



HUT!

October 2017

Dan Gammon (left) and Ryan Bowser (right). At The 24Hrs of River X.



Executive	2	Race Results.....	10-12
Presidents Message	2	Equipment for Sale.....	13
24hs of River X.....	3	Paddling Programs.....	14
Saugeen Paddlers.....	4	Membership Form.....	15
Ausable Marathon.....	5-8		

A new Racing format for Ontario

Presidents Message



2017 Executive

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Darryl Böhm

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Stacey Ferris

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It's the last week in September. I'm sweating at my desk in the basement in shorts and t-shirt. The air conditioning is running full bore in an attempt to keep this house liveable. What the?

It's the exact opposite of April when I was chilled every time I stepped outside, let alone paddled in the icy rain. What the? But soon I will be complaining about snow and ice on the river again!!!

Sigh... Focus on the mission. I intend for this to be my last President's Message. After four years I will pass the gavel (along with the keys to the condo in Florida and the Association SUV, just kidding) at the annual general meeting on Oct. 28. Christine Archer, who spent the last year in the number 2 position, intends to let her name stand for president at October's end. But someone else may want the job. Feel free to step forward! (The SUV needs a wash and the condo carpets need cleaning.)

Remember that the Annual General Meeting is for all members to attend. That's when the business of the Ontario Marathon Canoe and Kayak Racing Association (incorporated in 1976 as Ontario Canoe Racing Association) is conducted. The members hear how their organization ran last year and how their money was spent. New ideas are brought forward and discussed, policy is set for the coming year and members vote for a new seven-member board that will govern the organization. The board is nominated from those members attending the meeting. Remember that all members are eligible to be nominated and to serve on the board.

It's been a busy year, with nearly 20 races on the schedule, although poor weather forced shortening and cancellation of several. The



Youth Race was one of the casualties.

A National Championships was held in Sudbury in early August. Plans are being laid for another National at the same venue in 2018. We are looking for the most suitable date.

OMCKRA has a long-standing relationship with Canoe Kayak Ontario. It's how we access both government funding and also insurance that makes our events possible. The relationships with CKO is being re-defined with a new Articles and By-Laws. OMCKRA will continue to have at least three directors on the new board which will vary in size annually from nine to 12.

In addition, the provincial government is increasing funding to sports bodies. CKO is expected to receive a total of \$150,000 in the coming year. Yet to be determined is how much Marathon will be able to access. The planning and forward strategizing was quite complex. OMCKRA made some commitments to spend money to increase the number of female and also Aboriginal coaches. There is more emphasis on "sport for life."

Presidents Message Continued

Sounds like what marathon is about.

Recently the OMCKRA board voted to modify the system used to tabulate points towards annual awards. The view is that simpler is better. This system will be ratified at the AGM. Your input is requested. We expect to have some good awards for the 2017 winners.

What stands out in your paddling season? Are there people who should especially be appreciated? Nomination to any of a number of annual awards is your opportunity to show they are appreciated. Nominations should be made to the President two weeks in advance of the meeting.

a- Race of the Year: must be a sanctioned race other

than the Provincials.

b- Sportsmanship Award: may be given to the most deserving individual who performed a sportsman-like act during the past year.

c- Award of Merit: may be presented to the person or persons who made the greatest contribution to the betterment of OMCRA.

D Adult-Child Award : may be given to the Adult and Child who demonstrated the most enthusiasm and participation in the sport over the season.

Looking forward to seeing you at the AGM.

Don Stoneman

24 Hours of River X!



Mike and Rob at River X Racing have done it again. On the June 17-18th weekend paddlers from all over Ontario and even Quebec converged on River Mill Park in Huntsville for the first 24 Hours of River X.

