

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: February-22-14 2:45 PM
To: Fran Craig; Steve Baird; Alex Joubert; 'Blake Christie'; 'Claudia Cronin-Schlote'; 'Kristi Dean'; 'Lynn Marshall'; 'Mits Kachi'; 'Tim Kilby'
Subject: Carleton Masters Swimming Newsletter #357

Carleton Masters Swimming Newsletter #357

Saturday, February 22nd, 2014

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those Registered for Fall 2013, Winter 2014, and Alumni: 7:30am Earlybirds I (44 addresses), 8:30am Earlybirds II (37 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (33 addresses), 8:10pm Whitecaps III (20 addresses), Saturday Only (12 addresses), Masters "Alumni" (34 addresses).

"Only through focus can you do world-class things, no matter how capable you are." – Bill Gates

Masters Program Notes and Cancellations

- The Winter session runs until **Fri Apr 11th**.
 - There are no further planned cancellations this term.
- Here's the latest on the groups that are full or close:
 - The **7:30am and 6pm groups are full** – waitlists available.
 - The number of spots left in the other Winter groups is as follows:
 - Saturdays: 3 spots
 - 8:10pm Whitecaps: 8 spots
 - 7:10pm Whitecaps : 9 spots
 - 8:30am Earlybirds: 14 spots

Swimmer Notes

Swimmer Updates:

- Congratulations to **Jenna Roundell** (7:10pm Whitecaps) and her husband, **John Lee**. They are expecting their first child, a boy, on June 10th!

- **Christine Harkin-Elder** (7:10pm Whitecaps) has passed along some great news. Her 9 year old son, **Liam**, recently finished 2.5 years of successful treatment for a rare form of leukemia, diagnosed when he was 6. Over that time he spent 290 days in hospital, and over ¾ of that time in isolation for various medical reasons. **Ben**, age 8, was very understanding during Liam's illness. The whole family has just returned from a well deserved vacation. Congratulations to **Liam** and all the family on reaching this great milestone!

- On June 7-8th 2014, **Alex Joubert** (Coach) will be participating in the Enbridge Ride to Conquer Cancer. He is doing this in support of his father who was diagnosed with melanoma over the summer, and is now doing well. He is hoping to raise \$2500 and would like your support! [Here is the link to his fundraising page.](#)

- **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:

- February 2014 Masters Swimming Canada (MSC) Newsletter:
<http://campaign.r20.constantcontact.com/render?ca=813a032d-1faa-44fe-b734-01edde7a5b28&c=603ee1c0-92b0-11e3-8e7c-d4ae5292c3f3&ch=61475110-92b0-11e3-8fe1-d4ae5292c3f3>
- The Swammer: <http://claireforrest.com/post/77066834649/10-things-ive-learned-since-retiring-from-competitive>
- Steve Martin as Olympic Diver / Swimmer [Thanks to **Andrea Mrozek** (6pm Whitecaps)]:
<http://www.youtube.com/watch?v=4yEXI0DTblo>
- Why Can Elite Athletes Speed Up at the End?: <http://www.theglobeandmail.com/life/health-and-fitness/fitness/why-are-elite-athletes-able-to-speed-up-when-they-see-the-finish-line/article16747880/>
- What Happens When You Stop Strength Training?: <http://www.runnersworld.com/workouts/what-happens-when-you-stop-strength-training>
- How to Speed up Recovery and Heal Quickly: http://injuryfix.com/archives/how-to-heal-quickly.php?utm_source=list&utm_medium=email&utm_term=how-to-heal-quickly&utm_campaign=Newsletter_20130130
- The Right Dose of Worry: <http://www.linkedin.com/today/post/article/20130201172518-23027997-the-right-dose-of-worry>

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. Thanks to **Ellen Pazdzior** (6pm Whitecaps) for her recent donation. We now have a few triathlon latex caps (50c), as well as a large number of silicone caps (\$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.

Winter 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; Monday: **Alex**; Tuesday: **Lynn**; Thursday:

Alex/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 web site)

Exceptions will be noted here.

Thanks to **Emily Patrick** (Pool Staff) for coaching for **Mits** on Tue Feb 11th, as he was busy with paperwork for a new house!

