

Carleton Masters Swimming Newsletter #637

Saturday, June 29, 2024

To: Carleton Masters Coaches / Staff (11 addresses)

Bcc: Those registered for Fall 2023, Winter, Spring, Summer 2024 and Alumni: 7:35am Earlybirds I (63 addresses), 8:40am Earlybirds II (50 addresses), 6:00pm Whitecaps I (60 addresses), 7:15pm Whitecaps II (48 addresses), Saturday Only (11 addresses), Alumni (40 addresses).

"It isn't hard to be good from time to time. What's tough is being good every day." – Willie Mays (1931-2024)

Masters Swimming Program Notes

- The Spring session ran from **Saturday May 4** until **Saturday June 29**.
- **There are no workouts on Monday July 1 (Canada Day). Note that the Carleton pool is closed that day.**
- The Summer session runs from **Tuesday July 2** to **Saturday August 31**.
 - A reminder that the only groups running in the Summer session are the 7:35am Earlybirds (9 lanes), 6pm Whitecaps, and 12:15pm Saturdays.
 - The 7:35am Earlybirds is full. A waitlist is available. Please let me know if you are on the waitlist!

Swimmer Notes

- It will be some years in the future, but here is some promising news about a new pool at Carleton:

- Proposed Aquatic Centre to Address 'Desperate Need' for World-Class Venue [thanks to **Ruth Fawcett** (8:40am Earlybirds)]: <https://www.cbc.ca/news/canada/ottawa/proposed-aquatic-centre-could-meet-desperate-need-for-world-class-venue-1.7242546>

- City, Carleton University Discuss New Aquatic Centre: <https://ottawacitizen.com/news/local-news/city-carleton-university-discuss-new-aquatic-centre>

- Are you interested in trying out dragon boat? The Bytown Dragon Boat Club has crews for all age groups and are especially looking to fill out our new Senior D (aged 69+) and Para teams. Newcomers are welcome to try out a practice. Visit <https://www.bytowndbc.ca> to learn more. Carleton students can check out the Carleton Dragon Boat Club on Facebook: <https://www.facebook.com/groups/532745783732775>. You can read the club's race report near the end of the newsletter for information on their exciting recent events.

- Condolences to all the family and friends of **Mike Robern** who swam for Technosport here in Ottawa:

<https://ottawacitizen.remembering.ca/obituary/michael-r-robern-1090056082>.

- **Katie Macdonald** (7:35am Earlybirds) owns an Airbnb cottage not too far from Ottawa. She is kindly offering \$100 off a stay for Carleton Masters swimmers. Details here:

https://www.airbnb.ca/rooms/43542793?locale=en&set_bev_on_new_domain=1717429837_MzYxMWE3MTMxMWJl, and you can contact her at: kmacdon3@gmail.com.

- From **Anne Griffith** (8:40am Earlybirds):

For the third year in a row, I will be swimming the Bushtakuh Bring on the Bay 3km Open Water Swim and raising money for Easter Seals on behalf of **Amelia**. My two-year (2022 & 2023) fundraising total was over \$15000 and I can't wait to keep adding to that with your help!

This year will be extra special as I received approval to pull **Amelia** behind me in a small dinghy (providing her health and the weather cooperate). We trained last year, getting up to 2.4 km, and she loves it! One of her favourite spots to play or nap.

Over the past year, **Amelia** has been using a manual pediatric wheelchair at her weekly physiotherapy visits to CHEO to increase her independence. Once she's a little bigger, we will purchase one specifically designed for her and will be

requesting financial assistance from Easter Seals. As well, Easter Seals is helping our family by funding incontinence supplies as we are unable to potty train **Amelia**.

Thank you for donating to this amazing cause and supporting our family 😊. Here's the link:
<https://secure.e2rm.com/p2p/fundraising/386897/participant/5413487/en-CA>.

Aquatic-Related Links:

- U.K. Man, **Ross Edgley**, Pushes 'Boundaries of Common Sense' with 510-Km Non-Stop Swim Down Frigid Yukon River [thanks to **Nathan Fudge** (6pm Whitecaps)]: <https://www.cbc.ca/news/canada/north/uk-swimmer-simon-edgley-yukon-river-nonstop-1.7246456>
- University of Victoria Coach **Peter Vizsolyi** Announces Retirement After 41 Years Leading the Vikes: <https://swimswam.com/university-of-victoria-coach-peter-vizsolyi-announces-retirement-after-41-years-leading-vikes/>
- **Riley Gaines** Wins \$50 Million Lawsuit Against NCAA for Unfair Medal Distribution, "A Victory Against Wokeness": <https://breakingnews.wesunn.com/thubtv/swimmer-riley-gaines-won-a-50-million-settlement-from-the-ncaa-over-unfair-medal-distribution-signaling-concerns-about-sports-scrutiny/>
- An Epic Swim in Ottawa's Rideau Canal Pushes Competitors to Their Limits: <https://www.cbc.ca/television/canadasultimatechallenge/an-epic-swim-in-ottawa-s-rideau-canal-pushes-competitors-to-their-limits-1.7202692>
- How's This for the End of a Triathlon Swim?: <https://www.facebook.com/reel/1057259822243894>

News and Other Links:

