



# HUT!

**Edition # 4 2017 (Dec)**



All sorts of boats at the Great Muskoka Paddle Experience 2017

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## 2018 Executive

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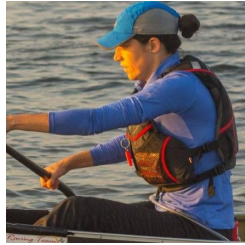
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## President's Message



HUT! A simple but powerful word. This simple word that was not apart of my vocabulary three years ago. You see, I was the one with my family paddling at a leisurely pace in

the middle of Algonquin Park, singing "Land of the Silver Birch." Paddling at this leisurely pace yelling 'SWITCH' after paddling what seemed like an eternity on one side. Do not get me wrong, I have seen my share of swifts, rapids, and I have even made my recreation canoe glide fast to get the prized campsite. But Hut, ride wash, race a canoe? Never had those things occurred to me. Four years, ago I lost a significant person in my life. I watched as my father battled cancer and in the end lost his fight. I was searching for something to make me feel alive again, something that would clear my brain.

In 2015, I paddled with a group of people in a voyageur boat in the North Bay to Mattawa Race. Quite an introduction to marathon paddling. But soon I became addicted to the training, community of paddlers and to the sport of marathon. After training every Thursday evening at the Speed River in Cambridge, I asked Don Stoneman to race with me at the Marsh Mash (2016). It was rainy and cold and I was very nervous. At the start of the race, Don yelled "POST" and unfortunately I had no idea what to do. My lack of knowledge almost tipped us. I wanted out of that boat as fast as I could. But then I remembered my Dad taught to never give up and to always prove that I am strong. I also saw my family cheering me on and I knew that they did not care what place I came in as long as I finished.

Since then Don Stoneman has become a great mentor to me and someone I look up to. I enjoy listening to both Kim and Don's stories about races, paddling, and OMCKRA. He truly has a passion for the sport and for OMCKRA. I am sad to see Don step down as President. He has contributed so much for the association. He and Kim's dedication to OMCKRA is astounding! Thank you for all that you have done and continue to do (yes we still need you Past President)!

I am honoured to be the President of OMCKRA. I have some big shoes to fill. We have an amazing board consisting of Oliver James McMillan, Kim Snell, Paula Loranger, Stacey Abbott, Darryl Bohm and Don Stoneman. I am excited to continue to work with this awesome group of people.

The Executive's direction for 2018 for OMCKRA is to create a focus on exposure and community. Exposure includes promoting the sport and races, creating more of a presence on social media, developing athletes, and certifying more coaches. Community involves introducing more athletes to the sport of marathon canoe racing. In order to have a presence with our national affiliate Canoe Kayak Canada and our provincial affiliate Canoe Kayak Ontario, we need to increase in membership.

Craig Creighton (Past President) wrote in January 2009 in the HUT! something that is so true and we need to continue with this vision today. "The Executive is committed to a back to basics format and to live by the words written in our constitution. This sport started long before our organization was conceived with recreational style canoes. It is to these roots I believe that our attention should be cast." Having come from the recreational side, I see how important it is to be inclusive. Inclusive in 2018, means including recreational canoes, kayaks, SUPs and pro class. We need to encourage anyone and everyone. OMCKRA needs to continue to take ownership and be proud of what we do and have done for our sport in Ontario.

We would also like to increase in the amount of volunteers for races, support race organizers, and provide resources.

2018 is going to be an exciting year! Canoe The Nonquon is celebrating 50 years and Marsh Mash is on its 40th year. Nationals will be held in Sudbury in August. Stay connected to find out about races, on the new and updated OMCKRA website, Facebook, Instagram and soon to be Twitter. #OMCKRA

Merry Christmas and Happy Canoe Year!

*Christine Archer*



# OMCKRA Annual General Meeting

Earlier in the year the OMCKRA board of directors made changes to the OMCKRA Bylaws pertaining to the points system for annual awards. At the AGM the membership ratified those changes. Under the amended system, paddlers are awarded four points for first place, three points for second place, two points for third place, and one point for finishing in sanctioned classes that were previously advertised at that event. This replaces a complicated system that took into account number of entries in a class. Which was difficult to manage and record.

