

## Lynn Marshall

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**From:** Lynn Marshall <lynnmar@sce.carleton.ca>  
**Sent:** Wednesday, July 31, 2019 1:02 PM  
**To:** 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; 'David Thibodeau'  
**Subject:** Carleton Masters Swimming Newsletter #503

## Carleton Masters Swimming Newsletter #503

Wednesday, July 31<sup>st</sup>, 2019

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

**Bcc:** Those registered for Fall 2018, Winter 2019, Spring 2019, Summer 2019, and Alumni: 7:30am Earlybirds I (58 addresses), 8:30am Earlybirds II (34 addresses), 6pm Whitecaps I (57 addresses), 7:10pm Whitecaps II (33 addresses), Saturday Only (4 addresses), Alumni (32 addresses).

Ten years from now, make sure you can look back and say you did the best you could. That's all that matters.

### Masters Swimming Program Notes

- The Summer session runs until **Sat Aug 31<sup>st</sup>**, inclusive.
- **A reminder of the upcoming cancellations:**
  - **No Workouts: Sat Aug 3<sup>rd</sup> or Mon Aug 5<sup>th</sup> (August Civic Holiday Weekend)**
- The Hog's Back bridge will be closed starting **Mon Aug 12<sup>th</sup>**. Details below ("Swimmer Notes").
- Full details on the dates and prices for the Summer programs can be found in the "Notes and Reminders" at the end of the newsletter.
- A reminder that the only groups running for summer are 7:30am Earlybirds, 6pm Whitecaps, and 12:15pm Saturdays.
  - This summer, Saturdays are **not** included with your weekday registration.
- Both the Summer 7:30am Earlybirds and 6pm Whitecaps are **full**: wait list available. (Let me know if you're on the wait list!)
  - There are spots left for 12:15pm Saturdays.
- Information on the Fall/Winter 2019/2020 Programs is below.

### Fall/Winter Programs and Registration

Registration for Fall and Winter Masters starts at **6am Wed Aug 7<sup>th</sup>**. Masters is a members-only program with no student discount. Registration can be done in person or by phone: 613-520-4480. The 6pm and 7:30am groups fill quickly, so register early to avoid disappointment! The Masters program information is also available on the web site: <http://carletonmasters.tripod.com/> (well, it will be when the site is back up -- currently experiencing technical difficulties!) Note that the system requires that the cost be the same for both Fall and Winter, so there are two bonus workouts in the Fall (i.e. you pay for 43 workouts and get 45) and one or two extra Winter workouts on unusual days to get 43 workouts in for all groups. Prices are unchanged from last year.

**Fall 2019: Wed Sept 4<sup>th</sup> to Thu Dec 19<sup>th</sup>; no workouts Tue Sept 3<sup>rd</sup>; Mon Oct 14<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep; Coach: Lynn): cost: \$150+HST

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep; Coach: Lynn): cost: \$150+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: TBD): cost \$165+HST

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow; Coaches: TBD): cost \$150+HST

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow; Coaches: rotating schedule): cost: \$64+HST

**Winter 2020: Thu Jan 2<sup>nd</sup> to Sat Apr 11<sup>th</sup>; no workouts Mon Feb 17<sup>th</sup>; Fri Apr 10<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep; Coach: Lynn): cost: \$150+HST: includes **Thu Jan 2<sup>nd</sup> and Thu Apr 9<sup>th</sup>**

**8:30am Earlybirds 2:** 8:30-9:30am MWF (deep; Coach: Lynn): cost: \$150+HST: includes **Thu Jan 2<sup>nd</sup> and Thu Apr 9<sup>th</sup>**

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (Mon: shallow; Tue/Thu: deep; Coaches: TBD): cost \$165+HST: includes **Fri Jan 3<sup>rd</sup>**

**7:10pm Whitecaps 2:** 7:10-8:10pm MTuTh (shallow; Coaches: TBD): cost \$150+HST: includes **Fri Jan 3<sup>rd</sup>**

**8:15am Saturday Earlybirds:** 8:15-9:25am Sat (shallow; Coaches: rotating schedule): cost: \$64+HST

## Swimmer Notes

### Swimmer Updates:

- Here is the final update from **François Jacques** (7:30am Earlybirds, [jacla5@yahoo.ca](mailto:jacla5@yahoo.ca)) on the 5km swim in Lac Grand, Val des Monts, Quebec:

The event is a timed non sanctioned open water 5km swim. All swimming aides including wetsuit are allowed. The objective is to have fun. Please bring as many volunteers with watercraft as possible and any contribution to the following brunch is welcome.

