

Lynn Marshall

From: Lynn Marshall <lynnmarshall@sympatico.ca>
Sent: March-22-14 3:35 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 #359

Carleton Masters Swimming Newsletter #359

Saturday, March 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).

"Victory goes to the player who makes the next-to-last mistake." – Chessmaster Savielly Grigorievitch Tartakower (1887-1956)

Masters Program Notes and Cancellations

- The Winter session runs until **Fri Apr 11th**.
 - There are no further planned cancellations this term.
- The pool will be closed for annual maintenance from **Sat Apr 12th to Sun May 4th**, inclusive.
 - There will be no interim workouts, as the pool will be closed! ☺
 - The Spring Masters session will start on **Mon May 5th**.
 - Registration starts **Tue Apr 1st**. Details in the next paragraph.

Spring/Summer Masters Swimming Programs, Barcodes and Prices

Registration for Spring and Summer starts on **Tue Apr 1st**. 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. Note that for the Summer session **only**, Saturday is included with your weekday registration for 7:30am Earlybirds or 6pm Whitecaps. The information below is also on the web site:

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

Spring 2014: Mon May 5th to Mon Jun 30th; no workouts Mon May 19th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep): Coach: Lynn; barcode 7522; cost: \$74+HST

8:30am Earlybirds 2: 8:30-9:30am MWF (deep): Coach: Lynn; barcode 7523; cost: \$74+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (M shallow/TuTh deep): Coaches: TBD; barcode 7527; cost \$84+HST

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (M shallow/TuTh deep): Coaches: TBD; barcode 7528; cost: \$74+HST

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow): Coaches: rotating schedule; barcode 7525; cost: \$28+HST

Summer 2014: Wed Jul 2nd to Sat Aug 30th; no workouts Mon Aug 4th

7:30am Earlybirds 1: 7:30-8:30am MWF (deep) **and** Sat 12:15-1:25pm (shallow): Weekday Coach: Lynn; barcode 7524; cost: \$88+HST

6:00pm Whitecaps 1: 6:00-7:10pm MTuTh (shallow) **and** Sat 12:15-1:25pm (shallow): Weekday Coaches: TBD; barcode 7529; cost \$95+HST

12:15pm Saturday ONLY Earlybirds: 12:15-1:25pm Sat (shallow): Coaches: rotating schedule; barcode 7526; cost: \$32+HST

Notes on Masters Worlds Registration

I was asked to pass on the following information to those interested in attending the World Masters Championships in Montreal this summer (<http://finamasters2014.org/home/>).

- Everyone intending to swim must register by June 1st, no exceptions.
- You can register now and change your events and entry times up to June 1st.

- You don't need to swim in or qualify for individual events to participate in relays, but you must still register as an individual by June 1st.
- Your registration fee includes access to public transit for 9 days, plus access to the opening ceremony.
- Family and friends can register for \$45. This includes the same benefits as the participant, plus access to all competition venues.
- Relay registration is from May 15th to Jul 15th.

Strike Affecting Carleton Traffic

Carleton's OPSEU unit (Carleton Safety Officers) continues to be on strike. The workers are picketing at both Carleton entrances from about 8am to 6pm. During this time, traffic may be slow and note that OCTranspo busses do not cross picket lines, although the O-Train is running as usual.

Swimmer Notes

Swimmer Updates:

- Congratulations to **Renee Robert** (8:30am Earlybirds) and her husband, **Andy**, on becoming grandparents! On Tue Mar 11th, their eldest, **Josh Robert**, and his wife, **Kristin Honshorst**, welcomed **Noah John Robert**, weighing in at 8 lb 6 oz.

- **Joanne Dawson** (6pm Whitecaps), **Mariette Kenney** (7:10pm Whitecaps), **Ursula Scott** (7:30am Earlybirds), and **Marg Eades** (6pm Whitecaps) recently had lunch with **George Tombler's** wife, **Poppy Tombler**, at her retirement residence (Amica in Westboro). They report that Poppy is doing well and is happy to be back home. She was very touched by the outpouring of support and friendship when George passed away.

She wants to thank all of the Masters swimmers who contacted her as well as those who attended the special gathering at the Colonnade to honour George on December 22nd. She also wants to pass along a very special thanks to **Jose Vivanco** (8:10pm Whitecaps) for organizing the event.

