

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** October-11-13 11:46 AM  
**To:** Lynn Marshall at Carleton  
**Subject:** Carleton Masters Swimming Newsletter #346

## Carleton Masters Swimming Newsletter #346

Friday, October 11<sup>th</sup>, 2013

**To:** Carleton Masters Coaches / Staff (9 addresses)

**Bcc:** Those Registered for Fall 2013 and Alumni: 7:30am Earlybirds I (41 addresses), 8:30am Earlybirds II (30 addresses), 6pm Whitecaps I (41 addresses), 7:10pm Whitecaps II (27 addresses), 8:10pm Whitecaps III (16 addresses), Saturday Only (6 addresses), Masters "Alumni" (35 addresses).

"We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop." – Mother Teresa

### Masters Program Notes and Cancellations

- The Fall session is underway and runs until **Sat Dec 21<sup>st</sup>**. The only cancellation is **Mon Oct 14<sup>th</sup>** (Thanksgiving).
  - Yes, there is a workout **Sat Oct 12<sup>th</sup>** (for Saturday swimmers).
  - Yes, there are workouts during **Reading Week** (Carleton's and uOttawa's) ☺ !
- Registration for both Fall and Winter Masters programs is underway (details at the end of the newsletter). Here are the groups with fewer than 15 spots left:
  - 6pm Fall: **full**: wait list available
  - 7:30am Fall: **full**: wait list available
  - 6pm **Winter**: 4 spots left
  - Saturdays Fall: 7 spots left
  - 8:10pm Fall: 8 spots left
  - 7:30am **Winter**: 9 spots left
  - 8:30am Fall: 11 spots left
  - 7:10pm Fall: 12 spots left

### Carleton Athletics Hours: Thanksgiving Weekend

From **Fri Oct 11<sup>th</sup>** to **Mon Oct 14<sup>th</sup>**, the Athletics Hours are as follows:

**Welcome Centre:** 8am-8pm

**Fitness Centre (Weight Room):** 8am-7:30pm

#### Public Swims:

- **Fri Oct 11<sup>th</sup>**: morning and noon swims as usual; early evening swim runs: 4:30-6:30pm; 8:10pm swim CANCELLED
- **Sat Oct 12<sup>th</sup>**: 1:30-4:30pm
- **Sun Oct 13<sup>th</sup>**: 11:45am-1:15pm women only; 1:30-4:30pm
- **Mon Oct 14<sup>th</sup>**: 1:30-4:30pm

### Carleton Athletics Parking Lot 5 Closures

Parking Lot 5 will be closed again on the following home football game dates:

**Fri Oct 11<sup>th</sup>**: starting at noon for Athletics members

**Sat Oct 19<sup>th</sup>**: all day

Those with passes for P5 may park in any other parking lot. The best bet is Lot 4, first right after the left turn into Lot 5. From there it's a short walk to the south doors to Alumni Hall, and Athletics. You can also park in Lots 10 or 11 near the Ice House (left turn at the stop sign, just past the entrance to Lot 4).

## Now Open: Masters Swimming Ontario (MSO) Registration for Carleton Masters Swimmers

MSO registration is now available for the 2013-2014 season. Your 2013-2014 membership is good from now until **Dec 31<sup>st</sup>, 2014**. You must register with MSO (as a Carleton Masters swimmer) if you want to enter any competitions (e.g. the Masters World Championships in Montreal next summer). The cost has gone up slightly: **\$38**. If you have not registered with MSO and Carleton Masters (or have not competed since 2008), I need the following: name, date of birth, address, phone number. If you have registered with us in the past five years, I just need to know if any of your information has changed. You may pay by cash or cheque payable to me (**Lynn Marshall**). **It would be appreciated if everyone (including those renewing) could get their money to me by Fri Oct 25<sup>th</sup>.**

## Need any Swim Gear?

**Aquasport** (near IKEA) has a **Groupon** available for a few more days: \$25 for \$50 in regularly priced merchandise. Full details here: <http://www.groupon.com/deals/aquasport-1>.

