

Carleton Masters Swimming Newsletter #663

Friday, May 30, 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 (54 addresses), 6:00pm Whitecaps I (53 addresses), 7:15pm Whitecaps II (42 addresses), Saturday Only (20 addresses), Alumni (41 addresses).

"Decide where you want to go in life and then work backwards to determine what you must do each day to get another step closer." – John Hurley

Masters Swimming Program Notes

- The Spring Masters Session runs from Saturday May 3 to Saturday June 28, inclusive.
 - 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!
 - There is one spot left for the 8:40am Earlybirds, three spots on Saturdays, and five for the 6pm Whitecaps.
- 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

- If you raced in the Early Bird Triathlon or Ottawa Race Weekend and I missed you in the Race Results section, please let me know!

- **Increased Traffic Near Athletics Until June 6:** Parking Services wishes to notify the community due to events taking place in the Athletics precinct from May 22 to June 6, to expect increased traffic on campus and visitors requiring parking. These events include the Ottawa Race Weekend Expo, an Ottawa 67's hockey tournament and Ceremonial Guard activities. Please exercise caution and patience if you are in that area during this time.

- Congratulations to **Tom Heyerdahl** (8:40am Earlybirds) on completing the 24 miles in 24 hours challenge. Participants swim one mile every hour on the hour for an entire 24 hours!! This is a fundraiser for renovations to the Catholic Youth Centre Aquatic in Scranton, PA. You can support **Tom** here: <https://fundraise.givesmart.com/vf/24x24/TomHeyerdahl>.

- Congratulations to **Konstantin Petoukhov** (6pm Whitecaps) on the publication of a book:
<https://www.routledge.com/The-Quest-for-Reparations-for-Indian-Residential-School-Abuse-Confronting-the-Legacy-of-the-Independent-Assessment-Process/Petoukhov/p/book/9781032824772> . Here's his note:

"Last year, I received a contract with Routledge to publish a book titled "The Quest for Reparations for Indian Residential School Abuse" and I am delighted to announce that it will be available on May 30th 🎉. A big thank-you to all those who supported me on this journey! I am especially grateful for the excellent work done by the editorial team at Routledge to prepare my manuscript for publication. I sincerely thank all those who participated in this research project 😊

I have a discount code for 20% off for those interested in purchasing a copy. Alternatively, you may request that your local library acquire a copy of the book so that you can read it for free!"

- Congratulations to **Andrea Chandler** (8:40am Earlybirds) on the publication of her book: Fomenting Friendship: The Politics and Policy of Interpersonal Warmth: <https://www.taylorfrancis.com/books/oa-mono/10.4324/9781003626138/fomenting-friendship-andrea-chandler>

- Thanks to **Wendy Gifford** (7:35am Earlybirds) for passing on the news that her husband, **Harley Gifford** (Earlybirds) had his second knee replacement three weeks early, due to a cancellation. We hope to see him back with the Masters group soon!

- **Ursula Scott** (7:35am Earlybirds) and her husband, **Sean Kelly**, are members of Harmonia choir. The poster below has information about their next concert on June 1.



- **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@email.carleton.ca; 2268688687). Here's the invite: <https://www.punchbowl.com/parties/a30aea1e80cec4ec3452!>

- 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.

Aquatic-Related Links:

- UK Ex-Royal Marine, **Mitch Hutchcraft**, Tops Everest After 8,000-Mile Triathlon [Ed. Note: Started with a Channel Swim (35km), then 12,000k cycle, 900k run, and 320k trek to top of Everest, and done after a knee replacement!!!]: <https://www.bbc.com/news/articles/ckgxrzk2rveo>
- Canadian **Mathis Beaulieu** Wins Bronze at Samarkand World Cup Triathlon in Blazing Run Performance: <https://triathlonmagazine.ca/racing/canadian-mathis-beaulieu-wins-bronze-at-samarkand-world-cup-in-blazing-run-performance/>
- 148th Circumnavigation Swim for 75-year-old American **Bill Welzien** Around Key West – The Streak Is Alive and Well: <https://dailynewsofopenwaterswimming.com/148th-circumnavigation-swim-for-75-year-old-bill-welzien-around-key-west-the-streak-is-alive-and-well/>
- Enhanced Games Swimmer 'Breaks World Record': <https://www.bbc.com/sport/swimming/articles/c629996lnkro>; More Details and Videos: <https://swimswam.com/watch-kristian-gkolomeev-goes-under-50-free-world-record-in-20-89-at-enhanced-games-showcase/>
- Jumping into the Water From a Height of 50m!: <https://www.facebook.com/groups/5848236027/permalink/10161864118831028/?rdid=HpSUjfUcPYpzxKVy#>
- Two Canadian Gems Shine on 'Top 100 Beaches' Global List: <https://getouttheremag.com/two-canadian-gems-shine-on-top-100-beaches-global-list/>, Full List: <https://www.corona.com/fr-ca/node/566/>

News and Other Links:

- Gatineau, Que. Man, **Radwan Makboul**, Runs 21.1 km into the Record-Books While Wearing Crocs: <https://www.ctvnews.ca/ottawa/article/gatineau-que-man-runs-21-1-km-into-the-record-books-while-wearing-crocs/>
- How Much Protein Is Enough For Women? [thanks to Bicki **Westerheide** (6pm Whitecaps)]: <https://www.drstacysims.com/newsletters/articles/posts/optimal-protein-intake-for-women>
- Do Women Need More Protein Around Menopause? [Ed. Note: Just happened upon this one, related to the above...]: https://www.nytimes.com/2025/05/13/well/eat/protein-needs-menopause-perimenopause.html?unlocked_article_code=1.IE8.2UXJ.ladeQLJm5tdF&smid=url-share
- At 59, McGill Master's Student, **Milda Graham**, will Represent Canada in International Gymnastics: <https://reporter.mcgill.ca/at-59-mcgill-masters-student-will-represent-canada-in-international-gymnastics/>
- **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.

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. Apologies to **Rachel Bennett** (6pm Whitecaps) and **Jennifer Glassman** (7:35am Earlybirds) for missing them from the perfect attendance lists last time – mea culpa!

7:35am Earlybirds: May 5 to 30 (11 workouts); range: 24-33; average: 27.7

Perfect Attendance: **Ann Bortolotti, Cheri Reddin, Christine Rivas, Jennifer Glassman, Susan Nevitt-Yelle, Ursula Scott**

8:40am Earlybirds: May 5 to 30 (11 workouts); range: 21-30; average: 25.5

Perfect Attendance: **Alex King, Debby Whately, Enmanuel Mujica, Mike Vanderveer, Susan Hulley**

6:00pm Whitecaps: May 5 to 29 (11 workouts); range: 18-27; average: 22.1

Perfect Attendance: **Joel Meredith, Matthew Sinclair, Natalie Aucoin**

7:15pm Whitecaps: May 5 to 29 (11 workouts); range: 7-13; average: 10.3

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

8:15am Saturdays: May 3 to 24 (3 workouts); range 22-31; average: 25.3

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

Ask the Coach

Dear Coach: I liked the partner push backstroke drill that we did to make sure we're not crossing over. Is there a similar drill for freestyle? Working on My Technique

Dear W.o.M. Technique: You can actually do the same drill for freestyle. Your partner stays on their back, but you swim freestyle. Breathing is a bit of a challenge (but doable).

Dear Coach: I'm still struggling with my timing in breaststroke. Can you review and suggest drills to work on that? Improving My Breaststroke

Dear I.M. Breaststroke: The timing is arms-breathe-kick-glide. Breathe during the propulsive phase of the arms. Ensure that there is no pause during the arm pull and recovery. The propulsive phase of the legs is after the propulsive phase of the arms, i.e. you should not have the arms and legs out at the same time (i.e. don't be a starfish). Ensure that both the arms and legs stop in a outstretched position during the glide. One good drill is breaststroke pull with a dolphin kick – just one dolphin kick per cycle at the beginning of the glide, and breathing every stroke. Another good one is two kicks per pull, ensuring that the arms stay extended (and the head down) during the second kick.