Fin Days:

Mon Feb 3rd

Mon Mar 10th

Time Trials:

Tue Feb 11th / Wed Feb 12th / Thu Feb 13th: 400fs or IM

Tue Feb 25th / Wed Mar 26th: two 50s choice
 Thu Mar 6th / Fri Mar 7th: 100 choice
 Thu Mar 20th / Fri Mar 21st: 200 choice
 Tue Mar 25th / Wed Mar 26th: 800 / 1500fs
 Thu Apr 10th / Fri Apr 11th: relays

This information and more can be found with the Winter workout themes at:
<http://carletonmasters.tripod.com/mastplanwint14.pdf>.

Thanks to all who participated in the 400 time trial on Tue Feb 11th, Wed Feb 12th, and Thu Feb 13th. There were 21 improvements, led by **Andrew Dechamplain** (8:10pm Whitecaps) who improved his 400fs by 28 seconds, followed closely by **Roy Hanes** (7:10pm Whitecaps) with a 24.1 second improvement. The top woman and biggest improvement in the 400IM was by **Heather McBurney** (7:30am Earlybirds) with a 19.3 second improvement. The full list of improvements follows:

400fs (18)

Andrew Dechamplain	28.0	WC3
Roy Hanes	24.1	WC2
Kevin Graham	15.2	EB1
Zoe Panchen	14.0	EB1
Lena Williams	10.1	WC2
Mindy Finkenstein	9.8	WC2
Scott Willard	8.3	EB1
Monique Potvin Kent	6.3	EB2
Kim Fever	6.3	EB1
Masahiro Oishi	5.8	EB2
Andrea Mrozek	5.4	WC1
Jerome Cyr	5.1	EB2
Margaret King	4.7	EB1
Carolyn Odecki	2.8	WC1
Jennifer Murdock	1.3	EB1
Jordan Monnink	1.0	WC2
Seema Akhtar	0.2	WC1
Rocio Aranda	0.1	WC3

400IM (3)

Heather McBurney	19.3	EB1
Luz Osorio	9.3	WC1
Deb Low	2.3	WC1

Here are the Winter weekday attendance statistics to date. If you notice any errors or omissions, please let me know!

6pm Whitecaps (Jan 2-Feb 20th; 21 workouts): range: 17-33; average: 24.1

Missed 1 Workout: **Peter L**

Missed 2 Workouts: **Deb L, Marg E, Mike L**

7:10pm Whitecaps (Jan 2-Feb 20th; 21 workouts): range: 4-20; average: 14.4

Perfect Attendance: **Jordan M**

Missed 1 Workout: **Joanie C**

8:10pm Whitecaps (Jan 2-Feb 20th; 21 workouts): range: 3-11; average: 7.2

Missed 2 Workouts: **Lynn B**

7:30am Earlybirds (Jan 3-Feb 21st; 21 workouts): range: 19-29; average: 24.5

Perfect Attendance: **Bruce B, Zoe P**

Missed 1 Workout: **Chris M**

Missed 2 Workouts: **Jeremy C, Robert F, Susan N-Y**

8:30am Earlybirds (Jan 3-Feb 21st; 21 workouts): range: 8-22; average: 16.7
Perfect Attendance: **Masa O**

Ask the Coach

Dear Coach: How many strokes per minute should I take when swimming freestyle? 90RPM Cyclist

Dear 9. Cyclist: Unlike cycling, where there are generally accepted optimal rates at which to spin, there tends to be more variety in swimming. The main difference with swimming is that the amount of kick and the propulsion delivered by the kick, tends to vary a lot from person to person. In general, the more propulsion from the kick, the slower the stroke rate tends to be. Drills like distance per stroke (see how few strokes you can take for a length), and swimming golf (adding up the number of strokes and the time) will help you determine the best stroke length (and thus stroke rate) for you.

Dear Coach: What should I take to a swim meet? New To Racing

Dear N.T. Racing: What you need to take will vary depending on the length of the meet, but here are some suggestions:

- two swim suits (one for warm up, one for the meet)
- spare cap and goggles (in case yours break or get misplaced)
- water bottle and easily digested snacks
- several towels and/or a large shammy
- warm clothes and shoes/sandals
- meet information with the start time and order of events

Dear Coach: I'd like to swim in a Technsport meet, but they are so early in the morning. How can I be ready to race at 6:30am? Night Owl

Dear N. Owl: Most people perform better later in the day as they tend to be less stiff after moving around for a number of hours. Thus, to perform well early in the morning, you need to get up extra early and do lots of dynamic stretching, as well as an adequate warm up before the racing starts.

