

Carleton Masters Swimming Newsletter #673

Friday, October 17, 2025

To: Carleton Masters Coaches / Staff (11 addresses)

Bcc: Those registered for Fall 2025 and Alumni: 7:35am Earlybirds I (45 addresses), 8:40am Earlybirds II (45 addresses), 6:00pm Whitecaps I (40 addresses), 7:10 Whitecaps II (22 addresses), Saturday Only (13 addresses), Alumni (46 addresses).

"Fall seven times and stand up eight." – Japanese Proverb

Masters Swimming Program Notes

- The Fall Masters Session runs from Tuesday September 2 to Saturday December 20, inclusive.
 - **Workouts run as usual during Carleton's Reading Week** (October 20 to 24), **and on Tuesday November 11** (Remembrance Day).
 - The 7:35am Earlybirds 1, 8:40am Earlybirds 2, 6:00pm Whitecaps 1, and Saturday groups are full. There is lots of space in 7:10pm Whitecaps 2. Please let me know if you are on a wait list.
 - Full details of the Fall groups can be found near the end of the newsletter.

Swimmer Notes

- Huge congratulations to **Tom Heyerdahl** (8:40am Earlybirds) for his successful **Swim Around Manhattan** on **October 9!** He completed the 20 bridges swim, a 48.5 circumnavigation of Manhattan in 9:37. What an amazing accomplishment. Here are photos from the start and finish.



- Former Carleton (or other University) Varsity swimmers and all supporters of our Varsity team are invited to the annual **Varsity vs. Alumni meet on Friday October 24 from 5:30-7:30pm at the Carleton pool followed by a social event.** You get a head start based on how many years ago you graduated from University/College! Please RSVP if you would like to attend!

- Date for your diary!: The annual Holiday Potluck and BYOB will be held at **Don Wells** (6pm Whitecaps), **Joanie Conrad** (6pm Whitecaps), and **Sam** and **Ben** (both x-Child Safety Supervision)'s place at 376 Hamilton Avenue South on **Saturday November 22 from 6:30pm**. Full details:
<https://www.sce.carleton.ca/faculty/lynnmar/masters/Festive%202025.pdf>.

- Some of you may remember **Muriel Carlyle** from Brockville who was a fixture at Masters swimming competitions for many years. She recently celebrated her 100th birthday!



Marianne Carlyle

2m · 🧑



🎉 how special for Mum 🥰 deepest thanks to **Matt Wren - Mayor of Brockville**, **Stephanie** and **Anne** for making this happen today ❤️



Matt Wren - Mayor of Brockville

1h · 🌐

I had a very special visitor to the Mayor's office today! My friend, Muriel Carlyle recently celebrated her 100th Birthday. When we tried to arrange for me to bring greetings to her, nothing doing, she said she would come to see me! It was a tremendous pleasure to welcome her along with her daughter, Marianne and her grandson today.

Muriel looked very at home at my desk with the chain of office as Mayor for the Day and we recorded her special visit in the City guest book.

She still lives in the home she and her husband built in Britannia Heights - we talked about him lining up overnight at City Hall to be able to purchase the lot when the neighbourhood was in the planning stages and so named to honour the visit of HM Queen Elizabeth II in 1959.

Muriel was also a well known face at the YMCA pool for decades up until the pandemic, and a regular fixture at Rotary Club of Brockville events for many, many years. She is most definitely a going concern!

Safe to say, she made my day. 🍰 🎂 🍷

- Swimming Canada is running monthly challenges: <https://www.swimming.ca/masters/monthly-challenges/>. To send in your results, you should be registered with Swim Ontario Masters (not Masters Swimming Ontario), but you can still do the challenges, just for fun!

- Strength Training for Runners (or anyone) – \$164.99+tax

Are you constantly being told by a loved one that you need to do some flexibility and strength training, but just aren't motivated to do it alone?

Rick Hellard has arranged an 8 week **Strength Training for Runners** course with **Richelle Weeks**, Physiotherapist | Running HW Health | Sport Science Rehab and Performance Specialist.