- Three Simple Ways to Test Your Fitness: https://www.nytimes.com/2024/06/26/well/move/fitness-test-exercises.html?unlocked_article_code=1.3E0.DJEN.1sTDhh8RaxLL&smid=url-share
- Rest Days are Important for Fitness – This is Why, According to Science: <https://www.cambridge-news.co.uk/news/uk-world-news/rest-days-important-fitness--18949012>
- Why Lifting Weights As You Age Cuts Your Risk Of Early Death By 46%: <https://bicycling.com/training/a20007227/why-lifting-weights-as-you-age-cuts-your-risk-of-early-death-by-46/>
- A 20-Minute Intense Workout That's Easy on Your Joints: https://www.nytimes.com/2024/05/28/well/move/low-impact-hiit-exercise.html?u2g=c&unlocked_article_code=1.vk0.Gx4I.M3uf4SNDQPDA&smid=url-share
- How to Add Strength Training to Your Existing Workout Routine: <https://www.theglobeandmail.com/life/health-and-fitness/article-strength-training-routine-tips/>

- **Community Members Parking:** Most community memberships include a Lot 5 parking pass (<https://athletics.carleton.ca/memberships/>). As long as your parking information is on file with the Welcome Centre, members can enjoy up to 3 hours of parking in Lot P5 during the Fitness Centre's hours of operation. If you get a new car or new plate, let the Welcome Centre know so that your parking information can be updated. If you are erroneously issued a parking ticket in Lot 5, send me a copy and I'll get it cancelled for you. If necessary, I'll also get your plate information updated.

- **Permanent Lockers Available:** Permanent lockers are now available for 12-month rentals. Inquire at the Welcome Centre for availability and details.

- The Carleton Ravens Athletics App (<https://athletics.carleton.ca/mobile-app/>) is available on iOS and Android devices. The app allows users to view pool schedules, register for sessions, and subscribe to personalized push notifications including aquatics updates for any closures or schedule changes. The public swim schedule can also be found here: <https://athletics.carleton.ca/cu-facilities/swimming-pool/>.

Spring Session Information

Dates: Wednesday May 1 to Saturday June 29; Monday May 20 workouts are one hour later than usual for the morning groups, and one hour earlier than usual for the evening groups.

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End: **Lynn**

8:40-9:40am Mon/Wed/Fri Earlybirds 2: Deep End: **Lynn**

6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Mon/Tue: Shallow; Thu: Deep: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark** (sub: **Adrian**)

7:15-8:15pm Mon/Tue/Thu Whitecaps 2: Mon/Tue: Shallow; Thu: Deep: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark** (sub: **Adrian**)

8:15-9:25am Saturdays (10:45-11:55am on May 18): Shallow End: rotating coach schedule

Further details and changes will be noted here.

Mark coached the **6pm and 7:15pm Whitecaps** for **Sean** on **June 24**.

Sean coached the **6pm and 7:15pm Whitecaps** for **Paddy** on **June 25**.

Special Sets:

Thu/Fri May 30/31: fin day

Thu/Fri June 6/7: short distance time trials: a.m.: lanes 1 – 3

Tue/Wed June 11/12: short distance time trials: a.m.: lanes 4 – 6

Mon June 17: 1500/800 free time trial

Thu/Fri June 27/28: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplansprsum24.pdf>.

Here are the attendance statistics for the term. Please let me know of any errors or omissions! Note that only the swimmer(s) with the best attendance **for each group** are listed below.

7:35am Earlybirds: May 6 to June 28 (24 workouts); range: 16-31; average: 25.4

Perfect Attendance: **Margaret Janse van Rensburg, Pauline Phelan**

8:40am Earlybirds: May 6 to June 28 (24 workouts); range: 14-28; average: 21.2

Missed 1 Workout: **Susan Hulley**

6:00pm Whitecaps: May 6 to June 27 (24 workouts); range: 16-30; average: 21.8

Perfect Attendance: **Don Wells**

7:15pm Whitecaps: May 6 to June 27 (24 workouts); range: 6-15; average: 11.3

Perfect Attendance: **Joel Meredith**

8:15am Saturdays: May 4 to June 29 (9 workouts); range: 16-27; average: 22.1

Perfect Attendance: **Audrey Belanger Baur**

Spring Session Summary

A big thank you to our coaches this term: **Adrian Finn, Blake Christie, Mark Blenkinsop, Paddy Mallia, Sean Dawson,** and **Tim Kilby**.

Thank you also to everyone who participated in time trials this term. We did some short distance time trials for the morning group, as well as the long distance freestyle time trial for the morning and some evening swimmers. There were 162 time trials completed: 99 by women and 63 by men. A total of 52 swimmers participated: 30 women and 22 men.

Below you'll find the list of fastest and most improved swimmers, as well as the top 3 fastest and most improved in each event. For the fastest swimmers, a cutoff of 225 on the FINA 2015 table was used (<https://www.swimmasters.eu/calculator/fina>). For the Top 3 in the 800 freestyle only those who could not easily complete the 1500 in the time limit are eligible. All times are compared to the "new" spreadsheet that I started in 2023.

Nine swimmers scored over 225 points in one or more events. The top swimmer was **David Lapins** (7:35am Earlybirds) with 361 points for 1:03.1 in 100m freestyle. Next was **Tony Revitt** (8:40am Earlybirds) with 305 points for a 21:02 1500m freestyle. He was followed by **Sam Hersh** (7:35am Earlybirds) with 273 points for 31.2 in 50m freestyle. **Margaret Janse van Rensburg** (7:35am Earlybirds) was the top woman with 240 points for a 24:39 1500m freestyle. **Anne Griffith** (8:40am Earlybirds) and **Christine Vasseur** (8:40am Earlybirds) tied for second woman with 234 points in 50m breaststroke and 50m freestyle, respectively. **David** scored over 225 points in four different events, and **Sam** in three.

