

## Lynn Marshall

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**From:** Lynn Marshall <lynnmarshall@sympatico.ca>  
**Sent:** August-31-13 3:54 PM  
**To:** 'Fran Craig'; 'Steve Baird'; Alex Joubert; 'Blake Christie'; 'Claudia Cronin-Schlote'; 'Kristi Dean'; 'Lynn Marshall'; 'Mits Kachi'; Nico Belisle; 'Tim Kilby'; Zoe Todd  
**Subject:** Carleton Masters Swimming Newsletter #343

## Carleton Masters Swimming Newsletter #343

Saturday, August 31<sup>st</sup>, 2013

**To:** Carleton Masters Coaches / Staff (11 addresses)

**Bcc:** Those Registered for Fall 2012, Winter 2013, Spring 2013, Summer 2013 and Alumni: 7:30am Earlybirds I (57 addresses), 8:30am Earlybirds II (41 addresses), 6pm Whitecaps I (45 addresses), 7:10pm Whitecaps II (39 addresses), 8:10pm Whitecaps III (25 addresses), Saturday Only (9 addresses), Masters "Alumni" (31 addresses).

"Keep smiling – it makes people wonder what you are up to!"

### Masters Program Notes and Cancellations

- The Summer session ended today: **Sat Aug 31<sup>st</sup>**.
- The Fall session starts **Tue Sept 3<sup>rd</sup>** and runs until **Sat Dec 21<sup>st</sup>**. The only cancellation is **Mon Oct 14<sup>th</sup>** (Thanksgiving).
- The Fall workout themes can be found here: <http://carletonmasters.tripod.com/mastplanfall13.pdf>
- Registration for both Fall and Winter Masters programs is underway (details at the end of the newsletter). Here are the groups more than half full:
  - 6pm Fall: **full**: wait list available
  - 7:30am Fall: **full**: wait list available
  - 6pm **Winter**: 9 spots left
  - Saturdays Fall: 11 spots left
  - 7:30am **Winter**: 15 spots left
  - 7:10pm Fall: 16 spots left
  - 8:10pm Fall: 17 spots left

## Swimmer Notes

### Swimmer Updates:

- Congratulations to **Ahmed Doha** (x-Earlybirds/Whitecaps) and his wife **Doaa** on the birth of their first child, son **Yusuf** on Aug 22<sup>nd</sup> at 3:42pm. Mom and baby and happy and Dad is very excited!

- Here is the Masters Swimming Canada Summer Update:

<http://myemail.constantcontact.com/MSC-info-MNC---summer-2013--t.html?soid=1111818722899&aid=O6UmQJYIOsY>

- **Jenna Lambert** a SWAD (Swimmer with a Disability), Carleton student and Varsity swim team member last year is involved with Easter Seals. She thanks everyone who participated in the Bring on the Bay and asked me to pass on information on an 4-on-4 ball hockey tournament being organized for Sat Sept 7<sup>th</sup> to raise money for Easter Seals: <http://www.easterseals.org/power-play/ottawa-power-play>.

- **Carolyn Odecki** (6pm Whitecaps)'s daughter designed a Carleton Masters Swimming logo for latex swim caps that she ordered in time for Masters Nationals. Note that our official team name for swim meets is Carleton University Masters Whitecaps, and although for registration purposes Carleton calls only the evening groups "Whitecaps", that doesn't mean these caps are intended only for evening swimmers! **Carolyn** got extra caps printed so that everyone on the team can get one (or two!). They are available from me and from **Carolyn** for \$5 each. Once **Carolyn** has made back her money,

any profit will go to the team. A very big thank you to **Carolyn** and her daughter for doing this!! This is what the caps look like:



## News and Links:

- This was in the newsletter a long time ago, but **Robin Henderson** (7:30am Earlybirds) sent it in, and it's a good one. Wouldn't it be nice to be able to kick like this?: <http://www.wimp.com/guysal/>
- Lies About Fast Swimmers: <http://zwemza.wordpress.com/2013/08/18/8-lies-about-fast-swimmers/>
- Seven Traits of Mental Toughness: [http://running.competitor.com/2013/03/training/7-traits-of-mentally-tough-runners\\_68365](http://running.competitor.com/2013/03/training/7-traits-of-mentally-tough-runners_68365)
- How Overtraining Can Erode Your Body: <http://tinyurl.com/czdwm7f>
- Dieting Myths and Gender Difference: <http://www.iawr-connect.com/nutrition/dieting-myths-gender-differences/>
- Therapy as Effective as Surgery for Torn Meniscus and Arthritis of Knee: <http://www.sciencedaily.com/releases/2013/03/130321133244.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! If there's a particular suit you are looking for, I may be able to track it down.

**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. Just a few silicone caps left at \$2. Ask if you're interested in looking at these. If anyone has any caps that they'd like to donate, they would be most welcome.

**Nose Clips for Sale:** Cost \$5. Contact me if you are interested.

## Summer Session Information

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End; **Lynn**

6pm Whitecaps: Shallow End; July Mondays: **Mits**; August Mondays: **Alex**; Tuesdays/Thursdays: **Lynn**

12:15pm Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

I coached for **Alex** on Mon Aug 12<sup>th</sup>. In exchange, he is coaching for me on **Sat Aug 17<sup>th</sup>**.