The swim will start on **Saturday August 10th at 9am** in front of Dorothy Laflamme 's cottage. It is not accessible by road. You may therefore park your vehicle at my cottage at 505 chemin du Barrage which is a 5 min swim away from the start or at Gary Beach's cottage at 55 Portage Val-des-Monts which is also the finish of the swim and a boat will ferry the swimmers to the start The boat will leave Gary's at 8 am.

The subsequent brunch will take place at my cottage. Transportation will be available from Gary's to my cottage. Looking forward to seeing you there.

- Best of luck to **Jamie Chalmers** (Earlybirds). He will be Carleton's only representative at the FINA World Masters Championships in Gwangju, South Korea next month!

- To help you decide if it's a good time to work out, the Carleton Fitness Centre has introduced a live tracker so you can see how busy it is. Just Google [Carleton Fitness Centre](#) for the current status.

- Here's an update from Carleton on the Hog's Back Bridge closure and Carleton road construction:

The National Capital Commission (NCC) has advised that work will commence on the Hog's Back Swing Bridge on **Monday, Aug. 12, 2019**. The bridge will be closed for a projected nine months. For additional information about this NCC project and site plan, [click here](#).

During this construction, Hog's Back Road between Prince of Wales and Colonel By Drive will be closed to vehicular traffic. However, pedestrians and cyclists will be able to cross the canal via an accessible pathway to the lock just below the bridge.

The City of Ottawa suggests the following driving detour route during this closure: Prince of Wales to Heron Road to Riverside Drive to Colonel By Drive. A map detailing this route, as well as pedestrian and cyclist entry points to campus may be found on the university's Transportation Plan website by [clicking here](#).

Carleton University has taken steps to mitigate traffic congestion caused by construction projects around the city. The first step is the construction of [Stadium Way](#) that will connect Bronson Avenue and University Drive through parking lot 5 (P5), near MNP Park. Construction has already begun and will be completed this fall.

The City is planning for the extension of [Raven Road](#) to assist in the movement of bus traffic and this project is currently under design by the City of Ottawa.

The closure of the swing bridge will negatively impact commuting to and from the university. We ask community members to exercise patience with one another as we cycle, walk or drive to and from campus during this construction project by the NCC.

### News and Links:

- **Dana Vollmer** Explains Her Retirement from Elite-Level Swimming: 'This is not letting go of a dream; it's having the ambition to start a new one': <http://www.espn.com/espnw/voices/article/27280185/dana-vollmer-explains-reasons-retiring-elite-level-swimming>

- What Swimming Taught Me About Happiness: <https://www.nytimes.com/2019/07/27/opinion/sunday/swimming-happiness.html>

- Swimmer Ankle Flexibility Exercise [Ed. Note: ouch!]: <https://www.facebook.com/watch/?v=589913931542777>

- How Weight Training Changes the Brain: <https://www.nytimes.com/2019/07/24/well/move/how-weight-training-changes-the-brain.html>

## Summer Session Information

Dates: Tue Jul 2<sup>nd</sup> to Sat Aug 31<sup>st</sup>; excluding Mon Jul 1<sup>st</sup>, Sat Aug 3<sup>rd</sup>, and Sat Aug 5<sup>th</sup>.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End plus 2 Lanes Shallow: **Lynn**

6pm Whitecaps: Shallow End: Mon: **Sean**; Tue: **David**; Thu: **Sean**

12:15pm Saturdays: Shallow End; rotating coach schedule

Exceptions will be noted here.

