

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Tuesday, April 03, 2012 12:42 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 #304

Carleton Masters Swimming Newsletter #304

Tuesday, April 3rd, 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).

"No matter what you do in life, you won't achieve your goal unless it comes from within." – Ellen Bellicchi

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.
 - 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 only public swims at Carleton over Easter (Apr 6-9th) are: 1:30-4:30pm Apr 6, 7, 8, and 9th, plus a women's swim 11:40am-1:20pm Sun Apr 8th.
- The Winter session ends **Sat Apr 7th, Thu Apr 12th or Fri Apr 13th** depending on your group(s).
 - Note that there will be no "bubbles" on the last day of the session as the bubbler needs repairs that will happen during the pool shutdown ☹ !
 - Also, I am swapping the last two workouts for the groups that I coach, so the relays will be on Tue/Wed instead of Thu/Fri – sorry for any inconvenience.**
- Thanks to **Alex Joubert** (8:10pm Whitecaps; Pool Staff) for coaching for **Mits** on Thu Mar 22nd.
- The pool reopens Mon Apr 30th but the Masters Spring sessions start on **Tue May 1st** – full details on the Spring and Summer sessions follows. Registration starts tomorrow and some groups may fill up!

Spring / Summer Masters Programs

The details on the Masters Programs for Spring and Summer is given here. Registration for both Spring **and** Summer starts on **Wed Apr 4th (tomorrow!)**. As usual, you must be staff / student / Athletics member to swim with Carleton Masters, and Masters program registration must be done by phone or in person (not on-line). This information can also be found on the team web site: <http://carletonmasters.tripod.com>.

Spring Session: Tue May 1st to Sat Jun 30th (no workouts Mon Apr 30th, Mon May 21st)

Earlybirds 1 (7:30-8:30am MWF): Barcode 4526; \$64+HST; Coach: Lynn

Earlybirds 2 (8:30-9:30am MWF): Barcode 4527; \$64+HST; Coach: Lynn

Whitecaps 1 (6:00-7:10pm MTuTh): Barcode 4531; \$72+HST; Coaches: Mon/Tue: Lynn; Thu: Mits

Whitecaps 2 (7:10-8:10pm MTuTh): Barcode 4532; \$64+HST; Coaches: Mon/Tue: Lynn; Thu: Mits

Saturday Earlybirds (8:15-9:25am Sat, **except** 10:15-11:25am May 19th and Jun 30th): Barcode 4529; \$26+HST; Coaches: rotating schedule

Summer Session: Tue Jul 3rd to Sat Sept 1st (no workouts Mon Jul 2nd, Mon Aug 6th)

Earlybirds 1 (7:30-8:30am MWF): Barcode 4528; \$64+HST; Coach: Lynn

Whitecaps 1 (6:00-7:10pm MTuTh): Barcode 4533; \$72+HST; Coaches: July: Lynn; Mits: August

Saturday Earlybirds (10:15-11:25am Sat): Barcode 4530; \$26+HST; Coaches: rotating schedule

Places to Swim During Shutdown

If you want to swim over the Carleton pool shutdown, here are some links to other Ottawa pool schedules:

- City Pools:

http://www.ottawa.ca/en/rec_culture/class_activity/reg_mem/courses_available/swimming/schedules/index.html

- U of Ottawa (be sure the read the list of closed dates on p.1.):

http://www.geegees.ca/sites/default/files/pool_brochure.pdf

Swimmer Notes

Swimmer Updates:

- Congratulations to **Marie-Odile Junker** (8:30am Earlybirds) on being selected to give Carleton's 2012 Davidson Dunton Research Lecture at **4pm Wed Apr 4th** titled "Giving voice to Aboriginal languages: Putting information technologies to work for people". This is a very prestigious honour. A list of those who have given this annual lecture, started in 1983, can be found here: <http://www1.carleton.ca/research/news-and-events/davidson-dunton-research-lecture/>. All are welcome to attend Marie-Odile's presentation. Here are the details: <http://www1.carleton.ca/research/upcoming-events/20112012-davidson-dunton-research-lecture>.

- **Jose Vivanco** (8:10pm Whitecaps) and **Jill Patrick** (back with Whitecaps soon?) are expecting their second child, a younger brother for **Simon**, on August 10th. Congratulations to the whole family!

- **Carol Anderson** (8:30am Earlybirds) is a member of "One World Grannies" an advocacy group (<http://www.grannyvoices.com/>). Now that pennies are on their way out, they are collecting them to donate to African Grannies in support of AIDS orphans. All donations welcome!