## Fin Days:

Thu Aug 8<sup>th</sup> / Fri Aug 9<sup>th</sup>

## Time Trials:

Mon Jul 15<sup>th</sup> am: 400fs or IM

Mon Jul 22<sup>nd</sup> pm: two 50s choice

Mon Jul 29<sup>th</sup>: 50 and 100 choice (am); 100 choice (pm)

Tue Aug 13<sup>th</sup> / Wed Aug 14<sup>th</sup>: 800 / 1500fs

Tue Aug 20<sup>th</sup> / Wed Aug 21<sup>st</sup>: 200 choice

Thu Aug 30<sup>th</sup> / Fri Aug 31<sup>st</sup>: relays

This information and more can be found with the Spring/Summer workout themes at:

<http://carletonmasters.tripod.com/mastplansprsum13.pdf>.

Congratulations to all those who participated in the 200 time trial on Tue Aug 20<sup>th</sup> / Wed Aug 21<sup>st</sup>, especially to those who improved. **Manuel Lebron** (6pm Whitecaps) improved his 200fs by nearly 2.5 minutes from just 2 months ago. If he continues improving at that rate, he'll finish before he starts by the Winter term! **Chris Yordy** (7:30am Earlybirds) improved his 200fs by nearly 30 seconds, and **Deb Low** (6pm Whitecaps) had the biggest improvement in 200IM: 6 seconds. Here's a list of all the improvements.

#### **200fs**

**Manuel Lebron** 2:29.9

**Chris Yordy** 26.5

**Heloise Emdon** 8.0

**Sheila MacLean** 2.6

#### **200IM**

**Deb Low** 6.0

**Dave Grynspan** 0.6

Thanks to all who participated in the relays on Thu Aug 29<sup>th</sup> and Fri Aug 30<sup>th</sup>. The biggest improvement was by **Gi Wu** (6pm Whitecaps) – a whopping 4.5 seconds in 50bk. (**Gi**: You are no longer allowed to complain that I made you do backstroke on the relay! ☺ ) **Masahiro Oishi** (7:30am Earlybirds) also had a big improvement: 3.1 seconds in 50fs. The list of those who improved follows. (The relay results are near the end of the newsletter.)

#### **50fs (3)**

**Masahiro Oishi** 3.1

**Kip Tubei** 0.9

**Margaret King** 0.7

#### **50bk (3)**

**Gi Wu** 4.5

**Harley Gifford** 0.4

**Chris Yordy** 0.3

#### **50br (1)**

**Mike Machum** 0.1

#### **50fl (1 + 1 tie)**

**Deb Low** 0.7 plus 0.3 earlier in term for a total of 1.0

**Luz Osorio** 0.0 (tied best)

### **Summer Session Summary**

A big thank you to coaches **Alex Joubert**, **Mits Kachi**, **Nico Belisle**, **Blake Christie**, and **Claudia Cronin-Schlote** for their coaching this term.

Thanks to **Lucie Boudreau** (7:30am Earlybirds) for bringing banana bread and zucchini bread for the morning group on the last day. Many thanks to all the Earlybirds for the chocolates, organized by **Margaret Dibben King**. Much appreciated!

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. Congratulations to **Amir Banihashemi** (7:30am Earlybirds), and **Harley Gifford** (7:30am Earlybirds) on their perfect attendance!

**7:30am Earlybirds:** Jul 3 – Aug 30<sup>h</sup> (25 workouts); range: 18-37; average: 28.0

Perfect Attendance: **Amir Banihashemi**, **Harley Gifford**

Missed 1 Workout: **Christian Cattan**

**6:00pm Whitecaps:** Jul 2 – Aug 29<sup>th</sup> (25 workouts); range: 14-27; average: 20.7

Missed 1 Workout: **Dave Grynspan**, **Jamie Chalmers**,

Missed 2 Workouts: **Deb Low, Mariette Kenney, Mike Lau**

### Time Trial and Relay Summary:

The information below on most improved and fastest swimmers is taken from the time trials done during the Summer 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 278 completed time trials: 133 for women and 145 for men. If you notice any errors or omissions, please let me know.

Twenty-six swimmers (12 women and 14 men) improved in at least one event. Most improved overall was **Manuel Lebron** (6pm Whitecaps) with a 2:29.9 (75sec/100m) improvement in 200fs – that's amazing! Next was **Chris Yordy** (7:30am Earlybirds) who improved his 200fs by 26.5 sec (13.3sec/100m). Third overall and top woman was **Andrea Chandler** (6pm Whitecaps). She improved her 800fs by 1:25 (10.6sec/100m). Fourth and third man was **Gi Wu** (6pm Whitecaps) with a 4.5sec (9.0sec/100m) improvement in 50bk. Rounding out the top three for the women were **Heloise Emdon** (7:30am Earlybirds) with a 42sec (5.3sec/100m) improvement in 800fs, and **Jenna Roundell** (6pm Whitecaps) with a 2.6sec (5.2sec/100m) improvement in 50fl. **Deb Low** (6pm Whitecaps) and **Harley Gifford** (7:30am Earlybirds) each improved in four different events.

