

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Wednesday, March 07, 2012 3:57 PM
To: 'Fran Craig'; 'Steve Baird'; 'Blake Christie'; 'Claudia Cronin-Schlote'; 'Kristi Dean'; 'Lynn Marshall'; 'Mits Kachi'; Nico Belisle; 'Tim Kilby'
Subject: Carleton Masters Swimming Newsletter #302

Carleton Masters Swimming Newsletter #302

Wednesday, March 7th, 2012

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those Registered for Fall 2011 / Winter 2012 and Alumni: 7:30am Earlybirds I (40 addresses), 8:30am Earlybirds II (42 addresses), 6pm Whitecaps I (43 addresses), 7:10pm Whitecaps II (28 addresses), 8:10pm Whitecaps III (34 addresses), Saturday Only (4 addresses), Masters "Alumni" (33 addresses).
"Nothing will work unless you do." – Maya Angelou

Masters Program Notes and Cancellations

- Note that there will be **no workouts on Fri Apr 6th (Good Friday) or Mon Apr 9th (Easter Monday)**. There is a workout **Sat Apr 7th** for those registered for the Saturday group.
 - **New**:** As the Earlybirds miss one more workout that the Whitecaps due to Easter, those registered in the 7:30am and 8:30am Earlybirds are welcome to attend either the evening of **Thu Apr 5th** (6:00-7:10pm, 7:10-8:10pm, or 8:10-9:10pm) or the morning of **Sat Apr 7th** (8:15-9:25am) free of charge.
- The Winter session ends **Sat Apr 7th, Thu Apr 12th or Fri Apr 13th** depending on your group(s).
- Pro-rated prices are now available for those who wish to join Masters (or add an additional group) for the remainder of the Winter term. There is space in all groups, except the 6pm Whitecaps.

Carleton Staff/Faculty Athletics Discussion Group

In collaboration with the Office of Quality Initiatives, the Department of Recreation and Athletics is conducting discussion groups to assess and enhance current fitness program offerings. If you are a staff or faculty member who is interested in fitness programming, we want to hear from you! Please note that past participation in a Carleton fitness program is not required to attend the discussion group. This discussion group, which includes a complimentary lunch, will take place Fri Mar 9th noon-1:30pm Baker's (private boardroom), 4th floor, University Centre. RSVP to Joel.Windle@carleton.ca.

Sign Your Child Up for March Break Lifesaving Camp

Carleton is offering Junior Lifeguard, Bronze Star, Bronze Medallion, and Bronze Cross classes March 12-16th. Full details at: <http://www5.carleton.ca/athletics/camps/march-break-camp/march-break-lifesaving-camps/>.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Tricia Gerrow** (6pm Whitecaps). Trish is expecting baby #1 on August 15th!
- Happy 30th Birthday to **Madelayne DeGrace** (7:30am Earlybirds). Madelayne turned 30 on Mon Mar 5th.
- Best wishes to **Peter Lithgow** (6pm Whitecaps) for a quick recovery from his knee surgery in late February.
- Thanks to **Chris Macknie** (7:30am Earlybirds) for his suggestion of a special leap-day set. We had a lot of positive feedback on the IMs on 2:29.
- Rick Hellard** (7:30am Earlybirds) will be giving a presentation at the upcoming Outdoor + Adventure Travel show, Mar 17-18th at the new CE Centre near the airport (<http://www.caneastshows.ca/oas-home>). His presentation will be at noon on Sat Mar 17th and is titled: "Triathlon: What it really takes to do one." Here's a short description:
"The sport of triathlon can be an intimidating one, at least on the surface. It does not need to be.
Rick Hellard, one of Canada's top triathlon coaches, race director, long time triathlete and author of iRun Magazine's The Oops Factor [details in newsletter #301], will present his down to earth understanding of what it takes to swim, bike and run your way to the finish line of a triathlon. You'll be surprised at how easy it really is.
He promises to entertain, enlighten and dispel some of the myths of the sport.
He may even convince you to give it a try."
- Romy Shaffenburg** (6pm Whitecaps) is a member of the Coro Viva Ottawa choir. Their next concert is "Old Music of the New World" at 8:30pm Sat May 5th, St. Joseph Church, 174 Wilbrod St. For more details check out: <http://www.corovivottawa.ca/?q=old-music-new-world>.
- Jen Lee** (x-7:30am Earlybirds) has now finished her M.Sc. and is job hunting. She recently got back in the pool, and is swimming for Burlington Masters.
- Laura Seanor** (x-6pm Whitecaps and 7:30am Earlybirds) has started a new career as a Real Estate agent. You can check out her website at: <http://www.OttawaLaura.com>. If you're thinking about moving, keep Laura in mind!
- If anyone would like some beautiful cards, **Penny Estabrooks** (8:30am Earlybirds) has both winter cards (http://www.pennye.ca/art/cards_Nov11.htm) and all occasion cards from any of her paintings (<http://www.pennye.ca/art/index.html>) available. They are \$2 or 6 for \$10.
- As many of you know, **Debby Whately** (6pm Whitecaps) is an avid paddler. Her Dragon boat team is having a fundraiser selling Organic Free Trade Coffee. They are selling one pound bags for \$15. They have a medium dark roast in regular or decaf and you can get beans, regular grind or espresso grind. If you are interested, please talk to Debby at workout or contact her via e-mail at: whitely@cheo.on.ca.

