

From: Lynn Marshall [lynnmarshall@sympatico.ca]
Sent: Friday, November 09, 2012 1:00 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 #320

Carleton Masters Swimming Newsletter #320

Friday, November 9th, 2012

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those Registered for Fall 2012 and Alumni: 7:30am Earlybirds I (42 addresses), 8:30am Earlybirds II (30 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (32 addresses), 8:10pm Whitecaps III (21 addresses), Saturday Only (8 addresses), Masters "Alumni" (28 addresses).

"Every day you may make progress. Every step may be fruitful. Yet there will stretch out before you an ever-lengthening, ever-ascending, ever-improving path. You know you will never get to the end of the journey. But this, so far from discouraging, only adds to the joy and glory of the climb." – Sir Winston Churchill

Masters Program Notes and Cancellations

- The Fall session ends **Sat Dec 15th**.
 - There are no further cancellations planned for this term. (Thus no cancellations due to Remembrance Day.)
- Registration is available for both the Fall and Winter sessions.
 - Program details (times, dates, prices, etc.) can be found near the end of the newsletter.
 - The Fall 7:30am Earlybirds, Saturday Earlybirds and 6pm Whitecaps groups are full – waitlists available.
 - Space in other Fall groups:
 - 9 spots left in the Fall 8:30am Earlybirds
 - 7 spots left in the Fall 7:10pm Whitecaps
 - 2 spots left in the Fall 8:10pm Whitecaps (this program will usually be run in 4 lanes)
 - The **Winter** 6pm Whitecaps is full – waitlist available
 - There are 12 spots left in the Winter 7:30am Earlybirds. (Lots of space, so far, in the other Winter groups.)

Swimmer Notes

Swimmer Updates:

- Congratulations to **Margie Bailey** (x-8:30am Earlybirds) and her husband on the birth of their second child, **Kenneth Paul Bailey Keller**. Kenneth was born at 10:51am on Mon Oct 22nd. He weighed 7 lbs and 8 ounces at birth. Kenneth is healthy and so sweet, and Margie is recovering well from the C-section. Here's a photo: <http://carletonmasters.tripod.com/12photo/>.

- **Ursula Scott** (7:30am Earlybirds) is a member of the Orpheus Choral Group, which is participating in the "Singing from our heart, for our heart" concert for the Heart and Stroke Foundation, from 3 to 5:30 p.m. at Dominion Chalmers Church, 355 Cooper Street, on Sun Nov 18th. Performers include Julie Nesrallah, Fraser Rubens, Julian Armour and singers, Suzart, Polaris and Canterbury High School. Tickets are \$25, free for children under 12. To obtain tickets visit <http://www.singingheart.ca>.

- Those of you in the Saturday morning group may notice that one of our members is sporting some newly sprouted facial hair. **Danny Bernstein** (Saturday Earlybirds) is growing a moustache during the month of 'Movember (formerly November), to raise funds for men's health initiatives, particularly prostate cancer and mental health awareness. If you spot Danny and his handsome moustache, feel free to offer kind words of encouragement, but more importantly, if you wish to donate to this worthy cause, go to: <http://mobro.co/NROttawa> and follow the donation instructions. Thanks to everyone for your support!

- **Heather Guthrie** (8:10pm Whitecaps) was one of the many entrants in the New York Marathon who had already arrived in New York when the race was cancelled. She was very disappointed to not get to race, and will now look for another marathon, likely next year. Despite the circumstances, she enjoyed her long weekend in New York.

- The Annual Holiday Party will be held **Sat Nov 24th**. As usual **Don Wells** (6pm Whitecaps), **Joanie Conrad** (7:10pm Whitecaps), **Sam** and **Ben** (x-Safety Supervision) will be hosting at 376 Hamilton Avenue South. It's potluck and BYOB, starting at **6:30pm**. Full details at: <http://carletonmasters.tripod.com/festive2012.pdf>. Hope to see you all there!

- Stroke Survivor's Association of Ottawa are having their annual Benefit Dinner and Auction **7pm Wed Nov 14th**. For tickets speak to **Jim Lee** and **Deb Lee** (6pm Whitecaps) or go the website: www.strokesurvivors.ca.

- On **Fri Nov 9th** the Bytown Storm Youth Triathlon Club is holding its first Silent Auction and Casino night at Rideau Carleton Raceway. Tickets are \$30 which includes a buffet dinner. To book e-mail **Greg Kealey** (x-Whitecaps) at endurancentre1@yahoo.ca. You can check out the over 130 auction items at: http://www.32auctions.com/organizations/4545/auctions/5038/show_info.

