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! Membership Renewal Time!



2016 Executive

Marathon Canoe Racing
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Presidents Message



It's Who We Are.
C'est Notre Nature.

Above is the new logo for Canoe Kayak Canada.

OMCKRA is part of CKC via the Marathon Canoe Racing Council. If you read the last issue of HUT! You will remember that your president was somewhat exercised over the absence of Marathon in a promotional video. A different version of the video was released in February. It can be viewed at https://www.youtube.com/watch?v = KW2JUfqQct0&feature=youtu.be

The video just takes a minute to watch. I believe this version is better than the longer one screened at the CKC summit in November but it still really doesn't portray marathon! The reasoning behind engaging a promotions company is to develop a brand for CKC of a family friendly organization that produces champions, Olympic and otherwise; and make the sport marketable to corporate sponsors. It is becoming very clear that government funding cannot be counted upon the finance the programs that produce those champions. Rant over (for now.)

World Team Qualifiers in 2016 are:

- May 14th BC Spring Provincial Championships Stanislav Marek kckcheadcoach@gmail.com
- May 14th Marsh Mash, Bradford ON Iain Craig craigers@rogers.com

There are two boats allowed per category from Canada. If a raceoff is necessary, it will be held at the Canadian Marathon Nationals, location and date TBD.

We are still working with the organizers of the York River Race in Bancroft to present a Provincial marathon canoe and kayak championship on July This is a re-invigoration of the old Baptiste to Bancroft Race from the 1980s. The C1 and recreational races will be held on the lower "in town" section of the course on Saturday. The longer 23 km race for C2s, elite kayaks and so on, with some challenging portages, will be started Sunday morning from the Birch Cliff Lodge #8 Village St. Bancroft K0L 1C0 613-332-3316.

The York River is challenging and beautiful with many twists and turns, shallow corners and other opportunities for hard racing. The finish both days is in Riverside Park. The race is hosted by Bancroft Community Transit. The map of the course is on page 7.

Looking Forward To 2017....

Looking ahead, 2017 has the potential to be an incredible year for paddling in Ontario. First, The Sudbury Canoe Club has agreed to host the Canadian Marathon Canoe and Kayak Nationals at their new Northern Water Sports Centre on Ramsay Lake. A description





of the facility is on page 3.

Please attend their 18 km event this June 19, the day following the Big East X race. Ontario hasn't hosted a Nationals since 2006 and we are past due.

Also in 2017, The Brigades are coming!!!! Yes, 2017 is Canada's Sesquicentennial and the role of the canoe in settling Canada will be celebrated. Brigades of Voyageur canoes will be converging on Ottawa for the beginning of August. There are plans for several brigades to take part from Ontario. For more information, contact the president at 519-654-9106 or email northcanoe@omckra.com

NCCP Marathon Coach Training

We are looking for more marathon coaches in Ontario. (And that includes YOUNG marathon coaches, and also those in other geographic parts of the province) To find out how to be trained and certified, go the Marathon coaching page of the CKC website www.canoekayak.ca/becom

e-a-coach/ And then click on Marathon for information on the Entry Level Competitive Coach program, which is what we have now. And then contact Bob Vincent at 519-268-8027 or email him at bob liz.vincent@sympatico.ca

Don Stoneman

Sudbury Fitness Challenge - Canoe Marathon

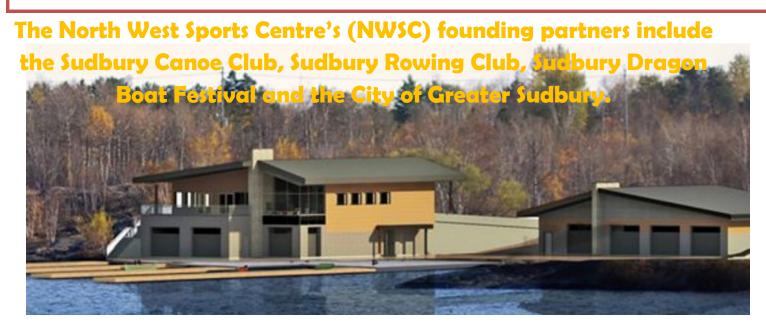
When this race originally started over 30 years ago as part of (and still part of) the Sudbury Fitness Challenge it was strictly tandem recreational canoes. Now with the club getting involved with sea kayaks and sprint (again) it welcomes racing canoes and kayaks (North American and ICF). The bulk of the participants are still recreational canoes and kayaks (sea and touring models) although for the sake of Sudbury Fitness Challenge points organizer Rob Marcoliini usually allows any recreational canoe into that category.