## Swimmer Notes

### Swimmer Updates:

- Saturday morning swimmers who have been affected by the recent lane changes, please give me your feedback. It currently stands as one opposed and several neutral.
- **Vanessa Woods** (6pm Whitecaps) is organizing a get together at the Baseline Lone Star Restaurant at **8pm Thu Oct 24<sup>th</sup>**. All welcome! (Those who swim later in the evening are welcome to join us after their swim.)
- Mark your calendar: The **Masters Annual Festive Potluck** is planned for the evening of **Sat Nov 23<sup>rd</sup>** at **Don Wells** (6pm Whitecaps) and **Joanie Conrad** (7:10pm Whitecaps)'s, near the Civic Hospital. All welcome! Full details here: <http://carletonmasters.tripod.com/festive2013.pdf>.
- **Kristi Dean** (Coach) donated a kidney to her mother the week of **Sept 16<sup>th</sup>**, and all went well! Excellent news.
- **Theresa Wallace** (Earlybirds/Whitecaps) has written a great article on the history of the Ottawa Marathon ("The Run of Their Lives") published in the September issue of Canadian Running. The article includes a section on volunteers, including **Debby Whately** (6pm Whitecaps). You can read it [here](#).
- There was a plug for Carleton Masters Swimming (and me) in this week's Athletics e-mail update: <http://us5.campaign-archive2.com/?u=79496b44a0a1074270d74f28b&id=802c9e2524&e=3edb0ceb49>.
- **Josh Gladstone** (Earlybirds/Whitecaps) is doing research up north this term. He says "hi" to all his lane-mates and promises to be back in the Winter term.
- Congratulations to **Vanessa Harman** (7:30am Earlybirds) on getting a job in Montreal, where she is swimming with the McGill Masters. We will likely see her at Masters competitions this season.
- **Fouad Hejazi** (x-Earlybirds/Whitecaps) reports that his research at McMaster is going well. He hopes to finish his project by December and start on his thesis in the Winter term. He is also swimming four times a week!
- For those of you who compete, please be aware of some rule changes coming this year. A summary can be found here: <http://www.swimmingworldmagazine.com/lane9/news/Masters/35999.asp?q=New-U.S.-Masters-Swimming-Rules-In-Effect,-Following-New-FINA-Guidelines>. The FINA rule book is in the final stages of being updated. Once that is complete, Masters Swimming Canada (MSC)'s rule book will be updated, likely by the end of the year.
- A Fitbit was found on the Pool Deck. If it's yours please contact me with a description, and when you lost it.
- Go ENG Girl!: An opportunity for Grade 7 to 10 girls to learn about Engineering: **Sat Oct 19<sup>th</sup> 9am-2pm**: This event is free and includes lunch and parking. Registration required. Details at: <https://goenggirl2013.eventbrite.ca/> and <http://carleton.ca/engineering-design/cu-events/go-eng-girl-2013/>.
- I have stocked up on more swim suits over the summer. They are available in girl's/women's size 26 to 44 (chest size in inches), and boy's/men's size 28 (Speedo FSI racing suit) and 32 to 40 (waist size in inches). Most suits are \$40 or less.

- **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:

- IFLOAT: Inflatable Dry Bag for Swimmers, developed by Canadian Olympic Triathlete **Sharon Donnelly**:

<http://www.getifloat.com/>

- Swimmer Breaks Lanai to Maui Record with Tiger Sharks Spotted During Swim:

[http://www.huffingtonpost.com/2013/09/24/meredith-novack\\_n\\_3977214.html](http://www.huffingtonpost.com/2013/09/24/meredith-novack_n_3977214.html)

- Successful Cuba to Florida swim in 1978: <http://614columbus.com/article/5998/1380303188/>

- Is Masters Swimming on your Resume?: <http://www.usms.org/articles/articledisplay.php?aid=2739>

- How to Shave Down: [http://swimcoachingblog.wordpress.com/2013/10/01/the-shave-down/?qoback=%2Egde\\_799977\\_member\\_277766454#%21](http://swimcoachingblog.wordpress.com/2013/10/01/the-shave-down/?qoback=%2Egde_799977_member_277766454#%21)

- Worthless Fitness Tips?: <http://www.thepostgame.com/blog/list/201308/worthless-fitness-tips-you-probably-follow#5>

- Masters Swimming Canada (MSC) AGM details:

<http://mymssc.ca/Article.jsp?id=213>

- Teacher Swimming to School in India:

<http://www.youtube.com/watch?v=bJDeeJp5m4s>

- Things are Different in Canada (Ed Note: The butterfly swimmer was in a previous newsletter, but worth a repeat.):

<http://themetapicture.com/things-are-somehow-different-in-canada/>

**Swim Suits for Sale:** The suits range in brand, style, and colour. Most 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.

### 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: Monday: Shallow End; Tuesday/Thursday: Deep End: **Lynn**

7:10pm Whitecaps: Shallow End: Monday/Thursday: **Alex**; Tuesday: **Mits**

8:10pm Whitecaps: Shallow End: Monday/Thursday: **Alex**; Tuesday: **Mits**

8:15am Saturdays: Shallow End; rotating coach schedule (see bulletin board / web site)

Exceptions will be noted here.

