est l'un des ancêtres du crawl, introduit vers 1870 par le Britannique John Trudgen, qui l'aurait observé chez les natifs Américains lors d'un voyage à Buenos Aires. Ce n'est qu'en 1930 que le crawl est perfectionné et s'impose comme étant le style de nage le plus rapide et efficace.

The trudgen is an ancestor of the crawl introduced around 1870 by the British swimmer John Trudgen, who saw the stroke swam by native Americans during a trip to Buenos Aires. It was only in 1930 that the crawl was perfected and became the fastest and most effective swimming stroke.

Irène Curie nage le trudgeon

Irène Curie swimming



Irène
le tr
en B

- Carleton's 2025 convocation will be held from **Monday June 16 to Friday June 20**. Convocation ceremonies will take place at 9am, 1pm, and 4pm (lasting about 90 minutes each) in the Fieldhouse with the graduands walking along the hall by the men's change room at the start and end of the ceremony (meaning that for 5-10 minutes access to the men's change room will be unavailable). In addition, those attending convocation have priority for parking in Lot 5. Athletics users will be asked to park in other lots on campus during those dates. Park using the usual process (i.e. use the Hot Spot code, if applicable) in any legal spot on campus.

- Did you know?: May 15 was International Water Safety Day: <https://www.internationalwatersafetyday.org/>.

- Ottawa Swimmer, **Susan McKay**, Reflects on Swimming SCAR [Ed. Note: A four day stage race: <http://www.scarswim.com/>]: <https://dailynewsopenwaterswimming.com/susan-mckay-reflects-on-swimming-scar/>

Aquatic-Related Links:

- US Swimming Legend **Gary Hall Jr** Receives 10 Replacement Olympic Medals After Losing Originals in LA Wildfires: <https://www.olympics.com/ioc/news/swimming-legend-gary-hall-jr-receives-10-replacement-olympic-medals-after-losing-originals-in-la-wildfires>

- Just Add Water by **Katie Ledecky**, Book Review by **Rich Burns** [includes photo of Masters great **Laura Val** with **Ledecky**]: <https://www.pacificmasters.org/page.cfm?pagetitle=News+and+Stories&artid=13384>

- 82-Year-Old Swimmer **DeEte Sauer** Loses 100 Pounds, Inspiring the Next Generation: <https://www.youtube.com/watch?v=KYp6triliOI>

- Swimming World Guest Editorial: Fairness in Sport is Not Optional – Why USMS Needs to Change Transgender Policy: <https://www.swimmingworldmagazine.com/news/fairness-in-sport-is-not-optional-why-usms-needs-to-change-transgender-policy/> [Ed. Note: There is a female transgender swimmer in Ontario in the 50-54 age category. It's only when she swam in age group meets (against kids) that there were concerns raised.]

- Turtles and "Titanic": <https://x.com/buitengebieden/status/1906814136765325355>

- What Kind of Swimmer are You?: <https://www.facebook.com/reel/625899547102705>

News and Other Links:

- Pregnancy Inspired Pro Triathlete **Holly Lawrence** to Chase Kona This Year:

<https://triathlonmagazine.ca/racing/pregnancy-inspired-pro-holly-lawrence-to-chase-kona-this-year/>

- Can You Pass the Army's New Fitness Test?: https://www.nytimes.com/2025/05/09/well/move/new-army-fitness-test-standards.html?unlocked_article_code=1.GU8.C9w0.ifDOU292kIWu&smid=url-share

- Home Sweet Home: Here are 110 Amazing Canadian Outdoor Adventures: <https://getouttheremag.com/home-sweet-home-here-are-110-amazing-canadian-outdoor-adventures/>

- Should You Always Be Sore After a Workout?: https://www.nytimes.com/2025/04/01/well/move/muscle-soreness-workout.html?unlocked_article_code=1.-E4.7Mdx.FW7L0nJt1bB8&smid=url-share

- **Community Members Parking:** If you have an all-inclusive or Senior Ravens membership, there is no change to your parking process (ensure that your plate is on file at the Welcome Centre). However, for those with **Morning-only**, **Swim-only**, or a **Summer** membership, you must now **register with Hot Spot whenever you park at Athletics**. The link is: <https://hotspotparking.com/tapPoster/park/carletonU5>. For Morning-only use code: GYMAM. For Swim-only and Summer use code: GYM25.