- **Andrea Mrozek** (7:10pm Whitecaps), Manager of Research and Communications, Institute of Marriage and Family Canada, is quoted in an article in the Fri Mar 23rd Metro paper: "Nation's capital of cheating hearts": <http://www.metronews.ca/ottawa/local/article/1132217--nation-s-capital-of-cheating-hearts>.

- **Isla Paterson** (8:30am Earlybirds)'s article (Five Unpleasant Facts about Parking for the Lansdowne Site:

<http://www.letsgetitright.ca/issues/transportation/462-five-unpleasant-facts-about-parking-for-the-lansdowne-site>) also appeared in the March 9th Glebe Report on page 10.

- **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>.

- **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.

Lost and Found:

Did one of the women in the 6pm Whitecaps group leave a tube of TriSwim shampoo in the showers after the Mon Mar 26th workout? If so, it was found by **Andrea Mrozek** (7:10pm Whitecaps) and can be claimed from me.

News Articles and Links:

- On Tue Mar 20th the Rick Mercer Report included a visit to the Olympic Training Centre in Victoria. Rick "learns" racing starts, flip turns, and how to swim as fast as an Olympian: <http://www.youtube.com/watch?v=PxO0aUQUTIU>.

- An inspirational video of an 86 year old female gymnast (wow!): <http://www.youtube.com/watch?v=65TkSFDBw4k>.

- Lifting Weights (like Exercising) May Make you Smarter: <http://well.blogs.nytimes.com/2011/01/19/phys-ed-brains-and-brawn/?ref=health>

- Sports Performance: The Importance of Sleep: <http://www.pponline.co.uk/encyc/sleep-loss-making-sure-it-doesnt-affect-your-training-31380>

- Ginger may Reduce Muscle Pain: http://www.nytimes.com/2011/01/18/health/18really.html?_r=1

- Does Platelet-Rich Plasma (PRP) Therapy Really Work?: <http://well.blogs.nytimes.com/2011/01/26/phys-ed-does-platelet-rich-plasma-therapy-really-work/?ref=health>

- Do Supplements Help Masters Athletes?: <http://www.runningtimes.com/Article.aspx?ArticleID=21764>

- Muscle Soreness: Why You Get it, How to Relieve it:

http://thesportfactory.com/site/trainingnews/Muscle_Soreness_Why_You_Get_It_and_How_to_Relieve_It.shtml

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 Tue Apr 10th / 7:30am/8:30am Wed Apr 11th: relays (note the change!)

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

Several swimmers in the 8:30am Earlybirds had a "make-up" 200 time trial on Fri Mar 23rd. **Isabelle Fradette** had been away for several weeks, but still managed to improve her 200fs by 2.6 seconds.

Thanks to all who took part in the timed 1500/800 on Tue/Wed Mar 27/28th. My apologies to the 6pm group for the inconvenience caused to those who had to swim with those much faster or slower in my attempt to spread everyone out to avoid drafting. There was still drafting in some lanes, so the experiment was not a great success! There were lots of improvements. Kudos to **Siobhan MacManus** (7:30am Earlybirds) for a 2:39 improvement in her 1500, and to **Roy Hanes** (7:10pm Whitecaps) for a 2:34 improvement in his 800! A full list of all the improvements follows:

800fs (2):

Roy Hanes (7:10pm Whitecaps) 2:34

Mindy Finkelstein (7:10pm Whitecaps) 57

1500fs (19):

Siobhan MacManus (7:30am Earlybirds) 2:39

Brad Shapansky (7:30am Earlybirds) 1:57

Jordan Monnink (7:10pm Whitecaps) 1:44

Isaac Fierro Marquez (6pm Whitecaps) 1:19

Kevin Graham (7:30am Earlybirds) 1:09

Christian Cattan (7:30am Earlybirds) 1:09

Zoe Panchen (7:30am Earlybirds) 1:00
Lee Storm (6pm Whitecaps) 54
Malika Shaath (8:30am Earlybirds) 50
Margaret King (7:30am Earlybirds) 48
Paul Denys (7:10pm Whitecaps) 34
Nathan Fudge (6pm Whitecaps) 28
Greg Payne (7:30am Earlybirds) 27
Deb Low (6pm Whitecaps) 26
Alan Jowett (7:30am Earlybirds) 9
Jean Kneale (7:10pm Whitecaps) 8
Jen Corner-Gardiner (7:10pm Whitecaps) 6
Robert Fabes (7:30am Earlybirds) 6
Ian Lorimer (7:30am Earlybirds) 4

Here are the weekday attendance statistics for the Winter term. **Robert Fabes** (7:30am Earlybirds) is now the only one left with perfect weekday attendance. Keep it up!