News Articles:

- Swim team loses countv title due to a shaving violation!?: <http://sports.vahoo.com/bloas/highschool-oreo-rally/mar/land-swim-team-retroactively-loses-countv->

[title-because-153508295.html](http://www.worldrecordsacademy.org/sports/longest_distance_cycled_in_one_hour_Robert_Marchand_sets_world_record_112734.html)

- 100 Year-Old Sets Cycling Record:

http://www.worldrecordsacademy.org/sports/longest_distance_cycled_in_one_hour_Robert_Marchand_sets_world_record_112734.html

- How to Refuel after a Hard Workout: <http://www.active.com/nutrition/Articles/How-to-Refuel-After-a-Hard-Workout.htm?cmp=291&memberid=89079251&lyrisid=24098977&email=kparker@runnersweb.com>

- Recover Nutrition to Reduce Inflammation: http://thesportfactory.com/site/nutritionnews/RECOVERY_NUTRITION_TO_REDUCE_INFLAMMATION.shtml

- Morning Workouts made Easier: <http://www.active.com/triathlon/Articles/Mornings-Workouts-Made-Easier.htm?cmp=291&memberid=89079251&lyrisid=21692134>

- Rest Days: Learn How to Read your Body before Taking One: <http://www.trifuel.com/training/triathlon-training/rest-days-learn-how-to-read-your-body-before-taking-one>

- Does Exercise Really Boost your Mood: <http://well.blogs.nytimes.com/2011/04/27/does-exercise-really-boost-your-mood/>

- Rest Days: Learn How to Read your Body before Taking One: <http://www.trifuel.com/training/triathlon-training/rest-days-learn-how-to-read-your-body-before-taking-one>

- Does Exercise Really Boost your Mood: <http://well.blogs.nytimes.com/2011/04/27/does-exercise-really-boost-your-mood/>

Swim Suits for Sale: The suits range in brand, style, and colour. Prices are \$40 and less. The swim suits are available for browsing whenever I am coaching – just ask!

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 \$45 annual fee to register Carleton Masters with Masters Swimming Ontario. Latex caps are 50c (plus a few brand new latex caps for \$1) and silicone caps \$2. Just ask if you’re interested in looking at these.

Nose Clips for Sale: Cost \$5. Mostly size medium, plus a few small and large. Contact me if you are interested.