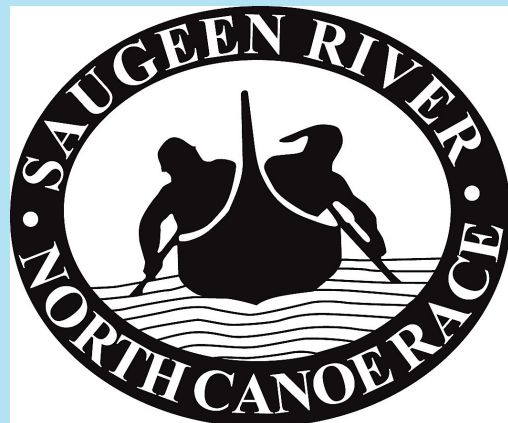
A new race format for Ontario marathon paddlers, it brought new challenges as competitors raced to see how many laps of a 10km loop they could complete in the 24hr time period. Canoeists, kayakers, SUPs and even prone paddlers battled the elements.

With two lightning delays, the 24hrs were cut down to a total of 16hrs, but that didn't discourage the paddlers from putting in an impressive number of laps. When the lightning finally passed, spirits were still high as everyone got their last laps in.

River X Racing put on another great event, it was extremely well run and were looking forward to seeing the race on the calendar next year.

Saugeen North Canoe Race

Saugeen Paddlers 24th Annual North Canoe Race June 3, 2017



Originally submitted to the Paisley News July 2017.

The Saugeen Paddlers hosted the 24th Annual North Canoe Race on Saturday June 3 and it was a great day for a Canoe Race.

We had 4 teams racing for the hardware this year. The race consists of 2 parts. A short sprint, with 4 turns and a bobber race, where teams have to work together and collect 4 special wooden bobbers from the water. Best combined time wins.

First prize this year went to the 'Saugee Bottom Boys' with a combined time of 14:25. Second prize went to the 'Willie Fast Paddlers' from Warton with a time of 14:35. Third prize 'The Udder Rubbers' with a time of 14:38. In the final position, 'Paddling for Galina' came in at 16:01.

After the main races, the crowd was entertained by Blind Man Race. In this race, three blindfolded paddlers must maneuver around several buoys and back to the start line with

1 non-blindfolded person in the boat to give directions.

This event usually generates a lot of opinions from the galley and this year was no different. There were several close encounters with the bank but we all finished the course.

For more information on the Saugeen Paddlers, check us out on Facebook

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



Photo Credits to Sandy Schofield

Trevor Robinson provides us with an honest and unique account of his, and partner Edith MacHattie's, race experience at the 2016 Au Sable Marathon Canoe race in Michigan.

As the sun approached the horizon, the shadows were beginning to lengthen. It was almost 9 pm and 95 Marathon C2s sat on the pavement. 190 competitors were breathing nervously, attempting to make light hearted chit chat with their competitors, as they anxiously waited to start their 120-mile adventure. An adventure that would take 14 -19 hours of nonstop paddling and portaging down the Au Sable River in Michigan, USA.

The canoes were lined up on the asphalt in 19 rows of five canoes across. The first row of canoes was two and a half blocks from the river. Our 17th place sprint time seeded us in the fourth row, and in our opinion a good position. Glancing behind us the rows of canoes disappeared out of sight. The last row was a couple blocks further behind us. We were thankful that we hadn't gone swimming during the sprint when we got washed into the turning buoy, or that's where we would have been.

The gun went off and the road exploded into a frenzy of moving canoes and bodies, everyone running as fast as they could to the 90-degree corner just over a block away. As a Masters team, there are a lot of fast



young runners eager to go by. We knew the running start would not be our strength. We covered the dis-



tance as fast as we dared push ourselves. As we converged around the corner the boats were bumping into one another as we swarmed our way along. The crowd was held back by snow fences which funneled us towards the river. Another short block and 90-degree corner, in the other direction (the corners are hairy) and we are in sight of the river. Just across the tiny creek the crowd looks like a wall of people. We ran as far as we could and saw a river choked with canoes in front of us. We jumped into the river and set the canoe down, finding barely enough room. The boat was getting bumped on either side, by other canoes, as everyone rushed to start paddling. We were completely

winded but eager to get our paddles in the water and make up time. We were starting in about 23rd position.

The river is shallow, only about two feet deep in the middle and much shallower on the edges. It's fast, narrow, twisty and riddled with fallen trees and obstacles.