Vadim Lawrence, with advice from Darryl Bohm is working on an enhanced points system based on targeted finishing times. This pilot system will run along side the existing points system in 2018. Points are awarded for participation in classes that are recognized by OMCKRA with specifications that have been approved.

To that end a number of new classes have been recognized by OMCKRA. They include:

### **ICF K1 and ICF K2 (Kayak)**

Dimensions and weights sanctioned by the International Canoe Federation for Marathon are to take precedence. ICF K1s are to be a maximum of 520 cm long and weigh a minimum of 8 kg. ICF K2s to be no longer than 650 cm and weigh no less than 12 kg.

### **ICF C1 and ICF C2 (Canoe)**

Dimensions and weights sanctioned by the International Canoe Federation for Marathon are to take precedence. ICF C1s are to be

no more than 520 cm long and weigh no less than 10 kg. ICF C2s to be no more than 650 cm long and weigh no less than 14 kg.

### **Stand Up Paddleboards (SUP)**

Maximum length of 14 feet for both male and female paddlers. Minimum length of 11 feet, six inches (11'6"). A race organizer can impose a different minimum length for a race. Any material may be used in construction, including inflatables. Classes may be differentiated by gender and age.

OMCKRA Bylaws currently say this about kayaks: *Kayak (non-ICF). Any of the following non-ICF Kayak specifications may be used by race organizers:* Kayak KA must meet specs for down-river single seaters, delta hulls included: Length no more than 14 feet 9 inches (4.5 meters). Width not less than 23 5/8 inches (60 centimeters). No steering devices allowed. Touring kayaks to include recreational, sea and stock kayaks. No specifications are laid out.

Darryl Bohm agreed to chair a kayak specification committee looking at more specific specifications that are currently covered under the titles of ``Touring Kayak`` and ``Sea Kayak``.

The following officers were elected: President; Christine Archer; Vice-President; Oliver James McMillan, Treasurer; Kim Snell, Secretary; Stacey Abbott, Race Secretary; Paula Loranger, Member At Large; Darryl Bohm. The Past-President is Don Stoneman.



The 2017 annual general meeting of Canoe Kayak Ontario, a "council" made up of the three provincially recognized competitive paddling disciplines, was held in a fire department training hall in Peterborough on Nov. 4. The meeting was attended by OMCKRA President Christine Archer, Vice-President Oliver James McMillan, Treasurer Kim Snell, Past President Don Stoneman and committee member Mike Hayes. For Christine, Oliver and Mike it was an introduction to CKO and an opportunity for some serious networking with other paddling groups. The highlight of the meeting agenda was the adoption of a new set of Articles and Bylaws (The equivalent of OMCKRA's Constitution and Bylaws.) These are the rules that spell out how this organization will be run.

Article 9 states: "Each Affiliate has a sphere of interest respecting its Sport Discipline and shall have jurisdiction over all matters pertaining to its sphere of interest." There is no proxy voting ie no one attending can carry a vote for someone else so decisions made at the annual general meeting are voted on by the members of the three affiliates that choose to attend.

The CKO board will have between nine and 12 directors, with a maximum of four per discipline. Marathon's four directors are; Christine Archer, Oliver James McMillan, Kim Snell and Don Stoneman. Kim is the CKO treasurer.

For many years Canoe Kayak Ontario has served mostly as a contact point with the provincial government, so that funds to develop sports can be applied for and disseminated to the disciplines. The lion's share of funding has traditionally gone to Sprint. Whitewater and Marathon get lesser amounts and the money was divided based upon membership numbers. A new method of distribution is being developed.