**Adrian** coached for **Sean** on the **evenings of Mon Jul 22<sup>nd</sup>** and **Mon Jul 29<sup>th</sup>**.

**Lynn** coached for **David** on **Tue Jul 23<sup>rd</sup>**.

**Mits** coached for **Sean** on **Thu Jul 25<sup>th</sup>**.

**Mits** is coaching for **Sean** on **Thu Aug 1<sup>st</sup>**.

**Mark** is coaching for **Lynn** on **Wed Aug 7<sup>th</sup>**.

**David** is coaching for **Sean** on **Thu Aug 8<sup>th</sup>**.

**Tim** is coaching for **Lynn** on **Fri Aug 9<sup>th</sup>**.

**David** is coaching for **Mits** on **Sat Aug 10<sup>th</sup>**.

**TBD** is coaching for **David** on **Tue Aug 27<sup>th</sup>**.

**Fin Day:**

Thu Aug 1<sup>st</sup> / Fri Aug 2<sup>nd</sup>

**Time Trials:**

Mon Jul 8<sup>th</sup> am: 400 free or IM (evening group will do this later in the term)

Mon Jul 15<sup>th</sup> am / Tue July 16<sup>th</sup>: 100 and 50 choice

Tue Aug 6<sup>th</sup> / Wed Aug 7<sup>th</sup>: 800 / 1500 free

Tue Aug 13<sup>th</sup> / Wed Aug 14<sup>th</sup>: 200 choice

Thu Aug 29<sup>th</sup> / Fri Aug 30<sup>th</sup>: "funner" day (e.g. relays)

This information and more can be found with the Spring/Summer workout themes at: <http://carletonmasters.tripod.com/mastplansprsum19.pdf>.

Here's the weekday attendance, so far. Let me know of any errors or omissions.

**6pm Whitecaps:** July 2-30<sup>th</sup> (13 workouts); range 18-33; average: 25.0

Perfect Attendance: **Don Wells**

Missed 1 Workout: **Elaine Yardley, Peter Lithgow**

**7:30am Earlybirds:** July 3-31<sup>st</sup> (13 workouts); range 24-37; average: 31.3

Perfect Attendance: **Bruce Brown, Derek Woodard, Lilliane Cardinal, Stephen Agberien**

Missed 1 Workout: **Harley Gifford, Ian Lorimer, Marta Kolbuszewska, Ralph Siemsen, Steve Dods, Susan Hulley**

Apologies to **Christian** for wanting to confirm his times with him before including them here! Big improvements in both swims!

Congratulations to all those who participated in the **100 and 50 time trials on the morning of Mon Jul 15<sup>th</sup> and the evening of Tue Jul 16<sup>th</sup>**. There were 13 improvements. **Christian Cattan** (6pm Whitecaps), **Rebeka Rubio** (6pm Whitecaps) and **Lisa Tauskela** (6pm Whitecaps) improved in both their 100 and 50 swims. **Rebeka, Christian,** and **Marta Kolbuszewska** (7:30am Earlybirds) had the largest improvements. Here's the full list:

**50 free (6)**

<b>Rebeka Rubio</b>	4.1	WC1
<b>Christian Cattan</b>	2.6	WC1
<b>Bekah Dyck</b>	2.4	WC1
<b>Jocelyn Pender</b>	1.3	EB1
<b>Lisa Tauskela</b>	1.3	WC1
<b>Lillian Wheatley</b>	0.7	EB1
<b>Zak Jacques</b>	0.5	EB1

### 100 free (3)

<b>Marta Kolbuszewska</b>	5.4	EB1
<b>Rebeka Rubio</b>	2.4	WC1
<b>Lisa Tauskela</b>	0.9	WC1

### 100 back (1)

<b>Sam Hersh</b>	2.2	EB1
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### 100IM (1)

<b>Christian Cattan</b>	7.2	WC1
<b>Mike Wheatley</b>	0.1	EB1

## Ask the Coach

**Dear Coach:** What position should my head be in while swimming backstroke? Backstroke Swimmer

Dear B. Swimmer: You want to try to keep your head still while swimming backstroke, although your body should roll from side to side. Your neck should be in a neutral position, looking up at the ceiling. Don't look towards your feet or tilt your head back to look where you're going. Think about resting your head on a small pillow and looking straight up.