### Fin Days:

Tue Oct 29<sup>th</sup> / Wed Oct 30<sup>th</sup>  
Thu Nov 28<sup>th</sup> / Fri Nov 29<sup>th</sup>

### Time Trials:

Thu Oct 17<sup>th</sup> / Fri Oct 18<sup>th</sup>: 400fs or IM  
Thu Oct 24<sup>th</sup> / Fri Oct 25<sup>th</sup>: two 50s choice  
Mon Nov 4<sup>th</sup>: 200 choice  
Tue Nov 19<sup>th</sup> / Wed Nov 20<sup>th</sup>: 800 / 1500fs  
Tue Dec 3<sup>rd</sup> / Wed Dec 4<sup>th</sup>: 100 choice  
Thu Dec 19<sup>th</sup> / Thu Dec 20<sup>th</sup>: relays

This information and more can be found with the Fall workout themes at:

<http://carletonmasters.tripod.com/mastplanfall13.pdf>.

Here are the weekday attendance statistics. Please let me know of any errors. The statistics will be updated throughout the term, with certificates awarded to those who maintain perfect weekday attendance:

**7:30am Earlybirds:** Sept 4-Oct 11<sup>th</sup> (17 workouts); range: 20-35; average: 26.9  
Perfect Attendance: **Christian C, Scott W, Susan N-Y, Ursula S**  
Missed 1 Workout: **Bruce B, Chris M, Kevin G, Margaret K, Robin H, Zoe P**

**8:30am Earlybirds:** Sept 4-Oct 11<sup>th</sup> (17 workouts); range: 17-26; average: 21.6  
Perfect Attendance: **Amir B, Margaret DK, Mark B, Natalie A**  
Missed 1 Workout: **Masa O**

**6:00pm Whitecaps:** Sept 3-Oct 10<sup>th</sup> (17 workouts); range: 20-29; average: 24.7  
Perfect Attendance: **Cam D, Don W, Joanne D**  
Missed 1 Workout: **Jian-Lok C, Siobhan M**

**7:10pm Whitecaps:** Sept 3-Oct 10<sup>th</sup> (17 workouts); range: 10-20; average: 16.5  
Missed 1 Workout: **Jordan M, Masashi K**

**8:10pm Whitecaps:** Sept 3-Oct 10<sup>th</sup> (17 workouts); range: 4-11; average: 7.0  
Missed 1 Workout: **Andrew D**

## Masters Swimming Competitions

You **must** register annually with Masters Swimming Ontario (MSO) if you want to compete in Masters Swimming competitions. Registration for 2014 is now open. Details at the top of the newsletter. 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 2013-2014. Links will be added to further information when available. 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 13<sup>th</sup> Bermuda Around the Sound Open Water Swims <http://www.mastersswimmingontario.ca/events/23rd-annual-bermuda-round-the-sound-swims/>  
Sat Oct 26<sup>th</sup> Brossard Masters Meet, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15183>  
Sun Oct 27<sup>th</sup> Barbados Open Water Festival <http://www.mastersswimmingontario.ca/swim-barbados-vacations/>  
Sat Nov 9<sup>th</sup> Cote St-Luc Masters Meet, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15011>  
Sun Nov 10<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-1/>  
Nov 14-17<sup>th</sup> Dominican Republic Masters Meet [pablomota82@hotmail.com](mailto:pablomota82@hotmail.com)  
Sat Nov 23<sup>rd</sup> Swim Ottawa Meet, Brewer Pool  
Sat-Sun Nov 23-24<sup>th</sup> Coupe de Quebec LC, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15071>

Sat Nov 30<sup>th</sup> Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/clarington-no-excuses-masters-meet/>  
Sun Dec 1<sup>st</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-2/>  
Sat Dec 7<sup>th</sup> Montreal Nord Masters Meet  
Sat-Sun Dec 7-8<sup>th</sup> Ste-Foy Masters Meet  
Sun Dec 8<sup>th</sup> North York Pentathlon  
Sun Jan 19<sup>th</sup> Alderwood SCY Masters Meet  
Sat Jan 25<sup>th</sup> Pointe Claire Masters Meet  
Sat-Sun Feb 8-9<sup>th</sup> Quebec City LC Masters Meet  
Sun Feb 9<sup>th</sup> Burlington Masters Meet  
Sun Feb 9<sup>th</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-3/>  
Sat Feb 15<sup>th</sup> Nepean LC Masters Meet  
Sat-Sun Feb 15-16<sup>th</sup> La Salle Masters Meet, Montreal  
Sat Mar 1<sup>st</sup> Cote St-Luc, Montreal  
Sun Mar 2<sup>nd</sup> Technosport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-4/>  
Note that Etobicoke's Annual 1500m Heart Swim, usually held in March, is cancelled for 2014 due to pool renovations  
Sat Mar 15<sup>th</sup> Dollard-des-Ormeaux, Montreal  
Fri-Sun Mar 28-30<sup>th</sup> Ontario Provincials, Windsor  
Fri-Sun Apr 11-13<sup>th</sup> Quebec Provincials, Ste- Foy  
Sat Apr 26<sup>th</sup> All Out Swim LC, Toronto  
Sun May 4<sup>th</sup> Thornhill Masters Meet  
Fri-Mon May 16-19<sup>th</sup> Nationals, Windsor <http://cmsc2014.ca/>  
Sat Jun 7<sup>th</sup> Longueuil LC, Montreal  
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 Sept 22<sup>nd</sup> Adirondacks Half Marathon, Schroon Lake, NY** (463 participants)