Mondays, 9:30AM, from Oct 20th to Dec 15th (no class Nov 10th).

Class format:

10 minute warmup

- Mostly resistance band exercises to activate the hips and hamstrings and some plyometrics.

Main Workout:

- 5 to 6 stations which focus on the important running muscles. Usually weighted calf raises, deadlifts (can be modified based on strength experience), an upper body exercise, a single leg quad exercise (lunges, Bulgarian split squats, step ups) and a glute/hamstring exercise.

The class is meant for runners of all levels and it doesn't matter if people have a background in strength training. We can modify movements based on difficulty. And if there's injury issues in the group we can modify things for that as well.

To sign up, contact Richelle at rweeks@hwhealth.com.

Aquatic-Related Links:

- River-Otter Attack on Port Alberni, BC Boy, 10, 'Unusual': <https://www.timescolonist.com/local-news/river-otter-attack-on-port-alberni-boy-10-unusual-11296835>

- Saskatchewan Man Dives into Challenge of Swimming in 70 Lakes to Celebrate 70th Birthday:

<https://www.cbc.ca/player/play/video/9.6923846>

- What Swim Coaches and Doctors Have in Common:

<https://www.facebook.com/watch/?v=673543929063282&rdid=Uv32nZnCTeUMmWaU>

- French Triathlete **Sam Laidlow**'s Stunning Return: <https://triathlonmagazine.ca/news/sam-laidlows-stunning-return/>

- Baby Hippo Hates Getting Out of the Pool: <https://www.facebook.com/watch?v=1917665892326650>

- Ten of the Best Open Water Swimming Spots Worldwide: <https://www.worldaquatics.com/news/4279322/open-water-swimming-top-10-best-spots-worldwide>

News and Other Links:

- Are the Longevity Rules Different for Women?: https://www.nytimes.com/2025/09/23/well/women-longevity-advice.html?unlocked_article_code=1.qE8.ik6W.wr2vXPXuI-6k&smid=url-share

- A 102-Year-Old Yoga Teacher's Simple Approach to Aging Well: https://www.nytimes.com/2025/09/29/well/move/102-year-old-yogi-charlotte-chopin.html?unlocked_article_code=1.qE8.vBiD.lMu.icC1RSSI&smid=url-share

- Bicycle History Moment: A Flogging After a Woman Rode a Bicycle While Wearing Knickers:

<https://momentummag.com/bicycle-history-moment-a-flogging-after-a-woman-rode-a-bicycle-while-wearing-knickers/>

- Five Functional Training Exercises to Help You Live Your Best Life:

<https://www.participaction.com/blog/workout/functional-training-exercises/>

- **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**, or **Swim-only** memberships, you must now **register with Hot Spot whenever you park at Athletics**. The link is:

<https://hotspotparking.com/tapPoster/park/carletonU5>. The codes were updated effective September 1. Please be sure you have the new code (reach out if needed).

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/>.

Fall Session Information

Dates: Tuesday September 2 to Saturday December 20; no workouts Monday September 1 or Monday October 13.

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: **Nick**; Thu: **Mark** (subs: **Adrian, Malcolm**)

7:10-8:10pm Mon/Tue/Thu Whitecaps 2: Shallow End: Mon: **Sean**; Tue: **Nick**; Thu: **Mark** (subs: **Adrian, Malcolm**)

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

Further details and changes will be noted here.

Malcolm coached the **6pm and 7:10pm Whitecaps** for **Sean** on **Monday October 6**.