6:00pm Whitecaps (Jan 3-Apr 2nd; 38 workouts; range: 17-31; avg.: 23.9)
Missed 1 Workout: **Dave G, Deb Low, Don W**

7:10pm Whitecaps (Jan 3- Apr 2nd; 38 workouts; range: 8-19; avg.: 13.4)
Missed 2 Workouts: **Jamie C**

8:10pm Whitecaps (Jan 3-Apr 2nd; 26 workouts; range: 8-18; avg.: 12.7)
Missed 2 Workouts: **Elaine C, Lynn B**
Missed 3 Workouts: **Jean K, Veronica T**

7:30am Earlybirds (Jan 4-Apr 2nd; 38 workouts; range: 17-29; avg.: 24.3)
Perfect Attendance: **Robert F**
Missed 1 Workout: **Angela D, Chris M, Margaret K, Ursula S, Zoe P**
Missed 2 Workouts: **Susan H**
Missed 3 Workouts: **Christian C**

8:30am Earlybirds (Jan 4-Apr 2nd; 38 workouts; range: 12-21; avg.: 17.1)
Missed 1 Workout: **Penny E**
Missed 2 Workouts: **Mark B**
Missed 3 Workouts: **Theresa W**

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.

Apr 13-15th Quebec Masters SCM Championships, Gatineau ** **Club entry has been submitted** **
<https://registration.swimming.ca/MeetInfo.aspx?meetid=11438>

Sat Apr 21st Downtown Swim Club LCM Meet, U of Toronto
<http://www.mastersswimmingontario.ca/pdf/DSCAIIOUTApril212012.pdf>

Sun May 6th Thomhill Masters SCM Meet <http://www.mastersswimmingontario.ca/pdf/ThomhillMay62012.pdf>

May 18-21st Canadian Masters Nationals, Kelowna, BC <http://cmsc2012.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=1082

Sat 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!!)

Sun Jan 29th Technosport Meet, U of Ottawa

Four swimmers from Carleton competed in this swim meet. The results are **finally** posted at: http://technosport.ca/results/jan29_12.htm. They're not 100% correct, as Ian's club and age are wrong (not a great start to his swim meet career!), and poor Jamie managed to place 4th in a race with only 3 swimmers ☺ !

Ian Lorimer (7:30am Earlybirds; 50-54): 2nd: 100fs (1:14.77), 50f: (39.75); 3rd: 50fs (34.22)

Lynn Marshall (Coach; 50-54): 1st: 100fs (1:05.87), 100bk (1:14.18), 100br (1:30.11), 200f: (2:36.44), 100IM: (1:15.64), 200IM: (2:39.65)

Jamie Chalmers (7:10pm Whitecaps; 65-69): 2nd: 100fs (1:30.33), 100bk (1:42.47); 3rd: 50fs (38.67)

Alan Jowett (7:30am Earlybirds; 60-64; swimming for OTTY): 1st: 50br (45.60), 100IM (1:30.21), 200IM (3:20.77); 2nd: 50fs (36.24)

Sat Mar 17th St. Patrick's 10km Run (Ottawa) (558 competitors)

Congratulations to **Mike L** (6pm Whitecaps) on a great race, despite the heavy fog! Full results at: <http://www.chiptimeresults.com/>. (This was included last time, but didn't show up as the title was too small.)

Mike Lau (6pm Whitecaps; 50-59): 22nd overall, 22nd man, and 3rd in age group in 39:07 (39:03)

Eric Biklo (x-6pm Whitecaps; 50-59) finished just behind Mike in 4th place.

Sat Mar 17th Dollard-des-Ormeaux St Patrick's Masters Meet (Montreal)

Congratulations to Lina and Jamie on their Club Records! Full results are at: <http://mymssc.ca/ShowMeet.jsp?id=459>, and the club records have been updated (Ontario Provincials and DDO meet): <http://carletonmasters.tripod.com/120401.Records.pdf>.