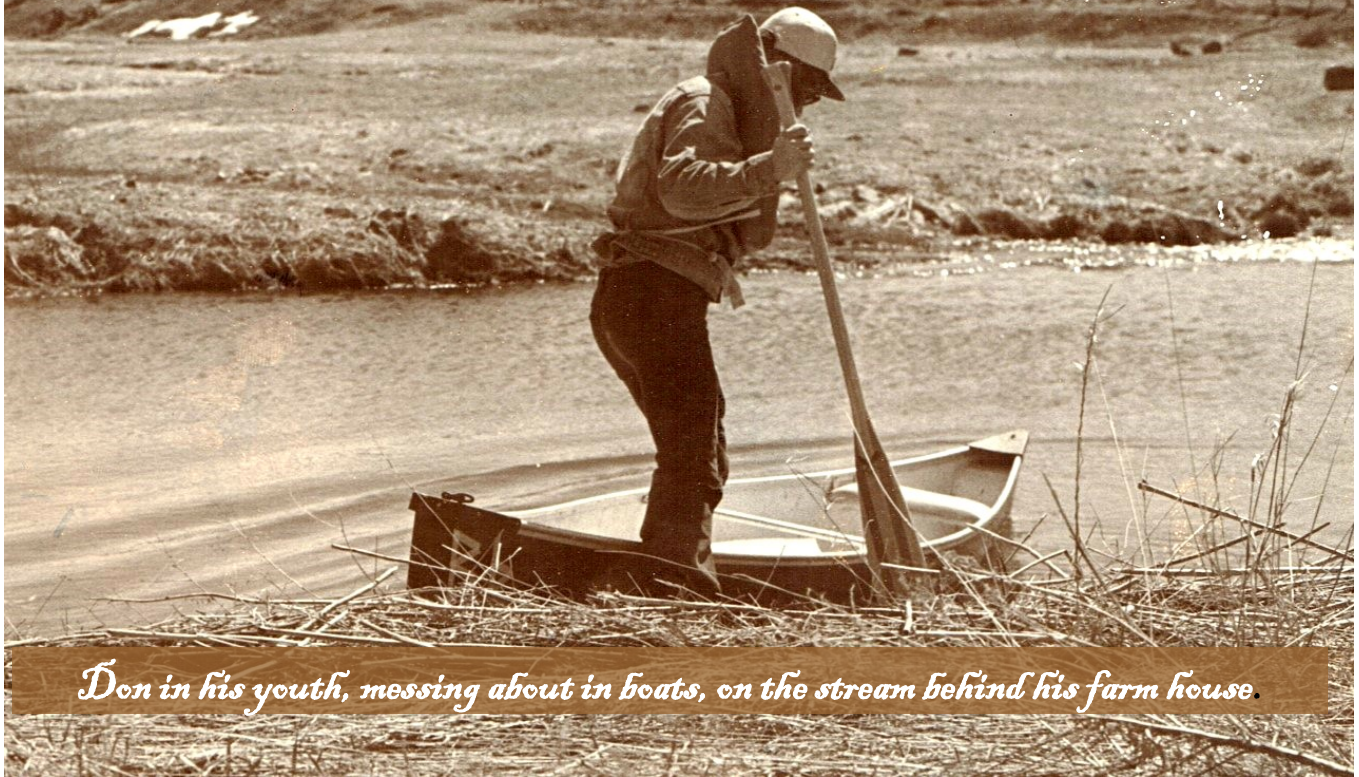
David Gillespie, Whitewater Ontario's president, was elected chair of Canoe Kayak Ontario at the first board meeting. He replaces Sprint's Joanne Bryant of Richmond Hill who has served off and on for many years. The three disciplines pay for one employee, Orest Stanko, its executive director. In addition, technical coach Ryan Blair's salary is paid for from funding that the Sprint discipline receives.

Grant money coming to OMCKRA from the Ontario Ministry of Tourism, Culture and Sport increased substantially in the last two years. The former "base funding," grant is now called the Ontario Amateur Sports Fund and the amount directed to paddle sports has increased significantly in the last year. There are other grants "high performance," for example, that are aimed at developing athletes going to Canada Games and Olympics and marathon cannot access those grants.

*OMCKRA along with Sprint and Whitewater is an affiliate member of CKO through which it receives insurance for our members and race participants as well as provincial sports funding.*

## A Tribute to Don Stoneman

### Where it all began...



*Don in his youth, messing about in boats, on the stream behind his farm house.*

## A Tribute to Don Stoneman

*Editors note: Don Stoneman stepped down as OMCKRA president after many years. He will remain involved in a mentoring role for a new generation of OMCKRA leaders. The following are some impressions of what Stoney brought to Marathon Paddling over the years.*

