



HUT!

Summer 2016



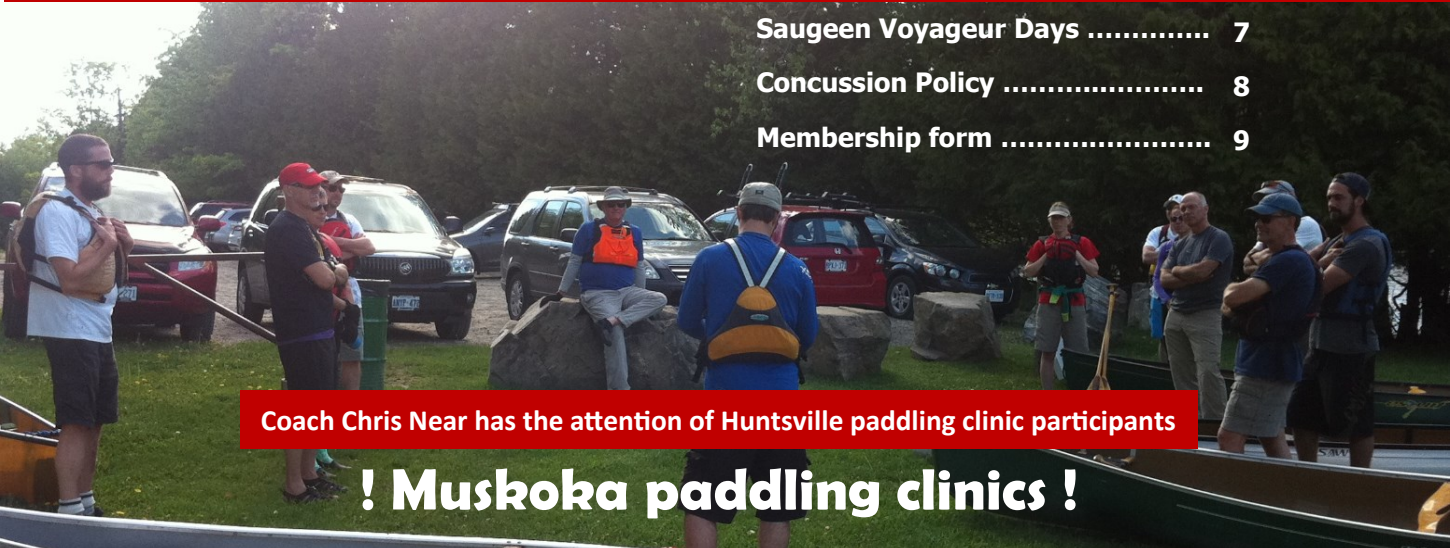
Voyageur 'Daze'!

Crews of :
Lively Cleans
Faster Boat
Locke'd & Loadholt
Saugeen Bottom Boys
Dairy Desperados
North of the Checkerboard

Vie for first place in Saugeen Paddlers Canoe Club 23rd Annual Voyageur Days held in June

Pictured left to right: Ed Maxwell, Graham Hewitt, Marg Nunney, Urb Buwalda, Mike Robertson

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Coach Chris Near has the attention of Huntsville paddling clinic participants

! Muskoka paddling clinics !

President's Message



2016 Executive

Marathon Canoe Racing Council (MCRC) Rep

Wendy Perkins

Canoe Kayak Ontario (CKO) Reps:

Don Stoneman, Kim Snell, Stacey Ferris

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(Treasurer, Membership)