Congratulations to **Paul** on a great race. Full results at:

[http://www.coolrunning.com/results/13/ny/Sep22\\_Adiron\\_set2.shtml](http://www.coolrunning.com/results/13/ny/Sep22_Adiron_set2.shtml).

**Paul Denys** (7:10pm Whitecaps; 45-49): 134<sup>th</sup> overall and 6<sup>th</sup> in age group in 1:58:06 (1:57:53)

**Sun Sept 29<sup>th</sup> Eastern Ontario Cyclocross Series, Renfrew Ma-Te-Way Park** (62 female participants)

Great job by **Lisa** and **Lucie**! Full results at: <http://www.cyclocross.org/page11/files/29Sept2ndGC.pdf> and

<http://www.cyclocross.org/page11/files/29Sept2ndCAT.pdf>.

**Lisa Meyer** (8:30am Earlybirds; Women's "C"): 4<sup>th</sup> overall and 1<sup>st</sup> in category in 56:14 (5 laps)

**Lucie Boudreau** (8:30am Earlybirds; Women's C): 28<sup>th</sup> overall and 7<sup>th</sup> in category 1 lap back

**Sun Oct 6<sup>th</sup> Wine Glass Races, Corning NY**

Full results at: <http://auyertiming.com>

**Marathon** (1682 participants)

Congratulations to **Mike** on his race and for receiving an age group award, as the top 3 in his age group were awarded the Veteran category prizes.

**Mike Lau** (6pm Whitecaps; 50-54): 62<sup>nd</sup> overall, 56<sup>th</sup> man, and 6<sup>th</sup> in category in 3:09:00.28 (3:08:53.47)

**Half Marathon** (1855 participants)

Congratulations to **Christian** on a PB!

**Christian Cattan** (7:30am Earlybirds; 30-34): 66<sup>th</sup> overall, 48<sup>th</sup> man, and 6<sup>th</sup> in category in 1:39:02.74 (1:38:56.31)

**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:** How much are you supposed to use your legs during long freestyle swims? What about sprints? A Kicker

Dear A. Kicker: The longer the swim, the less you want to use your legs. Legs require a lot of oxygen and, in freestyle, are less efficient at propulsion than your arms. Towards the end of a longer swim, you can increase the kicking (unless you're doing a triathlon, in which case saving your legs for the bike and run is prudent!). For a short sprint, it's fine to kick a lot!

**Dear Coach:** What are good complementary dry land exercises that I can do to help with my swimming? Want to Swim Faster

Dear W.t.S. Faster: If you want to do dry land / weight training to complement your swimming, it depends a bit on your needs. However, for most swimmers, a general weight training program is a good place to start. You can also find swim-oriented weights workouts out there, e.g.: [http://swimming.about.com/cs/drylandexercise/a/swim\\_weight.htm](http://swimming.about.com/cs/drylandexercise/a/swim_weight.htm). If you have any pre-existing injuries or conditions, be sure to take those into account when starting a weight training program. Don't be afraid to ask the staff on duty for advice – they are happy to help!

**Dear Coach:** Negative splits: Is it because I'm not in good enough shape that I really find these so hard? My solution thus far is to start out super slow. Then you can go faster afterwards, but that seems like a slacker solution to me!! Not A Slacker

Dear N.A. Slacker: Everyone has different strengths and weaknesses. Distance swimmers tend to find negative splits less of a challenge than sprinters. Half the battle is just being aware of the speed that you are swimming at, which takes a lot of practice. My suggestion would be to go with your "slacker" approach, but gradually try to increase the speed a little on the first half, and see if you can still negative split.

## Private and Semi-Private Masters Swim Lessons

Mon 9:40-10:40am Oct 28; Nov 25; Dec 9, 16  
Fri 9:40-10:40am Oct 18; Nov 15; Dec 6, 13  
(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

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