I have known Don for about 40 years - have trained with him, paddled with and against him numerous times. As you know, he has filled a variety of roles with OMCKRA, CKC and CKO over most of his amazing paddling career. Over the time that I spent on canoeing boards with Don, we must have had well over a 1000 phone calls, and more recently, e-mails. Don's dedication to paddling, and to OMCKRA is absolutely outstanding! **Iain Craig**

The Nova Scotia Marathon Canoe Association would like to thank Don for his assistance. As President of OMCKRA, he worked to negotiate insurance for the NSMCA, and in doing so helped to forge a stronger relationship between our two paddling organizations! See you on the water,  
Don. Hut! **Kristofer Archibald**

You have been our rock and our leader in this sport of marathon canoeing. Don, you are a dedicated, kind and most supportive person. It is always a pleasure to paddle in your company and I appreciate all that you have done for our sport. **Liz Loek**

I for one would like to say thank you Don. All the joking and ups and downs in our sport would be lacking if it was not for your continuous energy. You are a good friend and are the most generous person in our sport both with your time and commitment in promoting our sport. Never change! **Karen Simpson**

## A Tribute to Don Stoneman ...continued

Where to start is always a query where Don Stoneman is concerned.

My earliest meeting with Don was some time in the late 90s in a C2 and I might add "my first time" since this was my first attendance at a Marathon Canoe race. Not knowing who to ask about these strange boats in this sea of strangers, I approached the guy that seemed to be talking the most. This turned out to be, Don Stoneman. Out in the boat I went with my more than willing volunteer and I quickly learned that not only was Don in the recruitment mode, but he was also compiling a personal data base of information of my life (his questions were relentless). After 10 or 15 minutes of above water paddling, we docked and secured the boat on shore .

"Well, how did I do?" I asked.

"Ah, your balance is good, but your stroke sucks" he said.

Afterwards I learned that Don was a journalist which would account for the eloquent analysis of my performance delivered in such a manor worthy of a Pulitzer...thanks "Shakespeare"

Don and I became very good friends afterwards and travelled to and from Hespeler to Lindsay many times. We trained together, we raced together, we

watched each other marry the women of our dreams and our friendship grew.

Then Don asked me if I would attend and AGM for OMCRA. Of course I asked, "aren't AGMs really for the purpose of electing a new Board of Directors?" Don agreed but stated that everyone that intended on running for positions, would be there already. I agreed to come and we went for a nice paddle prior to the meeting. Well folks, the rest is in the history books. Craig Creighton became the Membership Secretary that day and with an assurance that it would only be a couple of meetings a year and 15 minutes a week. Don introduced me to the former executive as they hurriedly stuffed my car full of boxes and then the two of them ran leaving me with the impression this had happened before. This is when I found out just how many positions on that Board of Directors Don Stoneman has sat on...ALL OF THEM! Don has continued over the years to be the backbone of OMCRA (OMCKRA) and held it together at times when it looked like it would never be again. He has embraced and rewarded a multitude of volunteers as well as repelled those that would do the organization harm...a true leader, a good friend and a great President. **Craig Creighton**

I spent most of my first year of marathon canoeing in a boat with Don. He was very keen to introduce me to the sport, and very willing to be in a boat with "the new kid" which meant not winning a lot of sprints and zig-zaging a lot as I learned the different steering strokes. Don recognized my early stability limitations and with safety in mind, we paddled rec boats until early winter. In the spring he gradually introduced me to pro boats and we started training for our first big race together in North Bay. My favorite thing about paddling with Don is sharing a good laugh with him - mostly at ourselves. **Chris Prater**



**Chris Prater & Don share a laugh**

## A Tribute to Don Stoneman ...continued

Don & OMCKRA...the two are synonymous in my mind. Don is known to many people. He is at every race, both racing and promoting the sport he loves. Many of you have participated in his famous 'Dam Hespeler Race' in Cambridge. Don is well known to the smaller group of us that often train together, race together and against each other. Don and I have trained together on ice clogged rivers and spent many hours paddling the Speed River in the dark. I have had the privilege of racing with Don all over including Sudbury, Huntsville and even Belize.