Kim Snell

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Vice President

Rodney Ruddock

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President

Don Stoneman

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Everything goes along pretty much the same for a time and then BAM!!! Everything changes at once. This is one of those times of change. The sport of marathon paddle racing is recognized by the province of Ontario as an official sport via our role as part of Canoe Kayak Ontario. There are advantages. For example, we receive a certain amount of funding from the province to run programs. That amounts to about \$8,000 this fiscal year. But the requirements to be recognized as a provincial sport are changing. One might say that the province is keeping up with the times and making sure that sport organizations do too. For example, the province recently told Canoe Kayak Ontario (of which we are a part) to establish policies regarding the treatment of important issues such as concussions (a growing concern for athletes, coaches and parents) discrimination and harassment, and also the use of performance enhancing drugs. An appeals policy to deal with the aforementioned issues is also in the works. These policies are being developed across the board for all three disciplines involved in Canoe Kayak Ontario and for the most part it appears they will be borrowed from policies already developed and adopted by Canoe Kayak Canada. (The concussion policy has been borrowed from Whitewater.) Another

requirement for recognition as a provincial sport is for a provincial team to exist and be named. And as there are already separate "teams" for Sprint and Whitewater paddling, Marathon must develop its own requirements for such a team and faces an August deadline to do so. It's a job for the board to develop this plan and its hard to say what will be the outcome. Seems to this president anyway that criteria for such a provincial team might include placing at the Provincial championships and thereby qualifying for funding to attend the Nationals, which are being held this year in Winnipeg in early August. This would be for paid up members who are residents of Ontario only. And maybe these members would have to have competed in a minimum of three other sanctioned events? It has been a few years since OMCKRA offered financial assistance to paddlers attending Nationals. Currently there is money in the bank. Maybe the board will decide it is time to renew that commitment to help our top paddlers. There might also be some financial assistance offered to Ontario paddlers who will be representing Canada at Marathon World Championships in 2016. So keep that in mind as you consider attending the OMCKRA Provincial Championships in Bancroft on July 9 and 10. There will be 12 km recreation and Men's and Women's Mara-



thon C1 races on the Saturday along with adult and peewee, bantam and junior races to follow. The 12 km races in particular will be held on the twisty York River. Sunday's races will be the more challenging 23 km course that long time members will remember as the Baptiste to Bancroft Race. Those races start at Birchcliff Lodge on Baptiste Lake and include a challenging 1.3 km of portages before putting their craft into the York River and heading for the finish line. Thinking about heading to Huntsville for the Big East X Race on June 18? Another reason to go north on June 18 and 19 is the Sudbury Canoe Club event the following day. There will be classes for C1 and C2. As president I plan to be there and hope that other members will attend as well. The Sudbury Canoe Club is considering hosting a Canadian Marathon championship in 2017. That is only a year away. How about showing up and offering a critique on the general area and a possible race course for marathoners from across Canada next year? Hope to see you there. Don Stoneman



June 2016

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4
7	8	9	10	11
12	13	14	15	16
17	18	19	20	21
22	23	24	25	26
27	28	29	30	31

July 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Almonte (Ottawa)	2
3	4	5	6	7	8	9 York River (Provincials)
10 York River (Provincials)	11	12	13	14	15	16
17	18	19	20	21	22	23 Mattawa & Wai Nui
24	25	26	27	28	29	30
31	August 1	2	3	4	5	6

August 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5 K20	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20 Dennie
21	22	23	24	25	26	27
28	29	30	31			

September 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17 Courier des Bois/ Muskoka River X
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June 18	Big East X Canoe Race Huntsville	MuskokaRiverX.com 705 349 2566
June 19	Sudbury Canoe Club Canoe Marathon	Marco.renout@eastlink.ca 705 523-0500
July 1	Almonte Near Ottawa	canoebowhunter@gmail.com 613 256-8422
July 9 & 10	York River Challenge & OMCKRA Provincials Bancroft	j30seeya@hotmail.com 705-321-3150/613 339-2629
July 23	Wai Nui Why Not Race Mississauga	wendypaddle@gmail.com 905-825-3182
July 23	Mattawa River North Bay	paulal@nbmca.on.ca 705-474-5420
Aug 5 & 6	Kingston to Ottawa 200	info@kingston2ottawa.ca 613 617-0237
Aug 19 & 20	The Dennie, Path of the Voyageurs Blind River	thedennie.com 705-859-2482
Sept 16 -18	Courier des Bois/ Muskoka River X MRX Sprint Huntsville	MuskokaRiverX.com 705 349 2566
Sept 17	Willie Fast Paddlers Poker Paddle Warton	pasacana- da.wordpress.com/poker-paddle/ 519 270-9951
October 9	Great Muskoka Paddling Experience Bracebridge	muskokapaddlingexperience.com/ 705-205-1720



