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Sent: Friday, August 31, 2012 1:59 PM
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Subject: Carleton Masters Swimming Newsletter #315

Carleton Masters Swimming Newsletter #315

Friday, August 31st, 2012

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those Registered for Fall 2011 / Winter 2012 / Spring 2012 / Summer 2012 and Alumni: 7:30am Earlybirds I (47 addresses), 8:30am Earlybirds II (42 addresses), 6pm Whitecaps I (48 addresses), 7:10pm Whitecaps II (29 addresses), 8:10pm Whitecaps III (33 addresses), Saturday Only (4 addresses), Masters "Alumni" (38 addresses).

"Learning and innovation go hand in hand. The arrogance of success is to think that what you did yesterday will be sufficient for tomorrow." – William Pollard

Masters Program Notes and Cancellations

- For the Saturday group, the last swim of the Summer session is **Sat Sept 1st**. The other Summer groups have ended.
- **There are no workouts Mon Sept 3rd** (Labour Day).
 - There is a holiday public swim 1:30-4:30pm on Mon Sept 3rd.
- The Fall session starts **Tue Sept 4th / Wed Sept 5th / Sat Sept 8th** depending on your group(s).
 - The Fall workout themes have been posted at: <http://carletonmasters.tripod.com/mastplanfall12.pdf>.
- Registration for the Fall and Winter sessions is underway.
 - Program details can be found near the end of the newsletter.
 - **The Fall 6pm Whitecaps group is full – waitlist available.**
 - **The Winter 6pm group has just 12 spots left. (As soon as the Fall waitlist starts, this tends to fill quickly.)**
 - **The Fall 7:30am group has just 3 spots left.**
- **Sat Sept 29th** is the Third Annual Sports Day in Canada. Stay tuned as we hope to organize a Masters event on that date. Details on Sports Day can be found here: <http://blog.participaction.com/participaction/en/?p=2996>.

Swimmer Notes

Swimmer Updates:

- Best wishes to **Rod Haney** (7:30am Earlybirds / x-Whitecaps) for a full recovery from heart surgery in mid-July. Rod reports that his progress after an aortic valve replacement is going well. He is walking at a good pace for 30min twice per day, will be off his post-op meds soon, and can now stay awake for 5 hours at a time! He's starting a heart rehab exercise program and hopes to be back in the pool soon.

- No fewer than ten Carleton Masters swimmers competed in Ironman Mont-Tremblant and Ironman Canada over the past two weekends! Everyone finished (five of the ten Carleton swimmers finished their races within 15min of each other!) and what great results for everyone:

- Congratulations to **Margaret King** (7:30am Earlybirds), **Lucie Boudreau** (7:30am Earlybirds), and **Chris Macknie** (7th30am Earlybirds) on finishing Ironman Mont-Tremblant, and thus completing their TriRudy award for 2012. To earn this award, you must complete the Winterlude Triathlon, the full Keskinada Loppet (classic or free), the Rideau Lakes bike tour, a marathon, and an ironman, all in one year. **Lucie and Margaret** are first time TriRudy award winners, while this is the 8th one for **Chris!** Wow.

- Congratulations also to **Gaby Speck** (7:30am Earlybirds), **Greg Payne** (7:30am Earlybirds), **Susan Nevitt-Yelle** (7:30am Earlybirds), **Isabelle Fradette** (7:30am Earlybirds), and **Lucette Lafamme** (7:10pm Whitecaps) on completing Ironman Mont-Tremblant. And to **Kevin Graham** (7:30am Earlybirds) and **Robert Fabes** (7:30am Earlybirds) on completing Ironman Canada.

- **Robert** had the fastest Carleton 3.8k swim time in 1:03:24. Second fastest, and fastest Carleton woman was **Margaret** in 1:08:29. More details in Race Results near the end of the newsletter.

- **Sister Madonna Buder** (82) became the oldest woman and possibly oldest overall to complete an Ironman triathlon within the 17 hour time limit, when she completed Ironman Canada in 16:32. Fantastic!!

http://www.tri juice.com/2012/08/at_30th_anniversary_of_ironman_canada_sister_madonna_buder_becomes_oldest_woman_to_finish_an_ironman_race.htm

- Dutch Olympian (1964: 100fs and 4x100fs relay) and long-time Edmonton Masters swimmer **Vinus Van Baalen** passed away at age 70 on Tue Aug 21st after a short battle with bladder and bone cancer. **Vinus** was excited about turning 70 this year and set three men's 70-74 National records at Masters Nationals in Kelowna in May, including a 28.23 50fs.

Swim News and Links:

- 4'10" 14 yr old **Annaleise Carr** became the youngest swimmer to cross Lake Ontario (in awful conditions – a 27 hours swim!):

<http://www.thespec.com/localprofile/article/784157--donations-pushed-teen-swimmer-across-lake-ontario>

- While she made it further than ever before, **Diana Nyad** gave up during her fourth attempt to swim from Cuba to Key West the day before her 63rd birthday:

<http://6thfloor.blogs.nytimes.com/2012/08/22/diana-nyads-never-ending-swim/> and <http://www.diananyad.com/>.

- The London Aquatic Centre in Lego!: <http://www.woohome.com/home-gadgets/lego-2012-london-aquatic-centre>

General Sports News and Links:

- Doctors should Treat Lack of Exercise as a Medical Condition: <http://www.sciencedaily.com/releases/2012/08/120813155143.htm>

- The Art of Peaking for a Good Race: http://running.competitor.com/2012/08/training/the-art-of-peaking-for-a-goal-race_7837

- Looking for Fitness in a Glass of Juice: <http://well.blogs.nytimes.com/2012/08/08/looking-for-fitness-in-a-glass-of-juice/>

- A Dose of Reality for Beet Juice?: <http://sweatscience.runnersworld.com/2012/08/a-dose-of-reality-for-beet-juice/>

- Weight Training: Is it Really Necessary?: <http://www.trifuel.com/training/strength-training/weight-training-is-it-really-necessary-0>

- The Antidote to Perfectionism: Being an Excellentist: <http://www.iawr-connect.com/training/the-antidote-to-perfectionism-being-an-excellentist/>

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.