Winter Session Information

The usual pool allocations and coaches are as follows:

7:30-8:30am MWF Earlybirds: Deep End; Lynn

8:30-9:30am MWF Earlybirds: Deep End; Lynn

6:00-7:10pm MTuTh Whitecaps: Shallow Monday, Deep Tuesday/Thursday; Lynn

7:10-8:10pm MTuTh Whitecaps: Shallow End; Monday: Lynn; Tuesday/Thursday: Mits

8:10-9:10pm TuTh Whitecaps: Shallow End; Mits

8:15-9:25am Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be mentioned here, if I have enough notice.

Fin Days for the Winter session are:

6pm Tue Feb 7th / 7:30am/8:30am Wed Feb 8th

6pm Tue Mar 13th / 7:30am/8:30am Wed Mar 14th

Winter Time Trials are as follows:

All Mon Feb 13th: 400 fs or IM

6pm Tue Feb 28th / 7:30am/8:30am Wed Feb 29th: 2 x 50 ch

6pm Thu Mar 8th / 7:30am/8:30am Fri Mar 9th: 100 ch

All Mon Mar 19th: 200 ch

Tue Mar 27th / 7:30am/8:30am Wed Mar 28th: 1500 fs (800 fs for those over 2:15/100m)

6pm Thu Apr 12th / 7:30am/8:30am Fri Apr 13th: relays

Full schedule of workouts is available at: <http://carletonmasters.tripod.com/mastplanwint12.pdf>.

My apologies to **Margaret King** (7:30am Earlybirds). On Mon Feb 13th, she actually swam her 2nd 400IM, not her first one. And she improved by **24** seconds over last time! Congratulations, Margaret.

Thanks to all who participated in the 2 x 50m time trials on Tue Feb 28th / Wed Feb 29th. There were (coincidentally!) 29 improvements and 4 tied best times. There were 6 swimmers who improved both their 50m swims. The biggest improvement was 13.2 seconds by **Cindy Steele** (6pm Whitecaps) in 50fs. **Mark Blenkinsop** (8:30am Earlybirds)’s 20.6 second improvement in his 50br has a couple of asterisks, as his only previous 50br time trial was on a relay where he swam twice and he wasn’t trying very hard! The next biggest improvement was 6.9 seconds by **Zoe Panchen** (7:30am Earlybirds) in 50bk. **Marie Steele** (6pm Whitecaps) had the biggest improvement total over both 50s with 10.1 seconds. A full list of all the improvements and ties follows:

50fs (17):

Cindy Steele (6pm Whitecaps): 13.2

Marie Steele (6pm Whitecaps): 6.3

Greg Payne (7:30am Earlybirds): 3.3

Theresa Wallace (8:30am Earlybirds): 2.5

Fouad Hejazi (7:30am Earlybirds): 2.4

Deb Low (6pm Whitecaps): 1.7

Heather Ireland (7:30am Earlybirds): 1.6

Kevin Graham (7:30am Earlybirds): 1.3

Maliika Shaath (8:30am Earlybirds): 1.2

Mike Mopas (7:30am Earlybirds): 1.1

Amelia Zimmermann (6pm Whitecaps): 0.6

Bruce Brown (7:30am Earlybirds): 0.3

Francois Jacques (7:30am Earlybirds): 0.3

Lee Storm (6pm Whitecaps): 0.3

Margaret King (7:30am Earlybirds): 0.2

Rick Hellard (7:30am Earlybirds): 0.2

Dave Caldwell (7:30am Earlybirds): 0.1

50bk (5):