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. Note that you must register with MSO before the **due date** of the entry for your first competition. 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**).

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.**

Sat Mar 1st Cote St-Luc, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15142>

Sun Mar 2nd Technsport Meet, U of Ottawa <http://www.mastersswimmingontario.ca/events/technosport-invitational-4/> and <http://www.technosport.ca/swim-camps-and-technosport-invitational-swim-meets/>

Note that Etobicoke's Annual 1500m Heart Swim, usually held in March, is cancelled for 2014 due to pool renovations.

Sun Mar 9th Milton Masters Meet **Cancelled**

Sat Mar 15th Dollard-des-Ormeaux, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15251>

Fri-Sun Mar 28-30th Ontario Provincials, Windsor <http://www.mastersswimmingontario.ca/events/ontario-masters-provincial-championships-2014/> and <http://2014provincialchampionships.com/>

Sat Apr 5th All Out Swim LC, Toronto <http://www.mastersswimmingontario.ca/events/all-out-swim-2014/>

Fri-Sun Apr 11-13th Quebec Provincials, Ste- Foy <https://registration.swimming.ca/MeetInfo.aspx?meetid=14653>
Sat Apr 26th Clarington Masters Meet <http://www.mastersswimmingontario.ca/events/clarington-swim-club-no-regrets-masters-meet/>
Sun May 4th Thornhill Masters Meet <http://www.mastersswimmingontario.ca/events/thornhill-masters-3rd-annual-swim-meet/>
Fri-Mon May 16-19th Nationals, Windsor <http://cmssc2014.ca/>
Sat Jun 7th Longueuil LC, Montreal (TBC)
Sat Jul 12th Bring on the Bay 3km Open Water Swim (MSO Registration not required; Wet suit legal)
<http://www.bringonthebay.com/>
Jul 27th – Aug 10th FINA World Aquatic Championships, LC Parc Jean-Drapeau (outdoors) and other pools, Montreal
<http://finamasters2014.org/home/> (under construction); Time Standards:
http://www.fina.org/H2O/index.php?option=com_content&view=article&id=2229&Itemid=1082
Oct 29th – Nov 2nd Barbados Masters Meet and Open Water Festival <http://www.mastersswimmingontario.ca/barbados-open-water-festival-2014/>

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

Sat-Sun Feb 8-9th Quebec City LC Masters Meet

Jamie Chalmers was Carleton's only participant. He continued his impressive swims in the 70-74 age group, making more World Qualifying Times and setting a new Club Record in a much improved 400IM swim. Full results at: <http://mymssc.ca/ShowMeet.jsp?id=638> and <https://www.swimming.ca/meetreport.aspx?mid=15578>. Updated Club Records at: <http://carletonmasters.tripod.com/140209.Records.pdf>.

Jamie Chalmers (7:10pm Whitecaps; 70-74): 1st 100bk (1:57.27), 200bk (4:13.38), 400IM (9:49.32 Club Record); 2nd 200fs (3:51.46)

Sat-Sun Feb 8-9th Canadian Ski Marathon, Gatineau Park

Several Carleton Masters participated. **Penny Estabrooks** (8:30am Earlybirds) completed two sections each day. **Zoe Panchen** (7:30am Earlybirds) and **Chris Macknie** (7:30am Earlybirds) both completed the Gold version, with **Chris** earning his permanent bib, and **Zoe**, who already has her bib, adding another gold bar. Just a few days later, **Zoe** did an impressive PB in her 400fs! Here is **Chris'** Race Report (from TriRudy):

"Ouch.

I should know this by now, but 160 km is a long, long way to ski.