Summer Session Information

The usual pool allocations and coaches were as follows:

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

6:00-7:10pm MTuTh Whitecaps: Shallow End; Lynn

10:15-11:25am Saturdays: usually Shallow End; rotating coach schedule (see bulletin board / web site)

Fin Day:

Mon Aug 20th

Time Trials:

Tue Jul 17th/Wed Jul 18th: 400 TT

Thu Jul 26th/Fri Jul 27th: 50 and 100 TT

Tue Aug 7th/Wed Aug 8th: 200 TT

Tue Aug 14th/Wed Aug 15th: 800/1500 TT

Thu Aug 30th/Fri Aug 31st: relays and fun day

The Summer workout themes are at: <http://carletonmasters.tripod.com/mastplansprsum12.pdf>.

Thanks to all who participated in the relays. There were a few improvements. As the 6pm group was in the shallow end with no diving, it's not too surprising that the only improvements were in back stroke! Congratulations to **Susan Hulley** (7:30am Earlybirds) on improving in both her 25s. She also gets the “most innovative” award for trying a variety of techniques (feet first backstroke, freestyle, and fly) in the feet first relay. Here are the improvements:

25fs:

Susan Hulley (7:30am Earlybirds) 0.3

50bk:

Cam Dawson (6pm Whitecaps) 0.3

Deb Low (6pm Whitecaps) 0.2

25br:

Susan Hulley (7:30am Earlybirds) 2.3

Summer Session Summary

A big thank you to Saturday coaches **Blake Christie**, **Claudia Cronin-Schlote**, **Mits Kachi**, and **Tim Kilby**, as well as to sub-coach **Lindsay Paquette** (ROCS / Pool Staff) for their coaching this term.

Thank you very much to **Margaret Dibben King** and all the 7:30am Earlybirds for the Laura Secord chocolates and “Pure Passion” chocolate vanilla body scrub, as well as the Laura Secord jellybeans. There are even some leftover jellybeans for the Saturday morning group tomorrow!

Here's the summary of the attendance and time trials for the Summer session. If you notice any errors or omissions, please do let me know. Those of you who earned awards (best attendance, top 3 most improved overall, top 3 fastest overall, relay winners overall) will receive certificates early in the Fall term or by e-mail.

Attendance:

Here are the weekday attendance statistics for the Summer term. The best attendance was by **Mike Mopas** and **Susan Hulley**, both 7:30am Earlybirds. They each missed just one workout.

6pm Whitecaps: July 3-Aug 30th (25 workouts); range: 15-32; average: 22.2

Missed 3: **Dave Gynspan**, **Jamie Chalmers**, **Marie Steele**

7:30am Earlybirds: July 4-Aug 31st (25 workouts); range: 14-28; average: 21.2

Missed 1: **Mike Mopas**, **Susan Hulley**

Missed 2: **Christian Cattan**

Missed 3: **Amir Banihashemi**, **Margaret Dibben King**

Time Trial and Relay Summary:

The information below on most improved and fastest swimmers is taken from the time trials done during the Winter session, and includes the relay splits from the end of term relays. Times done in competitions are **not** included. If your times are not listed here and you're curious, just e-mail me for details. (I have all time trial times since May 2001.)

This term time trials were done by 76 different swimmers: 40 women and 36 men. There were 276 completed time trials: 142 for women and 134 for men. If you notice any errors or omissions, please let me know.

Twenty-eight swimmers (14 women and 14 men) improved in at least one event. Most improved overall was **Jamie Chalmers** (6pm Whitecaps) who improved his 800fs by 1:26 (10.8sec/100m). Next and most improved woman was **Deb Low** (6pm Whitecaps) who improved her 400fs by 40.2sec (10.1sec/100m). She was followed by **Kevin Nelson** (6pm Whitecaps) who improved his 400fs by 38.3sec (9.6sec/100m) and **Marie Steele** (6pm Whitecaps) who improved her 400fs by 37.2sec (9.3sec/100m). Rounding out the top three for the women was **Susan Hulley** (7:30am Earlybirds) who improved her 25br by 2.3sec (9.2sec/100m) and third man was **Mike Halasz** (6pm Whitecaps) with a 17.5sec (8.8sec/100m) improvement in 200fs. **Susan Hulley** improved in six different

events (same as last term!), and **Kevin Nelson** improved in five events.

The International Point Scores (link to web page below) are used to determine the best swims. Eleven swimmers (6 women and 5 men) scored over 400 points in at least one event. Top point scorer was **Jian-Lok Chang** (6pm Whitecaps) with 623 points for a 29.1 50bk. Top point scorer for the women, although considered exhibition as she was doing a Masters trial, was **Andrea Zarins** with 556 points for 1:17.9 in 100IM. Next was **Sean Dawson** (6pm Whitecaps) with 551 points for 19:18 in 1500fs. There was a tie for the top of the women's division with **Erin Kelly** (6pm Whitecaps) and **Luz Osorio** (6pm Whitecaps) both scoring 514 for their tie of 2:35.3 in 200fs. Rounding out the top 3 were **Gi Wu** (6pm Whitecaps) with 483 for 29.1 in 50fs and **Jenna Roundell** (6pm Whitecaps) with a 3:15.1 200br worth 473 points. **Cynthia Nelson** (6pm Whitecaps) scored over 400 points in five different events, while **Jian-Lok**, **Sean** and **Luz** did so in four events each.

All those improving and all those scoring over 400 points, as well as the top 3 improvements and the top 3 times for each event are listed below, as are the results of the relays.

Many thanks to all of you who participated in the time trials!

Key:

EB1 = 7:30am Earlybirds I, EB2 = 8:30am Earlybirds II, WC1 = 6pm Whitecaps I, WC2 = 7:10pm Whitecaps II, WC3 = 8:10pm Whitecaps III, TR = Masters trial workout.

Most Improved Swimmers (best event for each person):

Only those who have swum Carleton Masters time trials in the same event at least twice are eligible. This term there were 14 women and 14 men who improved in at least one event.