Zoe Panchen (7:30am Earlybirds): 6.9

Amelia Zimmermann (6pm Whitecaps): 2.5

Dave Caldwell (7:30am Earlybirds): 0.6

Bruce Brown (7:30am Earlybirds): 0.4

Madelayne DeGrace (7:30am Earlybirds): 0.3

50br (6):**Mark Blenkinsop** (8:30am Earlybirds): 20.6 ****Mike Mopas** (7:30am Earlybirds): 4.9**Marie Steele** (6pm Whitecaps): 3.8**Chris Macknie** (7:30am Earlybirds): 1.1**Brad Shapansky** (7:30am Earlybirds): 0.8**Malika Shaath** (8:30am Earlybirds): 0.8**50fl (1):****Sean Dawson** (6pm Whitecaps): 0.5**Best Time Ties (all in 50fs; 4):****Amir Banihashemi** (8:30am Earlybirds)**Christian Cattan** (7:30am Earlybirds)**Robin Henderson** (8:30am Earlybirds)**Zoe Panchen** (7:30am Earlybirds)**Improved in Both (6):****Marie Steele** (6pm Whitecaps): total improvement: 10.1**Mike Mopas** (7:30am Earlybirds): 6.0**Amelia Zimmermann** (6pm Whitecaps): 3.1**Malika Shaath** (8:30am Earlybirds): 2.0**Bruce Brown** (7:30am Earlybirds): 0.7**Dave Caldwell** (7:30am Earlybirds): 0.7

Here are the weekday attendance statistics for the Winter term. There are now just **3** swimmers with perfect weekday attendance to date. Keep it up!

6:00pm Whitecaps (Jan 3-Mar 6th; 27 workouts; range: 20-31; avg.: 24.1)Missed 1 Workout: **Dave G, Deb Low, Don W, Lee S**Missed 3 Workouts: **Marie S****7:10pm Whitecaps** (Jan 3-Mar 6th; 27 workouts; range: 11-19; avg.: 13.6)Missed 1 Workout: **Jamie C**Missed 2 Workouts: **Joanie C****8:10pm Whitecaps** (Jan 3-Mar 6th; 19 workouts; range: 8-18; avg.: 13.0)Missed 2 Workouts: **Elaine C**Missed 3 Workouts: **Jean K, Veronica T****7:30am Earlybirds** (Jan 4-Mar 7th; 27 workouts; range: 20-29; avg.: 24.9)Perfect Attendance: **Angela D, Robert F, Susan H**Missed 1 Workout: **Bruce B, Chris M, Margaret K, Ursula S, Zoe P**Missed 3 Workouts: **Christian C****8:30am Earlybirds** (Jan 4-Mar 7th; 27 workouts; range: 13-21; avg.: 17.6)Missed 1 Workout: **Margaret DK, Penny E, Theresa W**Missed 2 Workouts: **Mark B**Missed 3 Workouts: **Amir B, Isla P, Renee R, Shauna I****Masters Swimming Competitions**

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2012 is now open. Cost is \$36. Please pay by cash or cheque payable to "Lynn Marshall". Your MSO membership will be good until Dec 31st, 2012. Contact me for more details. Note that you must register with MSO at least **3 weeks** before the **due date** of the entry for your first competition.

Full details on all Ontario Masters competitions can be found at: <http://www.mastersswimmingontario.ca/competition.schedule01.htm>.

For Quebec competitions see: <https://www.swimming.ca/MeetInfo.aspx>, select FNQ <show>, upcoming meets, then the appropriate month, then select the appropriate Masters meet to get more info. If it says "sanctioned" the meet package should be available.

Here's a list of tentative and confirmed upcoming nearby competitions (mostly) in Ontario and Quebec. More meets and more details will be added as the information become available. Note that meet entries and confirming meet information and entry dates are your responsibility.

Sun Mar 11th Etobicoke Swim for Heart 1500 LCM <http://www.mastersswimmingontario.ca/pdf/Heartswim2012.pdf>Sat Mar 17th DDO St Patrick Masters Meet <https://registration.swimming.ca/MeetInfo.aspx?meetid=12148>Mar 30th – Apr 1st Ontario Masters SCM Championships, Toronto area<http://www.mastersswimmingontario.ca/pdf/2012MSOChamps.pdf>Apr 13-15th Quebec Masters SCM Championships, Gatineau ** **Entry due to me by Wed Mar 14th ****<https://registration.swimming.ca/MeetInfo.aspx?meetid=11438>Sat Apr 21st Downtown Swim Club LCM Meet, U of Toronto<http://www.mastersswimmingontario.ca/pdf/DSCAllOUTApril212012.pdf>Sun May 6th Thomhill Masters SCM Meet <http://www.mastersswimmingontario.ca/pdf/ThomhillMay62012.pdf>May 18-21st Canadian Masters Nationals, Kelowna, BC <http://cmssc2012.ca/>Jun 3-17th FINA World Aquatic Championships, Riccione, Italy <http://www.finamaster2012.org/>;qualifying times: http://www.fina.org/H2O/index.php?option=com_content&view=article&id=2229&Itemid=1082Sat Jun 9th Longueuil LCM Masters Meet (details TBA)Sat Jul 14th Bring on the Bay 3k Swim (MSO registration not required) <http://www.bringonthebay.com>Sat Jul 14th London LCM Meet (details TBA)

