

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Friday, September 27, 2019 4:44 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 #507

Carleton Masters Swimming Newsletter #507

Friday, September 27th, 2019

To: Carleton Masters Coaches / Staff (9 addresses)

Bcc: Those registered for Fall 2019 and Alumni, plus those registered for Fall 2018, Winter 2019, Spring 2019, Summer 2019, and Alumni: 2019-2020 7:30am Earlybirds I (40 addresses), 8:30am Earlybirds II (24 addresses), 6pm Whitecaps I (46 addresses), 7:10pm Whitecaps II (24 addresses), Saturday Only (3 addresses), Alumni (29 addresses); 2018-2019 7:30am Earlybirds I (13 addresses), 8:30am Earlybirds II (8 addresses), 6pm Whitecaps I (15 addresses), 7:10pm Whitecaps II (9 addresses), Saturday Only (3 addresses), Alumni (15 addresses).

I just wish people would realize that anything's possible if you try; dreams are made possible if you try. – Terry Fox

Masters Swimming Program Notes

- The Fall session runs from Wed Sept 4th to Thu Dec 19th, inclusive, **excluding Mon Oct 14th**.
 - The 6pm Whitecaps and 7:30am Earlybirds groups are **full** for Fall: wait lists available. **If you are on the wait list, please let me know, including your position on the list.**
 - Full details for the Fall and Winter programs is in the "Reminders" section at the end of the newsletter.

Swimmer Notes

Swimmer Updates:

- Hot off the press! An exciting communication from Carleton seeking letters of support for getting funding to build a **new Athletics facility including a pool!** I will submit a letter on behalf of the Masters swim team and would love to get your suggestions of points to include. In addition, it would be great if each swimmer family would also write a letter supporting this project. As per the below, the deadline for letters of support is **Oct 15th**. I'm happy to collect and submit your letters. Here is the letter:

To: Coach, Carleton University Swim teams

Carleton University is currently seeking letters of support for our application to the Investing in Canada Infrastructure Program (ICIP) Community, Culture and Recreation Stream for an Olympic size swimming pool.

Carleton's current swimming pool is over 45 years old. The University is looking to build new facilities including a pool that better meets the needs of our community.

As a competitive team, we are asking if you would be willing to provide a letter of support as part of our application for funding. With a successful funding application, we would hope to have the new infrastructure built over the next 3 years.

As part of the letter of support, it will be helpful to include the following information on your club:

- The value Carleton's Swimming teams provide to students and the Ottawa community including hosting competition and programs as well as the impact on these clubs if the pool was not available.
- The number of staff and students in the club.

We very much appreciate your support in this application. If you have any questions please do not hesitate to contact **Yolana Junco** at (613) 520-2600 ext. 4482 or myself at (613) 520-2600 ext. 8446.

We would like to have the letter no later than October 15, 2019.

Thank you,

Jennifer Brenning, Assistant Vice President, Carleton Recreation & Athletics

- The weekend of Sept 14-15 was the start of not one but two amazing open water swimming feats. At 8:20am Sat Sept 14th **Cameron Bellamy** started his 151.7km swim from Barbados to St. Lucia, finishing in 56 hours and 36 minutes at just before 5pm on Sunday. At 12:07am Sun Sept 15th **Sarah Thomas**, a breast cancer survivor, started a quadruple crossing of the English channel (84 miles, but a total of 134 miles or 215km including the tides), finishing at 6:30am Tuesday in just over 54 hours. These are both incredible swims, especially Sarah's coming so soon after her recovery from breast cancer, and here are some inspirational articles about them.

<https://www.channelnewsasia.com/news/sport/endurance-athlete-completes-longest-ocean-swim-11909832>

<https://www.bbc.com/news/uk-england-kent-49724851>

<https://www.theguardian.com/society/2019/sep/17/cancer-survivor-sarah-thomas-first-person-swim-channel-four-times-non-stop>

<https://www.redbull.com/gb-en/sarah-thomas-channel-swim-inspiration>

- Carleton's Campus Avenue is now one-way: <https://students.carleton.ca/2019/08/campus-avenue-converting-to-one-way/>.