**Dear Coach:** What is the best body position for breaststroke? Breaststroke Swimmer

Dear B. Swimmer: Breaststroke varies the most amongst even elite swimmers. There are two main body position options. The first is to keep the body flat and streamlined in the water. The second is to undulate the body, similar to in butterfly. Those who are able to master the undulating style generally find it better, but some, especially larger swimmers, will find it challenging to lift the upper body out of the water.

## Masters Swimming Competitions

This season (September 2018 to August 2019), you have several options for registration for competitions:

1. You can register with Masters Swimming Ontario (MSO). This allows you to compete in Ontario only, and in meets sanctioned by MSO only. Your times will probably be accepted by MSC (e.g. for the Top 20 rankings) but will probably not be recognized by FINA (e.g. for World Records). This costs **\$15** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>. This registration can be done quite quickly, so it doesn't have to be done very far in advance of the competition you are interested in. (You can also pay a \$5 registration fee for each MSO-sanctioned competition that you enter, but then you would **not** be swimming for Carleton Masters.)

2. If you wish to compete outside Ontario, or in Ontario SO-sanctioned meets, you must register with Swimming Ontario (SO) as a Carleton Masters swimmer. This costs **\$65** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>. Registration several weeks in advance of the meet deadline is required, as you will not be eligible to compete until your registration has been processed by SO.

3. You can register with both MSO and SO. This costs **\$75** for Sept 1<sup>st</sup> to Aug 31<sup>st</sup>.

Note that the Carleton Masters club code is CARMA.

For all of the above, if you haven't registered before, please send me your name, gender, date of birth, address and phone number. You may pay by e-transfer, cash, or cheque payable to me (**Lynn Marshall**). Note that the above costs include a contribution to the club registration fee.

Many Ontario meets, including most local meets, are MSO sanctioned. If you want to compete in (for example) Montreal or at Nationals, then SO registration is required.

For MSO competitions see: <https://ms.mastersswimmingontario.ca/web/schedule.php>.

For Ontario SO competitions and Quebec competitions see: <https://www.swimming.ca/en/events-results/live-upcoming-meets/>, select the province and the month of interest, then select the appropriate meet to get more info. Masters meets are identified as "Masters" under meet type. If it says "sanctioned" the meet package should be available. You can also

look on the Masters Swimming Canada site, which should list competitions from all provinces, and is sometimes more helpful than the above: <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-schedule/>.

Here's a list of tentative and confirmed upcoming competitions in Ontario and Quebec. Links will be added to further information when available. Note that for meets that are usually annual but not yet listed, I've included my guess of the likely date along with "TBC". More meets and more details will be added as the information becomes available. **Note that meet entries and confirming meet information and entry dates are your responsibility.** Meets are SCM unless otherwise indicated.

Aug 2-4<sup>th</sup> Travessee du Lac Tremblant: 1k, 3k and 12k swims <https://www.traverseelactremblant.ca/en/>  
Aug 5-18<sup>th</sup> FINA World Masters Championships, Gwangju, Korea [http://www.fina-gwangju2019.com/masters\\_eng/](http://www.fina-gwangju2019.com/masters_eng/)  
Sat Aug 10<sup>th</sup> **Francois Jacques** (7:30am Earlybirds, [jacla5@yahoo.ca](mailto:jacla5@yahoo.ca)) is organizing a free 5k open water swim in Lac Grand, Val des Monts, Quebec: Meet at **Francois'** cottage (505 chemin du Barrage, Val des Monts) at 8am.  
Sat Aug 10<sup>th</sup> Ottawa Riverkeeper 750m, 1.5k, 4k swim <http://www.ottawariverkeeper.ca/2019-riverkeeper4k-testimonials/>  
Sun Oct 13<sup>th</sup> Bermuda 800m, 2k, 4k, 10k Around the Sound open water swims on the Canadian Thanksgiving long weekend. One of the organizers is from U of Waterloo: **Mike Cash** ([mike@bows.bm](mailto:mike@bows.bm)) and he's happy to help with logistics if anyone is interested.  
Fri-Sun Mar 27-29<sup>th</sup>, 2020 MSO Provincials, Nepean  
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!)