Categories include racing canoes and kayaks (both the N. American style C1's and C2's as well as ICF class canoes and kayaks). There is also a rec./sea kayak class category and a standard rec. tandem canoe category. And yes there are classes for SUPs.



Editors note: Why not make a weekend of it and stay in the area?

Do the **Big River X** on Saturday then the **Sudbury Challenge** on Sunday. Challenge yourself and do both races!





Thames River Clinics

Every Weekend from April to November

Contact: Coach Bob Vincent bob liz.vincent@sympatico.ca

Huntsville Clinics

huntsvillepaddlers@omckra.com

Weekdays in June & July

Contact: Coach Chris Near csnear@hotmail.com

Waterloo Wednesdays Clinics

Every Wednesday evening April to October

Contact: Coach Don Stoneman dstoneman@kw.igs.net

waterloopaddlers@omckra.com

Supporting our provincial Marathon counterparts

- OMCKRA supports NS Marathon events in 2016 for insurance

After running this by our insurance company for apbrethren by sanctioning their 2016 events for insurance.

It's a temporary effort while they work out their own thon Associations in any way we can. insurance coverage but for reasons that are obscure, NS Marathon was unable to obtain insurance for its events in 2015 and faced the same problem in 2016.

NS Marathon trained a number of NCCP Marathon coaches in 2015 and holds 4 long standing well run Marathon races. The president of NS Marathon is Kristopher Archibald, a solid racer and a member of OMCKRA when he who race C2s in the money races and also Rabaska (north was studying for a post graduate degree in history in Peterborough a few years ago.

The paddler numbers that OMCKRA submits to Canoe Kayak Ontario and to the provincial government will not be skewed. Nor will provincial monies intended for the use of this province's residents go to out of province residents.

What we know is that a Marathon organization that proval OMCKRA was able to help our Nova Scotia Marathon fails weakens the entire sport nationally so OMCKRA is glad to be able to help and will continue support other Mara-

> The New Brunswick Competitive Paddling Association was frozen around 2002, after holding a successful Nationals a couple of years earlier, and did not return.

In Quebec, a federation representing a handful of the many marathon paddlers in Quebec folded in December of 2014. Two different groups, representing paddlers canoe) racers are determined to form a new federation and to rejoin the Marathon Canoe Racing Council and therefore Canoe Kayak Canada.

We look forward to hearing of their success soon. Their success is all of our success. Paddle together for strength.

Volunteers needed at OMCKRA Youth Race Friday May 6, 2016

Organizer Mike Kennedy is anticipating a larger than ever turn out for the Annual OMCKRA Youth Race for High School Students

Four volunteers are needed on the water to spot the turn around and spell others. Additional volunteers are needed for timing and assisting the youth to the starting line and into and out of boats to keep them rotating through so all get in a couple of races.

Event ends at around 3 PM

Email Mike at: youthrace@omckra.com

April / May

April 2	Thames River Classic	staitod@hotmail.com 519-485-5457	Ingersoll
April 9	Upper Jock River	www.jockriverrace.ca 613 617-0237	Richmond
April 19	Sydenham River	snethercott@scrca.on.ca 519-882-2399	Alvinston
May 1	That Dam Hespeler	damhespeler@gmail.com (519) 654-9106	Cambridge
May 6	OMCKRA Youth	michael.kennedy@tcdsb.org 905 852-2160	Bradford
May 7	High Water Run	tonyjanssen8@gmail.com 705-642-3108	Kirkland Lake
May 14	Marsh Mash	craigers@rogers.com 905-893-1323	Bradford