That's Mike way in the back with Oliver, Don and Chris Prater up front

Don dedicates countless hours into OMCKRA. He is there for the behind the scenes details like race insurance, supporting other race organizers and dealing with government bureaucracy. Associations like OMCKRA do not run themselves. They are driven by selfless, giving people like Don. And now, as Don assumes the Past President's position on the OMCKRA Board, he isn't slowing down. He is still working hard promoting new paddling endeavours as well as giving support and guidance to the newer board members. To my friend and mentor....thanks Don! **Mike Hayes**

"What to say about Don Stoneman and OMCKRA except that Don remains "faithfully": Mr. OMCKRA throughout its history to now. I recall sharing a Nationals podium with Don in Quebec too many years ago to count... he an Ontario paddler, me a Saskatchewan paddler. He had long curly hair and raced a kayak and he was a hungry paddler back then. He has carried the torch for all of us over the past countless years. He is our history book for Canoe Racing not only in Ontario but for all of Canada; not only in Marathon but for all disciplines of Canoe Racing. His latest and among his most loving contributions has been involving his family. A very special addition to OMCKRA's board has been Don's wife, Kim Snell. Since her involvement, we have seen OMCKRA take on a new life. A rebirth. A toast to Don and his family for their dedication, love of the sport and the people in it, and ongoing perseverance. Congratulations to the new executive who inherits a healthy OMCKRA thanks to Don and Kim. Best part is Don continues to share his invaluable canoeing insights and untold wealth of the sport system. I'm not saying this to be "nice". I've paddled too many hours in the same boat with him for that. I really mean it! **Rama Gilverson**



Rama and Don. Rama was Don's 'best person' at his marriage to Kim Snell

Don, thanks very much for welcoming me into the sport of Marathon Canoe Paddling. Your friendly nature, openness and encouragement were a huge help for a newbie. I learned a lot about the sport as you could sure talk, but then when you paddled you meant business, few words on the water and the competition was on. I do love the stories about some of your long distance paddles into the wilderness. Sometime we thought we lost you, though eventually you were able to paddle right back to the finish. Thanks for everything you did for the sport, the members and the Association. Cheers, **Mike Bender**

## A Tribute to Don Stoneman ...concluded

Don has always been the glue for OMCRA. He works hard at it and does his best to keep it moving forward. It is a job I could never do. Thanks for all your efforts Don. They are appreciated.

I have raced with Don several times. If you look after him he will finish even the toughest races. Everyone needs help at different times. Texas Water Safari was a true test for him. What I liked the best was he never said "I quit". So we made it to the finish line. Your friend, **Bob Vincent**



Bob taking a "Lay down" with Don doing the looking after this time.

First time I met Don was back in the dark ages at a race in Bancroft. I was a new paddler and Don was already an old pro AND he was camping out with 2 WOMEN !!! Boy was I impressed That may have been the highlight of Don's pre-Kim romantic life. I know his current romantic life is a vast improvement. I haven't seen Don with 2 women since but he continues to impress me, although now it is with his selfless dedication to making this crazy sport better. Over decades he has spent countless hours each year organizing races, editing HUT, working on coaching certifications, keeping the association running and so on. Whatever needs doing it seems he is "Donny on the spot". All while managing to run a business (now sold !), training and racing. Over the years we have done lots of races against each other, drunk lots of beverages told lies of heroic paddling adventures and I've had a lot of nights spent on Don's couch. Once I won a 6 pack from him in a bet about racing. He's willing to pay up when he loses a bet. Thanks Don **Gord Cole**

Don's contributions to marathon paddling in Ontario and Canada cannot be understated. Spending a bit of time reflecting on how to describe Don led me to the conclusion that Don as the person is actually a great symbol of what marathon paddling is too many of us. Some of these qualities and traits which translate well between person and sport include: passionate, committed, determined, life-long learning, humbling and frustrating at times. Don - thank you for finding a way to be both the building blocks and the glue for our sport over the years. **Chris Near**

Don is amazing! When we paddled the MRX, Don carried the C-2 solo, and ran with it on his head, while I walked behind. He always had to wait for me because I don't run well, and the portages were much more difficult than I anticipated. On one of the portages, it was very dark and the boulders were very slippery, I fell and broke my wrist. I kept paddling, because what else can you do, I wasn't about to quit that far into it, but Don then really took on the lion's share of work. Then we got lost in the big lake close to the finish line but he never lost his cool. He's just amazing to paddle with, consistent in both pace and temperament, and just a pleasure to be around. I also like how he never says a bad word about any other paddlers and always speaks of Kim in such a loving manner, which I think speaks volumes as to his character. Don made the MRX a true fun adventure for me and I'll always be grateful to have done that race with him, for have done that race with him, for his friendship, and his example of good sportsmanship. **Susan Williams**



Gwyn, Sue, Don, Bob



# MUSKOKA RIVER X

**Race Report by Bob Vincent**

Magical start to the Muskoka River X—setting out into the sun on Fairy Lake.