- 4'10" 14yr old **Annaleise Carr** has been nominated as female open water swimmer of the year for her 27 hour 52km crossing of Lake Ontario in awful conditions. If you'd like to vote for her or any of the other open water swimmers in various categories, go to: <http://www.worldopenwaterswimmingassociation.com/vote-here/>.

- Carleton is offering kids holiday sports camp and a tennis camp from Jan 2-4th. Full details at: <http://athletics.carleton.ca/camps/holiday/holiday-sports-camp/>.

News and Links:

- A funny pictorial story of a beginner triathlete attending Swim Ottawa Masters workout: <http://www.tri-ingtobeathletic.com/2012/10/masters-of-swim-universe.html>

- Work Out, but Know Your Limits: <http://www.nytimes.com/2012/09/12/business/retirementspecial/high-intensity-regimens-and-older-exercisers.html?ref=nutrition>

- How Testosterone May Alter the Brain After Exercise: <http://well.blogs.nytimes.com/2012/09/12/how-testosterone-may-alter-the-brain-after-exercise/>

- What Causes the VO2max Plateau?: <http://sweatscience.runnersworld.com/2012/09/what-causes-the-vo2max-plateau/>
- Real Altitude vs. Fake Altitude: <http://sweatscience.runnersworld.com/2012/08/real-altitude-vs-fake-altitude/>
- Best Options for Pre and Post Running Snacks: <http://www.marathonnation.us/nutrition/best-options-for-pre-and-post-running-snacks/>
- Exaggerating Your Race Results: <http://well.blogs.nytimes.com/2012/09/17/exaggerating-your-race-results/>

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. Contact me if you are interested.

Fall Session Information

The usual pool allocations and coaches are as follows:

- 7:30am Earlybirds: Deep End; Lynn
 - 8:30am Earlybirds: Deep End; Lynn
 - 6pm Whitecaps: Shallow Monday, Deep Tuesday/Thursday; Lynn
 - 7:10pm Whitecaps: Shallow End; Monday: Lynn; Tuesday/Thursday: Mits
 - 8:10pm Whitecaps: Shallow End; Mits (usually just 4 lanes available)
 - 8:15am Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)
- Exceptions will be noted here.

Fin Days:

- Tue/Wed Oct 16/17th (6pm/7:30am/8:30am)
- Thu/Fri Nov 29/30th (6pm/7:30am/8:30am)

Time Trials:

- Mon Oct 15th 400 free or IM (all)
- Thu/Fri Oct 25/26th 2 x 50 (6pm/7:30am/8:30am)
- Mon Nov 5th 200 (all)
- Tue/Wed Nov 20/21st 1500/800 (all)
- Tue/Wed Dec 4/5th 100 (6pm/7:30am/8:30am)
- Thu/Fri Dec 13/14th relays (6pm/7:30am/8:30am)

This information and more can be found with the Fall workout themes at: <http://carletonmasters.tripod.com/mastplanfall12.pdf>.

My apologies to **Susan Hulley** (7:30am Earlybirds). She improved in both her 50s on Fri Oct 26th, and while her improvements were listed, I neglected to include her in the list of those who improved in both.

Thanks to all who participated in the 200 time trial on Mon Nov 5th. There were lots of improvements, despite the evening groups being in the shallow end (no dives). The biggest improvement was by **Sylvia Williams** (7:10pm Whitecaps). She improved her 200fs by 17.7 seconds! A full list of the improvements follows.

200fs (12)

- Sylvia Williams** (7:10pm Whitecaps) 17.7
- Deb Low** (6pm Whitecaps) 15.7
- Lara Thorpe** (7:10pm Whitecaps) 14.2
- Mike Halasz** (7:10pm Whitecaps) 11.8
- Ursula Scott** (7:30am Earlybirds) 9.3
- Fouad Hejazi** (7:30am Earlybirds) 8.0
- Jenna Roundell** (7:10pm Whitecaps) 6.2
- Mindy Finkelstein** (7:10pm Whitecaps) 3.6
- Joanne Dawson** (6pm Whitecaps) 2.8
- Christian Cattan** (7:30am Earlybirds) 2.1
- Mike Mopas** (7:30am Earlybirds) 1.5
- Kevin Nelson** (7:10pm Whitecaps) 0.1

200bk (1)

- Erin Kelly** (6pm Whitecaps) 5.1

200IM (2)

- Brad Shapansky** (7:30am Earlybirds) 7.8
- Francois Jacques** (7:30am Earlybirds) 6.6

Here are the weekday attendance statistics. There will be certificates at the end of term for all those with perfect weekday attendance.