June / July / August

June 4	Canoe The Nonquon	skelly@scugog.ca 905	985-8698 x 103	Port Perry
June 4-5	Saugeen Paddlers, NC Races & Pioneer Games	sites.google.com/site/saug	<u>eenpaddlers/</u> 519-353-5937	Paisley
June 18	Big East X Canoe Race	<u>MuskokaRiverX.com</u>	705 349 2566	Huntsville
June 19	Sudbury Canoe Club Canoe Marathon	Marco.renout@eastlink.ca	705 523-0500	Sudbury
July 1	Almonte	canoebowhunterray@gmai	l.com 613 256-8422	Almonte (Ottawa)
July 9—10	York River Paddle Challenge & OMCKRA Prov	j30seeya@hotmail.com 705-321-315	50/613 339-2629	Bancroft
July 23	Wai Nui Why Not Race	wendypaddle@gmail.com	905-825-3182	Mississauga
July 23	Mattawa River Canoe Race	paulal@nbmca.on.ca	705-474-5420	North Bay
Aug 5 –6	Kingson to Ottawa 200	info@kingston2ottawa.ca	613 617-0237	Kingston to Ottawa
Aug 19—20	The Dennie, Path of the Voyageurs	thedennie.com	705-859-2482	Blind River

September / October

Sept 16-18	Courier des Bois & Muskoka River X	MuskokaRiverX.com	705 349 2566	Huntsville
Sept 17	Willie Fast Paddlers Poker Paddle	pasacanada.wordpress.com/poker-paddle/	519 270-9951	Wiarton
October 9	Great Muskoka Paddling Experience	muskokapaddlingexperience.com/	705-205-1720	Bracebridge

Others of interest

clinics			
April - Nov	Thames River Club paddler coaching	bob liz.vincent@sympatico.ca	Dorchester area
June - July	Huntsville Clinics	csnear@hotmail.com 705-787-5820	Huntsville
other			
July 9-10	Toronto International Outrigger Challenge	facebook.com/outriggerchallenge/	Toronto
Aug 13	Bruce Peninsula Multisport Race	http://www.brucepeninsulamultisportrace.ca/	Wiarton area
Sept 10/11	Killbear Canoe Race	Gord Cole 705 746 7080	Parry Sound area

Thames River Classic—April 9, 2016

Organizer Steve Tait - Story by Bob Vincent

You just have to be tough to race in early April. The temperature was -2 or (28) on my drive over to Ingersoll.

Six craft on the water; three teams in C2, one in C1, and 2 in kayaks. A floating start as the river had lots of water. We are off, and we were together for 5 minutes. Then Liz Loek and Bob pulled ahead.

Steve and Gwyn were close and Don and James were close to them. I asked Liz if she wanted to play and she said yes, so we slowed just a bit. In 2 minutes Steve and Gwyn were right on our side wash. We paddled with them to the turn just before the first short cut. That was when Don and James tried to pull up on the inside. We all went very hard and when we started into the cut we had 5 feet on Steve and Gwyn. Don and James fell to stern. It was very tight on the first right hand turn but we pulled ahead on the next very close left hand turn. We all stared close to the turnaround at the island below Putnam Bridge. From then on everyone pulled hard.

The wind was from the north and it was cold. On the first 180 degree turn we slipped through the first part very smoothly. Then the current caught us and pushed us into the trees on the other side of the river. We were very stable and with a few hard pulls we were off. Steve and Gwyn were not so lucky they hit the tree going into the turn and stalled. No swim, but then they went across the river. The next short cut was tougher going up stream but we

made it with just a little excitement. From there on it is just a steady pull close to the shore with the wind in your face most of the time. We were gaining on Greg in the kayak who had done the short course but he finished just ahead of us. Our time was 1 hour 35 and I think Steve and Gwyn were back about 6 minutes; then Don and James – this was James' first race! [Editor note: Alex in the kayak made the right decision for him and pulled out of the race at the 5K downriver turn point. Thanks also to Allyson MacDonald for monitoring and timing]

Thanks for a great race Liz. No one swam today and that was a very good thing.

After the race we went to Steve and Deb's place for a great lunch. Thanks for a good time. Hope to see you on the water. Coach Bob.

