



HUT!

Summer 2014



Executive.....	2	Brent Run Report.....	9
Message from President.....	2	Insurance Questions.....	10
Thames River Paddle	3	For Sale.....	12
Fellowship of the Paddle	4	Mattawa River Canoe Race.....	12
General Clinton		"The Dennie	
Canoe Regatta Report.....	6	Path of the Voyageurs"	13
Upper Jock River Canoe Race.....	7	Ontario Youth Race	13
Roberta "Bert" Kloss passing.....	7	Upcoming Races and Events.....	14
Marathon/Sprint		2014 Marathon Nationals.....	14
Canada Games Connection.....	8	OMCKRA Membership	15

Message from the President



2014 Executive

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Spring turned into summer quickly and events are happening at a furious pace. I am going to summarize some important points here.

There is a new class at the **Mattawa River Canoe Race**, Saturday, July 26, borrowing specifications from the **Muskoka X** race. This class will close the gap between the maximum 17-foot length Recreational and Stock canoes and the 18'6" full-fledged racing craft and allow more paddlers to take part in this long-standing OMCKRA event.

In an additional change, which must be noted by **ALL** racers, boat measurement and attendance at a safety meeting Friday night by at least one person in each craft will be mandatory this year. No Saturday morning registrations will be accepted. For more details, see a summary of the Mattawa Race flyer on page 10 of this newsletter. The organizers made this decision following a review by OMCKRA's Sanctioning Committee. Safety comes first always. <http://www.nbmca.on.ca/site/docs/Canoe%20Race%20Brochure.pdf>

For ICF paddlers wishing to attend the ICF World Marathon Championships in Oklahoma City in late September, a trip to the **Canadian Marathon National Championships** in Winnipeg in early August is likely warranted. There are two positions allowed per country per class and most classes are oversubscribed (Especially kayak classes). There will be a race off in Winnipeg for many classes on the weekend of Aug. 8, 9 and 10. More details are available on the Canoe Kayak Canada website.

We are happy to announce that OMCKRA will sanction some new races in 2014. These events will be challenging to say the least.

On Aug 16-17, paddlers will race non-stop from one end of the Rideau Canal to the other. For more information on the sleep-depriving **Kingston to Ottawa 200** (that is 200 kilometres) see the website as spelled out on page 12. Full-fledged racing canoes and kayaks will be allowed in this event and support from shore crews is allowed. There is prize money! First: \$1,500, second: \$700, third: \$350.

Less than a week later is an exciting new long distance event. In "The Path of the Voyageurs" the **Dennie Race** follows the North Channel of Lake Huron from Little Current to Blind River over two 65-km days with an overnight stop in Spanish. With a high potential for "big water," no pro boats are allowed here. This is a race for Voyageur canoes as well as "factory stock canoes that are built for back country/wilderness touring and cruising," according to the organizer and support will be provided by OPP boats and also a Canadian Coast Guard cutter. Navigation skills are required to get through the many islands in protected sections.

New races on new water area always exciting, so get your hours in. **Ready, GO!!!!**

Members may recall that last year, with a \$105,000 **Trillium grant**, **Canoe Kayak Ontario** contracted with a consultant to look at how the three organizations of which it is comprised, OMCKRA being one, might be made more effective. In an interim report, following two workshops in the winter, the consultant, Paul Jurbala, put forward a full merger of the three organizations as one of the possibilities. The status quo is also possible, as are a range of interim measures. The interim report will be posted shortly on the OMCKRA website for all members to view.



Dam Hespeler Race 2014

Thank you for such a great event. It was a wonderful day to be on the water. This was my first solo race and it was a such a positive experience. The volunteers, medals, prizes and post-race food were appreciated and awesome. I can't wait for next year! - *facebook comment*

Thames River Paddle



Steve Tait - race organizer

The Thames Classic was run on April 12. The weather was perfect with calm winds, sun and low teen temperatures. The water levels in the Thames were just the level of the banks.

The recreational canoes all started at different times occasioned by their state of readiness which was complicated by some unexpected swimming and generally underestimated prep times however they all decided to head off down the 10 k course which is a commendation of their pluck and determination. Their ability to stay upright and their self rescue skills were tested particularly on the upstream sections of the course. Everybody put in the determined effort required to finish and partners were still talking to each other and smiling about their experiences. Don and Dean put in a particularly nice showing in Don's Susquehanna. The Armstrong's both think the other guy tipped the canoe.