The International Point Scores (link to web page below) are used to determine the best swims. Eight swimmers (4 women and 4 men) scored 400 plus points in at least one event. **Luz Osorio** (6pm Whitecaps) had the highest score with 571 for 31.1 in 50fs. She was followed by the top man, **Jian-Lok Chang** (6pm Whitecaps) with 559 for 27.5 in 50fs. Third overall and second man was **Masashi Kobayashi** (7:30am Earlybirds) with 524 for 28.2 in 50fs. Next and second woman was **Jenna Roundell** (6pm Whitecaps) with 491 for 33.0 in 50fs, followed closely by **Paola Osorio** (6pm Whitecaps) with 472 for 33.5 in 50fs. Rounding out the top 3 for the men was **Francois Jacques** (7:30am Earlybirds) with 430 for 30.4 in 50fs. I believe that's the first time that the top 3 women and men have all scored their points in 50fs! **Jenna** and **Luz** scored over 400 points in four different events, while **Masashi** and **Paola** scored over 400 in three events.

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 26 women and 17 men who improved in at least one event.

Pl	Name	Group	Gender	Event	Imp	Imp/100m
1	<b>Andrea Chandler</b>	WC1	F	800fs	85.0	10.6
2	<b>Heloise Emdon</b>	EB1	F	800fs	42.0	5.3
3	<b>Jenna Roundell</b>	WC1	F	50fl	2.6	5.2
4	Veronica Eden	WC1	F	1500fs	63.0	4.2
5	Deb Low	WC1	F	200IM	6.0	3.0
6	Lara Thorpe	WC1	F	50br	0.8	1.6
7	Seema Akhtar	WC1	F	50bk	0.8	1.6
8	Margaret King	EB1	F	50fs	0.7	1.4
9	Sheila Maclean	WC1	F	200fs	2.6	1.3
10	Natalie Aucoin	EB1	F	100fl	1.2	1.2
11	Robin Henderson	EB1	F	1500fs	9.0	0.6
12	Melodie Guilbeault	WC1	F	800fs	2.0	0.3
1	<b>Manuel Lebron</b>	WC1	M	200fs	149.9	75.0

2	Chris Yordy	EB1	M	200fs	26.5	13.3
3	Gi Wu	WC1	M	50bk	4.5	9.0
4	Masahiro Oishi	EB1	M	50br	3.6	7.2
5	Francois Jacques	EB1	M	100br	4.8	4.8
6	Josh Gladstone	EB1	M	1500fs	70.0	4.7
7	Masashi Kobayashi	EB1	M	400fs	13.9	3.5
8	Harley Gifford	EB1	M	100bk	3.1	3.1
9	Kip Tubei	WC1	M	50fs	0.9	1.8
10	Mike Halasz	WC1	M	50fs	0.7	1.4
11	Mike Machum	WC1	M	1500fs	15.0	1.0
12	Mike Mopas	EB1	M	400fs	1.9	0.5
13	Dave Grynspan	WC1	M	200IM	0.6	0.3
14	Chris Macknie	EB1	M	400fs	0.8	0.2

### Fastest Swimmers (best event for each person):

All those scoring 400 or more points are shown. This term there were 6 women and 10 men who made the list.

Pl	Name	Group	Gender	Event	Time	Points
1	Luz Osorio	WC1	F	50fs	31.1	571
2	Jenna Roundell	WC1	F	50fs	33.0	491
3	Paola Osorio	WC1	F	50fs	33.5	472
4	Julie Mouris	WC1	F	1500fs	22:37	462
1	Jian-Lok Chang	WC1	M	50fs	27.5	559
2	Masashi Kobayashi	EB1	M	50fs	28.2	524
3	Francois Jacques	EB1	M	50fs	30.4	430
4	Gi Wu	WC1	M	50fs	30.5	426

(For point scores, see: <http://www.swimnews.com/ipspoints>. 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
<b>50fs</b>					
1	Margaret King	EB1	F	0.7	1.4
2	Lara Thorpe	WC1	F	0.5	1.0
3	Deb Low	WC1	F	0.4	0.8
1	Masahiro Oishi	EB1	M	3.1	6.2
2	Josh Gladstone	EB1	M	1.2	2.4
3	Kip Tubei	WC1	M	0.9	1.8
(5/5)					
<b>100fs</b>					
1	Josh Gladstone	EB1	M	4.0	4.0
(0/1)					
<b>200fs</b>					
1	Heloise Emdon	EB1	F	8.0	4.0
2	Sheila Maclean	WC1	F	2.6	1.3
1	Manuel Lebron	WC1	M	149.9	75.0

2	Chris Yordy	EB1	M	26.5	13.3
(2/2)					
<b>400fs</b>					
1	Masashi Kobayashi	EB1	M	13.9	3.5
2	Harley Gifford	EB1	M	1.9	0.5
2	Mike Mopas	EB1	M	1.9	0.5
(0/4)					
<b>800fs</b>					
1	Andrea Chandler	WC1	F	85.0	10.6
2	Heloise Emdon	EB1	F	42.0	5.3
3	Melodie Guilbeault	WC1	F	2.0	0.3
1	Manuel Lebron	WC1	M	144.0	18.0
(3/1)					
<b>1500fs</b>					
1	Veronica Eden	WC1	F	63.0	4.2
2	Robin Henderson	EB1	F	9.0	0.6
3	Lara Thorpe	WC1	F	7.0	0.5
1	Chris Yordy	EB1	M	98.0	6.5
2	Josh Gladstone	EB1	M	70.0	4.7
3	Harley Gifford	EB1	M	45.0	3.0
(3/4)					
<b>50bk</b>					
1	Seema Akhtar	WC1	F	0.8	1.6
2	Deb Low	WC1	F	0.3	0.6
1	Gi Wu	WC1	M	4.5	9.0
2	Harley Gifford	EB1	M	0.4	0.8
(2/2)					
<b>100bk</b>					
1	Harley Gifford	EB1	M	3.1	3.1
(0/1)					
<b>50br</b>					
1	Lara Thorpe	WC1	F	0.8	1.6
1	Masahiro Oishi	EB1	M	3.6	7.2
2	Chris Yordy	EB1	M	0.3	0.6
3	Mike Machum	WC1	M	0.1	0.2
(1/3)					
<b>100br</b>					
1	Margaret King	EB1	F	0.9	0.9
1	Francois Jacques	EB1	M	4.8	4.8
(1/1)					
<b>50fl</b>					
1	Jenna Roundell	WC1	F	2.6	5.2
2	Deb Low	WC1	F	1.0	2.0
(2/0)					
<b>100fl</b>					
1	Natalie Aucoin	EB1	F	1.2	1.2
(1/0)					
<b>100IM</b>					