14 K C2 Bob Vincent/ Liz Loek Gwyn Hayman/Steve Tait Don Stoneman/O. James McMillan	
C1 Dragan Olajdzika	2:02:30
10 K kayak Greg Johnston Alex Wingrove	1:34:00 DNF



Ontario Marathon Canoe Kayak Racing Association Provincials and York River Paddle Challenge—July 9 & 10, 2016

A great fun filled and challenging event. After registering you will need to pick up your race package either in advance at Trips and Trails Adventure Outfitting in Bancroft or on race day at Riverside Park at The York River Challenge Booth. At this time you will also fill out an event waiver and attend a mandatory pre-race meeting.

Day of Race. Riverside Park Bancroft

- 9 AM-10 AM Day of event package pickup and waiver signing
 - 9:00 AM Opening ceremonies, guest speakers
 - 9:30 AM Mandatory Pre Race Meeting
 - 10:00 AM Travel to respective starting locations
 - 11:00 AM All events start
 - 4:00 PM Awards Ceremony Post Event BBQ
- 12:00-6:00 PM Shuttle bus returns participants to starting locations to collect vehicles. Return to collect boats at Riverside Park.





Club Wai Nui doing some interesting things in 2016

In addition to their **Wai Nui Why Not Race** on July 23 the Club has some interesting activities planned in 2016 see a few listed below others on their website. Register through the activates calendar of the <u>Town of Oakville</u> or contact Wendy at: <u>wendypaddle@gmail.com</u> <u>www.wainuioutrigger.net</u> Location is at the club on lake and 16 Mile Creek starts under Rebecca St Bridge.

Adult Learn to Stand Up Paddle Board \$160.00,-\$170.00, \$128.00, \$138.00; Wednesdays Jun 6, 13, 20, 27; 5:30PM 6:30PM After School Youth Paddling Program Mondays and Wednesdays June 6, 8, 15, 20, 22, 27, 29; Fees: \$105.

<u>Kupuna's - seniors, daytime program</u> starts June 1, 2016, runs through September, Tues Thursdays, 1 – 2 pm; Fee: \$175 for Tuesdays or Thursdays or \$275 for both days, or \$15 per session to drop in.

Outrigger Canoe Level 1 Fees: \$80.00, \$90.00., \$64.00, \$74.00; Wednesdays Jun 1,8,15,22; 7pm to 8pm

PaddleAll for disabled paddlers June 6, 20, 27 & Sept. 12, 19, 26; Monday evenings 6:00pm to 7:00pm; Fees: \$10; Tim 905 601-7766 pucknpaddle@gmail.com or Wendy 289 242-4928 wendypaddle@gmail.com

Wai Nui Paddle - Outrigger and Stand Up (Kids) ages 8 to 12 Fees \$148, \$185; weekdays June to August