There were 37 improvements (22 by women, and 15 by men). A total of 21 swimmers improved (11 women and 10 men). **Christine Rivas** (7:35am Earlybirds) had by far the greatest improvement, with an 18.2 second (26.4sec/100m) improvement in 50m backstroke. Next were **Jennifer Glassman** (7:35am Earlybirds) with an 8.6 second (8.6sec/100m) improvement in 100m breaststroke, and **Sandra Kiviaho** (8:40am Earlybirds) with an 8.3 second (8.3sec/100m) improvement in 100m freestyle. Top improver among the men was **Colin Kiviaho** (8:40am Earlybirds) with a 3.4 second

(6.8sec/100m) improvement in 50m freestyle. He was followed by **Bryan Morris** (7:35am Earlybirds) with a 1:18 (5.2sec/100m) improvement in 1500m freestyle. Next was Coach **Paddy Mallia** (8:40am Earlybirds) with a 1:14 (4.9sec/100m) improvement in 1500m freestyle. As coaches are considered "exhibition", **Ken Johnson** (8:40am Earlybirds) rounds out the top three for the men with an improvement of 37 seconds (4.6sec/100m) in 800m freestyle. Colin improved in four different events. **Christine, Sandra, Anne Griffith, Mary-Lou Dunnigan, and Susan Nevitt-Yelle** all improved in three different events.

The perfect attendance winners for this term are: **Margaret Janse van Rensburg** (7:35am Earlybirds), **Pauline Phelan** (7:35am Earlybirds), **Don Wells** (6pm Whitecaps), and **Audrey Belanger Baur** (8:15am Saturdays). Congratulations to **Margaret** for having perfect attendance two terms in a row!!

Fastest Swimmers:

P1	Name	Group	Gender	Event	Time	Points
1=	Margaret Janse van Rensburg	EB1	F	1500fs	24:39	240
2=	Anne Griffith	EB2	F	50br	46.7	234
2=	Christine Vasseur	EB2	F	50fs	37.7	234
4	Natalie Aucoin	EB1	F	200fs	3:01.5	227
1	David Lapins	EB1	M	100fs	1:03.1	361
2	Tony Revitt	EB2	M	1500fs	21:02	305
3	Sam Hersh	EB1	M	50fs	31.2	273
x	Paddy Mallia	EB2	M	50br	40.1	249
4	Bruce Brown	EB1	M	1500fs	22:32	248

Most Improved Swimmers:

P1	Name	Group	Gender	Event	Imp	Imp/100m
1	Christine Rivas	EB1	F	50bk	18.2	36.4
2	Jennifer Glassman	EB1	F	100br	8.6	8.6
3	Sandra Kiviaho	EB2	F	100fs	8.3	8.3
4	Sigi Johnson	EB1	F	800fs	58.0	7.3
5	Anne Griffith	EB2	F	100IM	6.0	6.0
6	Mary-Lou Dunnigan	EB2	F	100IM	3.6	3.6
7	Sheila Kealey	EB2	F	50fs	1.3	2.6
8	Susan Nevitt-Yelle	EB1	F	100fs	2.3	2.3
9=	Maria Charron	EB1	F	400fs	6.8	1.7
9=	Sandy Lawson	EB1	F	200fs	3.4	1.7
11	Ursula Scott	EB1	F	100fs	0.5	0.5
1	Colin Kiviaho	EB2	M	50fs	3.4	6.8
2	Bryan Morris	EB1	M	1500fs	78.0	5.2
x	Paddy Mallia	EB2	M	1500fs	74.0	4.9
3	Ken Johnson	EB2	M	800fs	37.0	4.6
4	Tom Heyerdahl	EB2	M	200fs	8.7	4.4
5	Sam Hersh	EB1	M	100bk	2.8	2.8
6=	Bruce Brown	EB1	M	100bk	2.4	2.4
6=	Kevin Woodley	EB1	M	100IM	2.4	2.4
8	Paul Buzuloiu	EB1	M	1500fs	23.0	1.5
9	Steve Dods	EB2	M	800fs	4.0	0.5

Fastest Three Swimmers Per Event:

Note that each swimmer is only listed once per event, and only those who would not have time to complete the 1500 are eligible to be listed below for the 800 free.

	Name	Group	Gender	Time
50fs				
1	Christine Vasseur	EB2	F	37.7
2	Sheila Kealey	EB2	F	38.6
3	Anne Griffith	EB2	F	38.6
1	David Lapins	EB1	M	28.7
2	Sam Hersh	EB1	M	31.2
x	Paddy Mallia	EB2	M	35.1
3	Gray Winchell	EB2	M	35.9
(15/10)				
100fs				
1=	Natalie Aucoin	EB1	F	1:26.6
1=	Sandy Lawson	EB1	F	1:26.6
3	Sheila Kealey	EB2	F	1:28.0
4	Sandra Kiviaho	EB2	F	1:29.0
1	David Lapins	EB1	M	1:03.1
2	Mike Wheatley	EB1	M	1:15.4
3	Kevin Woodley	EB1	M	1:18.7
4	Bruce Brown	EB1	M	1:19.6
(16/9)				
200fs				
1	Natalie Aucoin	EB1	F	3:01.5
2	Sandy Lawson	EB1	F	3:04.1
3	Margaret Janse van Rensburg	EB1	F	3:10.2
1	David Lapins	EB1	M	2:21.5
2	Colin Kiviaho	EB2	M	3:13.5
3	Ralph Siemsen	EB2	M	3:27.2
(9/5)				
400fs				
1	Margaret Janse van Rensburg	EB1	F	7:02.8
2	Maria Charron	EB1	F	8:07.8
3	Pauline Phelan	EB1	F	8:43.0
1	Jake Graham	EB1	M	8:09.1
2	Thomas Foth	EB1	M	12:06
(4/3)				
800fs				
1	Shealagh Pope	EB1	F	17:11
2	Ursula Scott	EB1	F	17:14
3=	Ann Bortolotti	EB1	F	17:32
3=	Sigi Johnson	EB1	F	17:32
1	Ken Johnson	EB2	M	22:34
2	Steve Dods	EB2	M	22:45
(9/2)				
1500fs				