I raced with Dean Coulson, I took his canoe and made it into a race machine.

The start was wild. We pulled up to the start with lots of room, about 4 feet on both sides - just perfect.

Then the starter said 5 minutes to start and 4 canoes pulled into the places beside us; the count down and go. In less than 5 seconds we had a major pile up going. We must have hit or been hit by 10 or 15 canoes. Several side ways and some just pushing us side ways. Dean was a little upset but as soon as we broke free he was good. In the next 15 minutes we passed about 15 canoes. We chatted to most of them and they laughed at our start and were very happy to be ahead of us - even for just a short time. Out on the lake, Cache Flash was the last canoe we caught. We paddled and rode wash with them all the way to the portage. I asked how old they were - one at 31 and one at 34. I knew we would get left in the dust on the run. They said that was the plan - they put 5 minutes on us.

We put our wheel on the canoe and did a walk run. We were passed by Peter and Chris. Then we passed them. Then they passed us back and made it to the water first. We caught them in 10 minutes. I asked Chris if he wanted to play, he said they were just able to hang on to stern wash. They were gone in about 5 minutes.



The next portage was Baysville, we were out and carried the canoe. The camera guy was running in front of us. He stopped at the bottom of the hill. Then started the camera. We were running on the flat at what I thought was a good pace. Then I realized he was walking backwards and keeping ahead of us. So much for a fast pace.

The portages came and we did them all with no problem. The gravel road was where we put the wheels on again. Ella and Beth were with us on the road - great pit crew - lots of high 5s. The next portage we used the wheels on was the last one. Long, under Hwy 11, down the hill to the water. Beth said we were close to an eta of 9:10. When we started to paddle Dean came to life - he wanted the 9:10 finish time. It was a great way to finish the last 45 minutes. I think our time was 9:15. We finished the 80 KM in first place.

Thanks Dean it was a fun race. We will play again some day. **Coach Bob**



# OUPPS Winner's Perspective



*Editors note: OMCKRA member Courtney Sinclair won the Ontario Ultra Paddling Point Series, established between a few of the longest OMCKRA sanctioned races. The 2017 award was presented to Courtney at the Muskoka River X. Courtney posted the following on her Facebook page worthy of reprint here.*

After 367 km of paddling through five OMCKRA (Marathon Paddling) sanctioned events this season, I feel honoured to have earned the title of 2017 Ontario Ultra Paddling Points Series Champion. A total dream that I could not have imagined when I began paddling or began this season on the water.

The story of how this trophy paddle found its way into my callused hands begins in 2013 when I found myself at Northern Edge Algonquin standing on a paddleboard for the very first time. It was an inkling that brought me to the water of Kawawaymog Lake that day so that I could hear very clearly, with my whole body, my inner voice breathe a huge sigh signaling my welcome home and saying, "Here YOU are. Where have you been?" Following that lead of that voice I bought my first stand up paddleboard at the nearest town at the end of the retreat.

I paddled my board over the next few years and came to learn that on the water was the place where I would begin to know my true self. Fast forward to 2016 - I begin ultra-distance paddling. The goal was to

complete the Muskoka River X 24 hr 130 km course in a canoe that September and thank goodness there were other race opportunities to practice and try to learn the marathon canoe technique that all of these crazzzzzzy people were doing (Why are

they switching sides so often? Why are there CLIF Bars taped to the thwart? Is that a distillery set up in their hull? But then how do you make a boat go straight if you've been siphoning liquor up from a pop bottle? How many darn times can someone say hut in one day?!?) Through all of this time practicing and studying these incredible and intriguing paddling specimens I ended up short of the goal and was left feeling defeated. At the awards banquet I remember a feeling of awe as I looked around at a room full of champions – people who had completed my goal (or further) in a canoe, kayak, or on SUP. I was inspired and I thought to myself – 'Mike has what it takes. Todd has what it takes. Tom has what it takes. Don has what it takes. Bart has what it takes. So



Photo of Courtney by Todd Veldhuizen

it's possible... and just maybe that means there is hope for me yet. I want to have what it takes... I want to endure. I want to commit and be dedicated. I want to access and nurture the parts of me that CAN without a doubt, do it. I want to call on my best to come forward, just as they have.'