North American and International Marathon Events

						Dist		
EVENT	P/S	CITY	Start date	End date	Level	(KM)	DESCRIPTION	CONTACT INFO
Spring training camp	Florida		12-Mar	27-Mar	ADV		Paddling for hours in a pack	Mike Vincent Vincent@accesscomm.ca
Thames River Classic	ON	Ingersoll	09-Apr		INT/ADV		technical river water	staitod@hotmail.com
Upper Jock	ON	Richmond	09-Apr		ALL		river water	twofourblue@yahoo.com
Sydenham	ON	Alvinston	19-Apr		ALL		river water	snethercott@scrca.on.ca
Musquodobit River	NS	Elderbank	01-May		ALL	35 KM 10 to	meandering river	Steve Williams willi1@hotmail.com
That Dam Hespeler	ON	Cambridge	01-May		ALL	24 KM	river water	damhespeler@gmail.com
OMCKRA Youth	ON	Holland Marsh, Bradford	06-May		BEGN	5 KM	Holland Marsh - high school kids	altavista2@powergate.ca
Cook's Creek Race	МВ	Selkirk	07-May		ALL			Chris Gerwing wildtour@shaw.ca
High Water Run	ON	Kirkland Lake	07-May		ALL		Deep river water	tonyjanssen8@gmail.com
Jerome's 10km	МВ	Winnipeg	08-May		ALL	10 KM		Jerome Seremak jeromez@mymts.net
Annapolis River Ca- noe Race	NS	Middleton- Lawrencetown	14-May		ALL		Downstream deep water	Katie McLean katiemclean@annapolisriver.ca
Marsh Mash	ON	Holland Marsh, Bradford	14-May		ALL	10 to 8 KM	Canal, Provincial Quali- fier for Marathon Worlds	craigers@rogers.com
BC Marathon Championship	BC	Kamloops	14-May		ALL	short, 24 KM	Lake	Stan Marek kckcheadcoach@gmail.com
Ski to sea	WA	Bellingham	29-May		ALL		Multi-sport adventure race (Canoe & Kayak legs)	www.skitosea.com/
General Clinton	NY	BainBridge	30-May		ADV		Triple Crown event	www.canoeregatta.org/
Canoe The Nonquon	ON	Port Perry	04-Jun		ALL		meandering beaver river then long lake	skelly@scugog.ca
Saugeen Voyageur	ON	Paisley	05-Jun	06-Jun	ALL		Voyageur canoe; river water	https://sites.google.com/site/sauge enpaddlers/
Harvey Fraser Mara- thon	ВС	Kamloops Ender- by	11-Jun	12-Jun	ALL	20 KM	moving flat water	Darryl Spencer dsonthethomp- sonr@gmail.com
Lumsden Race	SK	Lumsden	18-Jun		ALL		SK point series race - Provincial Qualifier for Marathon Worlds	Ted O'Brien ted.obrien37@gmail.com
Big East X Canoe Race	ON	Huntsville	18-Jun		INT/ADV	130 KM	lake and river; no sup-	mike@muskokariverx.com
Sudbury Canoe Club	ON	Cudhum	10 7		A1.1			Mayor your who anothink on
Canoe Marathon	ON	Sudbury	19-Jun		ALL			Marco.renout@eastlink.ca
Almonte	ON	Almonte	01-Jul		ALL		Nur do la	canoebowhunterray@gmail.com
Canadian Marathon Nationals	TBD	TBD	TBD		ADV		National Qualifier for Marathon Worlds	
Nootsack Classic	WA	Bellingham	02-Jul	03-Jul	ALL	20 KM	flat moving water	Thom Pritchard <joanandthom@yahoo.com></joanandthom@yahoo.com>
Wai Nui Why Not	ON	Mississauga	09-Jul		INT/ADV		Lake Ontario, Outrig- ger, SUP	wendypaddle@gmail.com
Vouls Divon Clastics	ON	Dan avaft	00.7.1	10 7. 1	A11	10 to	river water; Marathon	20aanus Ohatmail
York River Challenge Northern Hardware	ON	Bancroft	09-Jul	10-Jul	ALL	28 KM 20,	ON Provincials class 3 water; flat mov-	30seeya@hotmail.com Facebook Northern Hardware Cen-
Canoe Race	SK	Prince George	10-Jul		ALL	60 KM	ing water options	tennial Canoe Race