1	Margaret Janse van Rensburg	EB1	F	24:39
2	Sandy Lawson	EB1	F	25:13
3=	Natalie Aucoin	EB1	F	25:22
3=	Cheri Reddin	EB1	F	25:22
1	David Lapins	EB1	M	20:21
2	Tony Revitt	EB2	M	20:21
3	Bruce Brown	EB1	M	22:32
(11/14)				
50bk				
1	Anne Griffith	EB2	F	47.7
2	Susan Nevitt-Yelle	EB1	F	1:00.5
3	Jennifer Glassman	EB1	F	1:08.5
1	Bruce Brown	EB1	M	43.4
(4/1)				
100bk				
1	Sam Hersh	EB1	M	1:18.8
2	Mike Wheatley	EB1	M	1:24.7
3	Bruce Brown	EB1	M	1:30.3
(0/4)				
50br				
1	Anne Griffith	EB2	F	46.7
2	Christine Vasseur	EB2	F	48.8
3	Ruth Fawcett	EB2	F	53.7
x	Paddy Mallia	EB2	M	40.1
1	Ray Anderson	EB1	M	50.1
2	Gray Winchell	EB2	M	52.7
3	Ian Lorimer	EB1	M	58.2
(8/5)				
100br				
1	Katie Macdonald	EB1	F	1:55.5
2	Jennifer Glassman	EB1	F	2:11.2
3=	Heloise Emdon	EB1	F	2:14.5
3=	Shealagh Pope	EB1	F	2:14.5
1	Ken Johnson	EB2	M	3:05.7
(4/1)				
50f1				
1	Christine Vasseur	EB2	F	40.9
2	Natalie Aucoin	EB1	F	43.0
x	Paddy Mallia	EB2	M	36.5
(3/1)				
100IM				
1	Anne Griffith	EB2	F	1:35.3
2	Christine Vasseur	EB2	F	1:38.0
3	Sandra Kiviaho	EB2	F	1:46.6
1	Sam Hersh	EB1	M	1:20.0
2	Mike Wheatley	EB1	M	1:27.9

3	Kevin Woodley	EB1	M	1:29.2
x	Paddy Mallia	EB2	M	1:29.3
(12/10)				
200IM				
1	Ken Johnson	EB2	M	6:12.1
(0/1)				
400IM				
1	Margaret Janse van Rensburg	EB1	F	7:23.2
(1/0)				

Most Improved Three Swimmers Per Event:

	Name	Group	Gender	Imp	Imp/100m
50fs					
1	Christine Rivas	EB1	F	8.2	16.4
2	Sandra Kiviaho	EB2	F	3.4	6.8
3	Sheila Kealey	EB2	F	1.3	2.6
1	Colin Kiviaho	EB2	M	3.4	6.8
(5/1)					
100fs					
1	Christine Rivas	EB1	F	17.0	17.0
2	Sandra Kiviaho	EB2	F	8.3	8.3
3	Mary-Lou Dunnigan	EB2	F	2.6	2.6
1	Colin Kiviaho	EB2	M	4.1	4.1
2	Kevin Woodley	EB1	M	1.4	1.4
(6/2)					
200fs					
1	Sandy Lawson	EB1	F	3.4	1.7
2	Mary-Lou Dunnigan	EB2	F	3.1	1.6
1	Tom Heyerdahl	EB2	M	8.7	4.4
2	Colin Kiviaho	EB2	M	0.7	0.4
(2/2)					
400fs					
1	Maria Charron	EB1	F	6.8	1.7
(1/0)					
800fs					
1	Sigi Johnson	EB1	F	58.0	7.3
1	Ken Johnson	EB2	M	37.0	4.6
2	Steve Dods	EB2	M	4.0	0.5
(1/2)					
1500fs					
1	Sandra Kiviaho	EB2	F	14.0	0.9
1	Bryan Morris	EB1	M	78.0	5.2
x	Paddy Mallia	EB2	M	74.0	4.9
2	Paul Buzuloiu	EB1	M	23.0	1.5
3	Colin Kiviaho	EB2	M	10.0	0.7
(1/4)					

50bk					
1	Christine Rivas	EB1	F	18.2	36.4
2	Susan Nevitt-Yelle	EB1	F	0.5	1.0
(2/0)					
100bk					
1	Sam Hersh	EB1	M	2.8	2.8
2	Bruce Brown	EB1	M	2.4	2.4
(0/4)					
50br					
1	Anne Griffith	EB2	F	0.7	1.4
(1/0)					
100br					
1	Jennifer Glassman	EB1	F	8.6	8.6
(1/0)					
50f1					
x	Paddy Mallia	EB2	M	0.5	1.0
(0/1)					
100IM					
1	Anne Griffith	EB2	F	6.0	6.0
2	Mary-Lou Dunnigan	EB2	F	3.6	3.6
1	Kevin Woodley	EB1	M	2.4	2.4
(2/1)					

Summer Session Information

Dates: Tuesday July 2 to Saturday August 31; no workouts Monday July 1 or Monday August 5.