1	Jenna Roundell	WC1	F	1.9	1.9
1	Dave Grynspan	WC1	M	0.2	0.2
(1/1)					
<b>200IM</b>					
1	Deb Low	WC1	F	6.0	3.0
1	Dave Grynspan	WC1	M	0.6	0.3
(1/1)					

### 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. (The 800m is intended only for those who cannot complete 1500m in under 34:00.)

	Name	Group	Gender	Time
<b>25fs</b>				
1	Heloise Emdon	EB1	F	20.1
2	Renee Robert	EB1	F	21.1
3	Lucie Boudreau	EB1	F	24.6
1	Larry Durr	EB1	M	18.0
(6/1)				
<b>50fs</b>				
1	Luz Osorio	WC1	F	31.1
2	Jenna Roundell	WC1	F	33.0
3	Paola Osorio	WC1	F	33.5
4	Julie Mouris	WC1	F	34.0
1	Jian-Lok Chang	WC1	M	27.5
2	Masashi Kobayashi	EB1	M	28.2
3	Francois Jacques	EB1	M	30.4
4	Gi Wu	WC1	M	30.5
(38/46)				
<b>100fs</b>				
1	Sandy Lawson	EB1	F	1:22.6
2	Mary Donaghy	EB1	F	1:37.3
3	Renee Robert	EB1	F	1:41.5
3	Susan Hulley	EB1	F	1:41.5
1	Masashi Kobayashi	EB1	M	1:03.7
2	Isaac Fierro Marquez	WC1	M	1:13.5
3	Josh Gladstone	EB1	M	1:23.6
4	Kevin Nelson	WC1	M	1:24.5
(6/8)				
<b>200fs</b>				
1	Sheila Maclean	WC1	F	2:53.9
2	Madelayne DeGrace	EB1	F	3:10.2
3	Malika Shaath	WC1	F	3:26.9
1	Isaac Fierro Marquez	WC1	M	2:41.5
1	Peter Lithgow	WC1	M	2:41.5
3	Mike Machum	WC1	M	2:44.0
(8/13)				
<b>400fs</b>				

1	<b>Norine Naguib</b>	<b>EB1</b>	<b>F</b>	<b>6:19.9</b>
2	Jennifer Murdock	EB1	F	6:31.2
3	Renee Robert	EB1	F	7:26.6
1	<b>Masashi Kobayashi</b>	<b>EB1</b>	<b>M</b>	<b>5:14.3</b>
2	Bill Westcott	EB1	M	5:36.3
3	Bruce Brown	EB1	M	6:07.6
(7/12)				
<b>800fs</b>				
1	<b>Melodie Guilbeault</b>	<b>WC1</b>	<b>F</b>	<b>18:06</b>
2	Heloise Emdon	EB1	F	18:25
3	Andrea Chandler	WC1	F	18:31
4	Lucie Boudreau	EB1	F	18:40
1	<b>Kip Tubei</b>	<b>WC1</b>	<b>M</b>	<b>16:36</b>
2	Jamie Chalmers	WC1	M	18:02
3	Manuel Lebron	WC1	M	18:18
(4/3)				
<b>1500fs</b>				
1	<b>Luz Osorio</b>	<b>WC1</b>	<b>F</b>	<b>21:20</b>
2	Julie Mouris	WC1	F	22:37
3	Paola Osorio	WC1	F	22:39
1	<b>Isaac Fierro Marquez</b>	<b>WC1</b>	<b>M</b>	<b>22:45</b>
2	Mike Machum	WC1	M	23:27
3	Dave Grynspan	WC1	M	24:02
(15/15)				
<b>25bk</b>				
1	<b>Margaret Dibben King</b>	<b>EB1</b>	<b>F</b>	<b>55.7</b>
(1/0)				
<b>50bk</b>				
1	<b>Lena Williams</b>	<b>WC1</b>	<b>F</b>	<b>42.0</b>
2	Deb Low	WC1	F	44.0
3	Veronica Eden	WC1	F	47.0
1	<b>Jian-Lok Chang</b>	<b>WC1</b>	<b>M</b>	<b>31.0</b>
2	Don Wells	WC1	M	36.7
3	Gi Wu	WC1	M	37.6
(6/13)				
<b>100bk</b>				
1	<b>Margaret Dibben King</b>	<b>EB1</b>	<b>F</b>	<b>4:04.3</b>
1	<b>Harley Gifford</b>	<b>EB1</b>	<b>M</b>	<b>1:26.3</b>
(1/1)				
<b>200bk</b>				
1	<b>Margaret Dibben King</b>	<b>EB1</b>	<b>F</b>	<b>7:29.8</b>
1	<b>Don Wells</b>	<b>WC1</b>	<b>M</b>	<b>2:46.3</b>
2	Jamie Chalmers	WC1	M	4:05.3
(1/2)				
<b>50br</b>				
1	<b>Jenna Roundell</b>	<b>WC1</b>	<b>F</b>	<b>42.3</b>
2	Lara Thorpe	WC1	F	49.5
3	Karen Jensen	EB1	F	52.0