	Name	Group	Gender	Event	Imp	Imp/100m
1	Deb Low	WC1	F	400fs	40.2	10.1
2	Marie Steele	WC1	F	400fs	37.2	9.3
3	Susan Hulley	EB1	F	25br	2.3	9.2
4	Andrea Mrozek	WC1	F	1500fs	79.0	5.3
5	Lauren Dowler	WC1	F	400fs	16.6	4.2
6	Kim Fever	EB1	F	100fs	3.5	3.5
6	Sylvia Williams	WC1	F	800fs	28.0	3.5
8	Cynthia Nelson	WC1	F	50fs	1.7	3.4
9	Lara Thorpe	WC1	F	100fs	3.2	3.2
10	Alison Storm	WC1	F	1500fs	46.0	3.1
11	Andrea Chandler	WC1	F	200fs	5.3	2.7
12	Erin Kelly	WC1	F	200fs	4.3	2.2
13	Robin Henderson	EB1	F	1500fs	2.0	0.1
13	Jenna Roundell	WC1	F	1500fs	1.0	0.1
1	Jamie Chalmers	WC1	M	800fs	86.0	10.8
2	Kevin Nelson	WC1	M	400fs	38.3	9.6
3	Mike Halasz	WC1	M	200fs	17.5	8.8
4	Dave Grynspan	WC1	M	1500fs	88.0	5.9
5	Mike Mopas	EB1	M	1500fs	77.0	5.1
6	Brad Shapansky	EB1	M	200fs	6.7	3.4
7	Amir Banihashemi	EB1	M	200fs	5.7	2.9
8	Dave Caldwell	EB1	M	400fs	8.6	2.2
9	Francois Mathieu	WC1	M	400fs	8.3	2.1
10	Kevin Graham	EB1	M	400fs	7.2	1.8
11	Isaac Fierro Marquez	WC1	M	200fs	2.3	1.2
12	Josh Gladstone	EB1	M	200fs	2.1	1.1
13	Greg Payne	EB1	M	400fs	2.7	0.7
14	Cam Dawson	WC1	M	50bk	0.3	0.6

Fastest Swimmers (best event for each person):

All those scoring 400 or more points are shown. This term there were 6 women and 5 men who made the list.

	Name	Group	Gender	Event	Time	Points
x	Andrea Zarins	TR	F	100IM	1:17.9	556
1	Luz Osorio	WC1	F	200fs	2:35.3	514
1	Erin Kelly	WC1	F	200fs	2:35.3	514
3	Jenna Roundell	WC1	F	200br	3:15.1	473
4	Cynthia Nelson	WC1	F	1500fs	22:43	456
5	Lauren Dowler	WC1	F	100fs	1:15.4	439
1	Jian-Lok Chang	WC1	M	50bk	29.1	623
2	Sean Dawson	WC1	M	1500fs	19:18	551
3	Gi Wu	WC1	M	50fs	29.1	483
4	Don Wells	WC1	M	400fs	5:14.7	442
5	Francois Jacques	EB1	M	50fs	30.9	411

(For point scores, see: <http://www.swimnews.com>, click on "IPS Points" and enter the information requested; note that SCM = short course meters [25m pool].)

Top 3 Swimmers Improving in Each Event:

Minutes and/or seconds improved and sec/100m improvement are both listed. The numbers in parentheses below the event indicate the number of women and men, respectively, who improved in that event. If the improvements are close, more than three swimmers may be shown.

	Name	Group	Gender	Imp	Imp/100m
25fs					

1	Susan Hulley	EB1	F	0.3	1.2
(1/0)					
50fs					
1	Cynthia Nelson	WC1	F	1.7	3.4
2	Susan Hulley	EB1	F	0.5	1.0
2	Kim Fever	EB1	F	0.5	1.0
1	Mike Halasz	WC1	M	3.0	6.0
(4/1)					
100fs					
1	Kim Fever	EB1	F	3.5	3.5
2	Lara Thorpe	WC1	F	3.2	3.2
3	Cynthia Nelson	WC1	F	2.9	2.9
1	Kevin Nelson	WC1	M	4.8	4.8
2	Amir Banihashemi	EB1	M	2.5	2.5
3	Mike Halasz	WC1	M	1.4	1.4
4	Dave Caldwell	EB1	M	1.3	1.3
(5/4)					
200fs					
1	Marie Steele	WC1	F	8.9	4.5
2	Andrea Mrozek	WC1	F	5.6	2.8
3	Andrea Chandler	WC1	F	5.3	2.7
1	Mike Halasz	WC1	M	17.5	8.8
2	Brad Shapansky	EB1	M	6.7	3.4
3	Amir Banihashemi	EB1	M	5.7	2.9
4	Kevin Nelson	WC1	M	5.6	2.8
(5/8)					
400fs					
1	Deb Low	WC1	F	40.2	10.1
2	Marie Steele	WC1	F	37.2	9.3
3	Lauren Dowler	WC1	F	16.6	4.2
1	Kevin Nelson	WC1	M	38.3	9.6
2	Mike Mopas	EB1	M	13.6	3.4
3	Dave Caldwell	EB1	M	8.6	2.2
4	Dave Grynspan	WC1	M	8.5	2.1
4	Francois Mathieu	WC1	M	8.3	2.1
(5/9)					
800fs					
1	Sylvia Williams	WC1	F	28.0	3.5
1	Jamie Chalmers	WC1	M	86.0	10.8
(1/1)					
1500fs					
1	Susan Hulley	EB1	F	117.0	7.8
2	Andrea Mrozek	WC1	F	79.0	5.3
3	Marie Steele	WC1	F	60.0	4.0
1	Dave Grynspan	WC1	M	88.0	5.9
2	Mike Mopas	EB1	M	77.0	5.1
3	Kevin Nelson	WC1	M	44.0	2.9
(7/4)					
50bk					
1	Deb Low	WC1	F	0.2	0.4
1	Kevin Nelson	WC1	M	2.2	4.4
2	Cam Dawson	WC1	M	0.3	0.6
3	Jamie Chalmers	WC1	M	0.1	0.2
(1/3)					
25br					
1	Susan Hulley	EB1	F	2.3	9.2
(1/0)					
100IM					
1	Deb Low	WC1	F	2.4	2.4
(1/0)					
400IM					
1	Jamie Chalmers	WC1	M	34.1	8.5
(0/1)					

Fastest Three Times in Each Event:

The numbers in parentheses below the event indicate the number of female and male, respectively, time trials in that event (some swimmers may have done more than one time trial of the same event). If times are really close, more than 3 swimmers are included. Note that only those over 18:00 are shown for the 800. Those under 18:00 should swim the 1500 instead!