**Sat Jun 22<sup>nd</sup> Ostseeschwimmen Prerow:** 2.1k in the beautiful Baltic Sea

**Christiane** competed in three open water swims while she was in Germany! This is the first of the three. Results by gender: [https://my1.raceresult.com/107709/results?lang=en#0\\_BD8FE9](https://my1.raceresult.com/107709/results?lang=en#0_BD8FE9), and by age group: [https://my1.raceresult.com/107709/results?lang=en#0\\_DA705A](https://my1.raceresult.com/107709/results?lang=en#0_DA705A).

**Christiane Wilke** (7:30am Earlybirds; 25-45): 18<sup>th</sup> woman, and 6<sup>th</sup> in age category in 45:46.4

**Sat Jul 13<sup>th</sup> Bring on the Bay 3km and 1500m Swims**

I missed Julia last time -- here's the update list. Anyone else I missed?

Great to see that so many Carleton swimmers participated! Mars and Steve won their age groups (photos at the top of the newsletter). Tim, Justin, Sean, and Candace also had podium finished. Carleton was 6<sup>th</sup> in the team competition with 31 points. Individual results: 1.5k: <https://www.sportstats.ca/display-results.xhtml?raceid=101248>; 3k: <https://www.sportstats.ca/display-results.xhtml?raceid=101247>. Team results: <https://bringonthebay.files.wordpress.com/2019/07/2019-final-team-challenge-points-1.pdf>.

**1500m** (125 participants):

**Candace Newman** (7:30am Earlybirds; 40-49): 66<sup>th</sup> overall; 44<sup>th</sup> woman, and 3<sup>rd</sup> in category in 33:18.2

**Sean Kelly** (x-Earlybirds; 60-69): 68<sup>th</sup> overall; 23<sup>rd</sup> man, and 2<sup>nd</sup> in category in 33:41.7

**Ursula Scott** (7:30am Earlybirds; 50-59): 70<sup>th</sup> overall; 47<sup>th</sup> woman, and 5<sup>th</sup> in category in 33:47.0

**3km** (598 participants):

**Steve Kennedy** (6pm Whitecaps; 30-39): 23<sup>rd</sup> overall; 19<sup>th</sup> man, and 1<sup>st</sup> in category in 43:33.9

**Tim Kilby** (Coach; 50-59): 30<sup>th</sup> overall; 25<sup>th</sup> man, and 2<sup>nd</sup> in category in 44:27.6

**Justin Kernot** (7:30am Earlybirds; 20-29): 37<sup>th</sup> overall; 30<sup>th</sup> man, and 2<sup>nd</sup> in category in 45:28.9

**Mars Nienhuis** (6pm Whitecaps; 20-29): 48<sup>th</sup> overall; 11<sup>th</sup> woman, and 1<sup>st</sup> in category in 46:33.8

**Zoltan Csepregi** (6pm Whitecaps; 40-49): 74<sup>th</sup> overall; 53<sup>rd</sup> man, and 5<sup>th</sup> in category in 48:51.8

**Isaac Fierro Marquez** (6pm Whitecaps; 30-39): 98<sup>th</sup> overall; 69<sup>th</sup> man, and 10<sup>th</sup> in category in 50:59.4

**Gillian Massel** (6pm Whitecaps; 20-29): 99<sup>th</sup> overall; 30<sup>th</sup> woman, and 4<sup>th</sup> in category in 51:01.3

**Derek Woodard** (6pm Whitecaps; 20-29): 100<sup>th</sup> overall; 70<sup>th</sup> man, and 8<sup>th</sup> in category in 51:21.3

**Margaret King** (7:30am Earlybirds; 50-59 Wetsuit): 149<sup>th</sup> overall; 48<sup>th</sup> woman, and 6<sup>th</sup> in category in 54:30.8