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

GMPE

General Clinton in a 4 man boat

Coach Bob story

This was the first time any of us had been in a stock 4 man canoe. We had 2 -20 minute practice runs on Saturday and Sunday.

The race starts we are off. The turn is about 6 minutes away. We are off on the left side looking to make a good wide turn. Much to our surprise we are up with with 3 others. The Barton team was second and we are even just before the turn. As we turn around the pontoon boat we slip into 4th place on the stern wash of Gloria and Gary. We were all very close. This was to be a good race. After the short portage back in the river the team separate and we are alone. There was lots of water in the upper end this year after they let the dam out. It was a great ride. We duck under several trees and I lose my hat -it sticks on a tree branch. At hour 2, the 5th place canoe is on our tail. They say they had my hat. We do several more corners and they pull up beside us and throw my hat to me. This was not a good day to be without your hat.

Now we are in 5th place. They just pulled away, I thought we could ride them. They had been on our wash for 30 minutes. It was not to be; we were alone again. We paddled across Goodyear Lake and I could see them a minute ahead of us. At the portage my crew dumped me into the water - maybe they thought I was over heated. When we were back in the canoe the other team was just ahead of us - they must portage slower than we do. There are lots of very tricky turns after the portage and some of our crew want to eat. I got very excited and said 'pay attention this is a place where lots of team swim.' We do them all safe but touch the bottom in a few places. Ouch on the new canoe. At the second portage, our pit crew did a great job of putting all our food and drinks in the right place all while we were running slow. As we go down to the river the other canoe was still there. We jump in and the crew sits. I yell "get on it" and both teams pull out into the shallow water. We ride them of about 1 hour. The big waves downstream were easy for us on the left side. The other team went to the right - there were lots of screams as they hit big rocks but they come out right with us. We are talking to each other now but racing hard. Back on stern wash, we eat and life is good. The river gets wide and deep we wander off the stern and everyone just pulls a little harder.

I thought 'this is too soon' as we were coming to Wells Bridge. That would be 2 hours from the finish. But we all just pulled hard - I was wondering how long we could go. About 1 hour later we could not see them and yes it was time to eat again. Young people need lots of food. From Sydney down there were lots of very wide places and that meant shallow water. Our canoe hit the bottom several times as we looked for deeper water - not to be found - . On one rapid there was a very big tree at the bottom. We needed power in 3 inches of water - we did not have enough and I thought the root ball would come right through the canoe. We were lucky, bounced off and paddled away. We paddled to the finish and the next canoe was just behind us - they were a much lighter team and did well in the shallows.

Thanks to our crew Steve Tait, Chris Prater, John Diller, - Bob was the stern guy. A special thanks to John for building a great 4 man canoe. I was surprised when we looked at the bottom. It was not as bad as I thought. Thanks to our pit crew Ray and Mike. They were great and fun to be around. Our time was 8 hours 40 minutes. 4th place in the stock C4.

This was the first competitive long race for Chris where the pressure is on you all the time . So I asked him the question - How many times did you say to your self "what am I doing here?" he said about 20 times. I remember asking myself that question in my first long races.

Coach Bob - hope to see you on the water.