	Name	Group	Gender	Time
25fs				
1	Susan Hulley	EB1	F	19.7
2	Christiane Wilke	EB1	F	22.1
3	Margaret Dibben King	EB1	F	46.6
(3/0)				
50fs				

1	Luz Osorio	WC1	F	32.8
2	Erin Kelly	WC1	F	34.0
3	Cynthia Nelson	WC1	F	35.3
4	Lauren Dowler	WC1	F	35.6
5	Stephanie Le Saux-Farmer	EB1	F	35.7
1	Sean Dawson	WC1	M	28.2
2	Gi Wu	WC1	M	29.1
3	Francois Jacques	EB1	M	30.9
(38/26)				
100fs				
1	Luz Osorio	WC1	F	1:12.1
2	Cynthia Nelson	WC1	F	1:15.1
3	Lauren Dowler	WC1	F	1:15.4
1	Jian-Lok Chang	WC1	M	59.2
2	Francois Jacques	EB1	M	1:08.5
3	Bill Westcott	EB1	M	1:11.5
(20/15)				
200fs				
1	Erin Kelly	WC1	F	2:35.3
1	Luz Osorio	WC1	F	2:35.3
3	Cynthia Nelson	WC1	F	2:42.8
1	Isaac Fierro Marquez	WC1	M	2:40.5
2	Francois Jacques	EB1	M	2:43.9
3	Mike Lau	WC1	M	2:49.2
(11/16)				
400fs				
1	Cynthia Nelson	WC1	F	5:52.6
2	Sandy Lawson	EB1	F	6:07.8
3	Jenna Roundell	WC1	F	6:15.5
4	Lauren Dowler	WC1	F	6:18.5
1	Jian-Lok Chang	WC1	M	4:38.2
2	Don Wells	WC1	M	5:14.7
3	Peter Lithgow	WC1	M	5:31.8
4	Bill Westcott	EB1	M	5:34.0
(17/23)				
800fs				
1	Sylvia Williams	WC1	F	19:40
2	Lois Frankel	EB1	F	25:52
(2/1)				
1500fs				
1	Luz Osorio	WC1	F	22:18
2	Cynthia Nelson	WC1	F	22:43
3	Jenna Roundell	WC1	F	23:52
1	Jian-Lok Chang	WC1	M	18:48
2	Sean Dawson	WC1	M	19:18
3	Isaac Fierro Marquez	WC1	M	23:25
(16/14)				
25bk				
1	Margaret Dibben King	EB1	F	46.9
(1/0)				
50bk				
1	Deb Low	WC1	F	45.0
2	Nicole Delisle	WC1	F	45.8
3	Margaret King	EB1	F	58.4
1	Jian-Lok Chang	WC1	M	29.1
2	Bruce Brown	EB1	M	41.1
3	Mike Lau	WC1	M	44.6
(6/9)				
100bk				
1	Erin Kelly	WC1	F	1:27.0
2	Margaret Dibben King	EB1	F	4:02.5
1	Jamie Chalmers	WC1	M	1:51.8
(2/1)				
25br				
1	Susan Hulley	EB1	F	23.7
2	Christiane Wilke	EB1	F	29.8
(2/0)				
50br				
x	Andrea Zarins	TR	F	41.1
1	Jenna Roundell	WC1	F	42.8
2	Margaret King	EB1	F	48.5
3	Nicole Delisle	WC1	F	50.0
1	Bill Westcott	EB1	M	39.7
2	Amir Banihashemi	EB1	M	43.6
3	Francois Jacques	EB1	M	47.1

4	Ray Anderson	EB1	M	47.3
(6/10)				
100br				
1	Elaine Yardley	EB1	F	1:42.9
1	Sean Dawson	WC1	M	1:19.5
2	Don Wells	WC1	M	1:31.3
(1/2)				
200br				
1	Jenna Roundell	WC1	F	3:15.1
2	Melodie Guilbeault	WC1	F	4:37.4
3	Christiane Wilke	EB1	F	4:52.1
1	Bill Westcott	EB1	M	3:08.7
(3/1)				
50fl				
1	Erin Kelly	WC1	F	38.2
2	Stephanie Le Saux-Farmer	EB1	F	42.0
1	Sean Dawson	WC1	M	30.3
2	Don Wells	WC1	M	38.1
x	Tim Kilby	Ch	M	39.7
3	Ian Lorimer	EB1	M	40.2
(3/7)				
200fl				
1	Madelayne DeGrace	EB1	F	3:31.2
(1/0)				
100IM				
x	Andrea Zarins	TR	F	1:17.9
1	Jenna Roundell	WC1	F	1:25.6
2	Madelayne DeGrace	EB1	F	1:34.2
3	Deb Low	WC1	F	1:35.0
1	Mike Lau	WC1	M	1:31.3
2	Ian Lorimer	EB1	M	1:36.2
3	Kevin Graham	EB1	M	1:38.5
(8/4)				
200IM				
1	Karen Jensen	EB1	F	3:59.6
1	Gi Wu	WC1	M	2:58.2
2	Robert Fabes	EB1	M	3:24.8
(1/2)				
400IM				
1	Madelayne DeGrace	EB1	F	7:20.4
1	Robert Fabes	EB1	M	7:10.4
2	Tony Michel	EB1	M	9:00.7
3	Jamie Chalmers	WC1	M	9:28.8
(1/3)				

Fun Relays (Thu/Fri Aug 30/31st)

Free Relay

6pm Whitecaps

- 2:30.2: Team 2: [Jamie Chalmers](#), [Francois Parent](#), [Erin Kelly](#), [Andrea Mrozek](#)
- 2:30.7: Team 1: [Kevin Graham](#), [Jim Lee](#), [Sean Dawson](#), [Joanne Dawson](#)
- 2:32.8: Team 4: [Cam Dawson](#), [Lara Thorpe](#), [Mike Lau](#), [Cynthia Nelson](#)
- 2:33.5: Team 3: [Deb Low](#), [Nicole Delisle](#), [Dave Grynspan](#), [Isaac Fierro Marquez](#)

