

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Wednesday, May 23, 2012 1:38 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 #308

Carleton Masters Swimming Newsletter #308

Wednesday, May 23rd, 2012

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those Registered for Fall 2011 / Winter 2012 / Spring 2012 and Alumni: 7:30am Earlybirds I (42 addresses), 8:30am Earlybirds II (42 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (30 addresses), 8:10pm Whitecaps III (34 addresses), Saturday Only (3 addresses), Masters "Alumni" (33 addresses).

"You can motivate by fear and reward, but these are temporary. The only lasting thing is self-motivation."

Masters Program Notes and Cancellations

- The Spring session ends **Sat Jun 30th**.
- **The Athletics facility is closed on Sun Jul 1st**, and there are no Masters workouts on **Mon Jul 2nd**.
- The Summer session starts **Tue Jul 3rd**.
- Some Spring/Summer groups are near full:
 - **7:30am Spring:** 2 spots left
 - **6pm Spring:** 2 spots left
 - **6pm Summer:** 9 spots left
- Dates, prices, etc. for the Spring/Summer programs can be found near the end of the newsletter.

Swimmer Notes

Swimmer Updates:

- **Sandy Lawson** (7:30am Earlybirds) and **Natalie Aucoin** (8:30am Earlybirds) will be representing Carleton at the World Masters Aquatic Championships in Riccione, Italy in June!! Best of luck to you both! We look forward to the race results and photos.

- **Jim Lee** (6pm Whitecaps and x-7:30am Earlybirds) is leaving the congregational ministry and starting in a new direction. A special farewell service is being held at Carleton Memorial United Church on Sun Jun 3rd 10:30am 740 Melfa Crescent (off Prince of Wales, near Hogsback). This will be a positive and happy event and all are welcome to attend. Please let **Debra Lee** (6pm Whitecaps and x-7:30am Earlybirds) know if you will be attending: 613-224-5771.

- **Debby Whately** (6pm Whitecaps) was on CJOH TV on Tue May 15th in a feature on the Cascades Women's Dragon Boat team. Check it out at: http://ottawa.ctv.ca/servlet/HTML_Template?tf=ctvocal/hub/hubCap.html&cf=ctvocal/ottawa.cfg&hub=Ottawa&page=sports. Look under CTV News Video Player and select: Dragon Boating connects Chelsea women.

- **Carol Alexander** (8:30am Earlybirds) reports that the pennies collected from Masters swimmers totaled \$35.04. Thanks to all who contributed to the "One World Grannies" advocacy group (<http://www.grannyvoices.com/>). The pennies will go to African Grannies in support of AIDS orphans.

- Best wishes for a quick recovery to **Peter Lithgow** (6pm Whitecaps) who recently had ACL surgery on his other knee. So the one operated on a couple of months ago is now the "good" one, and his turns are currently not-so-good ☺!

- If there are enough children, we may be able to request **Child Safety Supervision** during the 6pm Whitecaps for Fall. Please let me know if you are interested.

- **Ursula Scott** (8:30am Earlybirds) is a member of the Orpheus Choral Group which is doing two fundraising concerts this spring. Expect an interesting mix of songs, from Bridge Over Troubled Water, tunes from the musical "Wicked", to the William Tell Overture (yes, it can be sung!):

Sat May 26th 3:30pm Parkdale United Church (corner of Parkdale and Gladstone) for Abbeyfield House, an affordable home for seniors. For more information, visit www.abbeyfieldottawa.org. Tickets \$20 and \$15 for seniors and students, available from the Collected Works Bookstore, 1242 Wellington St. W. or at the door.

Sat Jun 2nd 7:30pm at St. Paul's High School, 2675 Draper Avenue, for the Catholic Education Foundation of Ottawa. Refreshments served after the concert. Tickets \$15 in advance are available from Ursula (email her: uscott@ncf.ca) or \$20 at the door. Children 12 and under are free.

- **Ray Anderson** (7:30am Earlybirds)'s wife, Jennifer, has some of her paintings on display for the month of May in the South Keys Chapters.