1	<b>Gi Wu</b>	<b>WC1</b>	<b>M</b>	<b>40.5</b>
2	Mike Machum	WC1	M	41.7
3	Peter Lithgow	WC1	M	43.0
4	Masahiro Oishi	EB1	M	43.6
(5/10)				
<b>100br</b>				
1	<b>Luz Osorio</b>	<b>WC1</b>	<b>F</b>	<b>1:32.5</b>
2	Margaret King	EB1	F	1:41.3
3	Heloise Emdon	EB1	F	1:59.4
1	<b>Francois Jacques</b>	<b>EB1</b>	<b>M</b>	<b>1:35.9</b>
2	Amir Banihashemi	EB1	M	1:41.3
(4/2)				
<b>200br</b>				
1	<b>Margaret Dibben King</b>	<b>EB1</b>	<b>F</b>	<b>11:10.5</b>
(1/0)				
<b>50f1</b>				
1	<b>Luz Osorio</b>	<b>WC1</b>	<b>F</b>	<b>33.7</b>
2	Jenna Roundell	WC1	F	35.5
3	Paola Osorio	WC1	F	36.5
1	<b>Bill Westcott</b>	<b>EB1</b>	<b>M</b>	<b>34.0</b>
2	Ian Lorimer	EB1	M	39.8
3	Dave Grynspan	WC1	M	41.5
(14/4)				
<b>100f1</b>				
1	<b>Natalie Aucoin</b>	<b>EB1</b>	<b>F</b>	<b>1:25.9</b>
(1/0)				
<b>100IM</b>				
1	<b>Jenna Roundell</b>	<b>WC1</b>	<b>F</b>	<b>1:23.5</b>
2	Veronica Eden	WC1	F	1:37.2
3	Deb Low	WC1	F	1:38.5
4	Dawn Walsh	EB1	F	1:38.9
1	<b>Peter Lithgow</b>	<b>WC1</b>	<b>M</b>	<b>1:20.5</b>
2	Robert Fabes	EB1	M	1:31.5
3	Ian Lorimer	EB1	M	1:37.2
(8/6)				
<b>200IM</b>				
1	<b>Deb Low</b>	<b>WC1</b>	<b>F</b>	<b>3:17.0</b>
2	Erin McLean	WC1	F	3:42.7
3	Cori Dinovitzer	EB1	F	3:49.1
1	<b>Harley Gifford</b>	<b>EB1</b>	<b>M</b>	<b>3:16.2</b>
2	Dave Grynspan	WC1	M	3:22.7
3	Mike Lau	WC1	M	3:25.7
(4/7)				
<b>400IM</b>				
1	<b>Natalie Aucoin</b>	<b>EB1</b>	<b>F</b>	<b>7:12.1</b>
2	Madelayne DeGrace	EB1	F	7:23.9
3	Dawn Walsh	EB1	F	7:50.0
1	<b>Francois Jacques</b>	<b>EB1</b>	<b>M</b>	<b>6:51.9</b>

2	Chris Yordy	EB1	M	8:35.0
(3/2)				

## Fun Relays (Thu/Fri August 29/30<sup>th</sup>)

### Free Relay

#### 6pm Whitecaps

- 2:24.2: Team 1: Jian-Lok Chang, Cam Dawson, Andrea Mrozek, Martin B
- 2:24.2: Team 4: Dave Grynspan, Jenna Roundell, Luz Osorio, Kip Tubei
- 2:27.3: Team 2: Don Wells, Francois Parent, Paola Osorio, Malika Shaath
- 2:27.3: Team 3: Jamie Chalmers, Mike Machum, Deb Low, Peter Lithgow

#### 7:30am Earlybirds

- 2:30.2: Team 5: Jim Lee, Mary Donaghy, Margaret King, Francois Jacques
- 2:31.7: Team 2: Harley Gifford, Amir Banihashemi, Sandy Lawson, Heloise Emdon, Renee Robert
- 2:35.2: Team 4: Christian Cattan, Masahiro Oishi, Ian Lorimer, Larry Durr, Lucie Boudreau
- 2:44.0: Team 3: Bruce Brown, Chris Yordy, Cori Dinowitzer, Jennifer Murdock
- 2:47.0: Team 1: Margaret Dibben King, Karen Jensen, Bill Westcott, Kevin Graham

### Overall

- 2:24.2: 6pm Team 1: Jian-Lok Chang, Cam Dawson, Andrea Mrozek, Martin B
- 2:24.2: 6pm Team 4: Dave Grynspan, Jenna Roundell, Luz Osorio, Kip Tubei
- 2:27.3: 6pm Team 2: Don Wells, Francois Parent, Paola Osorio, Malika Shaath
- 2:27.3: 6pm Team 3: Jamie Chalmers, Mike Machum, Deb Low, Peter Lithgow
- 2:30.2: 7:30am Team 5: Jim Lee, Mary Donaghy, Margaret King, Francois Jacques
- 2:31.7: 7:30am Team 2: Harley Gifford, Amir Banihashemi, Sandy Lawson, Heloise Emdon, Renee Robert
- 2:35.2: 7:30am Team 4: Christian Cattan, Masahiro Oishi, Ian Lorimer, Larry Durr, Lucie Boudreau
- 2:44.0: 7:30am Team 3: Bruce Brown, Chris Yordy, Cori Dinowitzer, Jennifer Murdock
- 2:47.0: 7:30am Team 1: Margaret Dibben King, Karen Jensen, Bill Westcott, Kevin Graham