The usual pool allocations and coaches are as follows:

7:35-8:35am Mon/Wed/Fri Earlybirds 1: Deep End and 3 lanes Shallow End: **Lynn**

6:00-7:10pm Mon/Tue/Thu Whitecaps 1: Shallow End: Mon: **Sean**; Tue: **Paddy**; Thu: **Mark** (sub: **Adrian**)

12:15-1:25pm Saturdays: Shallow End: rotating coach schedule

Further details and changes will be noted here.

Special Sets:

Tue/Wed July 30/31: fin day

Thu/Fri August 8/9: short distance time trials: a.m.: lanes 1 – 3

Mon August 12: short distance time trials: a.m.: lanes 4 – 6

Tue/Wed August 13/14: short distance time trials: a.m.: lanes 7 – 9

Tue/Wed August 20/21 (and Thu/Fri August 22/23?): 1500/800 free time trial

Thu/Fri August 29/30: fun day

Workout themes, etc.: <https://www.sce.carleton.ca/faculty/lynnmar/masters/mastplansprsum24.pdf>.

Ask the Coach

Dear Coach: Do you have any tips for skincare for swimmers? For about a year I had terrible hands from the mix of chlorine and cold weather in Ottawa, until I learned to put Vaseline on my hands. I wonder if there are different things that you recommend, and if there is a difference between pool swimming (chlorine) and open water. Dry Skinned Swimmer

Dear D.S. Swimmer: I have eczema, and this is the advice I was given by a dermatologist: avoid super hot showers (lukewarm is best), pat skin dry (don't rub), then apply moisturizer right away. For open water, washing your skin as soon as possible after swimming will help avoid things like swimmers' itch. Here are a couple of other resources:
<https://www.homemadeadventures.co.uk/blogs/natures-own/top-skin-care-tips-for-open-water-swimmers>
<https://www.speedo.com/blog/wellbeing/skin-care-for-swimmers/>
If others have suggestions, please send them in!

Dear Coach: When I do my dolphin kicks off the wall, how far underwater should I be? Working On My Turns

Dear W.O.M. Turns: You don't want to be so shallow that your feet or the turbulence from your feet breaks the surface. Nor do you want to be so deep that you spend a lot of time going down and then up. So what is the happy medium? It turns out that it averages about 0.45m (about 1.5 feet). Here's a scientific article that mentions that (among many other things!), if you are interested: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9100937/>.

Dear Coach: What is the best thumb position while swimming freestyle? New Swimmer

Dear N. Swimmer: As previously discussed, the fingers should be 2 to 7 mm apart for maximal propulsion. For the thumbs, it is less clear. It's likely best to have the thumbs 2 to 7 mm away from the index finger, but some swimmers have a wider gap. You do not want to tuck the thumbs into the palms. Keep the hand flat while swimming (i.e. don't cup the hand or extend the fingers backwards).

Masters Swimming Competitions

To register with MSO (Masters Swimming Ontario) for the season (through August 2024), the cost is **\$20**. To register with SO (Swim Ontario), the cost is **\$50**. For both, it's **\$65**. Contact me for more details.

Here's a list of upcoming meets and races mostly in Ontario and Quebec.

Details of Swim Ontario and Quebec meets can be found (after they are sanctioned) at <https://www.swimming.ca/en/events-results/live-upcoming-meets/>. (I will add detailed links below when available, if I remember!) Details on MSO meets can be found here: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

June 30 to August 25 Quebec 5km and 10km Open Water Circuits <https://fng.ca/circuit-deau-libre-2024/>

July 7 Collingwood Terminals 1k, 3k, 5k Swims and 12k Swim/Run Challenge

<https://raceroster.com/events/2024/84585/collingwood-terminals-open-water-swim-and-swimrun-challenge>

July 13 Bring on the Bay 3km and 1.5km Open Water Swims, Ottawa <https://bringonthebay.com/>

July 13-14 Ontario Open Water Championships, Gravenhurst (SO registration required)

<https://www.swimming.ca/en/meet/41099/>

August 10 Traversée du Lac Simon (Outaouais) 500m, 2km, 4km, 12km, relays

<https://www.facebook.com/events/1041186130447023>; <https://www.traverseelacsimon.com/>

August 11 Deep River 1.5km Cross River Swim <https://www.wateranddirt.ca/water/cross-river-swim/>

August 17 Traversée du Lac Nicolet 500m, 1k, 2.5k, 5km relay <https://hydrosports.ca/>

August 18 Parry Sound 15k Ultra Swim and SwimRun Championships

<https://raceroster.com/events/2024/87564/mudskipper-canadian-individual-swimrun-championships-and-parry-sound-15k-ultra-swim>

August Canadian Open Water Festival, Welland (SO registration required)

November 6-10 Barbados Open Water Festival www.barbadosopenwaterfestival.com

Global Open Water Swim Series (Year Round) <https://globalswimseries.com/races/>

Race Results

Please send in your results, and/or let me know if I missed anyone or any races!

June 14-16 USA Water Polo Pacific Northwest Junior Olympics Qualification Tournament

Here's **Mike Wheatley** (7:35am Earlybirds)'s report on the event. Congratulations to **Mike, Lilly, Coulsen** and all the other team members on earning their trip to California in July!