- **Christine Harkin** (x-7:10pm Whitecaps) and Peter Elder's younger son, **Liam**, has just had his fourth relapse in 9 years. He has a rare type of childhood leukemia: Philadelphia chromosome positive acute lymphoblastic leukemia. **Liam** has been admitted to a clinical study at the National Institute of Health in Bethesda, Maryland for the next six to eight weeks, and a go fund me site was set up to help the family with the unexpected expenses. They had five days' notice that **Liam** would be participating! Just an update to let you know that \$14,835 was raised for the family.

- MSO (Masters Swimming Ontario) is hosting a symposium **8am-noon Sun Oct 20th** at the McMaster pool in Hamilton. This includes a two hour pool session that will cover racing skills and will be followed by a guest speaker, Marisa Morrow, who will speak on nutrition and will include lunch. Cost is \$30 for MSO members and \$36 for non-MSO members. (Details on registering with MSO in the "Masters Swimming Competitions" section and costs \$15.) Register on the MSO site: under the member menu, select "enter a swim meet".)

News and Links:

- **Loren King**, 51-year-old Prof from Hamilton Pushes Through Suffering to Cross the English Channel [Ed. Note: previously reported, but this is a new article]: <https://www.thespec.com/news-story/9606350-scott-radley-hamilton-prof-pushes-through-the-suffering-to-cross-the-english-channel/>

- **Tim Don**, The Man with the Halo [thanks to **Chantal Courchesne** (Saturday Earlybirds) for bringing this inspirational video to my attention]: <https://www.on-running.com/en-ca/athletes/tim-don>. Here's a summary article for those who won't want to watch the full 30 minute video: <https://purpose2play.com/2018/10/14/tim-don-crushes-kona-ironman-in-845-after-being-in-a-halo-a-year-ago/>

- Man Drowns after Proposing to his Girlfriend Underwater in Tanzania [thanks to **Janine Debanne** (8:30am Earlybirds) for bringing this very sad story to my attention]: <https://www.cnn.com/2019/09/21/africa/tanzania-us-man-proposal-drowns-intl-trnd/index.html>

- A Dinosaur that Swam Breaststroke [thanks to **Tony Michel** (7:30am Earlybirds) for this one]: <https://ca.style.yahoo.com/amphtml/cretaceous-marine-reptile-kill-prey-breaststroke-150728977.html>

- Swim by **Leia Morrison**: A 4 minute film documenting the physical and mental health benefits of wild (cold ocean) swimming: <https://www.youtube.com/watch?v=OddDohLTXIc>

- Tribute to Diver and Swimmer **Tom Hairabedian**, First Nonagenarian to Dive off a 10m Platform: <https://www.youtube.com/watch?v=j5qQzDZauiY>

- Swim! Swim Till it Hurts [Ed. Note: This 1960 Sports Illustrated Article is about US Olympic Swimmer **Mike Troy** who recently passed away]: <https://www.si.com/vault/1960/08/01/588773/swim-swim-till-it-hurts>, obituary: <https://www.legacy.com/obituaries/azcentral/obituary.aspx?n=michael-francis-troy&pid=193600829>

Fall Session Information

Dates: Wed Sept 4th to Thu Dec 18th; excluding Mon Oct 14th.

The usual pool allocations and coaches are as follows:

7:30am Earlybirds: Deep End: **Lynn**

8:30am Earlybirds: Deep End: **Lynn**

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

7:10pm Whitecaps: Shallow End: Mon/Thu: **Sean**; Tue: **David**

8:15am Saturdays: Shallow End; rotating coach schedule (see workout themes)
Exceptions will be noted here.

Fin Days:

Tue Oct 22nd / Wed Oct 23^d
Thu Nov 21st / Fri Nov 22nd

Time Trials:

Thu Oct 10th / Fri Oct 11th: timed 400 free or IM
Thu Oct 17th / Fri Oct 18th: two timed 50s choice
Mon Oct 28th: timed 200 choice
Mon Nov 11th: timed 800 / 1500 free
Tue Nov 26th / Wed Nov 27th: timed 100 choice
Wed Dec 17th / Thu Dec 18th: "funner" day (e.g. relays)

This information and more can be found with the Fall workout themes
at: <http://carletonmasters.tripod.com/mastplanfall19.pdf>.

Here are the weekday attendance statistics for the term to date. Please let me know of any errors or omissions.

