



the Chlorine Chronicle

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Nepean Masters Swim Club Newsletter  
Club phone line: 599-7166  
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September 2004
Web site: www.nmsc.org
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## From the editor

Welcome to another season of swimming and the Chlorine Chronicle – your swim club newsletter. That means that it concerns Nepean Masters swimmers, so articles are by us and about us. This issue contains a welcome from Brian Robertson, the club president, an article by our registrar, Ian Button about his summer triathlon, plus other useful tidbits about such things as club swimwear, lane etiquette, how to wind lane ropes, and a list of this year's executive. Future issues will have contributions for the Limerick Lane (submissions requested) and articles by attendees at World Masters championships two decades apart.

Charlie Colpitts  
Editor, Chlorine Chronicle

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## Welcome from the President

I would like to welcome all swimmers, both returning and new to another year with the Nepean Masters Swim Club. The year is starting off very well with all four core groups at maximum capacity right from the first week of the season, and the sub-groups of Thursday evening and Saturday morning very nearly full. I would like to publicly thank Ian Button, the club registrar, for a most excellent job well done.

I would also like to thank the rest of the club executive for their efforts in getting our year's program off to a fine start. I have attached a list of this year's executive committee at the end of this newsletter and I encourage all of you to provide feedback to these members so that we might serve you all better.

I would also like to thank those of last year's executive committee who shared these responsibilities and whom have now passed the torch so to speak on to new members. They are Lorri Black, registrar, Barry Doucette, VP of Group C, Anne Cole, secretary, and Irene Gunn at publicity. On behalf of all of us I thank you for your efforts.

Again this year NMSC has an excellent group of coaches to train us, push us, and instruct us to swim better, farther and faster than we could on our own. Returning to “A” group is Dave Anderson and joining “A” group as coach is Lesley Guigue. Steve Papai and Ben Ouellette have both returned to “B” group, Marianne Black has been joined by Bill Westcott to coach “C” group and Bill continues with “D” group as well. Ben continues to be the Saturday guy and Tom Papai has taken over the Thursday night group. Leslie Dods has left us as a coach to pursue other coaching opportunities but she has not gone far as she is the new club secretary and continues to swim with NMSC. I would again ask all of you to communicate freely with your coach(s).

A small administrative note to all weekend swimmers. Because all of the groups have maximum registration and because average attendance is very high the NMSC executive has decided that “cross-over” swims between “A” and “B” and “S” groups are not allowed until further notice. Please swim only with the group(s) that you are registered with.

Again welcome to everyone, please contact me if I can be of any assistance.

Brian Robertson,  
NMSC President,  
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## **Lane Ropes – One At A Time!**

*By Ross Brown, Equipment Manager*

I have received a number of complaints about the way lane ropes have been wound onto the storage reel. The following is the recommended procedure:

- Position the storage reel at the end of the pool with the handle on the opposite side from the lane ropes that are to be wound onto the reel.
- If there are no lane ropes on the spool, take ONE lane rope and hook it to the axle of the spool [winding two lane ropes at the same time inevitably causes problems when unwinding]. The rope can be attached via the small hole in the axle or one of the spokes.
- If there are lane ropes on the spool, attach the rope to be wound to the exposed hook [the end of the last rope wound on the spool].
- Wind the rope onto the spool by rotating it so that the lane rope enters on the top of the axle.
- Spread the rope to a uniform thickness on the axle from side to side.

- When the first rope is wound, attach the next rope to the end of the first rope and repeat the process.
  - Repeat the procedure until all the ropes are on the reel.
  - NMSC has 5 lane ropes. They can be recognized by the lack of any blue plastic rings/donuts. Four are red/white and one has yellow rings. All have a white turnbuckle on one end.
  - When installing ropes, please do not tighten them beyond the tension required just to keep them taught. Overtightening results in broken cables or stripped turnbuckles.
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## Lane Etiquette

There are several rules that most swim clubs implement to direct lane traffic and eliminate the need for wearing helmets while swimming in crowded lanes.

- The coach will separate swimmers into lanes depending on their speed. Note that a swimmer's speed will change from practice to practice and set to set. A coach may move swimmers around from practice to practice or even within a practice depending upon what type of workout is being planned.
- Within a lane, swimmers should arrange themselves for each set with the fastest swimmer at the front and the slowest at the back.
- It is the lead swimmer's duty to ensure that the lane starts swimming at the proper time for a swim set. After that, swimmers must ensure that they are spaced far enough back so as not to interfere with the swimmer in front of them. Most of the time, 5 seconds is enough to ensure that there is at least a body length between swimmers. If swimmers find that they are coming closer than a body length, they should either allow more than 5 seconds or switch places with the swimmer in front of them. It is considered very impolite to swim too close to the swimmer in front as this can cause difficulties turning, the major cause of collisions. It is the second swimmer's duty to keep a count of the number of repeats completed within a set.
- For shorter swims (25 to 100 meters) it is usually not necessary to pass a swimmer. If you are catching up, hang back and ask to switch places at the next stop.
- For longer distances it may be necessary for you to pass mid-swim. In this case you should turn at the turn flags instead of going right to the wall. This will cause the least disruption to all. Try not to slow each other down more than necessary.
- You will notice that alternating lanes swim clockwise and counter clockwise. This is so that you will be swimming beside people in the next lane going in the same

direction which helps reduce collisions. This will be explained in greater detail by your coach on deck.

- Another note about circling: if you find you are swimming over a black line, you are too close to the centre of the lane and risk running into someone. Try to stay towards the outside of the lane.
- If you come late to a practice warm up on deck and avoid swimming hard until you feel warmed up.
- Not all swimmers can do all the workouts at all times. You may want to discuss this with your coach. If you will not be doing the same thing as the rest of your lane, do not interfere with what they are doing. Either swim at the front or the back or consider somewhere else depending on circumstances.
- Do the coach's workout. This doesn't mean that you can't skip a fifty when you have little rest during a real tough challenge set, or sculling a bit during a kick set, but it is very disrupting when one person is doing a 400 freestyle when everyone else is doing 50s butterfly.
- Finally remember that swimming is fun. Smiles are mandatory at all times.

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## Club Swimwear

Available through Graham Devine (Group D & S), Nepean Masters Active wear/Swimwear for 2004/2005 can be viewed on our website in the Photo Album section. A link to a PDF price list is included, outlining the 'tax included' cost for each article, as well as the delivery timeline and order/contact information. One or two additional items will be added to the lineup this year (probably a long sleeve T and shorts), and we welcome your suggestions for new articles you think you and your teammates may enjoy owning and wearing to represent NMSC.

This ongoing active wear/swimwear offering, is a completely non-profit volunteer exercise to provide you with NMSC team wear.

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## Corner Brook Triathlon, Newfoundland

*By Ian Button*

On July 18, 2004 I had the opportunity to take part in my first Corner Brook, Newfoundland Triathlon, an Olympic distance event that has been around since 1982, and played host to its 7th consecutive International Triathlon Union (ITU) World Cup event. I'm originally from Newfoundland so this was sort of a homecoming and the people of Corner Brook did not disappoint. It was a great race and the weather was fabulous.

The swim was a deep-water start in water temperature of about 18-19 degrees...thank goodness for the wetsuit. The course was slow because we had to do three laps around a square course, which meant about 10, 90 degree turns in the water. Triathlon swimming is tricky, a fast start is important to get to that first turn early so as to position yourself for the remainder of the swim. Most people sprint to the turn then settle in to a comfortable pace. It's a little difficult because of the danger of going anaerobic. So a solid warm-up is a definite.

I was happy with my swim, I was in the top 10 at the first turn and was able to settle in with a group that was about my speed. However, I'm learning that I don't like following others in open water. I'm finding most people in open water swimming are terrible at sighting (finding the buoys) and end up zigzagging all over the place. If you're following them this nullifies the energy saved by drafting because I end up zigzagging just to stay on their feet. So as a result I let a group of 3 get a little ahead and I led two others out of the water, exiting in 7th place out of 80.

Upon exit we had an approximate 500m run UPHILL to the transition zone. I completed the swim in about 23min but T1 was about 3m because we had a long uphill water exit. Let me tell you...that run was not easy. Running uphill, catching your breath and trying to get your wetsuit off to your waist was a little tiring.

Next to swimming, cycling is where I'm most comfortable. The bike course was a 10km out and back loop that we had to complete 4 times. Exiting the T-zone the course started downhill for about a km until reaching the waterfront when riders continued for about 4km's along flat section before turning around. Upon the return approaching the city the climbing begins. From the waterfront to the transition zone we were climbing, with short breaks in the hill on the way up. It was a tough loop but hitting 65+kph going down to the waterfront was a nice feeling...I just didn't like the 17kph going up :)

I started the bike leg in 7th place had a solid ride and managed to move up to 4th place going out on the run. I certainly benefited from the two Gatineau Park rides per week I've been doing since May.

The run, however, was a different story for me. At my previous race I injured my foot, so I hadn't run in almost three weeks going into this race...this weighed heavily on my mind. I'm happy to say the intense physio and rest helped and I didn't have any foot pain, however, the lack of run training definitely played a roll in my slower time. On top of that, the run course was toughest I've ever raced. The loop was 2.5 km and consisted of two long climbs and we had to do it 4 times. I venture to guess that there was maybe only 200m of the run course that was flat, otherwise we were going up or down.

My run split was a disappointing 46:30 and I surrendered 5 places and fell to 9th overall and second in my age group. BUT I wouldn't trade the experience for anything. It was a fantastic sunny and warm Newfoundland day (they're rare...trust me), the crowds were

excellent even at 7:30 in the morning on a Sunday. Results are posted online at:  
<http://www.triourworld.com>

I spent the next two weeks on vacation/training in my hometown getting ready for the  
Kingston Triathlon on August 1st.






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## Nepean Masters Swim Club Executive for 2004/2005

|                    |                   | Swims in Group |
|--------------------|-------------------|----------------|
| President          | Brian Robertson   | AT             |
| Past President     | Donna Tolusso     | A              |
| Treasurer          | Tina Nadeau       | B              |
| Registrar          | Ian Button        | CD             |
| Secretary          | Leslie Dods       | D              |
| VP of A            | John Burrows      | AT             |
| VP of B            | Krista Durrell    | BT             |
| VP of C            | Tersh Doe         | CD             |
| VP of D            | Stephanie Moscrip | D              |
| Equipment Manager  | Ross Brown        | B              |
| Winterlude Manager | Andrew Strachan   | A              |
| Newsletter Editor  | Charlie Colpitts  | AT             |
| Publicity          | Graham Devine     | DS             |