### Medley Relay

#### 6pm Whitecaps

- 2:32.2: Team 3: Gi Wu, Mike Machum, Deb Low, Peter Lithgow; Cheerleader Jamie Chalmers
- 2:43.3: Team 2: Don Wells, Francois Parent, Paola Osorio, Malika Shaath
- 2:45.7: Team 4: Dave Grynspan, Jenna Roundell, Luz Osorio, Kip Tubei
- 2:47.9: Team 1: Jian-Lok Chang, Cam Dawson, Andrea Mrozek, Martin B

#### 7:30am Earlybirds

- 2:53.6: Team 2: Harley Gifford, Amir Banihashemi, Sandy Lawson, Renee Robert, Heloise Emdon
- 2:57.4: Team 4: Christian Cattan, Masahiro Oishi, Ian Lorimer, Lucie Boudreau, Larry Durr
- 2:59.7: Team 1: Margaret Dibben King, Karen Jensen, Bill Westcott, Kevin Graham
- 3:05.4: Team 3: Bruce Brown, Chris Yordy, Cori Dinowitzer, Jennifer Murdock
- 3:07.5: Team 5: Jim Lee, Mary Donaghy, Margaret King, Francois Jacques

### Overall

- 2:32.2: 6pm Team 3: Gi Wu, Mike Machum, Deb Low, Peter Lithgow; Cheerleader Jamie Chalmers
- 2:43.3: 6pm Team 2: Don Wells, Francois Parent, Paola Osorio, Malika Shaath
- 2:45.7: 6pm Team 4: Dave Grynspan, Jenna Roundell, Luz Osorio, Kip Tubei
- 2:47.9: 6pm Team 1: Jian-Lok Chang, Cam Dawson, Andrea Mrozek, Martin B
- 2:53.6: 7:30am Team 2: Harley Gifford, Amir Banihashemi, Sandy Lawson, Renee Robert, Heloise Emdon
- 2:57.4: 7:30am Team 4: Christian Cattan, Masahiro Oishi, Ian Lorimer, Lucie Boudreau, Larry Durr

7. 2:59.7: 7:30am Team 1: Margaret Dibben King, Karen Jensen, Bill Westcott, Kevin Graham
8. 3:05.4: 7:30am Team 3: Bruce Brown, Chris Yordy, Cori Dinowitzer, Jennifer Murdock
9. 3:07.5: 7:30am Team 5: Jim Lee, Mary Donaghy, Margaret King, Francois Jacques

### Kick Relay

#### 6pm Whitecaps

1. 3:15.7: Team 2: Don Wells, Francois Parent, Paola Osorio, Malika Shaath
2. 3:22.2: Team 1: Jian-Lok Chang, Cam Dawson, Andrea Mrozek, Gi Wu; Cheerleader Martin B
3. 3:40.3: Team 4: Dave Grynspan, Jenna Roundell, Luz Osorio, Kip Tubei
4. 3:42.2: Team 3: Jamie Chalmers, Mike Machum, Deb Low, Peter Lithgow

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2014 will start in the Fall. Details coming soon. 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/events/>. For Quebec competitions see: <https://www.swimming.ca/MeetList.aspx>, select FNQ and Masters <show>, and the upcoming meets tabs, then the appropriate month or "season", then select the appropriate 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. (2013-2014 will be in the next newsletter.) 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.**

Nov 14-17<sup>th</sup> Dominican Republic Masters Meet [pablomota82@hotmail.com](mailto:pablomota82@hotmail.com)  
 Jul 27<sup>th</sup> – Aug 10<sup>th</sup> 2014 FINA World Aquatic Championships, Parc Jean-Drapeau (outdoors) and other pools, 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.)

### Sun Aug 18<sup>th</sup> Ironman Mont Tremblant (3.8k/180k/42.2k; 2306 competitors)

Great job, **Robert**, on completing your 2<sup>nd</sup> Ironman! Full results at:  
<http://www.ironman.com/triathlon/events/americas/ironman/mont-tremblant/results.aspx#axzz2cQwGQ0wf>.  
**Robert Fabes** (7:30am Earlybirds; 50-54): 1708<sup>th</sup> overall, 1331<sup>st</sup> man and 152<sup>nd</sup> in category in 14:27:36 (1:04:45 swim; 16<sup>th</sup> in category)

### Fri-Sun Aug 23-25<sup>th</sup> National Dragon Boat Championships, Elk Lake, Victoria

A big round of applause and many congratulations to the **SportChicks Dragon Boat Team**, including many Carleton Masters swimmers: **Isabelle Fradette, Natalie Aucoin, Claire Robinson, Colette Kenney, Dawn Walsh, Debby Whately, Margaret King, Susan Nevitt-Yelle, Ursula Scott**, and steersperson **Carolyn Odecki**. They were competing in the Senior A (40+) Women's Division and needed to place in the top 5 of the 8 teams to qualify for the Club Crew World Championships next summer in Ravenna, Italy. They won the bronze medal overall and will be off to Italy next year! They placed 3<sup>rd</sup> in the 500m in 2:14.04, 3<sup>rd</sup> in the 2k in 10:00.12, and 4<sup>th</sup> in the 200m in 44.43. Full results at:  
<http://www.dbcnationals2013.22dragons.com/>.