The river current at the top of the race made the classic "drift start" that this race is becoming famous for almost a necessity for the C2s. The best drifting canoe appeared to be Stan and Maria's which then charged off on Bob's random command to "go" and dominated the pack of five boats for 2 kilometers down the Ingersoll Channel. At the first ninety

degree turn in the old river section Stan and Maria backed off Bob and Karen going wide as Dean and Steve bumped past Dave and Rene to cut the corner and sprint forward to take a boat length lead into the first shortcut while Stan and Anthony stayed clean on the second wave back. The shortcut involved a quick left to avoid the trees and the resulting confusion gave Dean and Steve a four length lead over the pack which they maintained around the bends to the next shortcut into the class one rapid above Meatherall bridge. Dean and Steve rounded the bridge pilons by hitting the shore eddy through the strong current. When the pack arrived a few moments later our spotter on the bridge noted that there was a "mishandling"



Thames Classic Paddlers in 2014

of a boat and later a pair of paddlers were "stumped" by some crafty boat maneuvering. Anyway our spotter reports that he could hear a lot of quacking (read foul language) and no tipping indicating that everyone managed to keep their ducks in order and stay upright. Bob and Karen were now ahead of Stan and Maria and Dave and Rene were between them as they climbed the rapid ahead of Stan and Anthony. A couple of rec paddlers were swimming through, about or around the shortcut as the pro boats powered by. The rest of the race was spent watching the tail lights of the next canoe pull slightly further ahead until the times were pegged at the finish line. Don and Dean were paddling hard as the C2s finally caught the Susquehanna.

This race requires flat out speed and wash riding in the channel, quick team maneuvering through shortcuts and oxbows with some white water skills thrown in and the all important ability to read the upstream eddies to find the calm water on the return trip. We all got together at the Tait's and made peace over lunch and everybody got a jar of church lady jam to enjoy with their toast and to remind them of a fun day this week. Thanks to Peggy Blackburn for timing and Walter Murray for spotting the race. - Steve Tait -

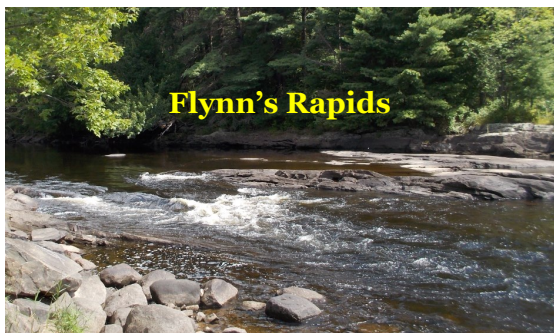
Thames River Classic 2014 results			
C2			
Dean Brown (Hamilton)/Steve Tait (Ingersoll)	1:09:46	Men	
Karen Simpson (Mississauga)/Bob Vincent (Dorchester)	1:11:08	Mixed	
Rene Boogemans (Hensal)/Dave Johnston (Sarnia)	1:11:56	Men	
Stan Machacek (Scarborough)/ Maria Kuzmin (Scarborough)	1:12:13	Mixed	
Anthony Blackburn (Wallaceburg)/Stan Anusiewicz Bright's Grove	1:12:54	Men	
Rec Boats			
Don Stoneman (Cambridge)/ Dean Coulson (Milton)	1:14:29	Canoe pair	
Neil Roberts (Niagara on the Lake)	1:32:31	Solo Kayak	
Chris Jarvis/ Fraser Berkhart (St Catharines)	2:00:38	Canoe pair	
Jamie and Billy Armstrong , Alvinston	2:13:00	Canoe pair	

FELLOWSHIP of the PADDLE

Ever since I got into marathon canoe racing I have been impressed with the camaraderie and unselfishness of my fellow canoe racers. Recently, with my current illness, I have been unable to paddle and enjoy the company of paddlers as much as I would like to, and it has given me the opportunity to reflect on two recent experiences I have had that illustrate what I think of as the “fellowship of the paddle”.