7:30am Earlybirds: Sept 4-27th (11 workouts); range 20-28; average: 23.9
Perfect Attendance: **Bruce Brown, Harley Gifford, Ian Lorimer, Liliane Cardinal, Margaret King, Marie-Odile Junker, Susan Nevitt-Yelle**
Missed 1 Workout: **Christiane Wilke, Eleanor Fast, Francois Jacques, Mike Wheatley, Steve Dods, Susan Hulley**

8:30am Earlybirds: Sept 4-27th (11 workouts); range 15-21; average: 18.4
Perfect Attendance: **Colette Kenney, Debby Whately, Melanie Heroux**
Missed 1 Workout: **Chris Whitehead, Natalie Aucoin**

6pm Whitecaps: Sept 5-26th (10 workouts); range 22-32; average: 26.9
Perfect Attendance: **Don Wells, Konstantin Petoukhov, Nicole Delisle, Rachel Bennett**
Missed 1 Workout: **Cam Dawson, Joanie Conrad, Joanne Dawson, Peter Lithgow, Sydney Steele**

7:10pm Whitecaps: Sept 5-26th (10 workouts); range 7-14; average: 10.5
Perfect Attendance: **Elaine Yardley, Stephen Agberien**
Missed 1 Workout: **Gillian Massel, Karsten Reimer**

Ask the Coach

Dear Coach: I have trouble seeing the blackboard during the swim workout as well as remembering the instructions. Do you have any suggestions? Far-Sighted Swimmer

Dear F.-S. Swimmer: I've asked all coaches to try to write a bit more clearly on the board. If you swim in the morning, you can subscribe to my workout emails so that you can read them over ahead of time. There's also a list of abbreviations on the web site: <http://carletonmasters.tripod.com/key.txt>. Finally, you might want to consider prescription swim goggles. These are more common for short-sighted swimmers, but can also be found for long-sighted swimmers, for example: https://www.amazon.ca/Prescription-Swimming-Hyperopia-Corrective-Customize/dp/B0713SF8ZC/ref=sr_1_3?keywords=farsighted+swim+goggles&qid=1568654255&s=sports&sr=1-3.

Dear Coach: I found the fly kick drills to be very tiring. Is that normal or am I doing something wrong? Tired Abs

Dear T. Abs: Butterfly and fly kick (dolphin kick) are definitely a challenge so it's not unusual to find them tiring. As you practice more, it will get easier, but not easy ☺ !

Dear Coach: Thanks for your suggestions for building up to a 15 km swim in the last newsletter. I have a couple more questions. First, if I build up to a long swim of 13.5 km before race day is that enough? And, do you have suggestions for how often I should feed during a race of that distance? Ultra-Marathon Swimmer

Dear U.-M. Swimmer: You'll be fine with a long swim of 13.5 km as long as the actual race doesn't turn out to be much longer than the advertised 15 km! As for the feeding question, I referred that to **Sheila Kealey** (8:30am Earlybirds) a sports nutrition expert. Thanks very much, **Sheila!** Here's her response:

It depends on how long that will take you, but for sure you will be depleting muscle glycogen stores and need to replenish with carbs to keep your speed up and have good energy. Carb-rich foods that you digest well + water and/or sports drinks are a good idea. Sports drinks are formulated for optimal absorption, and some have a mix of sugar types for better absorption - so a good choice (but be sure to do some training with the sports drinks and/or other carb / beverage). There's not as much research related to open water swimming, so much of the recommendations come from other sports (top marathon runners consume over 60g carbs/hour since that is what fuels fast performances - but train their guts to do that).

Your training diet should also contain enough carbs to support your training, and increase the ability of your gut to absorb carbs, and you should go into the race well-hydrated with topped up muscle glycogen stores.

This paper on Nutrition for Open-Water Swimming looks like a terrific resource!

<https://pdfs.semanticscholar.org/a7f7/f2338fdffdadd4fc4ef64adf4971c160c364.pdf>.

Masters Swimming Competitions

This season (September 2019 to August 2020), you have many 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 be accepted by Christian Berger (for his Top 20 rankings) but will not be recognized by Swim Canada, MSC, or FINA (e.g. for World Records). This costs **\$15** for Sept 1st to Aug 31st. 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 \$6 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 **\$50** for Sept 1st to Aug 31st. 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. Notice the price has been reduced by \$15 this year!
3. You can register with both MSO and SO. This costs **\$60** for Sept 1st to Aug 31st.
4. You can also register with MSC. This costs \$30. It's not yet clear what this gets you beyond a few discounts and the ability to use their Million Meter recording page. It will likely be required to swim at the MSC Nationals.