**Julia Aimers** (8:30am Earlybirds; 50-59 Wetsuit): 181<sup>st</sup> overall; 66<sup>th</sup> woman, and 9<sup>th</sup> in category in 56:09.4

**Debby Whately** (7:30am Earlybirds; 60-69): 269<sup>th</sup> overall; 113<sup>th</sup> woman, and 4<sup>th</sup> in category in 1:00:40.4

**Gi Wu** (6pm Whitecaps; 30-39): 280<sup>th</sup> overall; 161<sup>st</sup> man, and 18<sup>th</sup> in category in 1:01:07.9

**Heather Morrison** (7:30am Earlybirds; 30-39): 287<sup>th</sup> overall; 123<sup>rd</sup> woman, and 9<sup>th</sup> in category in 1:01:19.5

**Robin Henderson** (7:30am Earlybirds; 60-69): 336<sup>th</sup> overall; 153<sup>rd</sup> woman, and 7<sup>th</sup> in category in 1:04:07.1

**Lisa Hans** (x-Whitecaps; 50-59): 374<sup>th</sup> overall; 171<sup>st</sup> woman, and 24<sup>th</sup> in category in 1:06:37.9

**Cori Dinovitzer** (7:30am Earlybirds; 50-59): 409<sup>th</sup> overall; 191<sup>st</sup> woman, and 28<sup>th</sup> in category in 1:09:15.9

**Kasia Poplawski** (7:30am Earlybirds; 30-39 Wetsuit): 419<sup>th</sup> overall; 198<sup>th</sup> woman, and 11<sup>th</sup> in category in 1:09:34.3

**Mary Donaghy** (7:30am Earlybirds; 50-59): 424<sup>th</sup> overall; 200<sup>th</sup> woman, and 29<sup>th</sup> in category in 1:09:57.8

**Janine Debanne** (7:30am Earlybirds; 50-59): 476<sup>th</sup> overall; 237<sup>th</sup> woman, and 35<sup>th</sup> in category in 1:13:14.1

## Sat Jul 13<sup>th</sup> Warnowschwimmen Rostock (2.2k and 500m in a river)

This is the second race (well two, actually) that **Christiane** did in Germany. As the 2.2k was first, the 500m was tough! Results: <https://files.funkhaus.io/hsv-media/2019/07/Ergebnisse-2019-Warnowschwimmen.pdf>.  
2.2k: **Christiane Wilke** (7:30am Earlybirds; 40-49): 89<sup>th</sup> overall; 40<sup>th</sup> woman, and 19<sup>th</sup> in category in 44:00.0  
500m: **Christiane Wilke** (7:30am Earlybirds; 40-49): 37<sup>th</sup> overall; 16<sup>th</sup> woman, and 8<sup>th</sup> in category in 11:11.8

## Fri-Sun Jul 19-21<sup>st</sup> Dragon Boat National Championships, Regina

**Claude Tellier** (7:30am Earlybirds) was on a team that won gold in the Senior B women (49+), silver in the mixed Senior B, and 4<sup>th</sup> in the mixed Senior C (59+). All three boats qualified for the 2020 World Dragon Boat Crew Championships in France! Congratulations, **Claude**!!

The Sportchicks team with many Carleton swimmers did not fare quite as well. They qualified the Senior C women (4<sup>th</sup> place), and 10 person (vs. the larger 20 person) teams for the Senior A women (39+) and Senior B women (7<sup>th</sup> place).

## Sun Jul 21<sup>st</sup> Toronto Triathlon Festival Sprint Triathlon (750m/20k/5k; 510 participants)

A great race by Julia! She did this even with his son, and he had a great race and beat his mom ☺! And Julia's medal was presented by her hero, Simon Whitfield! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=101305>.  
**Julia Aimers** (8:30am Earlybirds; 55-59): 109<sup>th</sup> overall; 30<sup>th</sup> woman and 3<sup>rd</sup> in category in 1:18:44.9 (12:19 swim)

## Sun Jul 21<sup>st</sup> Boddenschwimmen (a loop in a bay): supposed to be 2.6k but ended up being 3.17k in very choppy water!