Lina Vincent (6pm Whitecaps; 60-64): 1st: 50fs (37.16 Club Record), 50fl (42.52 Club Record), 100IM (1:35.09); 4th 50br (49.32)

Jamie Chalmers (7:10pm Whitecaps; 65-69): 1st: 50fs (36.00), 100IM (1:50.72); 2nd: 50fl (53.98), 200IM (4:10.02 PB); 3rd: 400fs (8:19.72 PB and Club Record)

Sat Mar 24th Gatineau Masters Meet, Buckingham

This was a joint kids and Masters meet organized by Club de Natation de Gatineau (CNG). There were 100+ young children (and their parents), plus 7 CNG Masters swimmers, and me. Not a pool I'd recommend competing in – I'm surprised there were no head injuries as the pool went straight from 3.7m to 1.4m deep about 6m from the blocks. I was the only swimmer in the 800 free, so they moved it after the kids relays so that it would be the last event. When I swam the only people left were my 3 timers, the starter, referee, and three CNG Masters who kindly stayed to support me! Official results not yet available but here are my approximate results:

Lynn Marshall (Coach; 50-54): 800fs (9:24), 50br (41.39), 100IM (1:15.03)

Sat Mar 25th Around the Bay 30k Road Race, Hamilton (6120 participants)

Three Carleton swimmers participated, with great results by all. Congrats to Susan on a 10min improvement from last year, and to Chris for a PB by about 1min! Full results at: <http://www.sportstats.ca>.

Chris Macknie (7:30am Earlybirds; 45-49): 31st overall, 28th man, and 2nd in age group in 1:53:11.5 (1:53:11.5)

Rick Hellard (7:30am Earlybirds; 45-49): 75th overall, 71st man, and 8th in age group in 1:59:12.7 (1:59:11.5)

Susan Nevitt-Yelle (7:30am Earlybirds; 45-49): 1325th overall, 301st woman, and 41st in age group in 2:34:49.7 (2:34:13.0)

Fri-Sun Mar 30th – Apr 1st Ontario Provincial Masters Championships, Etobicoke

Congratulations to Isla and Jamie on their performances: a club record each and despite just two swimmers, they gave Carleton a 39th place finish out of 66 teams! Full results at: <http://www.eswim.ca/mso/index.htm> and updated club records at: <http://carletonmasters.tripod.com/120401.Records.pdf>. Here's how they did:

Isla Paterson (8:30am Earlybirds; 60-64): 4th 50br (53.12), 200br (4:15.43); 5th 100br (1:55.16); 6th 50fs (41.54), 100fs (1:36.01 Club Record), 200fs (3:46.54)

Jamie Chalmers (6pm Whitecaps; 65-69): 2nd 200bk (3:51.41 Club Record and PB); 5th 100bk (1:45.58); 6th 100fs (1:22.68), 50bk (45.70 PB), 100IM (1:47.22); 7th 50fs (34.96)

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 Apr 1st).

Ask the Coach

Dear Coach: Do you have any recommendations about how to maintain my upper body strength when the pool is closed or when I'm away on holiday? Don't Want to Lose It

Dear D.W.t.L. It: The best way to keep fit for swimming is to swim! Near the top of the newsletter you'll find some links to other Ottawa pools available during the Carleton shutdown. When you're travelling, the best reference is: <http://www.swimmersguide.com/>. It has lists of pools (along with prices, times, etc.) in most worldwide cities and some towns. If you can't get to a pool, other alternatives are stretch-cords (to mimic swimming on dry land), or exercises with or without weights. Good upper body exercises include push-ups, planks, burpees, etc. And good weights exercises include bench press, tricep extensions, lat pull downs, seated rowing, etc. As always, take care to avoid injury, especially when trying something new.

Dear Coach: My lower back has been sore. Is it possible that I'm arching too much while swimming? Sore Back

Dear S. Back: Yes, it's quite possible. While swimming (with fly being a bit of an exception), you want to keep your spine (including the lower back) as straight as possible. If your lower back naturally arches, then you should work on tucking in your pelvis and keeping a bit of tension in your abs to avoid the tendency to arch. This will not only help the back pain, but allow you to swim a bit faster, as you will be more streamlined.

Dear Coach: How do I know how often to stop and how much rest to take in the main set? New Swimmer

Dear N. Swimmer: You stop after each distance listed on the board. For example, if a row of the main set reads: 4 x 50, then you would stop after each 50. The amount of rest depends on how fast you swim. Your pace time is given in the column for your lane in the "grid" for the main set. The amount of rest you get is equal to the pace time minus the amount of time it took you to swim the distance. For example, if your pace time was 1:15, and your swim took 1:00, then you would get 15 seconds rest. If your swim took 1:10, you'd get only 5 seconds rest, etc.

Private and Semi-Private Masters Swim Lessons

Winter Availability:

Thu Apr 5th 8:15-9:15pm

I normally have lots of evenings available during the May-August timeframe. Schedule coming soon.

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. Prorated prices are now available.

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 my workouts 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.slowtwitch.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>