### Sun Aug 25<sup>th</sup> Cornwall Olympic Distance Triathlon (1.5k/40k/10k; 106 competitors)

Congratulations to Christian on a good race! Full results at: <http://www.sportstats.ca/>.  
**Christian Cattan** (7:30am Earlybirds; 30-39): 44<sup>th</sup> overall; 36<sup>th</sup> man and 13<sup>th</sup> in category in 2:37:21.7 (32:59.1 swim)

### Sun Aug 25<sup>th</sup> Ironman Canada Whistler (3.8k/180k/42.2k; 2166 competitors)

Well done, **Chris**. And congratulations on yet another TriRudy award! Chris' race report from TriRudy follows. Full results at: <http://www.ironman.com/triathlon/events/americas/ironman/canada/results.aspx#axzz2dH0eD7sH>

**Chris Macknie** (7:30am Earlybirds; 45-49): 251<sup>st</sup> overall, 232<sup>nd</sup> man and 39<sup>th</sup> in category in 10:39:25 (1:18:15 swim; 174<sup>th</sup> in category)

It's hard to believe, but Sunday's Ironman Canada in Whistler was Ironman #14 for me. Where does the time go? After last year's race in Mont-Tremblant, I was doing an Ironman event in a new location at a ski resort for the second year a row.

I had never been to Whistler and I found the town to be like Mont-Tremblant on steroids: a bigger town, more mountains, better scenery, and pricier food and accommodations. Like Mont-Tremblant, Whistler is an ideal venue for an Ironman race. Once you arrive there's no need for a car as all accommodation, shops and restaurants are located within walking distance of the race site. The swim venue is an easy 3k walk, run or ride from town accessible on a paved bike path.

I had the good fortune of seeing several Ottawa folks before, during and after the race and spent lots of time hanging out with Len, Heather, Olivier, Miriam, Eric, Bruce and Derrick. It's always great to spend time with such friendly, welcoming people when you're on your own. Thank you all so much for your kindness and company. I hope some of the other Ottawa racers choose to share their reports here, as there were some fantastic races.

Whistler has the most spectacular scenery of any race site I've been to; racers can see pristine forests, glacier-fed lakes and snow-capped mountains on each of the swim, bike and run. The swim is two loops in the clear waters of Lake Alta with a perfect water temperature of 65 degrees. The bike course

is very challenging, consisting of two hilly out and backs from Whistler, one south and one north, much of it on a highway completely closed to traffic. The run takes racers along beautiful trails through and north of the town on two undulating loops, finishing close to the town's centre. (The finish is not quite as good as Tremblant, as we didn't finish in the heart of the town, but were directed through a couple of parking lots and finished on a side street.) I think that both the bike and run courses are harder than those in Tremblant or in Lake Placid.

One different thing about this version of IM Canada was that there was no carbo load. There was a welcome ceremony and an athletes' meeting, but instead of a meal all racers were given \$25 vouchers to use at any of 20 local restaurants ranging from McDonald's (really!) to pasta joints to an Irish pub to a sushi restaurant to a high-end steak house.

There were two transition zones for this race and everybody needed to take a shuttle bus to the swim start, but those challenges were handled flawlessly by the race organizers. On Saturday we rode our bikes the 3k to the swim start and left our bikes and bike gear at T1, then were shuttled back to town. Sunday morning shuttles left from town starting at 4:30 am to take us to the swim start. It seemed everyone had plenty of time to arrive at the start, check their bike and get ready for the race. After the swim, all of our swim gear was transported to T2 and was waiting for us at the end of the race.

On Sunday we had perfect conditions in which to race: cool but not cold, a mix of sun and cloud, and pretty close to no wind. Even still, this course was hard; being in the mountains with the possibility of inclement weather, the Whistler Ironman course has the potential to be epically difficult.

My race was just okay: not my best, not my worst. I think IM Canada is the last Ironman race in North America with a mass swim start, but even with 2000+ people swimming alongside I had my cleanest, most contact-free swim ever in an Ironman race. Swam 1:18, a few minutes slower than usual, but about what I was expecting given my beach to beach times this year. Coming out of the water in the middle of the field, the change tent was packed so I went all the way through it and put on my cycling gear in a grassy area of T1 beyond the tent.

I felt okay during the bike but didn't really feel "on" until 160k into the ride. Not sure why, as my nutrition was good and my legs felt okay. I paced it well and rode 5:33, which I was reasonably happy with on such a challenging course. I was passed by several other riders which - with my slow swim - usually doesn't happen during Ironman races.

I had pretty good legs coming off the bike and managed to hold back and not start out too fast on the run. I ran at a consistent pace of 5 minutes per kilometre for the first loop and had a 1:45 split half way through the run. As I started the second loop I realized I would need to dial it back a bit to finish without doing any walking. Had the usual "never again" thoughts during the second half of the run, but I have those at every Ironman race. My second loop was 10 minutes slower than the first for a run time of 3:40 and a final time of 10:39. My run split was 20 minutes slower than last year at Tremblant, a bit disappointing, but that's all my legs had on the day. I was passed by several people - including two guys in my age group - which never happens.