George would undoubtedly have approved of the friendship, pizza, beer, and stories shared!

- Congratulations to **Jamie Chalmers** (7:10pm Whitecaps) for making the Canadian Top 20 "All-Time" (1973-2013 combined) National Rankings as follows:

SC 70-74: 18th 200f

LC 65-69: 16th 200f

LC 70-74: 12th 200f, 17th 400IM

Maybe others can find their names? Check it out at: <http://www3.sympatico.ca/chberger/index38.htm>

- The [fastest Canadian female \(open, not just Masters\) in the 1500 freestyle LC this year](#) is yours truly. [Second \(by .4\) is a 16 year old](#). Don't wait to click on these links, as it will change very soon! ☺

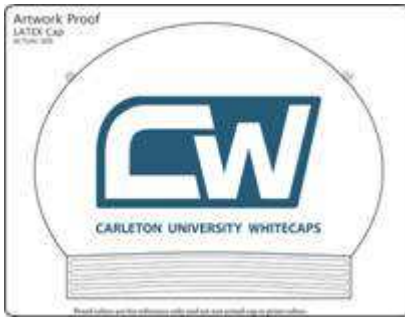
- Bushtukah has a couple of events coming up that may be of interest:

- On **Sun Mar 23rd** Bushtukah's 203 Richmond Road location is hosting Bushtukah's bike night. Details here: <http://bushtukah.wordpress.com/2014/02/16/the-inaugural-bushtukah-bike-night/>

- On **Sun Apr 6th** Bushtukah is hosting their 7th annual SWEET women's only night. Details here: <http://bushtukah.wordpress.com/2014/03/12/s-w-e-e-t-womens-only-night-april-6th-2014/>.

- 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:

- Exercise Debate: Cardio vs. Weights: <http://athletics.carleton.ca/2014/exercise-debate-cardio-vs-weights/>
- Strength Training for Women: <http://www.stackactive.com/2014/02/18/youre-doing-it-wrong-strength-training-for-women/>
- Five Ways to Remain Motivated in Swimming: <http://www.swimmingworldmagazine.com/lane9/news/Commentary/38159.asp>
- Science of Performance: Static Stretching is a Waste of Time (Part 1): <http://www.swimmingworldmagazine.com/lane9/news/ascaeducation/37995.asp>
- Science of Performance: Static Stretching is a Waste of Time (Part 2): <http://www.swimmingworldmagazine.com/lane9/news/ASCAEducation/38093.asp>
- Don't Pee in the Pool: <http://www.thespec.com/living-story/4413078-study-proves-peeing-in-the-pool-can-seriously-harm-your-health/>
- Swimmers:



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. We now have a few triathlon latex caps (50c), as well as some 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.

Coach **Alex** apologizes to the 6pm Whitecaps group, as he accidentally gave a long choice workout on what should have been short free night on Mon Mar 10th. As the Thu Mar 13th workout was scheduled to be long choice, he just swapped the two, so it all worked out in the end!

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 Feb 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 those who participated in the 200 time trial on Thu Mar 20th / Fri Mar 21st. There were 23 improvements. The biggest improvement was by **Mary Lou Davies** (8:30am Earlybirds) with a whopping 28.4 seconds in 200fs. **Monique Potvin Kent** (8:30am Earlybirds) improved her 200br by 14.7, and **Rocio Aranda** (8:10pm Whitecaps) improved her 200fs by 11.7. A full list of improvements follows:

200fs (14)

Mary Lou Davies	28.4	EB2
Rocio Aranda	11.7	WC3
Mike Kujawski	9.7	EB1
Masahiro Oishi	9.7	EB2
Malika Shaath	8.8	EB1
Kim Fever	4.4	EB1
Matthew Tucciarone	4.3	WC1
Zoe Panchen	4.1	EB1
Nicole Delisle	1.4	WC1
Francois Jacques	0.8	EB1
Tony Revitt	0.8	EB2
Jerome Cyr	0.5	EB2
Christian Cattan	0.4	EB1
Jennifer Murdock	0.3	EB1

200bk (2)

Sandy Lawson	9.7	EB1
Robert Fabes	2.3	EB1

200br (1)

Monique Potvin Kent	14.9	EB2
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200IM (6)