The first instance occurred during the Muskoka X race last September. I have always been a sucker for the longer distance races, so signed up for it in the C1 category before I had arranged a boat. Now, unfortunately, they didn't allow marathon C1s to enter, and the C1 could be no longer than 17 feet – I had planned to rent one of the approved boats from Algonquin Outfitters, but the week before the race, I unfortunately met Lee Barker and he offered me an old C1 whitewater boat (and I mean old) that met the specs. So I took it up to Huntsville, and the day before the race compared Lee's boat to the one I was going to rent from the outfitters – Lee's boat seemed to track a little better and had less rocker, so I went with it (big mistake). The first part of the race (down Lake of Bays, and into the south branch of the Muskoka river went fine, but then a C1 passed me (a nice new Wenonah standard C1), and by Bracebridge things (i.e. my seat which I used to carry the boat on my neck, and the gunnels) started to fall apart. Just north of Bracebridge, there is a “swifts” called Flynn's Rapids in Hap Wilson's book (see picture) – I had scouted it out from shore previously, but hadn't had time to put the canoe in and paddle up it, but I had thought I could paddle up the near channel. So, at this point, about 10 hours into the race, with a broken seat and leaking boat, I attempted to paddle up the rapids – second big mistake. I



dumped and it took a while to extricate myself – during that time two boats portaged on the far rock of the rapids – a C2, and the other C1 in the race – a Clipper (I think) standard C1 paddled by previous OMCKRA president Chris Near. Now, the point of this story is not how bad my judgement was, or the fact that I ended up pulling out of the race five hours later, but the fact that both Chris and the paddlers in the C2 saw I was in trouble, and all of them offered – genuinely and sincerely – to stop and help me –



these paddlers had been paddling for over 10 hours, were dead tired themselves, but would have stopped had I asked them to. As I reflected on this in the weeks after the race, I realized that this is the norm among marathon canoe racers – we might be quite individualist and driven by competition, but all of us would react the same way to help each other out, and I am proud to be a marathon paddler as a result.

(Continued on page 5)

(Continued from page 4)

The second instance is more recent and more personal. In March of this year, I was in Florida for a week, and despite my illness, Jon McQueen, a marathon paddler from New Brunswick, who spends the winters in St. Pete's, and whom I met through dragonboating, took pity upon me and agreed to paddle the Pickle Race with me. We had done it last year in a respectable placing (good enough to legitimately claim some pickles), but weren't expecting much this year. Now, the Pickle Race seems to attract an unusual amount of paddlers from Ontario



Jon McQueen on left with Wayne Gregory

to it, so it is almost like an OMCKRA race. Also, it is a fairly short race, so I thought I could manage it. We were using an old boat of John Edwards, but only a poor paddler blames his boat. Anyway, we had about 15 minutes left in the race, we were clearly out of contention with the paddlers we normally keep up with, but then we came to a more open stretch of water, and we see a group of four canoes in the distance. Jon yells at me that he thinks we are catching up to them, and he is actually right – but knowing the paddlers in the boats, I realize what is happening – they have purposely slowed the pace to let us catch them. When we get up to them, they turn out to be fellow Ontario paddlers who being aware of my predicament, have done me the honour of allowing us to catch them to paddle the remainder of the race as a group – I had never seen this done in a race before, only in practice, and it still brings tears to my eyes. I want to thank Bob and Gwyn, Rama, Allyson and Dean, and Pierre for your kindness. I only sorry that our bow was full of water so we had lousy boat control, and couldn't stay riding side wash with the pack. I also want to thank Glennis Williams (the organizer of the Pickle Race) for the charity of bestowing an undeserved bottle of pickles on me (see picture).

I hope to recover and be able to paddle competitively again, but if not, I will have fond memories of paddling with and against some of the most decent people I have ever met.

See you on the water.- **Wayne Gregory** -



Former OMCKRA President Wayne has also been Captain of the Canadian Grand Dragon team



A General Clinton Canoe Regatta Report

70 mile Endurance Race

Dean and Bob were third off the lake and when we did the portage Dave and Stan put in right behind us. In a short time we were well ahead of them but in second place. After Milford the first place team hit a log and were baptized. They did not make a comeback. At the last portage Dave and Stan put in right behind us. Then they passed us at Well's Bridge when we received our pit from a canoe. A short time later they got their pit from shore and we passed them. They never made the time up and finished about 40 seconds behind us. Our time was 7 hours 49 minutes. This was a tougher race then last year. There was more suck water as the river was lower, but lots so there was no canoe damage unless you hit some stuff.

Thanks to Dean he looked after me well and I kept him safe in the river. We had three hard braces but



Bob and Dean in front of competition

stayed upright. Our pit crew was always in high spirits, so fun to be with Cindy, Fenna, Gwyn, Kristin and Jacob, thanks for a good job.

Congrats to all who finished: Don Stoneman in C 1, Gord Cole and Karen Simpson were third place in mixed. Rene Boogemans and Sharilyn Johnston were 13th.