All the Ottawa Titans (playing with Bainbridge Water Polo from Washington state) have punched their tickets for the main (Junior Olympics (JO's)) tournament in San Jose in July. The 16U girls went undefeated in their 3 matches earning a

berth in the Championship Division - **Maddie Eibner** and **Danan Burke** also joined **Lilly Wheatley** (Earlybirds Alumna) in the 5 x 18U games which also went well, earning a spot in the Classic Division.

16U boys were the only category in the Qualification tournament where one team would face elimination due to the JO allocations. **Ketan Naik** and **Coulson Wheatley** (Earlybirds) and our young 16U squad had a couple of challenging games against older bigger teams but rallied hard and earned the final berth with a few nail-biter one goal games, one loss and two wins in the final minutes. Coach **Mike Wheatley** (Earlybirds) earned a few more grey hairs but we're headed to California in July to play in Classic Division Games.

I forgot the photos last time: first one is Coulson, second is Lilly, and third has Mike and Coulson on the left!



June 22 Training Swim, Lake Memphremagog

Tom Heyerdahl (8:40am Earlybirds) continues his training for an upcoming 25km swim, with a (nearly) 20km training swim. Here's his report:

OK. Another furthest distance, longest time! Yesterday's swim in Lake Memphremagog around Ile Ronde at Phil White's Clubhaus Saturday was "just" a training swim for my next one! I covered 19.7 km in 10 hours, six minutes. Man, do I prefer open water to a hot pool! The water temperature was around 22 degrees, as was the air. It was overcast, and fairly steady light rain. Very light helping winds (tailwind) with the exception of 2 hours.

We started at 9:30 a.m. With the light tail wind I was able to take nice long strokes all the way to Ile Ronde, and made the turn roughly as planned five hours in (9.5 km out).

I battled some "double face-slapping per stroke chop" after the turn back south. My Kayaker Rock Blanchard lifted my spirits so much by complimenting my shorter stronger stroke. In the graph, though you can see my pace dropped significantly. (Around 1:30 pm)

Once we got into the lee of Ile Province, I was able to lengthen, and pick up the pace again, and it was smooth swimming all the way back to the dock at the clubhaus

I'm so grateful for all your support! I was aware many were watching my dot, and it spurred me on in some tough moments. I had to keep centering myself in the "here and now" when my busy mind kept going forward to evaluating the likelihood of my achieving my future goals.

It's been a remarkable journey! I'll spend more than one week recovering from this one! (Lesson learned!) Also, I'll do a light taper, then a full taper before my 25 km Kingdom Swim in this mighty Lake Memphremagog on July 27th.

I think I'll be able to knock 30 minutes off my time, by bumping up the calories in my carb drink, and eliminate the messing around with gel packs and baby food. But on the whole, my nutrition went great.

Thank you Phil White and Kingdom Swim, big hug to Kathleene Marcil and thanks for the after care! Big thanks to Darcie DeBlois-Rivard and my fellow swimmer and family for giving me such a great welcome in (see video). Finally I can't say enough about the skills, consistency, and support of my "yakker" Rock Blanchard!



June 23 Mont Tremblant 70.3 Triathlon

It was so wet and stormy that the swim was shortened for some and cancelled for others! Great job in horrible conditions!! Full results: <https://www.ironman.com/im703-mont-tremblant-results>.

Colin Kiviaho (8:40am Earlybirds; M45-49): 128th overall, 109th man, and 4th in category in 4:33:39 (swim 23:09)

Sandra Kiviaho (8:40am Earlybirds; W45-49): 1348th overall, 272nd woman, and 22nd in category in 6:10:30 (swim 23:19)

Here's **Sandra's** race story – what an “adventure”!

So, I always check the weather about a week out. Then 5 days. But I don't worry. It works out some how nicer or you face it. I think coming from the North we often braved the elements - cold, bugs, etc. As a good friend said to me “True north, strong and badass”.

I planned for a few modifications to my cycle outfit as it's the longest part of the race. Though I must admit that when I checked the weather app in the morning, my eyes got big and I said to Colin, “today is going to be a real adventure. “

The Swim -

So as many of you know, Colin and I have a regular competition of who will beat who in the swim. This year we added the element of having friends bet on us and give donations for Easter Seals for my friend Anne and her daughter Amelia. That was extra fun.

The weather was very stormy so they shortened the swim course. Unfortunately, Colin and I didn't realize this until we were swimming and reached the first turn. If we had known, we would have been less stressed and changed our swim strategy. I entered before Colin (10 secs I found out after). I put my head down and swam hard but was off course so I started sighting more to get back inline. Then at 400m the red turn buoy was there. It should have been at 800m. So I made the turn and then looked around.

It was surreal. Big boats blocking the course with at least 3 police boats flashing their blue lights. It was unusually very dark for a morning swim and the rain was pounding the water. I was confused but just kept looking for the next buoy which had blown off course. I finally found the corner buoy to head back. Eventually I found the last few buoys while I was being pelted by rain and waves.

As I exited the swim, and climbed up onto the stairs, someone grabbed my hand. I slapped it away. Then they grabbed it again. I looked behind and it was Colin. Can you believe it? We were at the stairs at the same time! He saw me and swam across. So we climbed the swim exit together, gave a hug and he was off running...me too. But at my own pace. He did beat me by 10 seconds (less than a second per 100m).

Thanks for all the people who have and are donating to Easter Seals for my friend Anne and Amelia (see link at bottom).