Last weekend was the eighth year in a row I've done the Canadian Ski Marathon and the fifth year in a row I've done the Gold Coureur des Bois version (hauling a pack, bringing meals, sleeping outside). This year we had the best conditions ever: a deep layer of accumulated snow, fresh snow earlier in the week, relative warmth, and next to no wind (and what wind there was, was a tailwind). With a high of -8 Saturday, -10 Sunday, and a low of only -15 on Saturday night, this was the first time over the course of a CSM weekend that I wasn't cold. We even had volunteers taking good care of the fires at Gold Camp, restarting them at 3 a.m. so they were going well when we got up at 4 a.m. and we could stay warm. (I've pretty much reached the pinnacle as a gold camper, as earlier in the day volunteers who started the other campfires came to my fire three times to "borrow" a flame!)

Despite all of that, the CSM is a really, really tough event. I didn't come close to missing the cutoffs (made it to the start of the fourth section cutoff with 3 hours to spare on Saturday and with 1.5 hours to spare on Sunday), but I felt totally beaten up at the end of each day. At the fourth checkpoint on Saturday I felt pretty good, and thought, "hmm, maybe I'll only feel 'crushed' instead of the usual 'destroyed' when I reach camp," but the last section took a lot out of me and I was indeed 'destroyed' at camp. I reached camp relatively early at 2:30 p.m. and there were already 40+ skiers there, a testament to the excellent ski conditions and to the quality of skiers the CSM attracts.

I shared a campfire with Zoe, George Reid, Dave McCaw and Wayne Flatt. As usual, it was a very sociable time at camp, as other skiers came over to share stories of the day's ski and past CSM's. The 750 mL bottle of Coureur des Bois maple syrup cream liqueur that one of our party hauled 80k attracted a lot of attention from nearby campers.

I had my best night's sleep ever at camp, sleeping for maybe six hours. Despite that, Sunday was still a struggle for me. I had a good first section, then got progressively slower. By the last section I finally felt better, but it was still a slog to get to the finish. The CSM route changes slightly each year, depending on trail conditions and on where organizers get permission to go over private land. This year we were "rewarded" with an extra four kilometres of skiing, making a total of 84 km on the second, hillier and tougher day. I usually get emotional at the end of CSM, but on Sunday I was just too tired to show any emotion.

Everything about the CSM weekend is hard: from organizing food, transport and clothing; to getting up at 3 a.m. on Saturday to drive to the start; to not crashing while skiing in the dark for an hour each morning; to choosing the correct waxes and re-waxing when necessary; to fueling properly and regularly; to staying warm all weekend; to tending the campfire; to not wiping out on icy roads between sections of trail. The skiing is actually the easy part; though there are still

some very tough ascents and hair-raising descents.

So with a fifth Gold finish, I've now earned a permanent gold bib (and will get the same number for the rest of my CSM career). The permanent bibs are issued in numerical order and are currently in the 300's, so I put in a request for bib #327, one digit different than Zoe's #227, who received her permanent bib many years ago.

The unofficial motto of CSM skiers is "never again... until next year." Right now it is very, very tempting to chop off those last three words. After eight years in a row, I am pretty sure I will take next year off, then maybe come back in 2016 to do the 50th anniversary event. I guess I have to wear that gold bib at least once.

Congratulations to all 2014 Canadian Ski Marathoners!"

Fri-Sun Feb 14-16th LaSalle (Montreal) LC Masters Meet

Jamie and **Lynn** were Carleton's two swimmers. **Jamie** swam in LaSalle on Friday, Nepean on Saturday, and back to LaSalle on Sunday! He made yet another World's Qualifying Time at LaSalle – well done! Full results available here: <https://www.swimming.ca/meetreport.aspx?mid=15601>. Here's how we did:

Jamie Chalmers (7:10pm Whitecaps; 70-74): **1st**: 50fs (40.13), 200fs (4:07.96), 1500fs (36:21.44), 200bk (4:28.20); **2nd**: 50bk (51.85)

Lynn Marshall (Coach; 50-54): **1st**: 50fs (30.84), 1500fs (18:38.16), 100bk (1:19.60), 200bk (2:42.42), 100br (1:35.25), 200br (3:18.14), 50fl (34.01), 200IM (2:45.71), 400IM (5:41.24)

Sat Feb 15th Nepean LC Masters Meet

Eight Carleton swimmers participated. **Mark** swam an awesome 50fl. **Natalie** completed her first ever 200fl in a meet, and it wasn't as bad as she thinks it was ☺! **Sandy** negative split her 800fs. **Francois** set a club record in his 200br, despite confusing hand signals from **Sandy**! **Carolyn** was very close to her SC club records in all her swims. **Jim's** 100fs was much faster than he's done SC. **Angela** improved two of her club records, and **Jamie** did a LC PB in setting a club record in 100fl. Well done, all! **Bill Westcott** also competed, swimming for Nepean Masters, and **Larry Durr** (7:30am Earlybirds) swam on a Technosport relay. The full results are here:

<http://cmsc2013.ca/info/results/wlude14.pdf>. The updated Club Records are here:

<http://carletonmasters.tripod.com/140215.Records.pdf>.