Through the off season I heard that inner voice again leaving me sweet messages about investing in a board for racing and how it might feel to take a shot at some distances on a vessel where I really felt in my element. This was both exciting and terrifying. I really didn't have a sense of what length of distance I could paddle or if I could hold a pace needed to make cut off times during races. These unknowns left room for discovery and I showed up to the first three OUPPS races

## OUPPS Winner's Perspective -continued

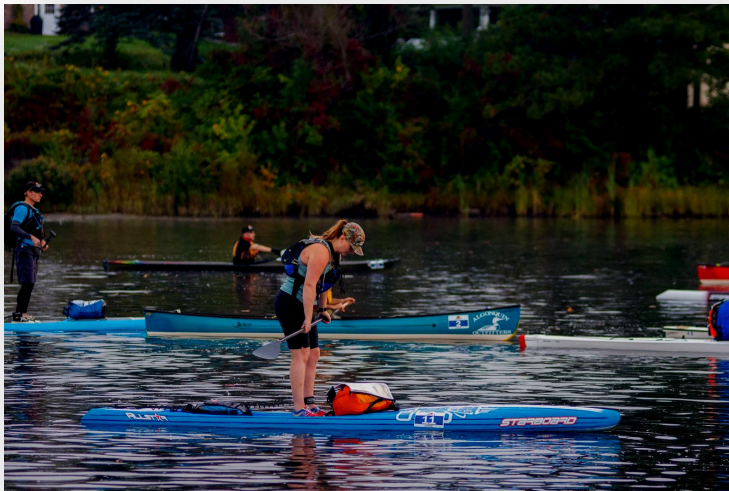
this season without a single thought towards the championship paddle – competing for the points series had certainly not crossed my mind as I was completely unsure of if I could pull off crossing each finish line. My confidence began to grow with each pull of the blade

and 3 834 508 (+/- 700 000) strokes later I was a contender for the title. At this point that the OUPPS paddle surfaced as a dream, for myself, but also for the women who paddle and for the folks who stand up paddle. The OUPPS races draw a canoeing

majority with incredible competition and while SUP participation is still at a minimum the competition was no less fierce. I was competing against my own mind, one which did not have any endurance or paddling successes this grand with which to fuel the belief that I would have what it takes. I was competing against the consensus of all of stand up paddlers who weren't there because it seemed too difficult and the courses/distances hadn't been proven possible by women on SUP yet (no women had successfully completed any of the K20 or MRX distances on SUP prior to 2017). I was also competing ALONGSIDE three strong and courageous ladies who dared to show up for big distances and push their limits this year – Louise, Tara, and Lysanne... this Championship is for

you my friends.

I truly believe that within each of our bodies lives the patterns of our unique dreams and to realize them we must listen carefully for our inner voice. This voice may come through loud and clear on a pad-



dleboard on Kawawaymog Lake or it may tug at you softly, as if to test if you're really paying attention. Please, please, please: follow your inner whispering, your inklings, and your intuition. Move into action despite the fact that no one has come before you under your exact circumstances (it's YOUR dream, after all) so that others may do the same for their dreams.

If your inner voice is saying 'paddle!' and you would like to chat about where/how to start, transitioning to ultra-distance, gear, training, Ontario marathon routes, podcasts for mindset, funny paddling stories, what not to do, or foods that will definitely get soggy while out on a paddle please connect with me at

[courtney@courtsinclair.com](mailto:courtney@courtsinclair.com)