- If you are competing in the Ottawa Race Weekend, please let me know (as there are too many results for me to go through!). Thanks.

- Just a reminder to all swimmers, especially the **6pm Whitecaps**, to get your equipment (kickboard and pull-buoy) before you start your workout, and to please put it away after you are done (even if another group is in the pool after you – they will get their own equipment). Thank you!

News and Links:

- Check out the National Capital Fit Day, Sat Jun 16th: <http://www.nationalcapitalfitday.com/>

- **Marie Kelleher** (US Masters Swimmer) is the 4th person and 2nd woman to make it to the 100-104 age group as she sets two World Records: <http://www.swimmingworldmagazine.com/lane9/news/Masters/30563.asp?q=Marie-Kelleher-Barrier-Breaker>

- An inspirational video on a War Veteran getting fit again: <http://www.youtube.com/watch?v=gX9FSZJu448>

- Here's the 3min United States Masters Swimming (USMS) Promotional Video that Won a Telly Award:

<http://www.swimmingworldmagazine.com/lane9/news/Masters/30481.asp?q=Industry-News:-U.S.-Masters-Swimming-Claims-Telly-Award-for-Promotional-Video>

- Older Tai Chi Practitioners have Better Cardiovascular Health and Strength: <http://www.sciencedaily.com/releases/2012/04/120404102136.htm>

- Genetic Regulator of Fat Metabolism and Muscle Fitness Discovered: <http://www.sciencedaily.com/releases/2012/04/120409164303.htm>

- Exercise may make Addictions Better or Worse: <http://well.blogs.nytimes.com/2012/04/11/how-exercise-can-prime-the-brain-for-addiction/>

- Does Altitude Training Really Help Athletes?: <http://www.theglobeandmail.com/life/health/fitness/exercise/fitness-research/does-altitude-training-really-help-athletes/article2387267/>
- Exercise is not Enough for Sedentary Workers: <http://www.sciencedaily.com/releases/2012/03/120323093804.htm>

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.

Spring 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 (Mon/Tue) and Mits (Thu)

7:10-8:10pm MTuTh Whitecaps: Shallow Monday, Deep Tuesday/Thursday; Lynn (Mon/Tue) and Mits (Thu)

8:15-9:25am (10:15-11:25am on May 19th and Jun 30th) Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Fin Day for the Spring session is:

Tue Jun 12th/Wed Jun 13th

Spring Time Trials are as follows:

Fri Jun 1st: 400 TT

Tue Jun 5th/Wed Jun 6th: 200 TT

Mon Jun 11th: 800/1500 TT

Tue Jun 19th/Wed Jun 20th: 50 & 100 TT

Thu Jun 28th/Fri Jun 29th: fun day

The Spring and Summer workout themes have been posted at: <http://carletonmasters.tripod.com/mastplansprsum12.pdf>.

Here are the weekday attendance statistics. So far, there are **19** swimmers with perfect attendance. Let's see who can keep it up for the term.

6pm Whitecaps: May 1st-22nd (9 workouts); range: 22-31; average: 24.9
Perfect Attendance: **Alison S, Deb Low, Elaine Y, Mike L, Sean D**

7:10pm Whitecaps: May 1st-22nd (9 workouts); range: 15-22; average: 17.1
Perfect Attendance: **Jamie C, Mariette K**

7:30am Earlybirds: May 2-23rd (9 workouts); range: 22-28; average: 24.4
Perfect Attendance: **Angela D, Bruce B, Christian C, Dave C, Ian L, Kevin G, Robin H, Sandy L, Siobhan M**

8:30am Earlybirds: May 2-23rd (9 workouts); range: 12-23; average: 18.3
Perfect Attendance: **Alan H, Amir B, Ursula S**

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.

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 <http://registration.swimming.ca/MeetInfo.aspx?meetid=12819>

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 anyone.)