Special Sets:

Tue/Wed October 14/15: fin day

Mon November 3: 1500/800 time trial

Thu/Fri November 13/14: fin day

Mon November 24: short distance time trials

Thu/Fri December 18/19: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplanfall25.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: September 3 to October 17 (19 workouts); range: 22-34; average: 28.2

Perfect Attendance: **Andrew Popp, Bruce Brown, Mike Vanderveer**

8:40am Earlybirds: September 3 to October 17 (19 workouts); range: 18-33; average: 27.1

Perfect Attendance: **Chris Whitehead, Hana Hruska**

6:00pm Whitecaps: September 2 to October 16 (19 workouts); range: 17-29; average: 23.5

Perfect Attendance: **Cameron Dawson, Konstantin Petoukhov**

7:10pm Whitecaps: September 2 to October 16 (19 workouts); range: 4-16; average: 10.3

Missed 5 Workouts: **Kelly Biggs, Seana Biggs**

8:15am Saturdays: September 6 to October 11 (6 workouts); range 24-28; average: 26.3

Perfect Attendance: **Blair Christie, Christine Bogie, Cori Dinovitzer, Isla Paterson, Natalie Aucoin**

Ask the Coach

Dear Coach: I find the passing drill truly painful! On any given swim day, you might be passing one person at a time but definitely not five or six others. So other than building awareness of the other folks in your lane, their swim sense of a slow FS speed and passing safely, what other hidden agendas are lurking in the passing drill? Hidden Agenda Suspicious Swimmer

Dear H.A.S. Swimmer: No hidden agenda! Just becoming aware of the others in your lane and how they pass and/or allow you to pass is it. Lanes do have the option to switch to "normal" 400s free after the first one, so the painful part is fairly short lived 😊.

Dear Coach: Is there any way to avoid stretching the shoulder straps of a swimsuit reliably? One of my new swimsuits is already a bit loose and thus sometimes chaffing my neck on longer IM days. Sore Neck

Dear S. Neck: Getting swim suits that are 100% polyester (or at least 90% or more) will reduce the stretching. (As a plug: Many of those I sell have a high polyester content!) However, some find that the polyester may chafe a bit. Applying Vaseline or baby rash cream to the affected areas before swimming can help with chafing.

Dear Coach: Is there a rule that dictates the amount of time that one can glide between strokes for any of the stroke? If you glide too much is that just considered lazy by other swimmers? Curious Swimmer

Dear C. Swimmer: It depends on the person, the stroke, and the distance being raced / swum. Generally, the longer the distance, the longer the stroke. Also, the more powerful your legs, the longer the arm stroke (i.e. slower turnover). It's a bit of a trial and error to find out what works best for you. However, most of us don't take the time to stretch enough between strokes. The longer you are at the surface of the water, the faster you will go.

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August **2026**), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$70**. For both, it's **\$85**. 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/events-results-hub/upcoming-meets/>.

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

October 18 Quebec Masters Cup Meet #1, Complexe Aquatique, St Eustache (SO registration needed)

<https://www.swimming.ca/swim-meet/60938/>

October 24 Uxbridge Swim Club Fall Invitational, Uxbridge (SO registration needed) <https://www.swimming.ca/swim-meet/60591/>

November 1 Halloween Invitational, Sherbrooke (SO registration needed) <https://www.swimming.ca/swim-meet/60999/>

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

November 16 Charlie Lane Semi-Serious Meet, Etobicoke (SO registration needed) <https://www.swimming.ca/swim-meet/61193/>

November 22 Quebec Masters Cup Meet #2, Ste-Foy (SO registration needed) <https://www.swimming.ca/swim-meet/61062/>

December 7 Red vs. Blue, Nepean (MSO registration needed; one-day subscription available)

Date TBD Holiday Classic, Collingwood (SO registration needed)

December 6 Quebec Masters Cup Meet #3 East, Riviere-du-Loup (SO registration needed)

<https://www.swimming.ca/swim-meet/61154/>

December 13 Quebec Masters Cup Meet #3 West, Piscine Henri-Bourassa, Montreal North (SO registration needed)

<https://www.swimming.ca/swim-meet/61072/>

December 14 IM Fast, Toronto, TPASC (SO registration needed)

December 28 Etobicoke 100 x 100 (SO registration needed)