Summer 2014 FINA World Aquatic Championships, Montreal (details TBA)

Race Results: (Please send in your results, and/or let me know if I missed your name!!)

Sat-Sun Feb 11-12th Canadian Ski Marathon and Sat-Sun Feb 18-19th Keskinada and Winterman Marathon

Here is **Chris Macknie** (7:30am Earlybirds)'s race report about his crazy two weekends:

"Over the last two weekends I decided to take advantage of a couple of the wonderful long-distance winter events we have in the Ottawa area. The plan was to do my sixth Canadian Ski Marathon and my third as a Gold Coureur de Bois (ski 160 km, carry a pack, sleep outside), then the following weekend do the 51 km classic Gatineau Loppet on Saturday and the Winterman Marathon on Sunday. I was also hoping to do a long skate the Friday before the Loppet, but in the end I wasn't disappointed in the slightest to find the canal closed and my skate undoable.

Saturday morning Zoe and I got up at 3:30 a.m., ate porridge, drank coffee, loaded the car with skis, poles and packs and drove to the Buckingham Golf Course. We arrived at 5:10 a.m. and got a good parking spot. Us Gold Coureur de Bois guys started skiing at 5:40 a.m., so Zoe and I stayed in the car until 5:30 a.m., keeping warm.

At the start of CSM the temperature was -15 with a wind chill of -22, but it really didn't feel too bad - as long as I stay moving, I stay warm. Most of Saturday's first section is in the woods, sheltered from the wind. While it's a tour, not a race, there are plenty of fast guys who ski hard on both days. It was really cool to be skiing fast, in the dark, in a pack of competent skiers who knew what they were doing. Conditions were very good, with great trail grooming, not too much ice, and few exposed roots and rocks. The glide was excellent.

Much like an Ironman race, if you're having a good day, each day of the Ski Marathon passes in the blink of an eye. By 10:30 a.m. I had done my longest ski of the year - over 45 km. The remaining 35 km didn't go quite as fast, but I reached Gold Camp at 2:20 p.m. I counted 15 other skiers at camp, so I was one of the earlier guys to arrive. I set up camp next to Canadian ski legend Pierre Harvey and his very fast friends, who looked like they had already been there for hours.

Life at camp was good: it was sunny, it was relatively warm, there was no wind. I changed clothes, ate, drank, waxed skies for Sunday, kept the campfire going and watched other skiers trickle in. Zoe had a tougher day and didn't reach camp until 5 p.m., so I helped get her meal going and skis waxed. I had carried a small bottle of Bailey's to camp so we polished that off and were in our bags by 7:15 p.m. It's always tough to sleep at camp, but I think I managed five or six hours on Saturday night, which is pretty good for me.

Sleeping outside on Saturday night was about the easiest part of the weekend. We had a good fire going at our campsite and my sleeping bag is rated to -30 degrees, so I wasn't cold at all. It took a bit of effort to re-start the fire at 4 a.m. Sunday morning, but once it was blazing I was good; in fact I was warm all weekend.

I was determined not to repeat the last two years' huge bonks on Sunday at the CSM, so I ate eight packages of oatmeal for breakfast and had a couple of cups of coffee.