7:30am Earlybirds

- 2:29.5: Team 2: [Francois Jacques](#), [Amir Banihashemi](#), [Steph Le Saux-Farmer](#), [Robin Henderson](#)
- 2:36.3: Team 3: [Margaret King](#), [Christiane Wilke](#), [Susan Hulley](#), [Tim Kilby](#), [Mike Mopas](#)
- 2:42.1: Team 1: [Margaret Dibben King](#), [Ray Anderson](#), [Ian Lorimer](#), [Colette Kenney](#)

Overall

- 2:29.5: 7:30am Team 2: [Francois Jacques](#), [Amir Banihashemi](#), [Steph Le Saux-Farmer](#), [Robin Henderson](#)
- 2:30.2: 6pm Team 2: [Jamie Chalmers](#), [Francois Parent](#), [Erin Kelly](#), [Andrea Mrozek](#)
- 2:30.7: 6pm Team 1: [Kevin Graham](#), [Jim Lee](#), [Sean Dawson](#), [Joanne Dawson](#)
- 2:32.8: 6pm Team 4: [Cam Dawson](#), [Lara Thorpe](#), [Mike Lau](#), [Cynthia Nelson](#)
- 2:33.5: 6pm Team 3: [Deb Low](#), [Nicole Delisle](#), [Dave Grynspan](#), [Isaac Fierro Marquez](#)
- 2:36.3: 7:30am Team 3: [Margaret King](#), [Christiane Wilke](#), [Susan Hulley](#), [Tim Kilby](#), [Mike Mopas](#)
- 2:42.1: 7:30am Team 1: [Margaret Dibben King](#), [Ray Anderson](#), [Ian Lorimer](#), [Colette Kenney](#)

Medley Relay

6pm Whitecaps

- 2:50.0: Team 3: [Deb Low](#), [Nicole Delisle](#), [Dave Grynspan](#), [Isaac Fierro Marquez](#)
- 2:52.4: Team 1: [Kevin Graham](#), [Jim Lee](#), [Sean Dawson](#), [Joanne Dawson](#)
- 2:55.4: Team 2: [Jamie Chalmers](#), [Francois Parent](#), [Erin Kelly](#), [Claudia Cronin-Schlote](#)
- 3:10.6: Team 4: [Cam Dawson](#), [Lara Thorpe](#), [Mike Lau](#), [Cynthia Nelson](#)

7:30am Earlybirds

- 2:57.0: Team 1: [Margaret Dibben King](#), [Ray Anderson](#), [Ian Lorimer](#), [Colette Kenney](#)
- 2:57.0: Team 2: [Francois Jacques](#), [Amir Banihashemi](#), [Steph Le Saux-Farmer](#), [Robin Henderson](#)
- 3:11.9: Team 3: [Margaret King](#), [Susan Hulley](#), [Christiane Wilke](#), [Tim Kilby](#), [Mike Mopas](#)

Overall

1. 2:50.0: 6pm Team 3: Deb Low, Nicole Delisle, Dave Grynspan, Isaac Fierro Marquez
2. 2:52.4: 6pm Team 1: Kevin Graham, Jim Lee, Sean Dawson, Joanne Dawson
3. 2:55.4: 6pm Team 2: Jamie Chalmers, Francois Parent, Erin Kelly, Claudia Cronin-Schlote
- 4=. 2:57.0: 7:30am Team 1: Margaret Dibben King, Ray Anderson, Ian Lorimer, Colette Kenney
- 4=. 2:57.0: 7:30am Team 2: Francois Jacques, Amir Banihashemi, Steph Le Saux-Farmer, Robin Henderson
6. 3:10.6: 6pm Team 4: Cam Dawson, Lara Thorpe, Mike Lau, Cynthia Nelson
7. 3:11.9: 7:30am Team 3: Margaret King, Susan Hulley, Christiane Wilke, Tim Kilby, Mike Mopas

4 x 25 Feet First Relay

6pm Whitecaps

1. 3:52.2: Team 2
2. 3:57.8: Team 4
3. 4:22.5: Team 3
4. 4:29.7: Team 1

7:30am Earlybirds

1. 3:26.2: Team 2
2. 3:30.3: Team 1
3. 4:23.0: Team 3

Overall

1. 3:26.2: 7:30am Team 2
2. 3:30.3: 7:30am Team 1
3. 3:52.2: 6pm Team 2
4. 3:57.8: 6pm Team 4
5. 4:22.5: 6pm Team 3
6. 4:23.0: 7:30am Team 3
7. 4:29.7: 6pm Team 1

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2013 will be open soon. Details will be provided when they are available. Cost will likely be similar to last year (\$35). Please pay by cash or cheque payable to "Lynn Marshall". Your MSO membership will be good until Dec 31st, 2013. 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 in Ontario and Quebec for 2012-2013. For the ones listed "details TBA", the dates should be correct but the meets are not yet sanctioned. For the ones listed "TBC" I guessed at these using the dates from last year's schedule, so they could be completely wrong and/or not happening this season. 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 Oct 13th Brantford SCM (TBC)
- Sat Oct 27th Swim Ottawa SCM Brewer (details TBA)
- Sat Nov 3rd Brossard SCM (TBC)
- Sun Nov 11th Etobicoke SCM <http://www.mastersswimmingontario.ca/pdf/EOMACSEmi-Serious8.pdf>
- Sat Nov 24th Coupe de Montreal SCM (TBC)
- Sat Dec 1st Montreal Nord SCM (TBC)
- Sun Dec 2nd Technosport SCM Ottawa U (TBC)
- Sat Dec 8th North York Pentathlon SCM (details TBA)
- Sat Jan 12th Clarington SCM (details TBA)
- Sun Jan 20th Alderwood SCY (details TBA)
- Sun Jan 20th Brockville SCM (TBC)
- Sat Jan 26th Pointe-Claire SCM (TBC)
- Sun Jan 27th Technosport SCM Ottawa U (TBC)
- Sun Feb 10th Burlington SCM (details TBA)
- Sat-Sun Feb 16-17th LaSalle SCM (TBC)
- Sun Mar 3rd Technosport SCM Ottawa U (TBC)
- Sun Mar 10th Etobicoke LCM 1500 (TBC)
- Sat Mar 16th Dollard-des-Ormeaux SCM (TBC)
- Fri-Sun Apr 12-14th Quebec Provincials SCM (TBC)
- Sat Apr 20th Downtown Toronto All Out SCM (details TBA)
- Sun May 5th Thornhill SCM (details TBA)
- Fri-Mon May 17-20th Nationals SCM Nepean (TBC)
- Sat Jun 8th Longueuil LCM (TBC)
- Sat Jul 13th London ON LCM (TBC)
- Summer 2014 FINA World Aquatic Championships, Parc Jean-Drapeau (outdoors), Montreal (details TBA)

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

Sun Aug 5th Kingston KTown Triathlon/Duathlon

Due to large waves, the swim was cancelled, and the triathlons became duathlons. Congratulations to **Heather** on the age group win! Full results at: <http://www.sportstats.ca/>.