Hope to see you on the water. - Coach Bob



Karen and Gord

Editor's note: With their CC time, Bob and Dean would have been the fourth among "Over 50" aged team and 27th overall in the professional class. They would have been third in the "under 50" CC class.

Don Stoneman nearly remained "unbaptized" but got too close to an uprooted tree in the river near Unadilla and ended up hugging it for a while until he figured out how to keep body, boat and gear all together. At least six minutes and a place were lost there and it was not the only mistake of the day.

Lesson: Find or make the time to scout the upper part of the river at least.

Times

Fastest Pro time of the day: Blais Guillame & Mathieur Pelerin, Quebec 7:11:39

2nd Fastest: Mathieu St. Pierre & Ryan Halstead, (Quebec & Michigan) 7:11:40.

C4 Stock Endurance winners: B. Barton, M. Meersman R. Barton, T. Trebold 7:22:23.

CC Cruiser over 50 winners: Bob Vincent & Dean Brown 7:49:50

2nd: Dave Johnston & Stan Anusiewicz 7:50:41

3rd CC Mixed Gord Cole & Karen Simpson: 8:09:21, just over eight minutes behind the winners.

13th Rene Boogemans & Sharilyn Johnston 8:36:52.

Over 50 C1 Don Stoneman ninth 9:09:20.

Sunday's 12 Mile Sprint Race

1st Mixed Maria Kuzmin & Stan Machacek 1:43:05

2nd Mens 50 And Over Craig Creighton & Tom Warner 1:47:12

2014 Race Report: Upper Jock River Canoe Race

It was a late start for paddling this year with the long winter and significant snow and ice pack. But that is always good news for the [Jock River Canoe Race](#) as it means high water, fast times and most importantly no rock strikes. The organizers made a good decision thought, to delay the start until the April 26th. It was still cool enough and teeth were chattering at the finish line.

2014 was a critical year for the race as long-time organizer [John Hiley](#) stepped down after having run the race successfully for years. It was time to pass the torch. John has made a great contribution to marathon paddling, not only by running a great race, but by also encouraging others (including myself) to get out and try other races. On behalf of the literally hundreds of paddlers that have enjoyed the Jock River race, a sincere thank you to John (and his family of helpers).

While it is sad for me to see the organizational torch passed, the good news is the race is in good hands. [Gaetan Plourde](#) and [Ian Mockett](#) kindly put up their hands to take over what has really become a rite of spring for many Ottawa paddles. Gaetan gave up his chance to participate in the race and instead threw all his energy into making the 2014 edition fantastic. The race went off without a hitch and best of all Gaetan tells me he has great plans for further improvements to the race. Everyone I talked to commented on the super level of organization this year. Another round of applause please.

As for our race, it went well. Lynn and I used our Jensen 17 in the open 17 class and this is always where the most competition is at the Jock. We started in the second wave so did not have to too many canoes to deal with (the course can get restricted in certain spots and if you start too far back it can get jammed up with paddlers). We did however bounce off [Ron Phillips'](#) canoe just after the start and then got behind two strong gents in a rec canoe and could not get over their giant wave.... Other than that, the Richmond Fen (a significant Ontario wetland) always proves to be a beautiful place to kick off the paddling season. But most importantly due to the high water, there are no appointments with the epoxy doctor! **Steve Hebert**

Roberta "Bert" Kloss (February 17, 1943 - April 9, 2014)

Long-time members of OMCKRA will remember Roberta (Bert) Kloss, who passed away suddenly from a massive heart attack while on a holiday to Palm Island in early April. In the late '70s and through the '80s, Bert and her husband Dick were mainstays of the racing circuit in southern Ontario. It was a rare event where Bert and Dick didn't show up with a van, a canoe trailer and a whack of paddling kids. Two racers were their own Rick and Dana (an older daughter Wendy preferred to watch) but their rest were in their care as the couple ran a Children's Aid Society home in a converted one-room schoolhouse in Huron County near the village of Brucefield.

Bert fed the kids at 4:30 pm sharp before Dick drove them to the river at Grand Bend to paddle. Those kids provided a solid core of participants in junior races in Ontario and the crew attended many marathon Nationals across Canada as well.



Roberta Kloss

Bert and Dick gave up the group home in the late '80s and their winter home near Silver Springs in Florida became a stopping point for winter-weary Ontario paddlers. Later, Bert and Dick ran a campground near Pakenham in eastern Ontario before they finally retired to Wallaceburg a few years ago. Bert was remembered at an informal gathering there on June 7.