Sunday's terrain was much more difficult than Saturday's, with many more hills and tricky, technical descents. Part of the challenge of the Marathon is not only skiing 80 km each day, but being able to concentrate on the trail ahead of you for eight-plus hours each day. There are some places where you can put your mind in neutral and cruise on flat trails, but not many. I had skied Sunday's route four years ago as a Bronze Coureur de Bois (ie. without carrying a pack) but it was exponentially harder skiing it with a pack. I felt a bonk coming on 7 km from the end of the third section so I stopped to eat some chocolate and gummy worms and that kept me going to the next checkpoint.

I was really tired when I finally arrived in Lachute at 3:30 p.m. I think I was one of the earlier skiers to arrive but I didn't feel a big sense of accomplishment; I was just glad to be done. I took two hard (and several minor) falls over the course of the weekend, including on the final downhill into Lachute, on the last of the hundreds of downhills we skied. I've fallen on that hill before and should have known better - being tired, I should have walked down.

At one point on Sunday I thought to myself, "I need to think long and hard if I ever want to do this again." A few kilometres later I thought, "No I don't; I'm never doing this again," even though I only need two more CSM finishes to get my permanent gold bib. Unfortunately I read the words "next year..." in Zoe's CSM report on TriRudy...

I was more sore and beaten up on Monday than after any Ironman or marathon. As the week went on, I felt better and less beaten up each day. I didn't do much during the week; just two easy runs and two swims. Oddly, the swims were a couple of the best ones I've had in months. Hopefully that doesn't mean I need to ski 160 km to have a good swim workout.

It was 10 years ago that I did my first Gatineau Loppet, and I've only missed once loppet since then. Having not skied without a pack all winter, Saturday's loppet felt really easy. And only skiing 51 km? It was over it a flash. Conditions were fast and good. I have to admit that when I checked a local website's wax recommendation for Saturday's race, I had no idea what they were talking about and didn't own any of the five waxes they recommended. I put on a universal glide and four layers of purple grip wax. That got me to the 40-km mark of the race before the grip wax wore off. I could have re-waxed, but most of the final 11 km was downhill, so I just double-poled most of the rest of the way. I finished in the middle of the pack, about where I usually do. The loppet is so neat because there are guys that come from all over the world to do it. The Prime Minister of Estonia skied in the 51 km race!

I got a pretty good night's sleep on Saturday and my legs actually felt pretty good on Sunday morning. The good thing about doing the loppet on Saturday and the marathon on Sunday is that it allows us Rudy Award wannabes to get two of the peskier events out of the way in a 27-hour period!

The Winterman Marathon went about as well as I could have expected, as I finished about 10 minutes slower than I would normally do in a marathon. At the turnaround on the first lap, 3 km into the race, I saw I was in third place and I stayed there for the next 39 km - nobody passed me and I didn't pass anyone else in the marathon. The first two guys ran 2:39 and 2:48, so I had no chance to catch them, even if I was tapered. Each time we passed one another I carefully checked the first two guys for any sign of weakness. They were both running strong races and didn't remotely look like they were going to crack. I averaged 4:08/km for the first 22.2 km and figured I had a chance to sneak under three hours. The wind picked up in the second half of the race. I'd like to use that excuse as the reason I slowed to 4:29/km for the final 20 km, but I think I just wore out - and maybe ran the first half a touch too fast. Midway through the eighth loop I saw that the fourth-place guy had closed the gap on me a bit. I ran as hard as I could for the last half of the last loop and managed to hold him off by a minute. As it was, I only just avoided being lapped by the race winner!

Thank you to all of the organizers and volunteers of these three great events for making it possible for us to have so much fun in the middle of Ottawa's winter. And thank you to Mike Giles, my companion at all three events. It was so nice to see a friendly face and to have someone to share the misery with! Until next year?!"

Sun Feb 19th Winterman Half-Marathon (256 participants)

Full results at: <http://www.sportstats.ca>. Sorry for missing Lucette last time!