Long Course (7.2k/56.2k/15k; 138 participants):

Kevin Graham (7:30am Earlybirds; 40-44): 54th overall; 45th man and 9th in category in 3:46:15.0

Robert Fabes (7:30am Earlybirds; 50-54): 99th overall; 71st man and 12th in category in 4:27:44.1

Short Course (4k/30k/7.2k; 324 participants)

Heather Ireland (7:30am Earlybirds; 50-54): 54th overall; 4th woman and 1st in category in 1:51:26.7

Sun Aug 19th Ironman Mont-Tremblant (3.8k/180k/42.2k; 2000 participants)

A fantastic day all round, except for **Greg's** technical issues on the bike which prevented a PB. All eight Carleton swimmers finished the race. Great job by **Chris** to do a PB after a panic attack on the crowded swim course, and after so many previous IM races! And a shout out to **Lucette** and **Lucie** for finishing in the top 10 in their age group! Well done, all. Full results at: <http://www.sportstats.ca> and <http://ironman.com/events/ironman/monttreblant?show=tracker&race=monttreblant&year=2012#axzz241Xs7fP>.

Chris Macknie (7:30am Earlybirds; 45-49): 107th overall; 103rd man and 13th in age group in 10:11:51 (1:15:42 swim)

Gabriella Speck (7:30am Earlybirds; 30-34): 569th overall; 63rd woman and 17th in age group in 11:24:20 (1:09:37 swim)

Greg Payne (7:30am Earlybirds; 40-44): 928th overall; 800th man and 189th in age group in 12:04:41 (1:11:22 swim)

Margaret King (7:30am Earlybirds; 50-54): 1016th overall; 148th woman and 15th in age group in 12:17:27 (1:08:29 swim)

Susan Nevitt-Yelle (7:30am Earlybirds; 50-54): 1376th overall; 250th woman and 29th in age group in 13:02:47 (1:21:51 swim)

Isabelle Fradette (7:30am Earlybirds; 40-44): 1450th overall, 272nd woman and 69th in age group in 13:12:42 (1:17:30 swim)

Lucette Laflamme (7:10pm Whitecaps: 55-59): 1455th overall, 274th woman and 9th in age group in 13:14:12 (1:26:15 swim)

Lucie Boudreau (7:30am Earlybirds; 55-59): 1483rd overall, 287th woman and 10th in age group in 13:17:40 (1:26:31 swim)

Wed-Sun Aug 22-26th 2012 Canadian Sprint Canoe Kayak Championships, Dartmouth

Meredith Curren (7:30am Earlybirds) participated in this event again this year. Sounds like she had a fantastic season, and her race report follows. The results for Aug 22-25th can be found at: <http://ckcnationals2012.com/default.asp>, and those of Aug 26th should be posted soon at: http://www.canoeKayak.ca/content/sprint_masters (near the bottom of the page).

Here is this year's report. I am back from Dartmouth where we competed on Lake Banook for the 2012 Canadian Sprint Canoe Kayak Championships (Wednesday through Saturday) and the 2012 Canadian Masters Sprint Canoe Kayak Championships (Cannas, on Sunday). This is a superb venue featuring a world class race course built to International Canoe Federation (ICF) standards.

The Canadian Sprint Canoe Kayak Championships features single Masters events for men's and women's K1, and also men's C1. Masters compete here under a single class that does not differentiate by age. This was my first time competing at this level and I exceeded my expectations completely, first by making it to the final out of the heats (2 of them) and then coming 4th in the final and setting a personal best! This event was a good preparation for World Masters next year in Torino, Italy.

The competition was very deep at Cannas on Sunday, with twice as many athletes as last year; Nova Scotia is Canada's hotbed for sprint paddling. I won bronze in the K1 final for my age group, which was a good achievement in view of the high level of competition and how tired I was after Nationals!

All in all I am very pleased with the season, which included regattas on 5 weekends out of 6 through July and August, and concluded with the Dartmouth events. Next week my husband and I are traveling in the UK and France for 2 weeks for a much needed break before returning for some fall paddling and to start up my swimming.

See you soon!

Meredith.

Sun Aug 26th Ironman Canada, Penticton (3.8k/180k/42.2k; 2979 participants)

Great job by **Kevin** and **Robert**! Full results at: <http://www.sportstats.ca> and <http://ironman.com/events/ironman/canada?show=tracker&race=canada&year=2012#axzz24ghYW8Zr>.

Kevin Graham (7:30am Earlybirds; 40-44): 509th overall, 420th man and 93rd in age group in 11:33:16 (1:03:24 swim)

Robert Fabes (7:30am Earlybirds; 50-54): 1270th overall, 960th man and 100th in age group in 13:11:44 (1:09:13 swim)

And here's **Robert's** race report (written while he was supposed to be on holiday!). You can check out his photo just after the finish at:

<http://carletonmasters.tripod.com/12photo/>.

First and most importantly, thank you for your support, encouragement and helpful advice over the past months. I know I had to do the training and the race but your support and belief that I could do this helped me stay positive, focused and honest. Also, failure quickly became a non-option knowing you were all rooting for me; fear and embarrassment are great motivators!

Nearly a year after I had signed up, race week was finally here. I checked-in on Thursday and the hoopla began. Our friends Kevin and Melanie joined us Friday. Kevin is my training buddy and the guy who goaded me into this. We checked in our bikes and some gear on Saturday. All of the continuing hoopla did nothing to settle my nerves.

