

**From:** Lynn Marshall [lynnmarshall@sympatico.ca]  
**Sent:** Wednesday, December 05, 2012 5:20 PM  
**To:** 'Fran Craig'; 'Steve Baird'; Alex Joubert; 'Blake Christie'; 'Claudia Cronin-Schlote'; 'Kristi Dean'; 'Lynn Marshall'; 'Mits Kachi'; Nico Belisle; 'Tim Kilby'  
**Subject:** Carleton Masters Swimming Newsletter #322

## Carleton Masters Swimming Newsletter #322

Wednesday, December 5<sup>th</sup>, 2012

**To:** Carleton Masters Coaches / Staff (10 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).

**"If you are going to achieve excellence in big things, you develop the habit in little matters. Excellence is not an exception, it is a prevailing attitude." – Colin Powell**

### Masters Program Notes and Cancellations

- The Fall session ends **Sat Dec 15<sup>th</sup>**. The Winter session starts **Wed Jan 2<sup>nd</sup>**.
  - Details on an end-of-term get together under "Swimmer Notes" below.
- There will be some pay-as-you-go interim sessions between the Fall and Winter sessions. If you are in town, please try to attend! Schedule below.
- Registration is available for the Winter session.
  - Program details (times, dates, prices, etc.) can be found near the end of the newsletter.
  - The 6pm Whitecaps and 7:30am Earlybirds are full – waitlists available
  - The other groups (especially Saturday) are starting to fill up! Register soon to avoid disappointment!

### Interim Workout Schedule

To help work off those holiday meals, we will have some extra workouts between the Fall and Winter sessions. Each workout costs \$4.85 (the cost of a public swim pass). Note that these workouts are open to those with a valid Athletics membership (or student/staff card) for the date/time of the workout. If you have a morning-only membership, it is good all day on "reduced hours" days, i.e. all of these dates. Guests (who do not have to be members) are welcome, if they pay the \$4.85 fee and are accompanied by a member. You must pay the public swim \$4.85 fee at the Welcome Centre, **get a receipt, write your name on the back, and give your receipt to the coach on deck before you get in the water.** No receipt, no swim, no exceptions!! Coaches and themes coming soon. Here's the schedule. (Note that it is also posted near the top of the web site: <http://carletonmasters.tripod.com/>.)

Mon Dec 17th 7:30-8:30am  
Mon Dec 17th 6:00-7:10pm  
Tue Dec 18th 6:00-7:10pm  
Wed Dec 19th 7:30-8:30am  
Thu Dec 20th 6:00-7:10pm  
Fri Dec 21st 7:30-8:30am  
Sat Dec 22nd 8:15-9:25am  
Thu Dec 27th 6:00-7:10pm  
Sat Dec 29th 12:00-1:15pm

### Swimmer Notes

#### Swimmer Updates:

- **Tomorrow: Thu Dec 6<sup>th</sup> 7:00-8:30pm:** Free CPR Essentials Course with Chief Paramedic Anthony Di Monte at the Jim Durrell Recreation Centre, 1264 Walkley Road. All welcome. A collection will be made for the United Way.

- **This Saturday!: Penny Estabrooks** (8:30am Earlybirds) will be participating in a craft sale **Sat Dec 8<sup>th</sup> 2-4pm** at 94 Cameron Ave, Old Ottawa South. She will be selling her cards and a few paintings. There will also be other crafters offering place mats, jewelry, soaps, loot bags, doggy treats, fudge and more. Admission is free but there will be a basket for donations for the food bank. You can see a collection of **Penny's** paintings at: <http://www.pennye.ca/art/>.

- Congratulations to "almost" twins **Susan Nevitt-Yelle** (7:30am Earlybirds) and **Dawn Walsh** (8:30am Earlybirds) on their recent 50<sup>th</sup> birthdays (Nov 28<sup>th</sup> and Dec 4<sup>th</sup>). **Dawn's** "bucket list" included being in a dance video, so her party involved taping a choreographed dance to LMFAO's Party Rock Anthem. Once the video is ready, I will post a link!

- As the Fall Masters term officially ends on Sat Dec 15<sup>th</sup>, all are welcome to celebrate the end-of-term at the Heart and Crown on Preston starting about **8pm Thu Dec 13<sup>th</sup>**. Thanks to **Jian-Lok Chang** (6pm Whitecaps) for the suggestion!