It's a nightmare to try to pass, but it's important to pass as many as you can, early, so the slower teams don't

hold you back. We wanted to move forward quickly through the boats in the hopes we could still get with some of the fast teams that started in front of us and out ran us to the river. We picked our moments to move up on the other teams as there isn't much

time and space before we would get rubbed out on a tree, or obstacle by accident or otherwise. We waited until we saw an opening and then would bolt up alongside the first canoes as soon as we could. Once we got our nose in front of theirs we were safe from being rubbed out and easily moved by them.

We made some good decisions and we went by several teams. We had settled down from the start and the boat was moving nicely, things were looking good. You could tell by the way some of the paddlers were reacting; they didn't like getting passed by a female which made it even more fun!

We took our first bottle of water from

our pit crew at about 20 minutes into the race. We had passed 4 or 5 teams and they were beginning to space out. At 48 minutes into the race we went through the first of 15 timing points. The timing points make following the race so much easier and more interesting for spectators. We were sitting in



17th position as darkness sets in. Without a flashlight, it's difficult to see which way the river is turning because it turns so sharply, all you see is a wall of trees. For that reason, and our lack of experience on the river, we had invested in an 875-lumen flashlight that lit the river up almost like day. It was great! It would have been even better with a remote switch.

Our navigation was also aided by a GPS which had a track programmed into it, which helped us immensely. It showed us the curves, the obstacles and even the cuts. I have no idea how Edith managed to keep one eye on the GPS, call the huts, stay in time, and keep the boat so smooth. Without the GPS showing us the way we would have paddled right by numerous short cuts where the river has carved a more direct channel. The advent of the GPS has really made this race much more congenial since my first time doing it without the help of technology.

We had settled into a good pace that felt fast but sustainable. Afterwards our split times indicated we were 12th fastest between checkpoint 1 and 2 and 9th fastest between check point 2 and 3. Somewhere after the first check point we moved up to 16th. Then my stomach (Trevor) started to slow down. About 3 hours in it wasn't absorbing and passing the food and wa-

ter like it should. As we were paddling at a pretty good pace, I tried to drink and eat small amounts in frequent intervals. It seemed to work for a while... and then it didn't. We were leading a group of two so we dropped back, positioning ourselves on the stern wave to try to ride out my discomfort. A few gags came at first and they quickly turned into full fledged projectile vomiting. Fortunately, we were able to stay in contact with the other teams over the next couple minutes as this played out. With my stomach void of any hydration or nutrients we sat on the wave being as conservative as possible.

Unfortunately, that wasn't the end of it. About 10 minutes later, waves of dry heaves started coming every few minutes and lasted about 15 seconds each time. This was debilitating and completely prevented me from paddling. It seemed to go on and on with each heave we drifted out of contact with the other boats. With Edith paddling like a mad woman we managed to stay close enough to get back in contact with the other boats and return to riding their wash. At last, the heaves passed and we tried to play it conservative sitting on the wash until I could start eating and drinking again... but then came the diarrhoea. I had no option but to pull over and let the

boats paddle away as my digestive system completed its purge. I gathered myself back into the canoe and we began to head down the river once again, now alone.

I felt terrible. We pulled steady and smooth until I could slowly start sipping and eating in small amounts. It took a while. We just kept plugging away. We came up to Mio Dam and usually after more than five hours it feels good to get out and stretch the legs and bum but it felt terrible. My run was barely more than a walk. Edith was pushing the whole way. We got across the portage and it felt good to get back in the water again. We struggled along all alone for about three hours and 30 minutes. Split results would later show we were running around 18th fastest.

About eight hours into the race, just before daylight, my stomach came around and I finally got some nutrients back in my system. The boat felt smooth and was gliding very well. It made me feel a lot better. I felt strong again. Even with Edith working hard to keep the boat going through my low period she was still strong and we were both able to dial right in. We quickly started to catch one of the teams in front of us. It was in this stretch where we had our fastest split of the race. We were the eighth fastest



canoe over to their stern as they went by positioning us perfectly on their wash. We jumped on their wave. They caught us just after Cooke Dam which was the second last portage. They were moving well but the calories were slowly making their way into my system and I was

slowly coming around.

boat. Bill Torongo and Wesley Dean were surprised to see us paddle back up to them after my performance earlier in the race. Mainly they rode our wash while we pulled. We ended up paddling with them for the next several hours. It was also nice to have some company and it was nice to have the daylight.