Race day started earliest at 3:15 a.m. for Mike and Mel who were both volunteering and had to be at the site for 4:30. Kevin and I had a later start at 4:15, and after having given my head a very close shave, we double-checked our remaining gear and were at the site by 5:30. Mike body-marked Kevin and me (knowing a volunteer has it's perks as we didn't have to wait in line) with our bib numbers and ages and sent us off to our bikes with great words of encouragement and some powerful hugs (I wasn't sure when I would get to see Mike again during the race). One of the hundreds of incredible volunteers pumped up my tires and made sure I didn't need anything else.

On with the wetsuit and then over to the beach for a warm-up swim. Not a cloud in the sky and a light breeze. Line up in the water with the other 2500+ participants for a mass start, sing O Canada and then the gun goes off. It's 7 a.m. and I'm starting the swim of my first Ironman attempt. What a zoo! Arms and legs everywhere and people coming at me from all sides. After realizing no one was trying to purposely drown me, I focused on my breathing, calmed myself down and settled into my stroke. I also managed to take in the sun shining on the hills and mountains, remembering to enjoy my day. Around the first turn, more pandemonium until the second turn and then I'm on the last leg and in with a good group of strong swimmers. I see the finishing buoys and increase my leg kicks to get the blood flowing for an easier transition to the bike. And just like that I'm back at the beach and done with the 3.8 kilometre swim. I run up the beach and realize I'm not winded or wobbly from the swim - so far so good. I get my wetsuit stripped off by more excellent volunteers, get a yell of encouragement from Mel (who's checking to make sure everyone still has their timing chip) and then I'm off to the change tent. I couldn't see Mike and found out later he was helping in another area. He did make it back to strip off Kevin's and Bob's wetsuits.

Eat a gel, strip off my swim suit, slather on the vaseline, into my bike clothes and out of the tent - oh, I didn't have to worry about packing any of my swim stuff as yet another volunteer took care of that for me. I'm outside and WOW! So many bikes still in the transition area. This is a first for me as in my other 2 big races the swim start was in waves and mine was always one of the last. Take another moment to enjoy this and then I'm off on my bike.

The weather is still fantastic - sunny, not too warm and a slight tail wind - this is a benefit of racing with Kevin who only has good weather for his big races. Crowds of people lining the main street cheering everyone on. I see our friend Cathie, whose husband Bob is racing today, and their dog Molly and give them a shout. It would be easy to get caught up in the excitement and start hammering on my bike but I remind myself that the day is just starting and I have a long way to go before I'm done. I keep looking at my heart rate monitor and tell myself that all this is just another long training day.

I'm feeling great on my bike and then 2 things happen. First, all kinds of people start passing me (including Kevin who rides beside me for a bit) and I know I can keep up with some of them. I remember my plan, stay focused and do not pursue. This exercise of restraint is quite surprising to me (and will be to a number of my work colleagues). Second, I get this really weird headache. No Advil on me (I packed it for the run, not the bike) so I had to try and get rid of it by deep breathing or just ignore it. Both easier said than done until I saw a cyclist flip off of her bike at an aid station - a very ugly fall. Perspective can be very helpful and my headache was no longer a problem.

The kilometres continue to speed by and then I'm up and over Richter Pass. I'm still feeling good after this 11k climb into a headwind. I keep reminding myself to eat and drink, continue to control my pace and also to enjoy the strikingly beautiful scenery. A mix of jagged and sparse mountains in hues of purple, sage and gold contrasted with the lush farms on the valley floors. A perfect distraction from muscle fatigue.

Over a series of rolling hills and I'm past the halfway mark. I make my way through the out and back to the special needs bags (Kevin is already through and we cheer each other on as he passes me on his way back). I get off my bike, get my bag, eat my peanut butter and jam sandwich (at this point, best sandwich ever), have a pee (a good sign as it means I'm hydrating properly) and then back on my bike for the last 60k. At this point I'm tired and sore and start worrying about the marathon. This lasts for a few minutes before I realize that focusing on pain doesn't make it go away and worrying about the marathon doesn't help get it done. So, enough with that.

Another long (7k) climb up to Yellow Lake, one small steep climb and then it's all downhill - literally just over 20k of downhill back to Penticton. On the steepest parts of the

descent, a number of us were hooting and hollering like little kids. I eat and drink in preparation for the run and use the descent to spin out my legs.

Back in Penticton and down Main Street and enjoying the cheering of the crowds. I get back to transition, dismount and a volunteer takes my bike to the rack - what service! I'm done the 180k bike ride (no chain or shifting problems at all!) and just have the marathon left. I head into the change tent and Mike is there!! I'm overcome with emotion at seeing him, having him be able to share the day with me and also realizing that I'm feeling strong. I spend a couple of minutes sobbing and laughing in his arms and then start changing into my run gear. I take off my left cycling shoe and OUCH, my big toe is throbbing, red and swollen. I have no idea what's wrong and quickly decide to ignore it (Mike reminded me that he said it looked broken and that I said ##*@ it and put me shoe on). On with the vaseline, into my run clothes and shoes, pop some Advil, another hug from Mike and I'm off to run a marathon.

The run course through town is lined with cheering spectators giving me a boost and taking my mind off of my aches and pains. My heart rate is way up and I'm running sub-6 minute kilometres - way too fast for me. I regain my focus, get my heart rate back down and settle into a good steady rhythm.

What a beautiful course out of town and along Skaha Lake. Still warm (not hot) and sunny with a light tailwind. My pace stays constant, I'm feeling pretty good (big toe is numb, not sore) and keep enjoying the sights and the cheering of the spectators. Then I realize I'm passing people - this is very new territory for me on any run I've done in a triathlon. And with that thought, up goes my heart rate! Not good as I'm only about 10k into the run. I calm back down and stay focused.

The aid stations keep coming by and I keep eating and drinking though by now I'm sick of gels and sports drinks. Still not halfway so not a good idea to stop eating so I try a banana. These went down well on the bike but as soon as it hits my stomach on the run I start cramping. I do some belly breathing but that doesn't help. I walk the next steep hill which helps but as soon as I start running, the cramping starts again. Well, there's nothing I can do but ignore it so I do and keep running.

I focus on my pacing and take in the view. Also, I'm still passing people! I see Kevin on his way back and cheer him on (this is the first time I've had to cheer him up; usually he's yelling at me to stop dragging my ass).