Heather McBurney	4.2	EB1
Anne Trepanier	3.5	EB2
Dave Grynspar	3.4	WC1
Deb Low	1.9	WC1
Natalie Aucoin	1.7	EB2
Paola Osorio	0.8	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-Mar 20th; 33 workouts): range: 17-33; average: 24.0

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

Missed 3 Workouts: **Joanne D, Marg E**

Missed 4 Workouts: **Cam D, Dave G, Luz O**

7:10pm Whitecaps (Jan 2-Mar 20th; 33 workouts): range: 4-20; average: 14.6

Perfect Attendance: **Jordan M**

Missed 3 Workouts: **Joanie C**

8:10pm Whitecaps (Jan 2-Mar 20th; 33 workouts): range: 3-11; average: 7.0

Missed 6 Workouts: **Lynn B**

7:30am Earlybirds (Jan 3-Mar 21st; 33 workouts): range: 19-29; average: 23.5

Perfect Attendance: **Zoe P**

Missed 1 Workout: **Chris M**

Missed 3 Workouts: **Christian C**

Missed 4 Workouts: **Bruce B, Jeremy C, Robert F, Susan N-Y**

8:30am Earlybirds (Jan 3-Mar 21st; 33 workouts): range: 8-22; average: 16.7

Perfect Attendance: **Masa O**

Missed 3 Workouts: **Mark B**

Missed 4 Workouts: **Penny E**

Ask the Coach

Dear Coach: How can I push off the wall and do turns with fins on? I Like Fins

Dear I.L. Fins: Pushing off the wall with fins should be exactly the same as without the fins. On an open (non-flip) turn, you need to turn your feet sideways as they move towards the wall for the turn to reduce the resistance. Flip turns with fins are exactly the same as without.

Dear Coach: Will I swim faster with a swim cap? Racing Swimmer

Dear R. Swimmer: For optimum speed, a swim cap or shaved head is recommended. If you wear a cap, the best designs for reducing drag are dome-style caps that will stay smooth (no wrinkles in them as you swim). Silicone caps, being thicker will wrinkle less than latex. However, the length of the race, and the temperature of the water also play a part, as a cap, especially a silicone cap, will cause you to heat up more than a bare head. As always, best to experiment in practice before you try it in a swim meet.

Dear Coach: Where do you recommend swimming during the Carleton pool shutdown? Don't Want Withdrawal Symptoms

Dear D.W.W. Symptoms: The next newsletter will have some suggestions along with some useful links.

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.**

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>

Sun Apr 13th Technosport Meet, U of O <http://www.mastersswimmingontario.ca/events/technosport-swim-meet/>

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://cmsc2014.ca/>

Fri-Sat May 30-31st Longueuil LC, Montreal <https://registration.swimming.ca/MeetInfo.aspx?meetid=15741>

Sat Jul 12th Bring on the Bay 3km Open Water Swim (MSO Registration not required; Wet suit legal)

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

Sat Jul 12th London LC Meet <http://www.mastersswimmingontario.ca/events/2014-sunset-outdoor-long-course-swim-meet/>

Sat Jul 19th Open Water Challenge, Tillsonburg <http://www.mastersswimmingontario.ca/events/three-to-be-open-water-challenge/>

Jul 27th – Aug 10th FINA World Aquatic Championships, LC Parc Jean-Drapeau (outdoors) and other pools, Montreal <http://finamasters2014.org/home/>; Time Standards:

http://www.fina.org/H2O/index.php?option=com_content&view=article&id=2229&Itemid=1082

Sun Oct 12th Bermuda Open Water Swims <http://www.mastersswimmingontario.ca/24th-annual-bermuda-round-the-sound-swims/>

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.)

Tue Feb 18th NCSSAA Ottawa High School Meet, Nepean Sportsplex, and Tue-Wed Mar 4-5th OFSAA Ontario High School Meet, Brantford

Congratulations to **Paul Buzuloiu** (Saturday Earlybirds) who **won** the senior boys 100fs (1:04.76) at the Ottawa High School Championships, and placed 4th in 50fs (28.75). He was also on Colonel By's **winning** 4x50fs 1:54.98) and 4x50medley (2:10.58) relay teams. The medley relay qualified for the OFSAA (Ontario) Championships where they placed 15th in 2:33.33, with Paul splitting 28.64. Full OFSAA results are here:

http://www.ofsaa.on.ca/sites/default/files/championship/user34/ofsa_2014_tues_am_prelims.pdf.