Lucette Laflamme (7:10pm Whitecaps; 55-59): 158th overall, 43rd woman and 2nd in age group in 1:59:20.9

Sun Feb 19th LaSalle (Montreal) Masters Meet

There were four Carleton swimmers in attendance. Full results at: <http://mymsc.ca/ShowMeet.jsp?id=448>. Updated club records at: <http://carletonmasters.tripod.com/120219.Records.pdf>. Great swimming, all! Congratulations to Lina on no fewer than 4 club records!

Lee Storm (6pm Whitecaps; 40-44): 1st: 200bk (2:55.05); 2nd: 50fs (32.33), 50bk (38.67), 400IM (6:05.63 Club Record)

Lynn Marshall (Coach; 50-54): 1st: 200fs (2:15.61), 100f (1:09.54 National Record), 400IM (5:23.54); 2nd: 200br (3:05.64)

Lina Vincent (6pm Whitecaps; 60-64): 1st 200br (3:51.10 Club Record), 100IM (1:34.55 Club Record); 2nd 50fs (38.73), 50br (48.48 Club Record); 3rd 100br (1:44.95 Club Record)

Jamie Chalmers (7:10pm Whitecaps; 65-69): 1st: 200fs (3:40.28); 2nd 50fs (35.79), 100fs (1:23.08), 50bk (50.02), 50br (58.37), 200br (4:59.46 PB & Club Record); 3rd 100bk (1:42.96), 100IM (1:48.50)

Sat Feb 25th Mad Trapper 5k Snowshoe Finale

Lucie competed in the 4th and final 5k snowshoe of the season. Full results at: <http://www.synergyark.com/mad-trapper-2012-results.html>. Here's how she did:

Lucie Boudreau (8:30am Earlybirds): 4th woman in 45:00.

Lucie finished 2nd overall for the full series, behind Lise Meloche who won all four races. Great job, Lucie!

Sat Feb 25th Nepean Masters Winterlude Meet (LCM)

Five Carleton swimmers participated: 4 swimming for Carleton and one for Ottawa Y. Full results at: <http://nmssc.org/swimmeet/results/wlude12.pdf>. Here's how we did:

Natalie Aucoin (8:30am Earlybirds; 40-44): 1st 50fs (35.25), 100fs (1:21.10), 200fs (2:58.28), 50fl (40.04)

Sandy Lawson (7:30am Earlybirds; 45-49): 1st 100fs (1:19.13), 200fs (2:55.27), 800fs (12:48.27)

Lynn Marshall (Coach; 50-54): 1st 800fs (9:47.06), 100bk (1:14.42), 200br (3:22.28), 200fl (2:39.12), 200IM (2:41.33)

Jamie Chalmers (7:10pm Whitecaps; 65-69): 2nd 200fs (3:33.59 LC PB), 800fs (18:03.17 PB), 200bk (4:30.86), 50br (1:01.58); 3rd 50bk (49.26)

Robin Henderson (7:30am Earlybirds; 50-54; swimming for OTTY): 3rd 800fs (15:00.79)

Sun Mar 4th Technosport Masters Meet (U of Ottawa)

Two Carleton swimmers participated. Gi deck entered the meet (\$45), planning to swim 50fs and 100br, but there were so few heats in between those two events that he missed the 100br. He also skipped the (free) breakfast to go skiing. I entered early (\$40) and swam 6 events for a total of 1100m, and enjoyed the breakfast. I think I got a lot more swimming and food per dollar than Gi did ☺! Then I went to a walk-in clinic and got antibiotics for my bronchitis ☺!

Official results are not yet available, though I'm told the Jan 29th Technosport results will be available "soon". However, here's how we did unofficially:

Gi Wu (6pm/7:10pm Whitecaps; 25-29): 50fs (28.4)

Lynn Marshall (Coach; 50-54): 100fs (1:05.4), 400fs (4:40), 100bk (1:12.6), 200bk (2:30.1), 100br (1:27.8), 200IM (2:39.1)

2012 Statistics: Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and top 20 (by gender and age group both SCM and LCM) at:

<http://www3.sympatico.ca/chberger/#canada> (last update Mar 4th).