Here are the times:

Mark Blenkinsop (8:30am Earlybirds; 35-39): **1st**: 50fl (29.89), 200fl (2:59.79), **3rd**: 100br (1:31.18)

Natalie Aucoin (8:30am Earlybirds; 40-44): **1st**: 100fl (1:24.46), 200fl (3:26.92)

Sandy Lawson (7:30am Earlybirds; 45-49): **2nd**: 50fs (35.10), 100fs (1:20.16), 800fs (13:00.38)

Francois Jacques (7:30am Earlybirds; 50-54): **1st**: 200br (3:31.61 Club Record); **3rd**: 50fs (30.69); **6th**: 100fs (1:11.92)

Carolyn Odecki (6pm Whitecaps; 55-59): **1st**: 50bk (42.45), 100bk (1:37.19), 200bk (3:26.96), 200br (3:41.33); **2nd**: 50fs (35.12),

Jim Lee (7:30am Earlybirds; 55-59): **2nd**: 100fl (2:07.72), 200IM (3:59.22); **3rd**: 100fs (1:29.61), 100bk (1:54.66)

Angela Davis (x-Earlybirds/ROCS; 65-69): **1st**: 200fs (4:26.56 Club Record), 200bk (4:44.60), 100fl (2:32.70 Club Record), 200IM (4:56.64)

Jamie Chalmers (7:10pm Whitecaps; 70-74): **1st**: 200br (5:24.99), 100fl (2:16.57 Club Record); **2nd**: 200IM (4:24.31); **4th**: 100fs (1:29.71), 50br (1:05.28)

Bill Westcott (6pm Whitecaps; 50-54): **1st**: 200fs (2:34.32), 100br (1:28.18); **2nd**: 50br (38.11); **3rd**: 200IM (2:50.23)

Sat-Sun Feb 15-16th Gatineau Ski Loppet

Great job by **Zoe**, **Lucie**, and **Chris**. This was leg 2 of the TriRudy award for **Lucie** and **Chris**. Congratulations to Lucie on a podium finish! Full results at: <http://www.sportstats.ca>. Let me know if I missed anyone. Here's how they did:

51k Classic (Saturday; 501 participants)

Chris Macknie (7:30am Earlybirds; 50-54): 244th overall, 214th man and 39th in category in 4:25:18.0

Zoe Panchen (7:30am Earlybirds;): 356th overall, 63rd woman and 17th in category in 5:11:16.9

51k Free (Sunday; 356 participants)

Lucie Boudreau (8:30am Earlybirds; 55-59): 240th overall, 30th woman and **2nd** in category in 3:56:09.1

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 **Jan 11th**).

Private and Semi-Private Masters Swim Lessons

Mon 9:40-10:40am Mar 31

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**Winter Masters Swimming Programs, Barcodes and Prices**

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 change for this year are that the 8:10pm group is now three times per week (rather than two). 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>. Note that pro-rated prices are now available.

Winter 2014: Tue Jan 2nd to Fri Apr 11th; no workouts Mon Feb 17th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: Lynn; barcode 6663; cost: \$126+HST (full: waitlist available)

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): Coaches: M: Alex; Tu: Lynn; Th: Lynn/Alex; barcode 6667; cost \$142+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow): Coaches: MTh: Alex; Tu: Mits; barcode 6669; cost: \$126+HST

8:10pm Whitecaps 3: 8:10-9:10pm MTuTh (shallow): Coaches: MTh: Alex; 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).

Happy lengths!
Lynn

lynnmarshall@sympatico.ca (or for quicker response: lynnmar@sce.carleton.ca)

Club website: <http://carletonmasters.tripod.com>