Bert will be remembered for her kindness to others, even in the minutes before her death. She was 72 years old. Dick is happy to welcome paddlers to his house in Wallaceburg. He is racing the Ausable Marathon in Michigan in late July with his son Rick, who is coming out of retirement. This was planned before Bert's sudden passing. Now father and son will race in her memory.—*Don Stoneman*

Ontario and Saskatchewan's Marathon/Sprint Canada Games Connection

It is interesting that members of both first and second place K2 Mens 5,000 metre teams have marathon paddling in their genes in Ontario. Last year's Ontario entry in the Canada Summer Games in Sherbrooke QC, Keir Johnston and Nigel Rockett. Keir is an OMCKRA member and son of Dave and Sharilyn Johnston from the Sarnia area and Keir cut his paddling teeth paddling sitdown C2s on the OMCKRA circuit in western Ontario before acquiring a taste for sprint kayaking and moving on to the Mississauga Canoe Club to train nearly full time.




The K2 5,000 metre race had to be re-run. The winners of the first race Ontario (Keir and partner Nigel Rockett) were followed by Saskatchewan's Fearghus Vincent (grandson of Bob Vincent of Dorchester) and Simon Fense. The third place position was contested, however, after two boats collided and the Quebec crew claimed interference, so officials called for the 5,000 metre race to be re-run the following day, with a new race strategy required for all and another, unscheduled, "what if" pre-race night to be experienced.

In the re-run final, Ontario and Saskatchewan remained first and second and the Quebec crew was a clear third. "Exciting race and lots of pressure but the marathoners came through," writes a proud mom, Sharilyn Johnston. "See what having a marathon background can do for athletes!" Keir and Nigel were also on the team taking a silver medal in the K4 1,000 metre event.

Keir was named a member of the Senior National Development Team last year, coached by Lucie Radonova at the Mississauga Canoe Club.



Keir and partner on left. Fearghus in green and partner on right.

5,000 m ^[16]	 Ontario <u>Keir Johnson</u> <u>Nigel Rockett</u>	20:44.850	 Saskatchewan <u>Simon Fense</u> <u>Fearghus Vincent</u>	20:55.020	 Quebec <u>Zacharie Cameron</u> <u>Olivier Therrien</u>	21:08.400
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ShortTrack Marathon, A new "Marathon" World Cup Event Premiers

Hey, you ICF paddling types ! A new World Cup event was held for the first time in early June. It's called Short Track Marathon and is particularly attractive to 1,000 and 5,000 metre sprint specialists. 3.6 km on a four lap course including two portages. Heats of 10 boats each are held first with a 10 boat final race a couple of hours later. Here is a report on the first event. <http://www.canoeicf.com/icf/NewsGallery/News/Great-Inaugural-Event-for-Short-Track-Marathon.html>

The Brent Run in Algonquin Park by Bob Vincent

Six canoes were invited to do this event but only two showed up. Don and Dean and Bob and Steve in the Susquehanna canoes. The temperature was 12 degrees and overcast. We started at 7:45 AM, right on time. The trip across Canoe Lake from The Portage Store was short, about 45 minutes. Steve and I ran the first portage, a bit long but it was a good slow trot. Dean and Don walked fast but we were on the water and about 30 seconds ahead. By the next portage we were side by side and Don said "what was the B.S. running all about." So from then on we walked them all. The portages all 18 kilometres of them were just plain tough. We are all good paddlers so we would recover in a very short time on the water. By the time we got to Trout Lake we were a little slower and our bailer seemed to stop working. 'Portage and paddle,' that is what this is all about. There was not one easy portage. The best ones were short, about 700 meters. The thing about paddling between lakes is 50 per cent of the portage is always up hill and sometimes I wondered if it would be all up hill. These canoes are tough to carry on your shoulder as they have a round but sharp bottom on the ends so it is tough on your shoulders.

Mosquitoes and black flies there were a few, oh heavens, there were a lot. I wore a bug jacket and Don said he hated me for that. Dean said if they did not let up he did not want to do the 2 and 1/2 kilometre portage. Then he pulled out his bug jacket. He liked mine better as I could unzip my hood eat and flip it back on my head when we paddled. Then he discovered he had his on backwards and was happy again. We made it to the turnaround in 10 and 1/2 hours. Took some pictures and left. When we had come to the long portage, two before the turnaround, we left most of our gear there. That was to make the load lighter for the long carries.