York River Paddle Challenge July 9 & 10

REGISTRATION

There are three choices:

- 1) Register online in advance by going to bancroftcommunitytransit.com and click on "2016 York River Paddle Challenge."
- 2) Register Friday evening July 8th, at Heart of the Park, Riverside Park (Station St., Bancroft) from 6-8pm
- 3) Register at the race locations on each of the race days as follows:
 - Saturday morning: Herschel Fire Department building on Baptiste Lake Rd. between 9 AM and 10 AM
 - Saturday afternoon: Heart of the Park Riverside Park, Station St. Bancroft from 11:30 AM to 12:00 PM
 - Sunday morning: Birch Cliff Lodge Baptiste Lake, Bancroft from 9 AM to 10 AM

SATURDAY AM 12 KM River 10AM start \$40/person (\$5 less for OMCKRA members)

Location: Herschel Fire Department on Baptiste Lake Road
9AM-10AM Day of event package pickup and waiver signing

9:30 AM Mandatory Pre Race Meeting
10:00 AM All events start
11:30 AM Post Event BBQ starts

Classes

C2 Stock: male/female/co-ed
C2 Rec: male/female/co-ed
K1 Kayak Touring (long): male/female
K1 Kayak pelican style (short): male/female
SUP Open: male/female

Plus the following for the OMCKRA Provincial's Championship Event

C1 Men's *
C1 Women's *
Recreational Men's **
Recreational Mixed/Women's (combined) **
* USCA Specs
** Recreational Minimum 3 X 32 inches wide, Max length 17 feet following OMCKRA specs)

SATURDAY PM 1.5 Km , 3 Km, 6 Km River \$20/person (\$5 less for OMCKRA members)

Location: Heart of the Park Riverside Park, Station St.
11:30 AM-12:00 PM Day of event package pickup and waiver signing
12:00 PM Mandatory Pre Race Meeting
12:30 PM 6 Km events start
12:40 PM 3 Km event start
1:10 PM (APPROX!) 1.5 Km event start
2:00 PM Awards Ceremony

Lengths and Classes

Recreation canoes, kayaks and SUP's.

Plus the following for OMCKRA Provincial's Championship Event

C2 Adult/Junior (14-17 as of Jan 1) 6 KM
C2 Adult/Bantam (>14 as of Jan 1) 3 KM
C2 Adult/PeeWee (>11 as of Jan 1) 1.5 KM

SUNDAY 23 KM Lake & River 10 AM start \$40/person (\$5 less for OMCKRA members)

Location: Birch Cliff Lodge Baptiste Lake, Bancroft
9AM-10AM Day of event package pickup and waiver signing
9:30 AM Mandatory Pre Race Meeting
10:00 AM All events start
2:00 PM Awards Ceremony Post Event BBQ

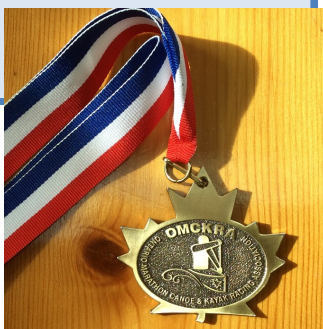
Length and Classes

Recreation canoes, kayaks and SUP's.

Plus the following for OMCKRA Provincial's Championship Event

C2 Men's
C2 Mixed
* following OMCKRA Specs

OMCKRA Provincials !!



The Brigades are coming....

2017 is Canada's Sesquicentennial and voyageur canoes are going to be a part of the celebrations. They will be paddling down many different waterways, visiting many communities in Canada. The brigades that are most of interest to Ontario paddlers are North Wind, Sound Wind and West Wind. They are travelling from all directions, aiming to be in Ottawa for Canada Day, 2017.

I volunteered to help organize North Wind, moving to Ottawa from North Bay. Imagine getting a big canoe over Talon Chute, down those portages along the Mattawa River? We could just stay at the town of Mattawa, but that would take away a lot of the fun, wouldn't it?

Website to look at: www.voyageurbrigade.org

I am currently recruiting both paddlers and voyageur boats. There is some money available to make these brigades happen. If you are interested in taking part in this, please let me know.