- Many thanks to all those who attended the holiday party on Sat Nov 24<sup>th</sup>. It was great to see everyone (and to eat a lot!). We really appreciate the effort that **Don Wells** (6pm Whitecaps), **Joanie Conrad** (7:10pm Whitecaps), and **Sam** and **Ben** (x-Safety Supervision) put in to host us every year!

- Swimmer in the news (again!): **Roy Hanes** (7:10pm Whitecaps) was featured in the Nov 22<sup>nd</sup> Charlatan: <http://charlatan.ca/2012/11/more-needs-to-be-done-for-disabled-immigrants-and-refugees-prof-says/>

- Here are some recent videos from MSC (Masters Swimming Canada):

- November News: English: <http://youtu.be/D9t0WriHNNU> and French: <http://youtu.be/ld6s6gcY-mc>
- 3 minute introduction to Masters Swimming: <http://mymsc.ca/Article.jsp?id=163>

- The dates, a web site and a link to the qualifying times for the 2014 World Masters in Montreal have been added to the Masters Swimming Competition section below.

- **Ursula Scott** (7:30am Earlybirds) is a member of the Orpheus Choral Group. Their second Christmas concert is on Saturday December 15<sup>th</sup> at St. Paul's High School, 2675 Draper Avenue at 7 p.m. Free will offering requested. There will also be a sing-a-long and a special surprise for young children in attendance. Reception with homemade treats follows the concert.

- **Nichola Shaw**, a student at (appropriately!) Bath University, is doing a research project on swimmers and their exercise goals and patterns of exercise. She has put together a 10 minute survey for men and women 18 and over, who train at least twice per week and compete at least twice per year. If you qualify, she would appreciate your input: <https://www.surveymonkey.com/s/BB5RSYB>.

- Due to a very busy teaching schedule in the Winter term, I will be reducing my coaching hours slightly. **Alex Joubert** (Pool Staff and new Masters Sub-Coach) has kindly agreed to coach the 6pm and 7:10pm groups on Mondays during the Winter term. Thanks, **Alex!** (I'll be providing the workouts, so if you don't like them, it's my fault!)

- An adult recreational water polo program is running at Brewer Pool Thu 8:30-10pm Jan 10 to May 30<sup>th</sup>. Cost is \$250+HST. Register at: [registrar@ottawawaterpolo.com](mailto:registrar@ottawawaterpolo.com). For more details contact: Angie Meier [meiera66@hotmail.com](mailto:meiera66@hotmail.com).

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

### News and Links:

- The Flip Side: Workout: What if guys and girls swapped roles at the gym?: <http://www.ebaumsworld.com/media/embed/82934408>
- 9 Surprising Fitness Tips: <http://athletics.carleton.ca/2012/9-surprising-fitness-tips/>
- Fit Older Athletes Benefit Little from Running (maybe Swimming is better?): <http://online.wsj.com/article/SB10001424127887323330604578145462264024472.html>
- Lifting Weights Protects Against Metabolic Syndrome: <http://www.sciencedaily.com/releases/2012/10/121023124404.htm>
- How to Prevent Post-Race Colds and Illness: <http://www.iaw-connect.com/training/how-to-prevent-post-race-colds-and-illnesses/>
- Exercise Makes you Crave Money Less!: <http://sweatscience.runnersworld.com/2012/10/exercise-makes-you-crave-money-less/>
- What you Should Eat Before a Morning Workout: <http://triathlete-europe.competitor.com/2012/09/14/what-you-should-eat-before-a-morning-workout/>

**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 16/17<sup>th</sup> (6pm/7:30am/8:30am)
- Thu/Fri Nov 29/30<sup>th</sup> (6pm/7:30am/8:30am)

### Time Trials:

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

Congratulations to all who participated in the 100 time trial on Tue Dec 4<sup>th</sup> / Wed Dec 5<sup>th</sup>. There were lots of improvements with **Chris Yordy** (7:30am Earlybirds) again leading the way with a 16.1sec improvement in his 100fs. Here's a list of all the improvements:

### 100fs (10)

- Chris Yordy** (7:30am Earlybirds) 16.1
- Susan Hulley** (7:30am Earlybirds) 5.1
- Ursula Scott** (7:30am Earlybirds) 4.6
- Andrea Chandler** (6pm Whitecaps) 4.5
- Marie Steele** (6pm Whitecaps) 3.5
- Christian Cattan** (7:30am Earlybirds) 2.3
- Paul Scully** (8:30am Earlybirds) 1.3
- Marie-Odile Junker** (8:30am Earlybirds) 0.9
- Fouad Hejazi** (7:30am Earlybirds) 0.7
- Mike Lau** (6pm Whitecaps) 0.7