I think the long portage was uphill both ways filled with big rocks mud and lots of bugs. Really not a fun place to be. The good part was it was still daylight on our return for about 5 portages. When the dark came we had our lights on most of the time. Especially for the portages as it was tough to navigate around rocks and trees. Dean mentioned the swarm of mosquitoes that would follow the bottom of the canoe back and into your face. They could only bite your hands and that they did. On the long portage Don was behind me, watching me wobble as my feet moulded around the rocks. He said maybe we should stop and rest. Steve just kept pulling at a good pace so we just kept going. They all could hear me breathing hard - must have been the altitude, eh? Steve was our navigator and 98 per cent of the time he was right on. On Trout lake on the way back he missed by a bay but we went the wrong way to find the right one. We lost about 20 minutes here just wandering around in the dark. No one lost their cool and when we went back the other way we found the right bay and a way out of the lake.

I was in charge of food and vitamins for the trip. I supplied them for both teams and told them when to take them. I learned this from my friend in Texas. John would say "take them early it is not about the first 12 hours but about the last." My friend Larry taught me about Hammer Nutrition so we used them on the trip. If only we could learn everything and remember it at the right time.

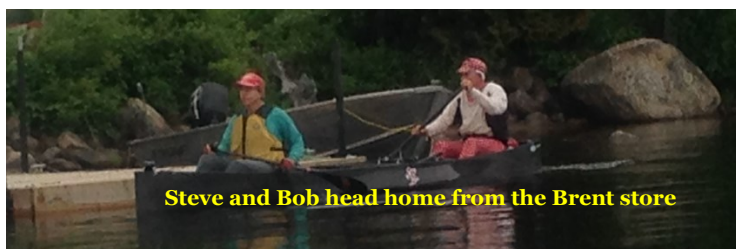
The moon started to show about 3 AM with cloud cover part of the time. When we paddled on the lake we used no lights as it was easy to see. I put a red bike light on the back of our canoe so Don and Dean could see it. It was hard to see if they put their light on so they kept it off until the portages. Day light was about 5 AM and it was easy to see on the portages after that. I would ask Steve how long the next portage was and his answer was "they are all long and tough, Bob." I knew then he was brain dead and was just interested in finishing - like we all were. My feet do not work as well as they used to and as I would stumble I would make noises, yep, just like a girl but we just kept moving as long as I was on my feet. I only fell once over a big rock on land and once in the water. Don took a tumble on one of the portages but there was no boat damage.



Bob Vincent, Steve Tait, Dean Brown and Don Stoneman

(Continued from page 9)

On the way back we entered the Otter slides. This was one of the best parts for me. Steve and I navigate very well and when doing the 75 tight turns we lost the other team very quickly. Then we hear this noise - where the H*** are you B*****. Steve and I just laughed and shouted back "Over here!" When you are in a maze that



is really a joke. So we waited and called for our kids to catch up. We decided early on this was to be an adventure and we would stay together. We had all raced with each other so "lets just stay friends."

We saw about 15 moose, 10 beavers and lots of loons. Most of the shoreline is covered in spruce trees with some deciduous trees, so colourful in different shades of green. There is always lots of rock. We only saw two other canoes off in the distance. There were about 5 camp sites that had tents and only a few people were seen.

The last three portages seemed long and tough. Maybe that was because we were a little worn out. It felt good to be on Canoe Lake where we started and it was a short paddle back to the start. My time was just under 24 hours. Thanks to my friends for being patient and looking after me. They are a fun group to share paddling time with.

We were not long packing up and off to breakfast and that always tastes good after boat food. Hope to see you on the water. Your Friend and [Coach Bob](#)

Editor's Note: Quote of the Day, about one third of the way through. "I'm glad I didn't wait until I was 90 to do this," said Bob Vincent, who has seen 70 already and was inspired by Wayne Gregory's Brent Run article in a previous HUT!

A special thanks to Master Map Reader Steve Tait who has gone to Brent and Back three times before and came out anyway. Without his expertise we would still be out there somewhere..... DS

Insurance questions from OMCKRA members answered by our broker Pearson Dunn (see more at omckra.ca)

Q: Why do race organizers and participants need insurance? A: If an accident or injury occurs during the operations of your sport, you can be sued for damages of bodily injury to or damage to property of others. Sports Liability insurance protects your organization—including you, your employees, and your volunteers—from the cost of liability claims. **CKO's Liability Policy** will pay those sums that the insured becomes legally obligated to pay as compensatory damages because of bodily injury to or damage to property of others, such as spectators, passers-by, property owners and others resulting from your operations or actions. **CKO's Liability Policy** also provides coverage for Injury to Participants that result from your association, member clubs, or individual member's negligence.