Ask the Coach

Dear Coach: How can I get rid of foot cramps while swimming? Cramped Up Feet

Dear C.U. Feet: The best cure is prevention! Once you get a cramp it can be hard to get rid of. Things to do to prevent cramps include: avoiding high heels, not running right before your swim, being well hydrated, getting lots of potassium in your diet (e.g. bananas, spinach), and dynamic stretching before you swim. If you feel a cramp coming on, try to relax your foot right away, as it's easier to get rid of if you catch it quickly. To ease a cramp, try stretching the leg and foot gently. If it won't go away, sometimes doing pull instead of swim is the only alternative (being careful when you push off the wall).

Dear Coach: I think I had half a breakthrough today. After the 50m TT where I did free and fly, I was able to do full fly almost all the fly in the workout. The only times I switched to fly drill or free were short and because I caught the person in front or. I'm not better at it, but at least I was able to get through the workout. Flying Better

Dear F. Better: Well done and congratulations! Doing a small amount of fly well is better than doing a lot of fly poorly. Keep working at it (in small doses).

Dear Coach: I get dizzy when doing flip turns. Is there anything I can do to avoid this? The World is Spinning

Dear T.W.i. Spinning: The dizziness you experience when learning flip turns or doing them (usually) irregularly is due to the brain needing to learn this new skill. Normally, if you stick with it, the dizziness will pass, but some people are much more prone to this than others.

Private and Semi-Private Masters Swim Lessons

Winter Availability:

Mon 9:45-10:45am: Mar 12, 19, 24; Apr 2

Fri 9:45-10:45am: Mar 9, 23, 29

Some evening and weekend times will be added during April exams (Apr 1-13th). I also usually have lots of evenings available during the May-August timeframe. E-mail me for more details.

Prices:

Private: \$52.50 per hour, plus HST.

Semi-Private (2-3 swimmers; per swimmer): \$34 per hour, plus HST.

Reminders

Masters Winter Programs:

You must be a Carleton Athletics member, and Masters program registration must be done by phone or in person (not on-line). The only change from last year is that Child Safety Supervision will not be offered.

Winter Session: Tue Jan 3rd to Fri Apr 13th (no workouts Mon Feb 20th, Fri Apr 6th, Mon Apr 9th)

Earlybirds 1 (7:30-8:30am MWF): Barcode 3541; \$126+HST; Coach: Lynn

Earlybirds 2 (8:30-9:30am MWF): Barcode 3542; \$126+HST; Coach: Lynn

Whitecaps 1 (6:00-7:10pm MTuTh): Barcode 3550; \$138+HST; Coach: Lynn (Full for Winter: wait list available)

Whitecaps 2 (7:10-8:10pm MTuTh): Barcode 3554; \$126+HST; Coaches: Mon: Lynn; Tue/Thu: Mits

Whitecaps 3 (8:10-9:10pm TuTh): Barcode 3558; \$92+HST; Coach: Mits

Saturday Earlybirds (8:15-9:25am Sat): Barcode 3544; \$42+HST; Coaches: rotating schedule, see web site

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 the Workouts?: Are you interested in getting copies of myworkouts ahead of time? Let me know. I usually e-mail out two week's worth of workouts at a time. (Note that these are only the workouts that I coach.)

Triathletes: Check out Rudy Hollywood's website: <http://www.trirudy.com> and subscribe to the daily tri-news e-mail. Another good resource is <http://www.slowwitch.com/>. Lots of free triathlon advice, a training log and challenges like the 100 runs in 100 days! Also check out <http://www.goodguystri.ca/>. There's a monthly newsletter, plus interesting articles.

General Information: Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at:

<http://carletonmasters.tripod.com>.

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 (lynnmarshall@sympatico.ca).

Happy lengths!
Lynn

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)

Club website: <http://carletonmasters.tripod.com>