The turn around is up ahead and there's a huge crowd cheering. I get more vaseline (yes, really, not chocolate or some other pick me up, vaseline 'cause chaffing sucks; honestly, I am never going to use saddle cream or body glide again - vaseline rocks) from my special needs bag and make the turn. And it hits me - I'm halfway through the marathon and still feeling good and I could walk the rest of the way and make the cut-off time. A liberating thought and walking is no longer an option.

The sun is now setting and there's a beautiful purple glow off the top of the mountains. A slight headwind keeps me cool and I'm still able to maintain my heart rate. Also, I've switched from gel and sports drinks to chicken broth, pretzels and ice water and no longer have cramps. I'm running up all of the hills and passing more people. I'm actually enjoying myself.

I make it through kilometre 37 where in my past marathons I've always hit the wall. Not even close to the wall this time and with 5k to go I pick up my pace and want to finish strong. Back downtown and turn off of Main Street for the last 2k and the crowds are back and cheering. I see Mike and give him a big wave and he gives me a huge smile and cheer and I can hear the announcer at the finish line. Around the last turn and I have 1k to go. I approach the finish line and hear my name and I'm done - I'm an Ironman! I finished in 13 hours and 12 minutes, well below my goal of a sub-15 hour finish.

There's Mike as I cross the finish line. Two volunteers walk me through the chaos to get my timing chip removed, my picture taken and then to the food tent. I have a tearful hook up with Kevin (he started and that was unexpected but it was a long day for him, too) and hugs from Mel. Then more hugs and tears with Mike. Back to our suite for showers and champagne and then out for some food and to watch the last finishers; 17 hours of hard work for some of them and they still did it (and even longer for some of the volunteers) - incredible.

What an amazing day and an amazing 10 months of preparation. The journey was just as great for me as the actual race and I'm looking forward to the next one.

It's now Tuesday and we have a week of just chilling (see me in the hammock on the deck in the vineyard we're staying at). I'm in pretty good shape with some sore quads but the wine is helping with that. Oh, and absolutely no chaffing or blisters - thank you vaseline.

Thanks again to each of you.

Robert Fabes, Assistant General Counsel, Canada Post

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 Jul 16th).

Ask the Coach

Dear Coach: Did you wear a wetsuit for your 10k swim in Lake Ontario? A Triathlete

Dear A. Triathlete: No. Wetsuits are not permitted in Masters Swimming sanctioned races, and are against my "religion" ☺! Ironically, my prize for the 10k was a backpack donated by a wetsuit company, which I have since given away! I came across a race report by **Rob Kent**, the organizer who swam Lake Ontario (in 21 hours) the day after the race. You can tell from the description of my swimming that I did not like the waves: <http://lostswimming.com/?p=4906>. The week after the Lake Ontario 10k there was another 10k in the Welland canal. **Samur Yaghmour**, the same swimmer who won the Lake Ontario 10k won that one and he was 16min faster (which is 10sec/100m) and he won by 9min, over another young guy. While I was certainly in no shape to do another 10k a week later, I can take some consolation from how much faster he swam in flat water!

Dear Coach: Can you give some tips for open water swimming and racing? Pool Swimmer

Dear P. Swimmer: Sure, although my approach is a bit unconventional. I don't believe in doing a lot of open water training, unless the race you are training for will have very different conditions from a pool: for example, sea water, cold water, big waves, etc. If you are uncomfortable in open water or will be wearing a wetsuit, then some open water practice to get used to it is recommended. Also, open water training is useful for practice in sighting for landmarks. Beyond that, I find it's just too easy to swim slowly in open water, which is great for a fun day out, but not so good for actually training. Being in the pool where you know the exact distances and time keeps you honest. As long as you know that you can swim 75% of the distance you'll be racing in a pool training session, you should be fine for an open water race. If you are interested in marathon swimming, however, that's a completely different kettle of fish!

Private and Semi-Private Masters Swim Lessons

Fall Availability:

Mon/Fri 9:45-10:45am mid-September to mid-December

Some evening/weekend dates likely available during December exams.

E-mail me for more information.

Prices:

Private: \$52.50 per hour, plus HST.

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

Reminders

Fall/Winter Masters Programs:

Registration for Fall and Winter Masters Programs has started. As staff need to check your membership, you must register in person or by phone (613-520-4480) for Masters. The 6:00pm and 7:30am groups usually fill up quickly.

Here are the program details:

Fall: Tue Sept 4th to Sat Dec 15th (no workouts: Mon Sept 3rd, Mon Oct 8th)

7:30am Earlybirds 1: 7:30-8:30am MWF: barcode 4818; cost \$128+HST; Coach: Lynn

8:30am Earlybirds 2: 8:30-9:30am MWF: barcode 4819; cost \$128+HST; Coach: Lynn

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh: barcode 4824; cost \$140+HST; Coach: Lynn: **full** (waitlist available)
7:10pm Whitecaps 2: 7:10-8:10pm MTuTh: barcode 4826; cost \$128+HST; Coaches: Lynn (Mon) and Mits (Tue/Thu)
8:10pm Whitecaps 3: 8:10-9:10pm TuTh: barcode 4828; cost \$94+HST; Coach: Mits
8:15am Saturday Earlybirds: 8:15-9:25am Sat: barcode 4820; cost \$45+HST; Coaches: rotating schedule
Winter: Wed Jan 2nd to Fri Apr 12th (no workouts: Tue Jan 1st; Mon Feb 18th; Fri Mar 29th; Mon Apr 1st)
7:30am Earlybirds 1: 7:30-8:30am MWF: barcode 4821; cost \$122+HST; Coach: Lynn
8:30am Earlybirds 2: 8:30-9:30am MWF: barcode 4822; cost \$122+HST; Coach: Lynn
6:00pm Whitecaps 1: 6:00-7:10pm MTuTh: barcode 4825; cost \$134+HST; Coach: Lynn
7:10pm Whitecaps 2: 7:10-8:10pm MTuTh: barcode 4827; cost \$122+HST; Coaches: Lynn (Mon) and Mits (Tue/Thu)
8:10pm Whitecaps 3: 8:10-9:10pm TuTh: barcode 4829; cost \$91+HST; Coach: Mits
8:15am Saturday Earlybirds: 8:15-9:25am Sat: barcode 4823; cost \$42+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

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)
Club website: <http://carletonmasters.tripod.com>