Q: What am I insured for as a paddler? A: Covers activities of CanoeKayak Ontario (CKO), Whitewater Ontario, Ontario Marathon Canoe & Kayak Racing Association, Ontario Canoe Sprint Racing Association and member clubs for activities that have been **sanctioned by CKO and the Provincial Governing Body**. Coverage for these activities is:
> **\$5,000,000 Commercial General Liability** – covers when you are sued for bodily injury or damage to property of others (doesn't cover damage to your property). It includes coverage for when one of your own members is injured during a sanctioned activity and sues the organization / club for negligence.
> **\$1,000,000 Errors & Omissions / Directors & Officers** – coverage for wrongful acts
> **Sport accident** – reimbursement of out of pocket expenses your member incurred due to being injured during one of your sanctioned activities. The person has to exhaust OHIP and any private plan first before getting benefits under this policy. Coverage is limited to activities in Canada

Q: Is my canoe/kayak insured when I am racing? A: No, your canoe/kayak is not insured under CKO's Insurance Program. A separate Property Policy should be purchased to cover loss or damage to your canoe/kayak.

(Continued on page 11)

(Continued from page 10)

Q: Am I insured when paddling on my own? A: No, you are not insured when paddling on your own. Coverage is provided for sanctioned & supervised competitions & practices including instructional programs, demonstrations organized & administered by the provincial governing body (excluding recreational activities)". Talk to a coach about having your practices supervised.

Q: Does the insurance cover when motorized safety boats are used? A: CKO's Liability Policy would respond if registered members/volunteers are being sued for damages to a boat that is rented or loaned to them while participating in a sanctioned CKO and Provincial Sport Governing Body activity as long as the motor boat is less than 10 metres long.. Coverage also applies to "bodily injury or property damage claims arising out of the ownership, maintenance, use (loading or unloading of watercraft), use or entrustment to others by or on behalf of any insured."

Q: How do I go about getting my training / coaching events insured? A: Events are insured if they have been sanctioned See omckra.ca for application forms.

Q: What constitutes an OMCKRA 'sanctioned' event? A: A sanctioned event means that the event is formally recognized and acknowledged by OMCKRA. The activities to be included in the event for sanctioning purposes are exclusively those described within the terms of OMCKRA (Canoe Ontario) insurance policy as stated thus: " Sanctioned & supervised competitions & practices including instructional programs, demonstrations organized & administered by the provincial governing body (excluding recreational activities)".

**Race organizer? Need proof of insurance?
Go to omckra.ca/Insurance to request a certificate of insurance....**

Q: If I have an accident during a race how do I report it? A: It is a condition of CKO's Liability insurance Policy that you notify CKO's Insurance Broker of all claims and all occurrences that could result in a claim. An incident report form should be used for this purpose. Incident Report Forms can be obtained from omckra.ca or CKO. Forms for lodging a claim under the Sport Accident Policy can be obtained from OMCKRA or CKO.

Q: What exactly am I covered for as an OMCKRA member in the event I'm hospitalized? A: CKO's Sport Accident Policy carries a limit of \$15,000 for Medical Expense Reimbursement – any one Insured Person as a result of a covered accident within 52 weeks of the date of the accident for; licensed physiotherapist, chiropractor, osteopath, registered nurse services, or other similar services approved by the Insurer in writing, and not covered under any federal, provincial government or private health care plan. Also, licensed ambulance services, crutches, splints, orthotic devices, trusses, medical braces, rental of wheelchair, hospital bed, lifts or other medical devices recommended by the attending physician, excluding splints, orthotic devices and medial braces required primarily for sports activities. Prescription drugs not covered by any federal, provincial government or private health care plan. Hospital services not covered by any federal, provincial government or private health care plan. Medical services incurred outside the province of residence for injuries sustained in a covered accident that occurs outside the province where the Insured Person is normally domiciled, but in no event for any expenses incurred outside of Canada.

Q: What about if I'm taken by ambulance to hospital? A: CKO's Sport Accident Policy will cover Licensed Ambulance Services under the above Medical Expense Reimbursement Coverage up to \$15,000.