January 17, 2026 Quebec Masters Cup Meet #4, Centre Aquatique Desjardins, St Hyacinthe (SO registration needed)

<https://www.swimming.ca/swim-meet/60940/>

January 25 Alderwood Yards Meet, Etobicoke (MSO registration needed; one-day subscription available)

February 14 Winterlude LC, Nepean (MSO registration needed; one-day subscription available)

February 15 Burlington Winter Splash (SO registration needed)

February 21 Quebec Masters Cup Meet #5, Complexe Sportif Claude Robillard, Montreal (SO registration needed) [TBC]

March 8 Swim for Heart 1500 LC, Etobicoke (SO registration needed)

March 21 Quebec Masters Cup Meet #6 Dollard-Des-Ormeaux, Montreal (SO registration needed)

<https://www.swimming.ca/swim-meet/60941/>

March 22 Stephen Forsey Invitational, Markham (SO registration needed)

April 17-19 Swim Ontario Masters Championships, Etobicoke (SO registration needed)

<https://www.swimontario.com/athletes/competitions/2026-ontario-masters-championships/>

April 24-26 Quebec Masters Championships, Complexe Sportif Claude Robillard, Montreal SC/LC? (SO registration needed) <https://www.swimming.ca/swim-meet/60942/>

April 25 Milton Masters Meet (SO registration needed) <https://www.swimming.ca/swim-meet/60875/>

May 22-24 Canadian Masters Championships, Windsor (SO registration needed) <https://www.swimming.ca/event/2026-speedo-canadian-masters-championships/>

June 28 Worlds Warm Up LC, Etobicoke (SO registration needed)

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!

September 27 Melissa's Road Race, Half Marathon, Banff, AB

Congrats to **Sandra** and **Colin** who did this race while on "vacation"! Full results:

<https://startlinetiming.com/en/races/2025/melissa/event/Half/page>.

Colin Kiviaho (8:40am Earlybirds; M50-54): **3rd** overall, **3rd** male, and **1st** in category in 1:20:47

Sandra Kiviaho (8:40am Earlybirds; W45-49): 463rd overall; 176th female, and 4th in category in 1:58:00

From **Sandra**: "Just back from the Rockies - Yoho, Banff and Kananaskis. Saw 'the larches' at the recommendation of my Aussie friend. Canoeed Lake Moraine. Ran around Lake Emerald, saw Canada's second highest waterfall and made it the teahouse above lake Louise. And of course fit in a race - Melissa's Banff Road race - half marathon. Colin came in 3rd overall and I was 4th in my age group. Finished in the Kananaskis park which was so pristine and rugged with lots of warning signs."

October 12 Cumberland Fall Colours Marathon

Great job by **Susan**! Full results: <https://results.somersault.ca/e/fall-colours-2025/r/954f4b36-a4be-4dbe-9711-d79311749c69>.

Susan Nevitt-Yelle (7:35am Earlybirds; F60-64): 47th overall, 7th female, and **1st** in category in 3:47:56

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: <https://www.statsman.ca/#canada> (last update **October 11**).

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.

Fall Masters Session Details

Tuesday September 2 to Saturday December 20; no workouts Monday September 1 or Monday October 13.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$210+HST: **Full** (wait list available)

Earlybirds 2: Monday/Wednesday/Friday 8:40-9:40am; Coach: Lynn; \$210+HST: **Full** (wait list available)

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Sean, Nick, Mark, subs: Adrian, Malcolm; \$227+HST: **Full** (wait list available)

Whitecaps 2: Monday/Tuesday/Thursday 7:10-8:10pm; Coaches: Sean, Nick, Mark, subs: Adrian, Malcolm; \$210+HST

Saturdays: 8:15-9:25am; Coaches: Rotating Schedule; \$106+HST: **Full** (wait list available)

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

Private and Semi-Private Masters Swim Lessons

Fall Schedule:

Tuesday 3:30-4:10pm, 4:10-4:50pm, 4:50-5:30pm (**full**: wait list available)

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 2026**. 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/>