6pm Whitecaps: Sept 4-Nov 8th (28 workouts); range: 25-34; average: 28.5

Perfect Attendance: **Cam D, Deb L, Don W**

Missed 1 Workout: **Jian-Lok C, Joanne D, Marie S, Nicole D**

Missed 2 Workouts: **Dave G, Marg E**

7:10pm Whitecaps: Sept 4-Nov 8th (28 workouts); range: 11-26; average: 18.1

Perfect Attendance: **Jamie C**

Missed 2 Workouts: **Mike H, Sylvia W**

8:10pm Whitecaps: Sept 4-Nov 8th (20 workouts); range: 8-16; average: 12.1

Perfect Attendance: **Manuel L**

Missed 2 Workouts: **Lynn B**

7:30am Earlybirds: Sept 5-Nov 9th (28 workouts); range: 20-29; average: 24.5
Missed 1 Workout: **Angela D, Christian C, Fouad H**
Missed 2 Workouts: **Susan H**

8:30am Earlybirds: Sept 5-Nov 9th (28 workouts); range: 12-27; average: 19.0
Perfect Attendance: **Mark B**
Missed 1 Workout: **Margaret DK**

Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2013 is now open. Cost is \$36. Please pay by cash or cheque payable to "Lynn Marshall". I also need your address, phone number, and date of birth. Your MSO membership will be good until Dec 31st, 2013. Contact me for more details. Note that you must register with MSO 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 competitions, mostly 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.**

Sat Nov 10th Coupe de Montreal SCM Claude Robillard <https://registration.swimming.ca/MeetInfo.aspx?meetid=13288>
Sun Nov 11th Etobicoke SCM <http://www.mastersswimmingontario.ca/pdf/EOMACSemi-Serious8.pdf>
Sun Nov 11th Technosport SCM Ottawa U <http://www.technosport.ca/short-course-invitational-swim-meet-november-11-2012/> and <http://www.mastersswimmingontario.ca/pdf/technonov112012.pdf>
Sat-Sun Nov 10-11th Masters Invitational, Santo Domingo, Dominican Republic; Pablo De La Mota pablomota82@hotmail.com
Sat Dec 1st Montreal Nord SCM <https://registration.swimming.ca/MeetInfo.aspx?meetid=13119>
Sun Dec 2nd Technosport SCM Ottawa U <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/> and <http://www.mastersswimmingontario.ca/pdf/technodec22012.pdf>
Fri-Sun Dec 7-9th New England SCM Championships, Boston University <http://scmchamps.blogspot.ca/>
Sat Dec 8th North York Pentathlon SCM: **CANCELLED**
Mon Jan 1st Sears Great Canadian Chill: Polar Bear Dip, Britannia Bay <http://thehill.ca/> (no MSO registration required)
Sat Jan 12th Clarington SCM <http://www.mastersswimmingontario.ca/pdf/ClaringtonJan22013.pdf>
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 <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/> and <http://www.mastersswimmingontario.ca/pdf/technoJan272013.pdf>
Sat-Sun Feb 2-3rd Coupe de la Capitale LCM Quebec City <https://registration.swimming.ca/MeetInfo.aspx?meetid=13440>
Sun Feb 10th Burlington SCM <http://mastersswimmingontario.ca/pdf/BurlingtonFeb102013.pdf>
Sat-Sun Feb 16-17th LaSalle SCM (TBC)
Sat Mar 2nd Cote St-Luc SCM Montreal (details TBA)
Sun Mar 3rd Technosport SCM Ottawa U <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/> and <http://www.mastersswimmingontario.ca/pdf/technomarch32013.pdf>
Sun Mar 10th Etobicoke LCM 1500 (TBC)
Sat Mar 16th Dollard-des-Ormeaux SCM (details TBA)
Fri-Sun Mar 29-31st Ontario Provincials SCM London (details TBA)
Fri-Sun Apr 19-21st Quebec Provincials SCM Montreal Olympic Pool (details TBA)
Sat Apr 20th Downtown Toronto All Out SCM (details TBA)
Sun May 5th Thornhill SCM <http://www.mastersswimmingontario.ca/pdf/ThornhillMay52013.pdf>
Fri-Mon May 17-20th Nationals SCM Nepean (details TBA)
Sat Jun 8th Longueuil LCM (details TBA)
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.)

Sat Oct 20th 9 Run Run 10k Ottawa (632 participants)

Congratulations to **Maureen** and **Mike** on their wins! Full results at: <http://www.sportstats.ca>.