Sun Mar 2nd Technosport Masters Meet, U of Ottawa

Luz Osorio and **Lynn Marshall** were Carleton's two swimmers. **Jian-Lok Chang** and **Larry Durr** also competed, but were competing for other clubs. Official results are now available (with some errors!):

<http://mymsc.ca/ShowMeet.jsp?id=652>. Here are the official times (note that all four of us were undefeated at this meet!):

Luz Osorio (6pm Whitecaps; 25-29): **1st**: 100br (1:30.59), 100fl (1:12.70), 200IM (2:42.82)

Lynn Marshall (Coach; 50-54): **1st**: 100fs (1:05.38), 200bk (2:37.44), 200br (3:13.79), 50fl (34.25), 100IM (1:16.72), 400IM (5:32.22)

Larry Durr (7:30am Earlybirds; 75-79; swimming for TECH): 1st: 100fs (1:30.72), 200br (3:59.44)
Jian-Lok Chang (6pm Whitecaps; 25-29; swimming for EMSC): 1st: 50fs (24.78), 100fs (56.30), 100bk (1:01.12)

Sat Mar 15th St Patrick's Day Running Races, Ottawa

Congratulations to **Margaret King** (7:30am Earlybirds) and **Mike Lau** (6pm Whitecaps) on their podium finishes!

5km (386 participants), results at: <http://www.sportstats.ca/displayResults.xhtml?racecode=107664>

Margaret King (7:30am Earlybirds; 50-59): 65th overall; 17th woman and 1st in category in 24:47.8 (24:43.5)

10km (365 participants), results at: <http://www.sportstats.ca/displayResults.xhtml?racecode=106871>

Mike Lau (6pm Whitecaps; 50-59): 19th overall, 19th man, and 3rd in age group in 40:26.5 (40:25.6)

Sat Mar 15th Dollard-des-Ormeaux St Patrick's Day Masters Meet, Montreal

Seven Carleton swimmers attended this competition. Full results at:

<https://www.swimming.ca/meetreport.aspx?mid=15251>. Congratulations to Natalie, Sandy, Robin, and Jamie as they each had a PB. And Jamie's PB in 200 fly was also a club record. The updated club records are here:

<http://carletonmasters.tripod.com/140315.Records.pdf>. Here's how we did:

Luz Osorio (6pm Whitecaps; 25-29): 1st: 200IM (2:44.38); 4th: 100br (1:28.89), 200br (3:14.52)

Natalie Aucoin (8:30am Earlybirds; 40-44): 3rd: 400fs (6:13.12), 50fl (35.15), 100fl (1:23.37); 5th: 50fs (34.22 PB)

Sandy Lawson (7:30am Earlybirds; 45-49): 3rd: 400fs (6:06.09); 4th: 200fs (2:50.61); 5th: 100fs (1:19.00), 100IM (1:37.07 PB)

Lynn Marshall (Coach; 50-54): 1st: 50fs (30.51), 200fs (2:17.32), 400fs (4:43.50), 200fl (2:33.68), 200IM (2:36.67)

Robin Henderson (7:30am Earlybirds; 55-59): 1st: 200fs (3:31.64), 400fs (7:14.06); 4th: 50fl (57.46 PB)

Jim Lee (7:30am Earlybirds; 55-59): 4th: 100IM (1:43.79), 5th: 200fs (3:22.22); 6th: 50fs (38.05), 50br (49.87)

Jamie Chalmers (7:10pm Whitecaps; 70-74): 1st: 50bk (50.19), 200bk (4:10.69), 200fl (5:26.69 Club Record and PB); 2nd: 400fs (9:14.50), 200br (5:02.64)

2014 Statistics: Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and 2014 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 **Mar 15th**).

Private and Semi-Private Masters Swim Lessons

Mon 9:40-10:40am Mar 31

Fri 9:40-10:40am Apr 4

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 (lynmarshall@sympatico.ca).

Happy lengths!
Lynn

lynmarshall@sympatico.ca (or for quicker response: lynmar@sce.carleton.ca)
Club website: <http://carletonmasters.tripod.com>