Don Stoneman

Brigade Schedule and Locations

Dates	Title	Location	Waterway
10 - 15 June	Sunshine Coast	Egmont to Vancouver	Salish Sea
22 - 28 June	Athabasca River Brigade	Jasper to Fort Assiniboine	Athabasca River
29 Jun 3 - 2 July	Fort Edmonton Canoe	Devon to Victoria Settlement	North Saskatchewan R.
25 June - 1 July	Chimeda 2017 (Paddling Together)	Maniwaki to Ottawa	Gatineau River
tba - 1 July	North Wind	North Bay to Ottawa	Mattawa & Ottawa Rivers
tba - 1 July	South Wind	Montreal to Ottawa	Ottawa River
tba - 1 July	West Wind	Kingston to Ottawa	Rideau Canal
15 July - 22 July	Saint John River Brigade	Florenceville(or Woodstock) to Saint John	Saint John River
20 July - Aug 15	Canadian Canoe Pilgrimage	Midland, On to Montreal, Quebec	Georgian Bay, French & Ottawa Rivers
22 July - 28 July	Summer Games	Kenora to Winnipeg	Winnipeg River
tba	Sault Ste. Marie Canoe Brigade	Sault Ste. Marie to Blind River	Lake Huron

* Brigade information packages will be available on-line October, 2016

*Registration for brigades will on-line commence December, 2016.



OMCKRA Youth Race a fantastic success !

Big thank you to Mike Kennedy for organizing the event OMCKRA for sponsoring and to the coaches, teachers, OMCKRA and other volunteers who make the day a success. Thank you to Sandy & Pat Schofield, Don Stoneman, Kim Snell, Caitlin Henderson, Victoria Kennedy, Bob Vincent, Ray Healy, Dave Johnston for manning safety boats and helping with loading and unloading participants. Especially helpful was Pat Schofield in retrieving numbered vests for reuse and return! Thank you to Kyan D'Angelo for scheduling of heats and to the Knights of Columbus timers.

There were 132 youth participants from three high schools, the Parry Sound Club, a First Nations group and the Bracebridge Muskoka group.

Incredible turn out and fantastic day !

The [Saugeen Paddlers Canoe Club](#) in Paisley is an OMCKRA sanctioned Marathon club. The club has run a North Canoe Race and Voyageur Games event for 23 years. Brian Beech of the Club sent in this report of this year's event.

Brian has long experience in North Canoe paddling and was recently sponsored by OMCKRA for Paddle Canada "BIG (North) Canoe training. OMCKRA's mandate includes improving trip leader training and certifications as well as getting paddlers of all levels out on the water and paddling safely. The Wiarton chapter of the club runs the upcoming [Willie Fast Paddler's Poker Paddle](#) taking place September 17, 2016 which is also a fun and inclusive event.

For more information go to the following in links: omckra.com

<https://sites.google.com/site/saugeenpaddlers/>

<https://www.facebook.com/groups/SaugeenPaddlers/>

saugeenpaddlers@gmail.com



The Saugeen Paddlers 23rd Annual Voyageur Canoe Race Weekend was held June 3rd, 4th & 5th at Riverside Park. We had an encampment of seven period tents set up by re enactors on Friday night. For the race we had 6 teams participating with team members arriving from Wiarton, Port Elgin, Southampton, Kincardine, Paisley as well as paddlers from Toronto & Guelph.



They participated in a two-lap race, plus a bobber race, within sight of the Paisley canoe dock.

The winner of Heat One was "Faster Boat" with a time of 17 min. 30 sec., with Locked & Loadholt at 18 min. 36 sec. and followed by Saugeen Bottom Boys at 18min. 32 sec. This was a very close race with it being a first time experience for many of these team members.

The winner of Heat Two was Dairy Desperados with a time of 13 min. 33 sec. with North of the Checkerboard at 13 min. 56 sec. and followed by Likely Cleans at 16 min & 54 sec. Closer competition with this group but everyone enjoyed their time on the water and it made for great spectator viewing from the bank of the river.