Maureen Mahoney (x-6pm Whitecaps; 30-34): 6th overall, 1st woman and 1st in category in 40:52.7

Mike Lau (6pm Whitecaps; 50-54): 13th overall, 11th man and 1st in category in 42:46.3

Sat Nov 3rd Brossard Masters Swim Meet, Montreal

Jamie Chalmers (7:10pm Whitecaps) was Carleton's only entrant. The events were very close together and his goggle strap went into his mouth at the start of his 100bk, so he didn't manage any 2012 bests although he placed well. Note, however, that Jamie ages up in 2013, so the Carleton Club records will be under assault! While the official results are not yet posted, here's how he did:

Jamie Chalmers (7:10pm Whitecaps; 65-69): 1st: 50fs (37.85), 100bk (1:48.58), 50fl (1:01.79); 2nd: 50bk (48.91)

Sat Nov 3rd 10k Cookie Run (184 participants)

Lucie Boudreau (8:30am Earlybirds) had a busy weekend with two races. This was her first, where she ran with **Margaret King** (7:30am Earlybirds). Well done, both of you. Full results at: <http://www.runottawaclub.ca/wp-content/uploads/2010/03/Cookie-Run-2012-10k.pdf>.

Lucie Boudreau (8:30am Earlybirds; 50-59): 37th overall, 12th woman and 2nd in category in 49:42

Margaret King (7:30am Earlybirds; 50-59): 38th overall; 13th woman and 3rd in category in 49:45

Sun Nov 4th OBC Cyclocross Race (53 participants)

This was **Lucie's** second race and she said she was feeling pretty tired. Still, a great result. Full results at:

<http://cyclocross.org/page3/files/2nd4NovRenfrewGC.pdf>.

Lucie Boudreau (8:30am Earlybirds; Women's C): 29th overall and 7th in category in 53:17

Sun Nov 4th Hamilton Marathon (1271 participants)

Congratulations to **Mike Lau** (6pm Whitecaps) on a good run! Full results at: <http://chiptimeresults.com/resultsreader.php?y=2012&r=hamiltonmarathonsunM.htm>.

Mike Lau (6pm Whitecaps; 50-54): 132nd overall, 123rd man, and 13th in category in 3:12:45 (3:12:37)

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: I'm trying to use the pace clock, but still having difficulties with the calculations. Can you help? To Go Now or Not To Go Now

Dear T.G.N.o.N.T.G. Now: Sure. The first thing to be aware of, is that for shorter distances (e.g. 200m or less) it's very unlikely that you will get more than a minute of rest, so you can usually ignore the minutes of the pace time and concentrate only on the seconds. So, for example, if your lane is doing 100s of free on 2:30, focus on the "30" and forget about the "2". Let's say that you are doing 4 x 100 @ 2:30, and let's assume that you will start the first one on the "red top" – i.e. when the red seconds hand is at the 60 (top of the clock). Then you would start the second one when the seconds hand is 30 seconds further around the clock, i.e. on the "red bottom", i.e. when the red seconds hand is on the 30 (bottom of the clock). You would start the 3rd one another 30 seconds later (back to the red top), etc. If the pace time was 2:20, then you would start the first on the top, 2nd on the 20, 3rd on the 40, 4th on the top, etc.

Dear Coach: Why do we do time trials? I find them very stressful. Anxious Swimmer

Dear A. Swimmer: Time trials give you a chance to monitor your fitness and progress in the pool. In addition, while the majority of our training is aerobic-based, you will only progress so far by swimming at an aerobic pace. To improve and get past plateaus, it's necessary to do some fast swimming (anaerobic alactic and anaerobic lactic), and the time trials give you an opportunity to do that. If you really dislike the time trials, you can avoid them – the dates are posted under "Fall Session Information" and in the workout themes (link under "Fall Session Information"). If you attend the workout, you are expected to participate, unless there are extenuating circumstances (illness, injury, etc.). Of course, it's your choice how hard you actually push yourself during the time trials, so any pressure you feel is self-induced!

Private and Semi-Private Masters Swim Lessons

Fall Availability:

Mon 9:45-10:45am: Nov 19, 26; Dec 3, 10

Fri 9:45-10:45am: Nov 16, 23; Dec 7, 14

Some evenings/weekends will also be available during December exams. A schedule will be circulated when it is available.

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: **full** (waitlist available)

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: nearly full!

8:15am Saturday Earlybirds: 8:15-9:25am Sat: barcode 4820; cost \$45+HST; Coaches: rotating schedule: **full** (waitlist available)

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: **full** (waitlist available)

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 my 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>