We committed to following our GPS as it had the tracks through the ponds. It was nice direct route but it did take us through a lot of shallow and sucky water. I would have gladly paddled out further to some deeper water but the track we followed was safe. For the next several hours the boat kept moving along nicely. We ranged from 10th to 15th fastest splits. At about 7:30 am, after 10.5 hours of racing we were still padding along with Bill and Wes and my stomach stopped working again.

As it churned we just kept paddling steady without food or water until it settled down. After almost two hours of no food or drink, I suddenly felt ravenously hungry. I demolished about 400 calories in about 5 minutes. I couldn't stop eating. Typically, one does not eat more than 200 or 250 calories an hour as your body can't digest quicker than that

while exerting itself, so I made myself stop. Shortly after I got the food in my stomach my head felt a little spacey and light. I knew what this was. My brain had no glucose and I was hitting the wall. The rest of your body can digest fats and proteins as well as glucose, for energy, but your brain needs glucose. Fortunately, I had just remedied the situation by ingesting all that food. Unfortunately, it takes 20 to 30 minutes for your body to process it into the nutrients and transport them to where they are needed. We immediately went to the stern of Bill and Wes.

I felt like a weeble-wobble I was so unstable it was almost all I could do to stop myself from falling out of the canoe. I knew my paddling was pathetic and outweighing my partner by 65 lbs our only chance to not fall way behind was to stay on their stern wash. I looked right at their stern and focused on it as hard as I could. When you feel that tired and disoriented it is near impossible to maintain any level of focus. I did my best to try to help keep us there and Edith did her magic keeping us perched perfectly downhill sitting on their wave. In about 15 minutes Jason Hatfield and Matt Gabriel Jr. came storming up. Edith slid our

In another 10 minutes, I was well into my recovery. I felt like I bounced right back. Because Jason and Matt were moving well and it was the conservative thing to do we stayed on their wash across Foote Pond and up to Foote Dam. They had the 10th fastest split time and pulled us to a 12th place split. As we ran down the back side of the last dam just behind them I slipped on the damp grass and fell. No worries, I quickly got up and continued down the steep slope only to lose my footing again. This time I fell hard and flat on my back. Fortunately, nothing was hurt but I hit so hard I lay there stunned for a few seconds. I got up and we slowly made it the rest of the way to the water. We got our final pit and we were on the home stretch. We were sitting in 15th spot, 14 hours into the race with about an hour and a half left and about 15 seconds behind Jason and Matt.

We had to get back into contact with them as soon as possible. We put a hard push on to catch them right away even before putting away our food and drinks from the pit. We caught them in about 90 seconds and relaxed a little and set-

tled in. I reached for my coke which was my special last pit treat which I had been looking forward to. Unfortunately, all but a small swallow was sitting in the bottom of the boat. Ugh! We hadn't told our pit crew how to handle it and they did us the favour of cracking it open for us. That would have been fine if I hadn't fallen on the portage, but my fall had put us in danger of losing our ride. Edith graciously offered me hers only to find hers completely empty. Planning and communication are so important to make all these little things go smoothly. This was something we had missed but after a 10-second melt down, it was no longer significant.

We had been riding the wave, I had recovered nicely, and Edith I had the boat gliding smooth and fast again. We were back on top. We didn't like the lines they were taking so we took our own path. We went around the bend and we were a couple boat lengths ahead. We took a different line on the next corner and again we came out ahead. They weren't closing