Sat May 19th Early Bird Triathlon, Carleton U

Even though I was the starter, I still may have forgotten some participants. If so, please let me know! Congratulations all, especially to **Margaret and Paul** for their podium finishes! Full results at: <http://www.sportstats.ca>.

Long Triathlon (500m/35.4k/5k; 85 participants)

Margaret King (7:30am Earlybirds; 50-54): 34th overall, 5th female, and 1st in category in 1:46:22.8

Aaron Holtzman (8:30am Earlybirds; 35-39): 38th overall, 33rd male, and 8th in category in 1:49:18.9

Spring Triathlon (500m/23.6k/5k; 217 participants)

Paul Denys (7:10pm Whitecaps; Clydesdale): 67th overall, 49th male, and 2nd in category in 1:28:11.2

Ashley Kotarba (8:30am Whitecaps; 25-29): 196th overall; 101st female, and 20th in category in 1:58:59.9

Sun May 20th American Zofingen Long Course Duathlon (5mi/84mi/15mi; 47 participants)

Wow – this sounds like an incredibly tough race! Great job, Chris! Full results at: <http://www.cm2promotions.com/home>.

Chris Macknie (7:30am Earlybirds; 45-49): 5th overall, 5th male, and 1st in category in 8:23:20

Here's Chris' race report:

"You'll laugh. You'll cry. You'll puke. Okay, maybe you won't laugh."

That was the slogan on the 2011 American Zofingen Duathlon t-shirt. From the race's reputation it was certainly an appropriate one. As it's a long-distance multisport race that doesn't involve a swim, AmZof has been on my radar for a long time, but Sunday was the first year I had a chance to do it. It's a small event, less than 200 total participants in all of the races, but what it lacks in size it makes up for in sizzle – this year, literally.

AmZof takes place in the Catskill Mountains just outside the village of New Paltz, about one hour north of New York City. New Paltz is also the epicenter of some of the best rock climbing in eastern North America; Zoe and I had travelled there many times to climb at the world famous 'Gunks cliffs. Having not been in the village since the late-90s, though, there were fewer grungy climber's cafes and more upscale sushi joints than I remembered.

The run loop at AmZof is a five-mile trail run involving a bit of everything: a squelch-y field crossing, some seriously steep single-track uphill trails, a bit of pleasantly flat gravel road running, a couple of short stream crossings, a couple of lean-forward-and-bomb-down-the-hill wide tracks, and a short trip through the wooden pavilion where the race is headquartered.

AmZof's 28-mile bike loop contains two huge climbs and descents of the escarpment where the rock climbing cliffs are situated, plus numerous rollers on the backside of the escarpment. Other than a four-mile flat section at the bottom of the first descent, riders are constantly climbing, descending or tackling rolling hills.

There are three different race distances at AmZof. The "short course" duathlon (also known as the Canadian Women's Division for reasons unknown to me) is a traditional duathlon: one loop of the run, one loop of the bike, one loop of the run for distances of 5-28-5 miles. (I put "short course" in quotation marks because it takes most of the field over three hours to complete the race.) The format for the middle distance, or the F1 race, is run-bike-run-bike-run, with one loop of the run followed by one loop of the bike, followed by one loop of the run, etc. for total distances of 15 miles of running and 56 miles of biking. (This race was re-named the G. Chris Gleason Duathlon, in memory of longtime participant Chris Gleason who passed away a mile from the finish line while participating in the 2011 Philadelphia Marathon. I didn't know Chris well, but I had met him a few times at Epicman and at Tupper Lake Tinman. Somewhat eerily, I read his 2011 AmZof race report and entered the 2012 race five days before he died.) The long course race at AmZof, which I entered, consists of one run loop followed by three bike loops, then finishes with three run loops for distances of 5-84-15 miles.