A BBQ lunch was served in the encampment after these races. Prizes were awarded to the winners.

After lunch we had canoe teams of four paddlers each compete in a blind man race. This is where three paddlers are blind folded and one seeing eye teammate gave the blind paddlers instructions as to how to power the canoe through a short figure eight course.

This is very entertaining to watch and the 5 teams that were brave enough to try it did an outstanding job with their times varying from 3 min 3 sec to 6 min. 3 sec.

Period games were set up for enthusiastic entries after lunch.

After a quiet mid afternoon authentic camp experience, remaining participants enjoyed a potluck supper.

An evening campfire was well attended. Bob Robb and Jim Beech dropped by and swapped a few stories and songs. We got to listen in while they accompanied each other on their musical instruments. Many recounts of exciting adventures that may or may not have been true were told around the fire.

Brian Beech



Pictured L-R: Ted Horton, Steven Sahakian, Vatsal Trivedi, Cynthia Lam, Mark Manning, Kiera McDonald, Kimberley Gardner, Jameil Smith

Concussion policy

We will not attempt to reproduce Canoe Kayak Ontario's lengthy draft concussion policy here. However, we wish to point out that concussions are considered to be far more dangerous and debilitating than was known even a few years ago.

If a head injury has been sustained, a coach or parent should order the athlete not to return to the regatta or competition. If an athlete is rendered unconscious, an ambulance called. This should be part of an Emergency Action Plan.

Following is an excerpt from the beginning of the draft policy under consideration by the Canoe Kayak Ontario board.

"Concussions in canoe/ kayak are rare, but can occur while participating in any sport or recreational activity. In our sport competitors are especially vulnerable during land training and when entering and exiting the water. Since the circumstances under which a concussion can be sustained are so varied, it's important for all coaches, parents, and athletes to be aware of the signs, symptoms, and what to do if a concussion occurs. Trauma may occur through direct contact to the head or face or indirectly through a deceleration or rotational injury to the head. Injuries to the brain are characterized by an altered state of consciousness. It is the altered state of consciousness that is the key thing to look for with any head injury.

"A concussion is a common injury, but since they cannot be detected on x-rays or CT scans, they have been difficult to fully investigate and understand. Fortunately, there have been many important advances in our knowledge of concussions, including how to identify, manage and recover from a concussion. Although concussions are often referred to as 'mild traumatic head injuries' and often resolve uneventfully, ALL concussions have the potential for serious and long-lasting symptoms and so must be identified and treated carefully and in consultation with a physician."

A concussion does not always involve loss of consciousness. If an athlete loses consciousness an ambulance should be called. That is a good start. The return to practice and competition is not nearly that simple. Rest, but physical and mental, is necessary for a good recovery and there is a step by step process for returning to competition. "Rest" means no reading, no screens and no texting.

https://canchild.ca/system/tenon/assets/attachments/000/001/007/original/ConcussionManagementLetter_2.pdf

When the policy is approved it will be posted to both OMCKRA and Canoe Kayak Ontario's website, along with other policies regarding discrimination, harassment and anti-doping.

A new Constitution for a re-organized Canoe Kayak Ontario

talking about policies...

A committee representing the three disciplines of Sprint, Whitewater and Marathon is expected to convene shortly to discuss a new Constitution following an agreement to reorganize. OMCKRA President Don Stoneman is serving as Marathon's rep until someone else can be found. He already has lots on his plate. The committee has not commenced discussions because the chair, Bojund Fejes, hasn't been able to spare time from his law practice. (I think we need a bit more brain power than I can bring to the table.)

Please contact the president if you want a shot at this at prez@omckra.com

Online membership form popular!

Use the online membership form at omckra.com/membership---sanctioning.html

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/Canoe Construction/etc. and other Affiliations:

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

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 membership information from OMCKRA in the next calendar year. For office use Card provided: _____ DB updated: _____