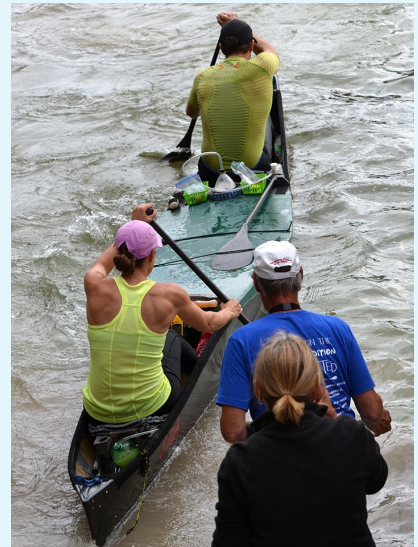
the gap so we paddled steady hard and slowly pulled away. As we paddled we knew we were getting closer to the finish line, with every stroke. Then we started to see the two boats in front of us that were three and a half minutes in front of us at the last dam. We were pulling them in. At one point, we got to within a 1:25 but we knew we were running out of time and they must have felt us coming, because they found another gear. We finished the last leg with the 9th fastest split. We felt strong and the boat felt fast. Coming through the finish we were very happy.

We finished in 14th place overall with a time of 15 hours 26 minutes and 45 seconds. We were the first mixed team and the first master's team.

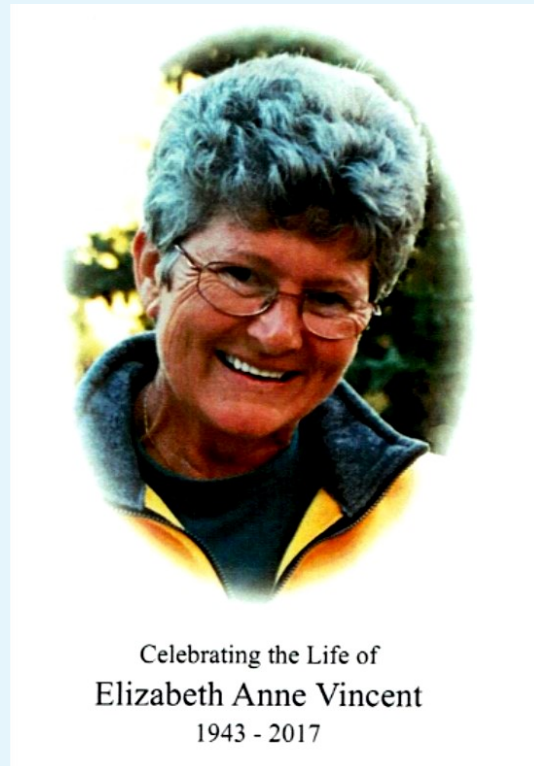
In between the lows the boat felt amazing. It felt so good in fact I was already looking forward to getting back and doing the race again next year. Usually before considering racing something that long there is a mental healing period one goes through of which a big part is forget-

ting the pain one just went through. I couldn't believe how good I felt. That was fun!

Trevor Robinson (First published in the Saskatchewan Canoe Kayak Newsletter.)



In Memory



Liz (Elizabeth Anne) Vincent, passed away on August 4, seven weeks after she was diagnosed with brain and lung cancer. She was 73. Liz was known in the paddling community across North America as the maker of Canoe Coverups, and more locally for her knitting and quilts. Her stained glass frames for Nationals awards still hang on the living room walls of paddlers across Canada.

Liz and "Coach Bob" Vincent of Dorchester were married for 55 years. Liz was the mother to Mike Vincent of Regina, Tim Vincent of Whitehorse, and Shannon Schneurer of Miami. A grandmother to Mackenzie and Fearghus and Lexy Jane of Regina and Hunter of Whitehorse Yukon. Paddlers all.

In the weeks after her diagnosis, Liz was often tired but lived her life with humour and graciousness, as always. She will be much missed by us all.