I picked up my race kit on Saturday afternoon, then went to drive a loop of the bike course. As my car engine groaned in protest going over a couple of the hills, I realized this was going to be a really, really tough bike course. A couple of weeks before the race I had written to my friend and AmZof vet Mike Bakker (one of the only people in the triathlon world who is a weaker swimmer but a stronger biker-runner than me) asking for bike gearing advice. He wrote back, "I use 12-27 for AmZof, and HIGHLY recommend you do the same." I was dubious, as a 12-25 cassette had taken me to the top of Whiteface a couple times, up and over The Beast in St. Croix, and around the very difficult Triple T bike courses without any problem. In the end I did change to a 12-27; if I hadn't, I would have been walking a lot of the bike course.

Race morning was hot and sunny, with the temperature forecast to rise into the mid-80s. Fortunately most of the run is shaded, so it was only a matter of managing the heat while climbing on the bike. Us long course guys started at 7:30 a.m., followed by the F1 race at 8 a.m. then the short course race at 8:30 a.m. Race director John McGovern gave us last-minute instructions including, "Long course athletes: On each loop of your second run you have to run through the pavilion. The F1 and short course athletes will be finished their races. We will be eating burgers. We will be drinking beer. We will be heckling you!"

And then we were off! The first half-mile was through open fields, before we went into the woods and started up a single-track trail. There were about a dozen people ahead of me, and some of them started already started walking up the steep track. "I wonder if they know something I don't?" I thought to myself, but I kept running. Eventually we came to a wide, level gravel road and everybody who was walking started running again. The road gradually descended and went around a bend. About 20 minutes into the race a group of runners who had been ahead of me came running back towards me. WTF? "We missed a turn," one of them said, so we all backtracked – uphill – a couple of minutes until we came to the trail that someone recognized we should be on. Unfortunately a directional sign had been removed overnight, but the rest of the route was perfectly marked. The rest of the run was uneventful and I was able to learn the layout of the run course. I finished the loop in 43 minutes, including a couple of minutes of backtracking.

T1 went smoothly and I was off on my bike. I took the first quarter mile, down a steep gravel road, very gingerly. Once we were out on the main road we began to climb immediately and I shifted into my lowest gear right away (Thank you Mike!) After a few minutes of climbing we crested the top of the escarpment and had a huge descent to the valley floor. I took this cautiously and still hit 70+ km/h; Mike, who has done the descent many times, told me he hit 55 mph – yow! Then came the only flat section of the course, where I took the opportunity to eat something on each loop. Next there was a steady climb, including going around a hairpin corner as we climbed the front of the escarpment. It was neat looking up to the cliffs above and seeing rock climbers doing routes that Zoe and I had climbed 15 years ago. Then came a few rollers along the top of the escarpment, another really fast descent, more rollers along the back of the escarpment, and finally a steep climb back to the gravel road to transition. Fortunately we didn't have to climb the gravel road between each loop; we just stayed on the main road. With a relatively small field, staggered start times between the races and very hilly terrain there was absolutely no drafting. I sometimes went 10 minutes without seeing another cyclist on the course. Two more loops on the bike, both gradually slower than the first, and I was done and heading back into transition. My bike split of 5:03 for the 84-mile ride is probably equivalent to about a seven-hour Ironman bike split. Despite that, I was one of the faster riders on the day. My cycle computer said I had done 2500m of climbing in the 84 miles; by comparison the full IMUSA course climbs about 1600m in 112 miles. And on one stretch of the climb back to transition my computer registered a 17-degree climb. As I got off my bike I tried to think of a tougher ride that I had ever done, and I came up empty.

I've never felt less like running and more like dropping out of a race than I did at T2. Still, I put on my shoes and headed out for the first of the three loops of the run. True to promise, the F1 and short course racers were in the pavilion drinking beer, eating burgers but, surprisingly, encouraging us long course guys, rather than heckling. I think they felt a twinge of pity – or maybe elation because they chose to do a shorter race. Now it was my turn to walk up hills. It was only slightly slower, yet exponentially easier, to walk up the steep trails rather than run. Whenever I got to a level or descending section of trail I ran, even if it was just at a shuffling pace to get started. I had passed a couple guys on each loop of the bike, and I continued to pass one or two people on each run loop. I had no idea where I stood overall, but the only person who passed me all day was the race winner, who lapped me when he had one kilometre to go, so I knew I was continually moving up. I had fueled well on the bike, taking in about 300 calories per hour, so energy-wise I felt good on the run, but my legs were feeling heavy. I ate a gel on each lap and took in lots of water and energy drink. I decided to pass on the beer and whiskey offered at the pavilion aid station, but many runners partook in a cup of beer. My three run loops continued to get slower: 48, 50 and 54 minutes, but I didn't really have any bad patches and I didn't completely blow up.