The post-race food offering at Tremblant (poutine and beer) can never be topped, but there is room for improvement at Whistler. All that was available was the same stuff we had been eating and drinking all day on the course plus soft, cheesy pretzels. Blech.

One of the reasons I chose to race at Whistler was the lure of 100 slots to Kona. I think a lot of people had the same idea, as this race seemed to have a very competitive field. As I mentioned, I was passed on the bike and on the run, I saw few people walking on the run until the second loop, and despite an okay race I finished in a much lower overall position than usual.

As it turned out I missed a slot to Kona by 12 hours. No, that wasn't the time between the final rolldown slot in my age group and my finishing time. Each Ironman race uses the date of Dec. 31 to determine which age group a person races in. I was born on the morning of Jan. 1, 1964. Had I been born 12 hours earlier I would have been racing in the M50-54 age group. My finishing time would have been good enough to snag a rolldown spot in that age group. C'est la vie! On the bright side, I was absolutely delighted to see Ralph Werner earn his well-deserved trip to the Big Island by qualifying

outright in that age group. Way to go Ralph!

I wouldn't hesitate to do IM Canada in its new location again. But as I flew home via Calgary and our plane flew directly over Penticton, I thought of all the good memories I had from racing there four times. From the plane I could see the swim venue in Okanagan Lake and the run course along Skaha Lake Road. I figure that if I ever do another triathlon in BC, I'll return to Penticton to do it.

Thanks, Rudy, for helping me start the season on the right foot by joining you guys at camp in North Carolina; thanks to Manny Agulnik for organizing the awesome OK Tour which provided a great base of cycling fitness; thanks to Dev for dragging me along to his mega training days in Lake Placid and in Mont-Tremblant; and thanks to Zoe for spending all summer in the Arctic, allowing me to train without worrying about those unfamiliar terms like "chores", "housework" and "shopping". Sorry I can't take you to Kona this year.

Oh yeah, Rudy: Winterlude Tri? Check. Gatineau Loppet? Saturday's point to point classic race, check. Rideau Lakes? Saturday's Challenge Route with Laurel and Doug, Sunday's Classic Route solo, check. Marathon? Ottawa Marathon, check. Ironman? IM Canada, check. Looks like you'll have to put up with me again at this year's Rudy Awards. That'll be #9. See you there.

## 2013 Statistics: Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and 2013 rankings, as well as previous years, top 20 (by gender and age group both SCM and LCM) at: <http://www3.sympatico.ca/chberger/#canada> (last update Jun 20<sup>th</sup>).

## Ask the Coach

**Dear Coach:** My shoulder hurts after swim practice. Is this normal? New Swimmer

Dear N. Swimmer: No. There is likely a problem with your technique that is causing the pain. Ask your coach to look at your strokes.

**Dear Coach:** I want to go to the World Masters Swimming Championships in Montreal next Summer. In preparation, I want to do some other swim meets first. What is the schedule and how do I sign up? Keen Swimmer

Dear K. Swimmer: Sounds like there are lots of Carleton swimmers interested in going to Worlds in Montreal! If you want to compete, you first need to register with MSO (Masters Swimming Ontario). Details on how to do that will be in a newsletter early in the Fall term. After that, you need to choose your meets. I will put a list of competitions in the next newsletter and update them as I get more information.

## Private and Semi-Private Masters Swim Lessons

Monday and Friday 9:40-10:40am mid-September to mid-December  
(Some evenings likely available during December exams.)

### Prices:

**Private:** \$52.50 per hour, plus HST.

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

Please e-mail me for more details.

## Reminders

### Fall/Winter Masters Swimming Programs, Barcodes and Prices

Registration is available for both Fall and Winter. A reminder that you can register by phone or in person for Masters (but **not** on-line, as your membership status must be checked). You must have a valid membership for the duration of the program(s) that you sign up for. The main changes for this year are that the 8:10pm group is now three times per week (rather than two), and the Fall term is one week longer. Note that, as usual, Saturdays are **not** included in your weekday registration for Fall/Winter. The information below is also on the web site: <http://carletonmasters.tripod.com>.

**Fall 2013: Tue Sept 3<sup>rd</sup> to Sat Dec 21<sup>st</sup>; no workouts Mon Oct 14<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: Lynn; barcode 6660; cost: \$138+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: Lynn; barcode 6661; cost: \$138+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coach: Lynn; barcode 6666; cost \$155+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: MTh: Alex; Tu: Mits; barcode 6668; cost: \$138+HST

**8:10pm Whitecaps 3:** 8:10-9:10pm MTuTh (shallow): Coaches: MTh: Alex; Tu: Mits; barcode 6670; cost: \$138+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 6662; cost: \$54+HST  
**Winter 2014: Tue Jan 2<sup>nd</sup> to Fri Apr 11<sup>th</sup>; no workouts Mon Feb 17<sup>th</sup>**  
**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep): Coach: Lynn; barcode 6663; cost: \$126+HST  
**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep): Coach: Lynn; barcode 6664; cost: \$126+HST  
**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coach: Lynn; barcode 6667; cost \$142+HST  
**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow): Coaches: MTh: Alex (TBC); Tu: Mits; barcode 6669; cost: \$126+HST  
**8:10pm Whitecaps 3:** 8:10-9:10pm MTuTh (shallow): Coaches: MTh: Alex (TBC); Tu: Mits; barcode 6671; cost: \$126+HST  
**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 6665; cost: \$46+HST

**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

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