**One of the many canoe coverups
handcrafted by Liz Vincent**

Race Results

Big East River X—May 27, 2017



Please check out the results on the Muskoka River X website

[Click here for results](#)



General Clinton Canoe Regatta-May 2017

Congratulations to all the Ontario Paddlers who finished the General Clinton 70 miles For more results visit

<https://www.canoeregatta.org/>

(A long way to go on a miserable cold rainy day)

C4 Endurance

5th Karen Simpson, Gord Cole, Dragan Olajdzija, Liz Loek 8:38:18

Mens Stock Endurance

3rd Tom Phillips & Mike d'Abreu 9:05:52
10th Pierre Pinard & Ken Gerg 9:52:07
11th Desmond Fan & Matthew Mokanski 10:22:34

C1 Over 60

3rd place Stan Anusiewicz 9:15:04



General Clinton Canoe Regatta Bainbridge NY

C1 Stock

1st place Chris Near 10:37:59

50-59 Mens CC

3rd place Dave Johnston & Rene Boogemans 8:59:28

Mens Under 50 Endurance

4th Oliver McMillan & Chris Prater 8:30:16

60 and over CC Endurance

6th Bob Vincent & Gwyn Hayman 9:16:20

First Mens Pr0 Fastest Time OF The Day

Steve Lajoie & Guillaume Blais 7:29:3

Race Results



The K2O race is a 200 km marathon race for canoes/kayaks/SUP's. It runs up the Rideau Canal system (a UNESCO World Heritage site and the oldest lock system in the world) from Kingston to Ottawa. This race includes 22 portages that spread over 200 km of water. It has to be completed in 36 hours. A team has completed this race in 23 hours! It is CRAZY!

For complete results of the 2017 Kingston to Ottawa visit:

<http://kingston2ottawa.ca/race-results-2017/>



North Bay to Mattawa Race—July 30th, 2017

Sixty three teams from across the country participated in North Bay-Mattawa Conservation Authority's 41st Annual Mattawa River Canoe Race. Paddlers launched from Olmsted Beach, North Bay and made their way through the 64 km trek, five mandatory portages and moderate water levels to Mattawa Island, competing for the top spot in the North Bay-Mattawa Conservation Authority's race.

For full race results visit:

<http://www.mattawarivercanoerace.ca/race-results/results/>





Sunday, July 30, 2017—The second annual Lake Ontario Crossing Paddleboard Race saw a determined field of paddlers push 32 miles through challenging conditions to successfully cross Lake Ontario. After the 2016 crossing was modified due to extreme weather, this event marked the first organized paddleboard race across the Great Lake.

For full results and write up visit:

<https://niagara2toronto.ca/paddleboarders-charge-across-lake-ontario/>



**NOTICE OF 2017 ANNUAL GENERAL MEETING OF
ONTARIO MARATHON CANOE KAYAK RACE ASSOCIATION**

When: Saturday, October 28, 2017 at 1:00—3:00 pm

Where: St. Andrews (Hespeler) Presbyterian Church
The Fellowship Room
73 Queen Street East Cambridge, ON NC3 2A9
(Queen and Cooper Street)

Phone 519-651-7054

AGENDA

Call to Order • Approval of minutes Annual Meeting held Oct 29, 2016 • President Report • Race Secretary Report • Treasurer Report • Membership Report • CKO (Provincial PSO) Report • MCRC (National NSO) Report • Resolution on points system • Other business • Awards Presentation • Election of new Officers • Adjourn

Social gathering will follow next door at 87 Queen Street East

Marathon Marketplace

J190 Kevlar C1

Are you looking for a C1? Maybe you can't find anyone to paddle with, or your partner has yet another excuse to not to get out on the water.

Bob Vincent is selling a **Kevlar J190 Pro C1**. Complete with sliding seat and bailer. **\$1150**

For more information, contact Bob by email bob_liz.vincent@sympatico.ca

Canoes & Equipment

Canoes and equipment owned by the late Wayne Gregory. Located in Brampton.

Kevlar J-200 circa 1990s. Much used but in good shape. **\$500**

Crozier built C2 graphite. Set up to race by Peter Harbocian. Some deep scratches. Currently set up for a light weight stern person but the original stern seat and foot brace system included. **\$2500**

Canoe trailer—Holds four canoes. **\$1000**

Contact Pam Gregory gre8@rogers.com

Simon River Kayak

Simon River Kayak sprint ready for you and the river in perfect shape. \$ 1,200

Contact Bob

bob_liz.vincent@sympatico.ca or

Sharilyn sjohnston@aamjiwnaang.ca

Gillies Pro Boat

Race equipped **Gillies Pro Boat**
\$700

(Lindsay-Bancroft Area)