This is final race that **Christiane** did in Germany. Results by gender:

[https://my5.raceresult.com/114834/?lang=de#1\\_9FE231](https://my5.raceresult.com/114834/?lang=de#1_9FE231), and by age category:

[https://my5.raceresult.com/114834/?lang=de#1\\_C8F593](https://my5.raceresult.com/114834/?lang=de#1_C8F593). Thanks so much for sending your results and congratulations!!

2.2k: **Christiane Wilke** (7:30am Earlybirds; 36-46): 33<sup>rd</sup> woman, and 9<sup>th</sup> in category in 1:11:39

## Sat Jul 27<sup>th</sup> National Capital Triathlon, Sprint Triathlon (500m/20k/5k; 215 participants)

If anyone else participated, please let me know! Another great job by **Julia**! Results: <https://www.sportstats.ca/display-results.xhtml?raceid=101321>.

**Julia Aimers** (8:30am Earlybirds; 55-59): 62<sup>nd</sup> overall; 16<sup>th</sup> woman, and 2<sup>nd</sup> in category in 1:23:33.8 (11:38 swim)

## Sun Jul 28<sup>th</sup> Ironman Whistler (3.8k/180k/42.2k)

Congratulations to **Margaret** on a podium finish!!! Amazing! Full results:

<https://www.ironman.com/triathlon/events/americas/ironman/canada/results.aspx?race=canada&rd=20190728&y=2019#axzz5vGwJD2Ac>.

**Margaret King** (7:30am Earlybirds; 55-59): 525<sup>th</sup> overall; 106<sup>th</sup> woman, and 2<sup>nd</sup> in category in 13:11:50 (swim 1:10:24)

## 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 July 17<sup>th</sup>).

## Private and Semi-Private Masters Swim Lessons

### Summer Schedule:

Mon-Thu 11:30am-12:30pm

Mon-Thu 4:30-5:30pm

Wed 5:30-6:30pm

Other times may be available upon request.

### 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.

## Notes and Reminders

## Summer Masters Programs

Details on the Summer Masters programs can be found below and on the web site:

<http://carletonmasters.tripod.com/>. The main change for this year is that there is a **separate registration for Saturdays in the Summer** program (i.e. it is no longer included with the weekday registration).

**Summer 2019: Tue Jul 2<sup>nd</sup> to Sat Aug 31<sup>st</sup>; no workouts Mon Jul 1<sup>st</sup>, Sat Aug 3<sup>rd</sup>, or Mon Aug 5<sup>th</sup>**

**7:30am Earlybirds 1:** 7:30-8:30am MWF (deep + 2 lanes shallow, if needed; Coach: **Lynn**): cost: \$76+HST

**6:00pm Whitecaps 1:** 6:00-7:10pm MTuTh (shallow; Coaches: Mon: **Sean**; Tue: **David**; Thu: **Sean**; Sub-coach: **Adrian**): cost \$84+HST

**12:15pm Saturday Earlybirds:** 12:15-1:25pm Sat (shallow; Coaches: rotating schedule): cost: \$34+HST

### **Aquasport Discount for Carleton Masters Swimmers:**

Carleton Masters is now registered with Aquasport, which means that you get a 15% discount on regularly priced merchandise at all their stores. (No discount on sale merchandise.) In Ottawa, they are located at 2730 Iris Street in the West End. There are also several locations in Montreal. **To get the discount, just tell the staff that you are with Carleton Masters** (no proof is required!).

**Carleton Ravens Gear:** Swim caps (\$15) and T-shirts (\$20) are available as a fundraiser to support the Varsity team:



**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 \$45 annual fee to register Carleton Masters with Masters Swimming Ontario. We 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.

**Carleton Masters Swim Team Photos:** Check out some new and old team photos:

<http://www3.sympatico.ca/lynnmarshall/teamphotos.html>.

**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.)

**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!

**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 ([lynmar@sce.carleton.ca](mailto:lynmar@sce.carleton.ca)).

Happy lengths!  
Lynn

[lynmar@sce.carleton.ca](mailto:lynmar@sce.carleton.ca)

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