The Bike

I was prepared to work hard with the goal of being safe. The 50km out on the big, open highway had all of the elements blowing wind both ways, streams of water everywhere not just at the bottom of hills, and even delightful hail on the way back. There was a 10 min reprieve somewhere in there with light rain. We knew ahead of time that the rain would hold the entire race bc we saw the huge blob on the radar.

Duplesis which is usually one of my favourite parts was potentially so treacherous. It's tight, with turns and hills up and down. I was so frightened that someone going fast would fall and slide into me. However pretty much all the people around me were being reasonable. Still the last few downhills were SCARY! I've never been so happy to get off my bike. I had been training hard but didn't get any speed records today. Though I am not disappointed at all.

Run

More rain for the run. Changing into dry socks for the run seemed pointless but my feet and shoes were soaking wet. It might have lasted a few km. Given my long run injury, I was impressed that I didn't hurt besides a right shin splint for the first 5km. My strategy was to walk about every 10-12 min based on my training. I had no pain until about 17km and felt ok although I did get slower. At that point I didn't care. I chose to wear a hat which I seldom do bc I didn't want water in my face. I thought I had maybe made a wrong choice until around the last half an hour when the skies really opened up.

I am super proud of finishing with a decent time for me. These events make you dig deep in your soul and I believe become a stronger individual. I absolutely love racing with Colin on the course and talking with other racers, volunteers and spectators throughout the weekend.

An added special thank you to both volunteers and spectators bc they also had to brave the elements without moving which I believe is even tougher. Merci!! Merci!!

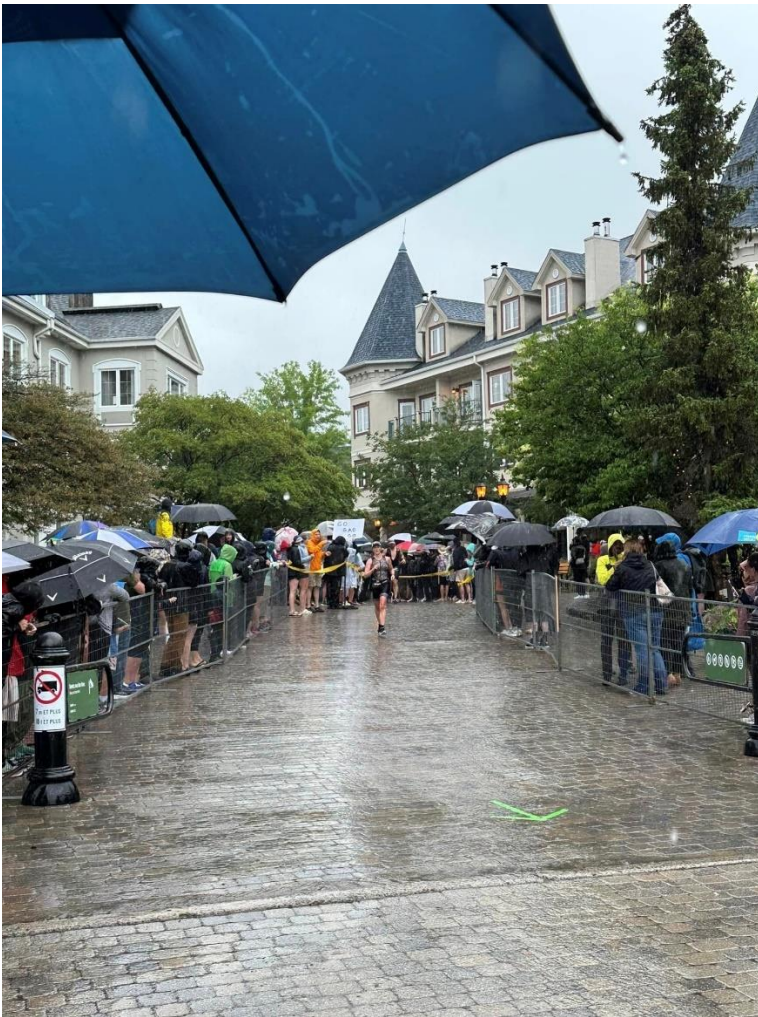
Funny things I heard:

- "Too bad we don't shrink in the rain"
- "We are already Champions" (waiting to enter the water)
- "I want to go in my dryer" (post race, waiting in pouring rain for food)
- "I want to do it again" (Colin Monday morning)

Funny things I saw:

- people cheering in wetsuits with float bags on the farthest turn around on the bike
- People wearing a snorkel and mask cheering
- Rain coming down so hard that you can't see (swim, bike, run)

I forgot to mention – Colin came 4th in his age!



Bytown Dragon Boat Club Spring Race Report

Thank you to **Megan Holtzman** (8:40am Earlybirds) for sending in this update!

Bytown Dragon Boat Club crews have been rocking the first festivals of the year as many of our teams are gearing up towards the Club Crew World Championships in Ravenna, Italy in September. Our club features swimmers **Cheri Reddin**, 7:30AM Earlybirds; **Megan Holtzman**, 8:40AM Earlybirds; **Debby Whately**, 8:40AM Earlybirds, **Dianne Blais**, 7:15PM Whitecaps; **Colette Kenney**, former Earlybirds; and **Isabelle Fradette**, former Earlybirds. **Carolyn Odecki**, 6PM Whitecaps, has provided coaching help as she recovers from hip surgery, and **Isla Paterson**, 8:40AM Earlybirds has helped steer practices. Bytown also hosts the Carleton U24 team, a Carleton club team.