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.

- Note that the full list of Carleton Athletics memberships can be found here:

<https://athletics.carleton.ca/memberships/>. Only some categories of memberships may be purchased online.

- **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/>.

Spring Session Information

Dates: Saturday May 3 to Saturday June 28; no workouts Saturday May 17 or Monday May 19.

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/Nick** (sub: **Adrian**)

7:15-8:15pm Mon/Tue/Thu Whitecaps 1: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark/Nick** (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 for **Adrian** on **Saturday May 10**.

Nick coached for **Mark** on **Thursday May 15**.

Adrian is coaching for **Nick** on **Saturday May 31**.

Special Sets:

Thu/Fri May 29/30: fin day

Thu/Fri June 5/6: short distance time trials (morning: lanes 1-3)

Tue/Wed June 10/11: short distance time trials (morning: lanes 4-6)

Monday June 16: 1500/800 time trial

Thu/Fri June 26/27: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplansprsum25.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: May 5 to 16 (6 workouts); range: 25-32; average: 27.8

Perfect Attendance: **Andrew Popp, Andrew Rolleston, Ann Bortolotti, Cheri Reddin, Christine Rivas, Francois Jacques, Rocio Aranda-Rodriguez, Sandy Lawson, Sigi Johnson, Steph Carr, Susan Nevitt-Yelle, Ursula Scott**

8:40am Earlybirds: May 5 to 16 (6 workouts); range: 21-27; average: 24.3

Perfect Attendance: **Alex King, Debby Whately, Enmanuel Mujica, Flo Kellner, Isla Paterson, Mary-Lou Dunnigan, Mike Vanderveer, Peter Barton, Susan Hulley**

6:00pm Whitecaps: May 5 to 15 (6 workouts); range: 18-27; average: 23.2

Perfect Attendance: **Adam Vieira, Christian Cattan, Joel Meredith, Juliette Pons, Matthew Sinclair, Natalie Aucoin, Nicole Delisle**

7:15pm Whitecaps: May 5 to 15 (6 workouts); range: 7-13; average: 10.5

Perfect Attendance: **Elaine Yardley, Jesula Drouillard, Richard Arsenault**

8:15am Saturdays: May 3 to 10 (2 workouts); range 22-23; average: 22.5

Perfect Attendance: **Adrian Finn, Alex Cox-Tardowski, Andrea Chandler, Christian Cattan, Ethan So, Francois Jacques, Homero Martinez, Ian Lorimer, Jim Farmer, Karen Jensen, Lynn Marshall, Mariette Kenney, Nicole Le Saux, Patricia Deek, Tess Bowman**

Ask the Coach

Dear Coach: I'm a little confused about summer registration. When does it start? Are we not in the pool at 9 am? And you said some people have already registered? 8:40am Morning Swimmer

Dear M. Swimmer: Registration does indeed start in the middle of the 8:40am workout. Note that for next year, the registration start dates will be fixed so that they are not in the middle of our swims! In this case, assuming you are signing up for 7:35am, we have access to the shallow end, so the number of swimmers we can let in is very high – you'll certainly get a spot if you sign up after swimming! Due to an error in the system, some were able to sign up for 7:35am before that loophole was closed. Again, there will be no issue getting a spot!

Dear Coach: When I look at the swim theme page it still shows Spring/Summer 2024. Just wondering if practices will take place on Monday, May 19th of the long weekend? Curious Swimmer

Dear C. Swimmer: Apologies that the link on the left was wrong – at first I couldn't fix it due to ongoing issues with our department server, but it's back up and running now. However, the link in the newsletter and under Spring/Summer 2025 (on the web page) was correct: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplansprsum25.pdf>. No workouts Saturday or Monday. As promised, this info is also at the top of the newsletter.