Call Craig Creighton

705-934-1516

Crcpaddler1@yahoo.com

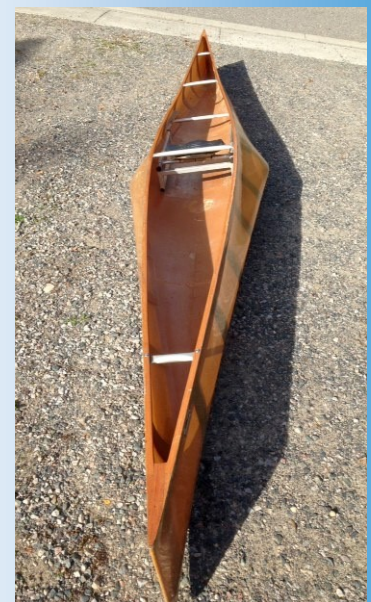
Wenonah J190 –C1

Wenonah J190. Kevlar. Length 18', weighs 28 lbs. For more information Google the Wenonah J193 (the current version of this boat). The specs are almost identical. These boats are designed for paddlers under 200 lbs.

See picture below **\$1000**

Prospective Buyers please contact Dave

davew@nexicom.net



Paddling Programs



Looking to improve your stroke, train for races, learn to read water or just paddle for fun?

OMCKRA has certified NCCP trained coaches who offer paddling programs.

www.omckra.com/coaching.html



Thames River

Every Weekend from April to November

This is for intermediate level paddlers wishing to learn marathon techniques in technical waters. Session location depends upon water levels. The Thames River from the Meatherall bridge just west of Ingersoll to Putnam bridge is one of the most challenging rivers in south western Ontario. That is where most sessions will take place. When water levels are low sessions are held on Pittock Lake. Participants must be full members of OMCKRA.



Contact: Coach Bob Vincent
bob_liz.vincent@sympatico.ca

Huntsville Paddling Program

Weekdays in June & July

There will be regular paddling training sessions held in Huntsville in June and July for intermediate level paddlers wishing to learn marathon techniques and racing skills. Locations in Huntsville will alternate between "Camp Kitchen," Goodwin Park and Avery Beach Park. Sessions will be held on Monday and Wednesday evenings commencing May 30th and ending July 20th. Mondays will focus on technique and Wednesday will focus on building speed (tempo and time trials). Participants must be full members of OMCKRA.



Contact: Coach Chris Near
huntsvillepaddlers@omckra.com
csnear@hotmail.com

Gatineau/Chelsea/Ottawa Paddling Program

Whether you are a beginner or an advanced paddler, Ryan will work with you to improve technique, boat control, balance and fitness to improve efficiency and work towards your paddling goals. Canoes (Marathon, Outrigger, Recreation), Kayaks (Racing, Recreation) and SUPs are welcomed. Even if you do not have your own boat, accommodations can be made to get you out paddling! Ryan Stepka comes from background in Sprint Canoe/Kayak and is proficient teaching and padding different types of canoes and kayaks. For more details on session dates and times, please contact Ryan.



Contact: Coach Ryan Stepka
ryan.a.stepka@gmail.com
613.761.8513

“Motivation is what gets you started. Habit is what keeps you going.”

Jim Ryun



MEMBERSHIP & SANCTIONING

Online membership form is at:

omckra.com/membership---sanctioning.html

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



OMCKRA Membership Application/Renewal Form 2017 (coverage to March 31, 2018)

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:	

Fee schedule for members of OMCKRA

	Enter Fee [C\$]	Date of Birth (dd/mm/yyyy)	Racing Class C, K, Rec., OC, etc.
Individual/Race Organizer (per race)	(\$50)		
Full Time Student or <18 yr. as of Jan. 1	(\$40)		
Family having at least one child <20 yrs. Jan 1 (maximum 4 adults)	(\$70)	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:

Members receive annual meeting notices and newsletters via e-mail, are eligible to vote, are covered for insurance in OMCKRA sanctioned events and may apply to participate in provincial and national awards competitions.

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: _____