When I entered the pavilion for the last time and crossed the finish line I found out I had finished fifth in 8 hours, 23 minutes, by far the longest non-Ironman race I've ever done. The winning time of 7:27 was the slowest ever winning time, and over 25 per cent of the racers in both the long course and F1 races DNF'd, so I suspect the heat was a factor for a lot of the racers. If you ever have to DNF a race, AmZof is the place to do it. Where else can you immediately go to drown your sorrows with all the beer and whiskey you want, while eating burgers and heckling (or cheering) other racers? I managed to snag a honkin-sized beer mug as an age group winner (not a big deal; with a small field, five-year age groups and mugs for the top 3 in each AG, almost everyone who finishes receives a mug) and immediately put it to good use.

Two days later I still feel almost as beaten up as after an Ironman. While AmZof didn't live up to its 2011 slogan (I didn't laugh or cry or puke) it certainly lived up to its reputation as one of the toughest, funnest, most epic events around. If you want the feeling of doing an Ironman without bothering with all that silly swimming stuff, American Zofingen is the race to do. And you couldn't ask for a friendlier, more welcoming race director or group of fellow racers.

'Til next year?

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 **May 17th**).

Ask the Coach

Dear Coach: Where can I buy prescription swimming goggles? Short-Sighted Swimmer

Dear S.-S. Swimmer: Off-the-shelf prescription swimming goggles (available in diopters ranging from about -1 to -10) can be bought in many sports stores. In Ottawa, try Sports Experts and Aquatech (near Ikea). Phone ahead to check that they have the prescription that you need. You can also get prescription goggles on-line, for example on eBay.

Dear Coach: I have trouble swimming straight when I do backstroke, especially after my turns. Any suggestions? Crooked Backstroke Swimmer

Dear C.B. Swimmer: Usually, when you are swimming backstroke, you can follow the lines on the ceiling of the pool. This doesn't work outdoors, or in pools with "strange" ceilings, like the Montreal Olympic pool. If the ceiling isn't helpful, or you can't see it clearly, then you need to keep track of the lane rope (or wall) next to you with your peripheral vision. Your shoulder should be quite near the lane rope (with your hand under the lane rope). so that your body stays on

“your” side of the lane. When you turn, check where your feet touch the wall, any make any needed correction to get you back in the right position.

Private and Semi-Private Masters Swim Lessons

Spring/Summer Availability:

Mornings:

Mon 9:45-10:45am: May 28, Jun 4, Jun 11, Jun 18, Jun 25

Fri 9:45-10:45am: May 25, Jun 15, Jun 22, Jun 29

Evenings:

Mon 7:15-8:15pm: Jul 16, Jul 23, Jul 30

Tue 7:15-8:15pm: Jul 3, Jul 10, Jul 17, Jul 24, Jul 31

Wed 6:00-7:00pm: Jun 13, Jun 20, Jul 18, Jul 25, Aug 1, Aug 8, Aug 15, Aug 22

Wed 7:00-8:00pm: Jun 13, Jun 20, Jul 18, Jul 25, Aug 1, Aug 8, Aug 15, Aug 22

Thu 7:15-8:15pm: Jul 19, Jul 26

Prices:

Private: \$52.50 per hour, plus HST.

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

Reminders

Masters Spring/Summer Programs:

You must be a Carleton Athletics member, and Masters program registration must be done by phone or in person (not on-line).

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

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

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