Dear Coach: Can you review the breaststroke pull? I'm unsure about the width and length of the pull and when to glide. Wannabe Breaststroker

Dear W. Breaststroker: The glide phase should happen when your arms are stretched out in front (not when the arms are under the neck/body). The width of the pull should be a bit wider than shoulder width (not so wide that your arms draw an arc, rather than a straight line). The length should be back as far as about your neck. The further back you go, the more difficult the recovery will be (when the arms are moving forward) due to the drag of the water.

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/1xG03Eli1IWBnfjwuMmBTWQ84RfXfHrEBTqiv4XyB7wQ/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>.

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

<https://www.swimming.ca/event/2025-speedo-canadian-masters-championships/>

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!

April 27 London Marathon

At the prestigious London Marathon, **Eren** delivered an extraordinary performance, achieving a personal best by shaving 3 minutes off her previous record! The London Marathon was a historic event, setting a world record with 56,000 participants—the largest number of athletes ever to compete in a marathon. Awesome job, **Eren**!! Full results: <https://results.tcslondonmarathon.com/2025/>.

Eren Perez (6pm Whitecaps; F18-39): 5617th overall; 845th female; and 585th in category in 3:16:15

Here is **Eren's** Race Report:

This year's London marathon lined up to be two weeks after a work conference in London, so I decided to hike in Austria and Slovenia in between the work conference and the marathon. The weather was fantastic and somehow I ended up hiking a total of 100kms the week before the race. I wasn't sure if I was going to recover on time but it was so worth it! Race day would also be day number 23 of being on the road, living out of a backpack which means I didn't have my normal nutrition, treatment, recovery, bed, etc.

Race day came quickly and leading up to the race we started getting warning emails about the weather. It was going to be really hot and we were told that Sunday was not the day for records. I have had limited heat training but didn't let the emails shatter my goal, instead I started focusing on my heat race plan.

The race started and my legs felt fresh and smooth. My game plan was to go hard and hold on until I couldn't, while keeping cool as much as possible. I accepted this could go either really well or really bad. The London crowds were unreal, there was noise the entire 42.2 kms! I normally race with music and little did I know I wouldn't be able to hear my music because of how loud the cheers were!! The energy was magical and I constantly had to remind myself to slow down. I caught a pacer at around km 13 and stayed with them for a while until I dropped them. I then caught another pacer at around km 25 and stayed with them until the last 5kms. The pacers were a huge help and allowed me to enjoy the race without having to pace myself. The last 5kms came and it was time to listen to coach Julia to make sure I finished strong. Coach Julia told me I can hold zone 5 for 15minutes and so I did! It was the longest 15 minutes but she believed in me and so did I. So grateful my body and mind kept me going strong for the full distance and delivered on a big ask!

I finished strong at 3:16:15 and so proud of what I accomplished. This was over three minutes faster than my previous personal best. I also got to be part of London's Guinness world record for most finishers ever. My 21st marathon is one for the books!

My mantra for this race was "Run happy" and "fly Eren fly" - and I did :)

May 10 Seaton Scramble 25k Trail Race, Pickering

Congratulations to **Peter** on a great first race of the season – showing those youngsters how to run, as usual! Full results: <https://results.raceroster.com/v2/en-CA/results/m3wbdzhhepezytua/results?subEvent=227592&page=1>.

Peter Konecny (6pm Whitecaps; M60-69): **2nd** overall; **2nd** male; and **1st** in category in 2:11:16 (2:11:15)

Peter says:

Had a bit of everything- lots of hills, some mud, two river crossings and very technical sections. Enough to make me sore!

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 **May 15**).

Notes and Reminders

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.

Spring Masters Session Details

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: Full: Waitlist available

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/Nick, Sub: Adrian; \$122+HST

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

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

Private and Semi-Private Masters Swim Lessons

Spring/Summer Schedule:

Monday 4:00-4:40pm, 4:40-5:20pm, 5:20-6:00pm

Tuesdays 7:50-8:30am, 8:30-9:10am

Prices: Private: \$52.50 per lesson, plus HST; **Semi-Private** (2-3 swimmers; per swimmer): \$34 per lesson, plus HST. 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/>