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 Swim Canada Masters 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.

Sun Oct 13th 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) and he's happy to help with logistics if anyone is interested.

Sat Oct 26th Brossard (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>
Sun Nov 10th Guelph Marlins Meet (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
Sat Nov 16th Willy Lee Charity Meet, Brewer (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
Sat Nov 16th Quebec Manche 1, Montreal (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>
Sun Dec 1st Technosport Meet, uOttawa (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
Sat Dec 7th Quebec Manche 2, Sainte-Foy (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>
Sun Dec 8th Nepean Red vs. Blue Meet (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
December (date TBC) North York Gators Pentathlon (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
Sat Jan 11th Quebec Manche 3, Drummondville (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>
Sun Jan 19th Alderwood Yards Meet (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
Sat Jan 25th Cote St Luc Invitational, Montreal (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>
Sat Feb 1st Quebec Manche 4 LC, Quebec (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>
Sun Feb 2nd Technosport Meet, uOttawa (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
Sat Feb 8th Downtown Swim Club All Out Swim Meet, Toronto (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
Note: No Nepean Winterlude LC Meet in 2020 as Nepean is hosting MSO Provincials.
Sat Feb 22nd Quebec Manche 5, Pointe Claire, Montreal (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>
Sun Feb 23rd Thornhill Stephen Forsey Invitational Swim Meet (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
Sun Mar 1st Technosport Meet, uOttawa (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
Sat Mar 14th Quebec Manche 6, Dollard-des-Ormeaux, Montreal (SO registration required)
<https://swimming.ca/en/events-results/live-upcoming-meets/>
Fri-Sun Mar 27-29th MSO Provincial Championships (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
Fri-Sun May 22-24th MSC Nationals, Etobicoke (not recognized by Swim Canada, probably MSC registration required)
Sat Apr 18th OlymPINK Masters Challenge, Ottawa (MSO registration required)
<https://ms.mastersswimmingontario.ca/web/schedule.php>
May SNC Nationals (SO registration required) <https://swimming.ca/en/events-results/live-upcoming-meets/>
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 Sept 12th Triathlon Demi Esprit de Montreal (1.9k/90k/20.8k; 273 participants)

Margaret had a great race, finishing second in her age group! Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=101584>.

Margaret King (7:30am Earlybirds; 55-59): 145th overall, 18th woman and 2nd in category in 5:33:54.5 (35:13 swim)

Sun Sept 22nd Army Run Half Marathon, Ottawa (3738 participants)

Congratulations to **Susan N-Y, Gi,** and **Stephane**. If anyone else participated in any of the Army's run, please let me know. Full results: <https://www.sportstats.ca/display-results.xhtml?raceid=101631>.

Susan Nevitt-Yelle (7:30am Earlybirds; 55-59): 750th overall, 127th woman and 5th in category in 1:52:10.9

Gi Wu (6pm Whitecaps; 35-39): 789th overall, 651st man and 107th in category in 1:52:50.0

Stephane Raynaud (6pm Whitecaps; 45-49): 1794th overall, 1274th man and 170th in category in 2:07:56.4

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 **September 2nd**).

Private and Semi-Private Masters Swim Lessons

Fall Schedule:

Mon/Wed 4:30-5:30pm

Tue/Thu 4:00-5:00pm

Tue/Thu 5:00-6:00pm

Fri 9:35-10:35am

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

Fall/Winter Programs

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/>. 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 4th to Thu Dec 19th; no workouts Tue Sept 3rd; Mon Oct 14th

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

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: Mon/Thu: Sean; Tue: David): cost \$165+HST **Full: Waitlist Available**

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: Mon/Thu: Sean; Tue: David): cost \$150+HST

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

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

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

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

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

7:10pm Whitecaps 2: 7:10-8:10pm MTuTh (shallow; Coaches: Mon/Thu: Sean; Tue: David): cost \$150+HST: includes **Fri Jan 3rd**

8:15am Saturday Earlybirds: 8:15-9:25am Sat (shallow; Coaches: rotating schedule): cost: \$64+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 (lynnmar@sce.carleton.ca).

Happy lengths!
Lynn

lynnmar@sce.carleton.ca

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