North American and International Marathon Events

continued

EVENT	P/S	CITY	Start date	End date	Level	Dist (KM)	DESCRIPTION	CONTACT INFO
Cali 100	CA	Redding	11-Jul		ALL	25, 50, 100 mile	downriver, Class II	http://www.riversforchange.or g/california-100/
Cranberry crunch	SK	Saskatoon	16-Jul		ALL		SK point series race	mara- thon@saskatooncanoeclub.org ; sccmarathon.weebly.com/
Eb's classic	SK	Saskatoon	17-Jul		ALL		SK point series race	
Nictaux Canal	NS	Nictaux Canal	23-Jul		ALL		Deep water canal and head pond	John Skaling skaling4@eastlink.ca
Spikes Race	MI	Grayling	23-Jul		ALL		1st 3hrs of the Michigan Marathon	ausablecanoemarathon.org/
Mattawa River Canoe Race (North Bay)	ON	North Bay	23-Jul	01-Jul	INT/ADV			paulal@nbmca.on.ca
Au sable Canoe Marathon	MI	Grayling	30-Jul		ALL		Overnight 15-hour canoe race	ausablecanoemarathon.org/
K20	ON	Kingston	05-Aug	06-Aug	INT/ADV	Shorter & 200 KM	Kingston to Ottawa canoe race, 22 portages	kingston2ottawa.ca/
The Pas Canoe Race	МВ	Opaskwayak Cree Nation, The Pas	18-Aug	19-Aug	ALL		Three-days of racing, sum times over all days	
The Dennie: path of the Voyageurs	ON	Blind River	19-Aug	20-Aug	INT/ADV		Voyageurs; many islands; lake & river water	rjmellan@amtelecom.net
Eagle Point Chal- lenge Classic	SK	La Ronge	27-Aug		ALL		SK point series race	Sid Robinson
Classique de Canots	PQ	Shawinigan	02-Sep	05-Sep	ADV		Three-days of racing, sum times over all days	classiquedecanots.org/
Rec & Rookie Race	SK	Saskatoon	11-Sep		BEGN		SK point series race. fun events; new racers/rec paddlers.	Marathon @saskatooncanoeclub.org sccmarathon.weebly.com/
Rookie race	SK	Craven	11-Sep		ALL		SK point series race	Merv Woods or RMCC member
ICF Marathon Worlds (includes Masters)		Brandenburg	16-Sep	18-Sep	ADV		All / masters-age athletes are eligible without qualification	
Muskoka River X Coureur des Bois	ON	Huntsville	16-Sep	18-Sep	INT/ADV		self-supported expedition race; 2 & 3 day courses	mike@muskokariverx.com
Willie Fast Pad- dlers Poker Paddle	ON	Wiarton	17-Sep		ALL			https://sites.google.com/site/s augeenpaddlers/
Thompson Down- river	ВС	Kamloops	01-Oct		ALL	30 KM	flat moving water down- river	Stan Marek kckcheadcoach@gmail.com
Great Muskoka Paddling Experi- ence	ON	Bracebridge	09-Oct		ALL	5 - 24 KM	river water; many distances	caschofieldstream@cogeco.ca



Online membership form popular!

We are getting a number of new and renewing members using the online membership form. Try it out at omckra.com/membership---sanctioning.html The option to pay membership by e.transfer from the bank to omckra@gmail.com has also been popular. The is a secret question which is for the volunteer at OMCKRA to answer; avoid "what colour is my dog?", unless of course, we happen to walk him for you. :)

OMCKRA Membership Application/Renewal Form 2016							
Membership is paid by e.transfer from your bank to omckra@gmail.com or by cheque made out to OMCKRA and mailed to: Membership c/o 87 Queen Street East, Cambridge ON N3C 2A9							
Name (s):							
Address:							
Residence Phone:							
Cell Phone:							
E-Mail Address:							
Membership	Enter Fee [C\$]	Date of Birth (dd/mm/yyyy)	Racing Class C, K, Rec., OC, etc.				
Racing/Individual/Race Organizer (per race) (\$40)							
Full Time Student (\$30)							
Junior <18 yrs as of Jan. 1 (\$30)							
Bantam <14 yrs as of Jan. 1 (\$30)							
Club Membership Club \$25 Club Members /each \$15							
Family with Children <20 yrs. (\$70) (maximum 4 racing members)		list ages below					
List Family Paddler Names		Date of Birth (dd/mm/yyyy)	Racing Class C, K, Rec., OC, etc.				
List Special Skills (First Aid/CPR/Medical/NCCP Coaching	Certification/Ca	noe Construction/etc_and o	other Affiliations:				
	or mountain de	and a solution, etc. and					

Personal information collected by OMCKRA is used to provide services to our members. These services require administrative responsibilities such as documentation of insured events and instructor registration. A limited information membership list (names and city) is provided to race organizers for insurance purposes. Private information is never given to anyone by OMCKRA for other reasons. People registering for OMCKRA coaching or who have taken part in an insured event may receive member-

All members receive annual meeting notices and the Newsletter via e-mail.

ship information from OMCKRA in the next calendar year. For office use Card provided: