

## Hello Swimmers,

I hope you are having a great summer. Here's the latest Mid-Can news.

### 1) Pool Closure: (Annual closure for cleaning)

Our last swim before the closure will be Thursday, August 21, 2008

•• **A Bishop-Grandin Boston Pizza wind up will follow the Aug 21 swim.** ••

Our first swim after the closure will be Tuesday, Sept 16, 2008

### 2) Cycle-Walk-Rollerblade Schedule: (alternative activities during the pool closure)

Please come out and cross train with us.

•• **Note**•• The Tuesday & Thursday locations are now the same as more people attend this location.

**Saturdays** (Aug 23, Aug 30, Sept 6 & Sept 13) @ 9:00 am meet at Birds Hill Park - East beach parking lot. (Provincial Park Pass Required) After the inline skating, cycling etc. we can swim in the lake and then have breakfast at G'News in Oakbank.

**Tuesdays** (Aug 26, Sept 2, & 9) @ 7:15 pm meet at St. Norbert Community Centre Parking lot. We'll skate/bike Pembina Hwy, Turnbull Drive and Red River Drive and return.

**Thursdays** ( Aug 28, Sept 4, & 11) @ 7:15 pm meet at St. Norbert Community Centre Parking lot. We'll skate/bike Pembina Hwy, Turnbull Drive and Red River Drive and return.

**3) Lane Leaders and Telephone Phone Out:** In the event of a pool closure the pool will phone one of the executive who will in turn phone each lane leader, who will be phone each lane member. In the event that the lane leader is not available, another lane member will be called and asked to notify the other lane members. For this reason you should keep a copy of the membership available. The Lane Leaders Are:

Lane 1 Anne Cousineau  
Lane 2 Wenda Dickens  
Lane 3 Roy Smith  
Lane 4 Carrie Smith  
Lane 5 Terry Kulchycki  
Lane 6 Greg Giesbrecht

### 4) Congratulations to Our Triathletes:

August 16th **Bob Groff & Carrie Smith** participated in the Riding Mountain Triathlon

August 17th **Merv Cavers** participated in the Kelowna Apple Triathlon

August 24, 2008 - Still to come is the Subaru Ironman Canada in Penticton starring **Brad Hargreaves**

**5) Condolences:** Our sincerest condolences go out to Mickey Stokotelny whose brother Mel passed away August 12th.

Mickey – our thoughts are with you.

[http://www.passagesmb.com/obituary\\_details.cfm?ObitID=139331](http://www.passagesmb.com/obituary_details.cfm?ObitID=139331)

### 6) 6th Annual Century Ride – Sunday August 30, 2008:

Merv Cavers, Wenda Dickens, Bob Groff, Jack Spence, Mickey Stokotelny, Mike Trendata, and I would like to invite you to participate in our 6th Annual Century Ride (100 miles). This year we are riding from St. Vital to West Hawk Lake via Hwy 15 and 44. We would like some Lane 1 swimmers on the bike ride as all the other lanes are represented. We will be arranging volunteers to pick us up at West Hawk to bring us home – after we have replenished our depleted fluid levels with some cold refreshments. This is not a race, and in fact the first rider to finish buys the first round. Email me if you are interested.