### 100br (1)

- Tony Revitt** (8:30am Earlybirds) 0.8

### 100fl (2)

- Natalie Aucoin** (8:30am Earlybirds) 1.3
- Mark Blenkinsop** (8:30am Earlybirds) 0.3

IM (5)

**Francois Jacques** (7:30am Earlybirds) 8.0

**Margaret King** (7:30am Earlybirds) 7.4

**Amir Banihashemi** (8:30am Earlybirds) 0.5

**Nathan Fudge** (6pm Whitecaps) 0.5

**Deb Low** (6pm Whitecaps) 0.2

Here are the weekday attendance statistics. There will be certificates at the end of term for all those with perfect weekday attendance. Let me know if you notice any errors or omissions!

**6pm Whitecaps:** Sept 4-Dec 4<sup>th</sup> (39 workouts); range: 18-34; average: 27.5

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

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

Missed 2 Workouts: **Marg E**

**7:10pm Whitecaps:** Sept 4-Dec 4<sup>th</sup> (39 workouts); range: 11-26; average: 17.6

Perfect Attendance: **Jamie C**

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

**8:10pm Whitecaps:** Sept 4-Dec 4<sup>th</sup> (27 workouts); range: 8-16; average: 11.8

Missed 1 Workout: **Manuel L**

Missed 3 Workouts: **Lynn B**

**7:30am Earlybirds:** Sept 5-Dec 5<sup>th</sup> (39 workouts); range: 20-29; average: 24.0

Missed 1 Workout: **Angela D**

Missed 2 Workouts: **Christian C, Susan H**

Missed 3 Workouts: **Fouad H**

**8:30am Earlybirds:** Sept 5-Dec 5<sup>th</sup> (39 workouts); range: 12-27; average: 19.2

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 31<sup>st</sup>, 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.**

Fri-Sun Dec 7-9<sup>th</sup> New England SCM Championships, Boston University <http://scmchamps.blogspot.ca/>

Sat Dec 8<sup>th</sup> North York Pentathlon SCM: **CANCELLED**

Mon Jan 1<sup>st</sup> Sears Great Canadian Chill: Polar Bear Dip, Britannia Bay <http://thechill.ca/> (no MSO registration required)

Sat Jan 12<sup>th</sup> Clarington SCM <http://www.mastersswimmingontario.ca/pdf/ClaringtonJan22013.pdf>

Sun Jan 20<sup>th</sup> Alderwood SCY <http://www.mastersswimmingontario.ca/pdf/AlderwoodJan202013.pdf>

Sun Jan 20<sup>th</sup> Brockville SCM (TBC)

Sat Jan 26<sup>th</sup> Pointe-Claire SCM (TBC)

Sun Jan 27<sup>th</sup> 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 2-3<sup>rd</sup> Coupe de la Capitale LCM Quebec City <https://registration.swimming.ca/MeetInfo.aspx?meetid=13440>

Sun Feb 10<sup>th</sup> Burlington SCM <http://mastersswimmingontario.ca/pdf/BurlingtonFeb102013.pdf>

Sat-Sun Feb 16-17<sup>th</sup> LaSalle SCM (TBC)

Sat Mar 2<sup>nd</sup> Cote St-Luc SCM Montreal (details TBA)

Sun Mar 3<sup>rd</sup> Milton SCM (details TBA)

Sun Mar 3<sup>rd</sup> 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 10<sup>th</sup> Etobicoke LCM 1500 (TBC)

Sat Mar 16<sup>th</sup> Dollard-des-Ormeaux SCM (details TBA)

Fri-Sun Mar 28-30<sup>th</sup> Ontario Provincials SCM London (details TBA)

Fri-Sun Apr 19-21<sup>st</sup> Quebec Provincials SCM Montreal Olympic Pool (details TBA)

Sat Apr 20<sup>th</sup> Downtown Toronto All Out SCM (details TBA)

Sun May 5<sup>th</sup> Thornhill SCM <http://www.mastersswimmingontario.ca/pdf/ThornhillMay52013.pdf>

Fri-Mon May 17-20<sup>th</sup> Nationals SCM Nepean (details TBA)

Sat Jun 8<sup>th</sup> Longueuil LCM (details TBA)

Sat Jul 13<sup>th</sup> London ON LCM (TBC)

Jul 27<sup>th</sup> – Aug 10<sup>th</sup> 2014 FINA World Aquatic Championships, Parc Jean-Drapeau (outdoors), Montreal <http://www.finamasters2014.org/>; Time Standards: <http://www.finamasters2014.org/files/pdf/Time%20standards%20Montreal%202014.pdf>

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

## Sat Nov 10<sup>th</sup> Montreal ACC Meet, Claude-Robillard

The official results are now available (with a date of Oct 10<sup>th</sup> instead of Nov 10<sup>th</sup>): <http://mymsc.ca/ShowMeet.jsp?id=518>. And here are **Jamie's** updated times and placings:

**Jamie Chalmers** (7:10pm Whitecaps; 65-69): **1<sup>st</sup>**: 100fs (1:27.73), 100bk (1:44.49); **4<sup>th</sup>**: 800fs (17:49.03)

## Sat Dec 1<sup>st</sup> Montreal Nord Meet

Once again, **Jamie** visited Montreal! Official results are not yet available, but in his last meet in the 65-69 age group, **Jamie** broke his 200 fly club record by about 1:00!! The club records will be updated once I have the official times. Congratulations, **Jamie**!

**Jamie Chalmers** (7:10pm Whitecaps; 65-69): **5<sup>th</sup>** 50+ 25fs: heats 16.11; finals 15.72; 200fl: 5:29; 50fs: 37.69; 100fs: 1:28; 800fs: 18:00+

## Sun Dec 2<sup>nd</sup> Technosport Meet, U of Ottawa

There were three Carleton swimmers in attendance (including **Jian-Lok** who was swimming for Edmonton Masters). Official results are not yet available, but here's (approximately) how we did:

**Jian-Lok Chang** (6pm Whitecaps; 25-29; swimming for Edmonon masters) 200bk (2:14), 100fl (59.5), 200IM (2:18)

**Ian Lorimer** (7:30am Earlybirds; 50-54): 50fs (33.8), 100fs (1:15.23), 50fl (39."something")

**Lynn Marshall** (Coach; 50-54): 100fs (1:03.49), 50bk (34.8), 50br (40.9), 200br (3:05.08), 50fl (33.8), 200fl (2:33)

## 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 Dec 4<sup>th</sup>).

## Ask the Coach

**Dear Coach:** Why do we do sculling? My Arms Hurt

Dear M.A. Hurt: When we move our arms through the water, there is always a front to back component as well as a side to side component. Sculling helps us practice the side to side component by helping us learn the optimal angle for our hands as they move side to side in the water. This is called "feel for the water" and is critical to becoming a better swimmer. For example: <http://www.goswim.tv/entries/5654/all-strokes—the-ins-and-outs-of-sculling.html>.

**Dear Coach:** Can you remind me again how to figure out which way the lanes go? Clockwise or Counter-Clockwise

Dear C.o. Counter-Clockwise: Sure. In the deep end, the lane nearest the diving well must go counter-clockwise (up the right) to avoid potential head injuries when there is no lane rope between the diving well and the rest of the deep end. All the other lanes are calculated from that one, with the shallow end lanes going in the same direction as their other "halves" in the deep end.

**Dear Coach:** I need to improve my flip turns. Any suggestions? Flipper

Dear Flipper: A clinic is a good first step. Ask your coach if a flip turn clinic can be done during workout. After that, it's just practice-practice-practice!

## Private and Semi-Private Masters Swim Lessons

### Fall Availability:

Mon Dec 10<sup>th</sup> 9:40-10:40am

Tue Dec 11<sup>th</sup> 7:15-8:15pm

Wed Dec 12<sup>th</sup> 4:30-5:30pm

Thu Dec 13<sup>th</sup> 8:15-9:15pm

Fri Dec 14<sup>th</sup> 9:40-10:40am

Mon Dec 17<sup>th</sup> 8:40-9:40am

Tue Dec 18<sup>th</sup> 7:15-8:15pm

Sat Dec 22<sup>nd</sup> 9:30-10:30am

### 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 4<sup>th</sup> to Sat Dec 15<sup>th</sup>** (no workouts: Mon Sept 3<sup>rd</sup>; Mon Oct 8<sup>th</sup>)

**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 2<sup>nd</sup> to Fri Apr 12<sup>th</sup>** (no workouts: Tue Jan 1<sup>st</sup>; Mon Feb 18<sup>th</sup>; Fri Mar 29<sup>th</sup>; Mon Apr 1<sup>st</sup>)

**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](mailto:lynnmarshall@sympatico.ca)).

Happy lengths!  
Lynn

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