To the gals in canoe 50, Jessica and Beth, who were left feeling

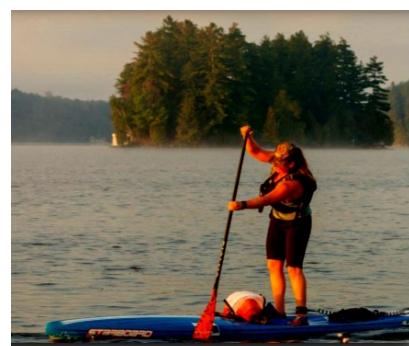
disappointed after a goal went un-reached -- You have what it takes. I've seen it in the way you've paddled together in a strong partnership. I've seen it in your friendly and positive attitudes in the face of adversity. I've seen it in the care you showed for my success and in

your pride in working together with other women on the water as a force of feminine. This OUPPS Championship dream was realized with the support of many friends and family this season, and especially with the encouragement of fellow paddlers while on course. THANK YOU. My dream was held in the highest regard by my family at

SRB Technologies Canada Inc., for which I am so grateful for the sponsorship and for the absolute belief in what one gal on a paddleboard can accomplish. My dream was nourished by the loving and delicious fuel of The Hemp Cookie Company - thank you.

PADDLE ON, FRIENDS. Through this accomplishment my hope is to see more SUPs participating in ultra-distance events in Ontario next season

*Courtney*



# OMCKRA Points Award Winners



**2017 Bantam Male Paddler  
Isaac Adams**



**2017 Recreational Female  
Dana Roncea**



**2017 Recreational Male  
Sebastian Courville**



**2017 Senior (Open) Women's  
Christine Archer**

**2017 Senior (Open) Men's  
Oliver James McMillan**



**2017 Master's  
Women  
Gwyn Hayman**

**2017 Master's  
Men  
Bob Vincent**

# OMCKRA Yearly Awards as voted by membership at the AGM



Race of the Year—It's a tie!



## Chris Near honoured at CKC

Canoe Kayak Canada recognized Marathon Coach Chris Near for his work with Huntsville area paddlers. His twice weekly program through the summers of 2016 and 2017 is the basis for OMCKRA coaching's Train to Train and Train to Compete programs for Sport For Life athletes striving for success in the MRX series of races.



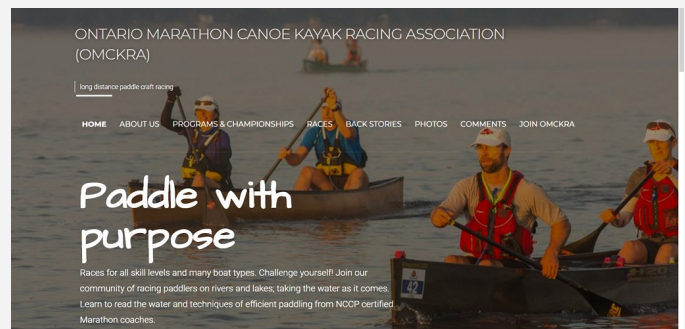
Coach Chris gets his message across

## Free OMCKRA Toques!!



Please help us by trying out the links and pages on the new [OMCKRA Website!](http://omckra.com) . Tell us of any

things to fix. As an incentive we're giving out OMCKRA toques to the **first 10 people** who can find the **'One Tree Association'** page on the website. Prove you have found the page by buying a tree for \$1 on the donation page or just tell us the **one tree story**. [info@omckra.com](mailto:info@omckra.com)





## [OMCKRA Membership Application/Renewal Form 2018](#) (coverage to March 31, 2019)

Membership is paid by e-transfer from your bank to [omckra@gmail.com](mailto: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 :	
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)		
Child <20 yrs. Jan 1 with parent (maximum 4 adults ) Parent apply & provide family info	(\$70)		

List Family Paddler Names	Date of Birth (dd/mm/yyyy)	Racing Class C, K, Rec., OC, etc.

As a Member of OMCKRA, I agree to follow the OMCKRA code of conduct, to behave in a sporting way, with a sense of fair play and to follow the rules and directions of the Organizers of OMCKRA Sanctioned or Recognized Events. I hereby waive and release any and all claims against Ontario Marathon Canoe Kayak Racing Association (OMCKRA) and its directors, volunteers and staff, for any and all damages or injuries arising out of participation in any events or activities by me and/or my dependents and/or my guests. I hereby grant for the minors listed above, as their parent or legal guardian, permission to participate in OMCKRA sanctioned events and activities.

**Signature:** \_\_\_\_\_

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: \_\_\_\_\_