Dear Coach: What's going on with the parking? The app wasn't working for about a week, and why do some membership types need to use the app but not others? Frustrated Car Driver

Dear F.C. Driver: Unfortunately, this is out of Athletics' control. Carleton's Parking Services is driving this initiative and the plan is that everyone will eventually need to use the app. If ever the app isn't working, just let me know if you get a ticket and I can get it cancelled.

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/1xG03Eli1IWBnfjwuMmBTWQ84RfXfHrEBTgiv4XyB7wQ/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>.

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 26 Demi Marathon 21K de Montreal

Great job, **Tony**! Full results: <https://track.rtrt.me/e/CM-21KM-DE-MONTREAL-2025#/tracker/list>.

Tony Revitt (7:35am Earlybirds; M50-54): 1196th overall, 960th man and 42nd in category in 1:48:51

May 17 Early Bird Triathlon, Carleton U

Congratulations to all the Carleton swimmers who participated – lots of great swims and podium finishes! If I missed you, please let me know. Full results: <https://results.somersault.ca/e/early-bird-triathlon-run-2025>

Long Triathlon (500m/30k/5k)

Tony Revitt (7:35am Earlybirds; M50-54): 14th overall; 13th male, and 2nd in category in 1:25:52 (7:31 swim)

Sheila Kealey (7:35am Earlybirds; F60-64): 29th overall; 3rd female, and 1st in category in 1:32:17 (10:10 swim)

Luisa Juhnke (7:15pm Whitecaps Trial; F30-34): 56th overall; 6th female, and 1st in category in 1:39:52 (9:44 swim)

Alex Bloor (7:35am Earlybirds; M35-39): 66th overall; 56th male, and 12th in category in 1:41:50 (11:56 swim)

Kelly Yerxa (8:40am Earlybirds; F65-69): 207th overall; 70th female, and 1st in category in 2:09:41 (9:52 swim)

Anastasiia Kostianets (8:40am Earlybirds; F20-24): 218th overall; 79th female, and 10th in category in 2:15:21 (14:07 swim)

Alex King (8:40am Earlybirds; F25-29): 225th overall; 85th female, and 8th in category in 2:24:58 (14:15 swim)

Sprint Triathlon (500m/20k/5k)

Juliette Pons (6pm Whitecaps; F18-19): 29th overall; 4th female, and 2nd in category in 1:22:07 (8:40 swim)

Joel Meredith (6pm Whitecaps; M50-54, did the event with his family!): 141st overall; 80th male, and 10th in category in 1:43:29 (7:58 swim)

May 24-25 Ottawa Race Weekend

Congratulations to all the Carleton swimmers who participated. Fantastic job by **Sheila** and **Colin** in winning their age categories!!! If I missed you, please let me know! Thank you to **Debby Whately** (8:40am Earlybirds) and all the other volunteers! Full results: <https://sportstats.one/event/ottawa-race-weekend?eventid=42662>.

5km

Sheila Kealey (7:35am Earlybirds; F60-64): 165th overall, 16th female, and 1st in category in 20:23

10km

Luz Osorio (6pm Whitecaps; F40-44): 1705th overall; 533rd female, and 54th in category in 54:13

Half Marathon

Bryan Morris (7:35am Earlybirds; M60-64): 2322nd overall; 1727th male, and 34th in category in 1:51:21 (with a rib injury!)

Sandra Kiviaho (8:40am Earlybirds; F45-49): 3668th overall; 1665th female, and 100th in category in 1:58:50

Full Marathon

Colin Kiviaho (8:40am Earlybirds; M50-54): 66th overall; 56th male, and 1st in category in 2:48:01

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: (last update **May 29**).

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/>