At the H2O festival in Montreal on Saturday May 25th, the Sportchicks Senior B Women took home bronze in 200m, 500m, and 2k (Cheri, Megan, Isabelle). A highlight was a gritty 2K race that had our Super Cs (Colette) sandwiched between 2 boats and our Sportchicks amidst 5 boats abreast into the last turn. Carleton Bytown U24s got a PB in their 500m and the C Mixed (Colette) also competed and hit some great times.



A couple of weeks later, the Lachine 200m Knockout had some of the toughest conditions the event has seen as headwinds gusted and confusion within the city administration left the event with only 1 porta-potty. No drummers, heads, or tails were allowed due to the winds and by the end of the day we were restricted to only 16 paddlers instead of 20. Sportchicks Senior A Women raced (Megan, Cheri, and Debby), as well as Super Cs & Senior C Mixed (Colette) and Bytown Dragons Open (Megan, Dianne). Sportchicks earned bronze, Super C's 2nd in the B final, Bytown Dragons 5th in Open, U24 Ravens won their B final and Senior C mixed finished 2nd in theirs.



Facebook Reel: [Carleton Dragon Boat Club captures the feeling of racing at Lachine](#)

The marquee event for our Ottawa dragon boat community was held last weekend at the Tim Horton's Ottawa Dragon Boat Festival. The weather on Saturday was perfect, but downpours on Sunday muddied the site, and timing equipment went on the fritz after a large thunderstorm delayed the afternoon. Sportchicks Senior AB (with Cheri and Megan onboard) took home the Sue Holloway Women's cup on Saturday with a blistering time of 2:04.59* and then the 200m, 100m, and then 500m women's gold on Sunday. Our Super Cs (Debby Whately) came in strong right behind with 2nd, 3rd, 2nd in the same races. Our new Senior D team (coached on race day by Carolyn Odecki) raced an exhibition against our new Para teams. Some paddlers also helped out rec teams: Debby Whately paddled on 1st place team Gung Ho and Megan Holtzman coached the PainKillers (UofO department of anesthesiology & pain medicine).

*due to too-fast official times posted for the 100m races, the veracity of timing over the weekend is now in doubt



Facebook Reel: [Carleton U24s Slip'n'Slide in the Ottawa Dragon Boat Festival puddles](#)

Masters Swimming Canada Top 20, Records, etc.

Check out the MSC statistics including the National Records and top 20 rankings (by gender and age group, both SCM and LCM) at: <http://www.statsman.ca/#canada> (last update **June 18**).

Notes and Reminders

Carleton Masters Summer Program

Registering online is recommended unless you wish to use a credit on your account, then register by phone or in person.

Here are the details of the programs and dates:

Summer Session: Tuesday July 2 to Saturday August 31; no workouts Monday July 1 or Monday August 5.

Earlybirds 1: Monday/Wednesday/Friday 7:35-8:35am; Coach: Lynn; \$112+HST

Whitecaps 1: Monday/Tuesday/Thursday 6:00-7:10pm; Coaches: Mon: Sean, Tue: Paddy, Thu: Mark, Sub: Adrian; \$120+HST

Saturdays: 12:15-1:25pm; Coaches: Rotating Schedule; \$56+HST

Note that this information is also posted on our web site: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

Private and Semi-Private Masters Swim Lessons

Spring/Summer Schedule:

Monday 4:00-5:00pm and 5:00-6:00pm

Tuesday 3:30-4:30pm and 4:30-5:30pm

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.

General Masters Information:

- **Memberships:** To be able to swim with Masters, you need a membership good for the entire term. It must include pool access and be valid for the time of day when you will be swimming. The different membership options are listed here: <https://athletics.carleton.ca/memberships/>.
- **Parking:** Most community memberships include parking in Lot 5. However, between 10am and 4pm Monday to Friday, you must use the hot spot code to register for two hours free parking. (We hope that use of the hot spot will soon be eliminated.)

Students May Add Carleton Masters to their Co-Curricular Record

Carleton students who swim with Carleton Masters may now get this added to their co-curricular record. Just add "Carleton Masters Swim – Member". Information on how to do this is provided here: <https://carleton.ca/seo/ccr/>.

Team Aquatic Supplies / Aquasport Discount for Carleton Masters Swimmers: Aquasport (2730 Iris Street) is under new management, now being run by Team Aquatic Supplies. We receive a 20% discount on regularly priced merchandise until the end of August 2024. When ordering on-line (<https://team-aquatic.com/>) use the code on the card. When shopping in person, show a copy of this [discount card](#).

Carleton Ravens Gear: Swim caps (\$15), and T-shirts, hoodies, and size 36 women's suits (\$20 each) are available as a fundraiser to support the Varsity swim team. Ask for more details.

Swim Suits for Sale: The suits range in brand, style, and colour. Most prices are \$45 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 annual fees to register Carleton Masters with Masters Swimming Ontario and Swim Ontario. We have a few triathlon latex caps (50c), some silicone caps (\$2), as well as some brand new Speedo silicone caps and Speedo thick polyester caps (\$5). 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.

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 a month's worth of workouts at a time. (Note that these are only the workouts that I coach.)

General Information: Program information, photos, old newsletters and the Carleton Masters records, among other things, can be viewed at: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>.

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 (lynnmar@sce.carleton.ca).

Happy lengths!
Lynn

lynnmar@sce.carleton.ca

Club website: <https://www.sce.carleton.ca/faculty/lynnmar/masters/>