Q: And what if I go to the hospital or doctor after a boating accident? A: CKO's Sport Accident Policy covers hospital services that are not covered by any federal, provincial government or private health care plan up to the limit of the **Medical Expense Reimbursement Benefit of \$15,000**. **Please note, you must have required and received medical /dental treatment commencing within 30 days of the accident. Insurance provider must receive notice of your accident within 30 days of the accident date and claim documentation within 90 days from the date of accident. **CKO's Sport Accident Policy is secondary coverage to any other health care plan. Expenses eligible under any other health care plan must be submitted to that plan(s). Your Sport Accident Policy will pay only the amount of expenses that are not eligible with any other insurer. Only claims up to the maximum benefits of the policy will be considered for payment. Only claims up to the maximum benefits of the policy will be considered for payment. Explanation of benefits from other insurer, must accompany eligible expenses when submitting.

Have your own questions? See if they are answered at omckra.ca or email info@omckra.ca

For Sale - North Canoe

Built in 2008 cedar, epoxy, carbon construction, 192 lb, excellent build quality and condition, with or without trailer. \$15,000 for the canoe, \$1,200 for the trailer, OBO. Mike Ruddock, Washago mruddock@sympatico.ca



For sale Crozier 203 C1

This is only its second season. It's a beautiful boat! **Mark Clout** mark.clout@niagararegion.ca

For Sale - Hubby Kayak Foot Pumps

Manufactured by Knysna Racing Paddles in S. Africa. Ideal for use at the World Marathon Championships. 4.5 L per minute. pump bailers for kayaks.

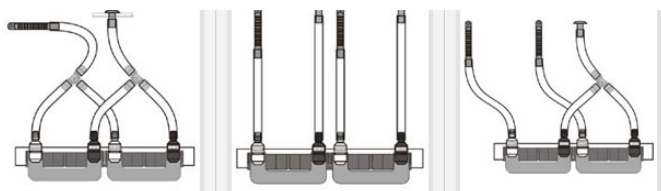
Two are still in the packages. \$80 each. Some others are in pieces and I will sell them at a "best offer" price.

Darryl Bohm might demo how to set them up.

See them at <http://www.knysnaracingkayaks.com/accessories/hubby-foot-pump/>

Call or text Don Stoneman at 519-651-7054. (Hubbys also bail water handsfree from racing or recreational canoe with a footbrace).

Hubby Kayak Foot Pumps—configuration options



MATTAWA RIVER CANOE RACE

July 26, 2014

NEW! in 2014

MANDATORY

Friday July 25th Team Pre-Registration
Safety is a priority for our paddlers!

At least one competitor from a tandem team or the only competitor in a solo canoe/kayak MUST ATTEND THE PRE-REGISTRATION and SAFETY BRIEFING at Olmsted Beach on Friday.

PRE-REGISTRATION: Friday 5:30-9:30pm

Team Captains must meet with Race Officials to verify all necessary forms are completed and signed by each team member including:

- registration and medical forms
 - waiver
 - image release form
 - full payment of entry fee.
- AND once forms are signed,**
- your canoe/kayak must be measured
 - category verified
 - number assigned and affixed to boat

A MANDATORY SAFETY BRIEFING must be attended by at least one team member in order to participate in the Race.

Briefings will be held Friday at:

- 6:00pm • 8:00pm
- 7:00pm • 9:00pm

There will be no registrations for the 64 km race accepted or safety briefings provided on Saturday morning.

Family/Junior 13 km Race competitors can register Saturday morning or at Samuel de Champlain Park prior to the race.

Entry form on omckra web site or at:
www.rbmca.on.ca paulal@nbmca.on.ca
705-474-5420

“The DENNIE Path of the Voyageurs” Canoe and Kayak Race

Blind River to Little Current in the North Channel of Lake Huron, stopping over in Spanish. Mostly Voyageur canoes but also safe and stable canoes and kayaks. This is a supported canoe marathon. Racers may have a support team to provide food, drinks, medicine, clothing, ice, or other items which teams may require. Support may only be provided support from stations.

Registration: **Entry Fee: \$65 per paddler.** The deadline for entry is August 21st at 8pm, but paddlers are encouraged to enter early. Paddlers who wish to change class can do so by contacting the race organizers. Entry may be cancelled up to 7 days before the close of entries. A refund will be issued less administration fee of \$30. Cancellations after this date will not receive a refund. Register using the online registration form available at <http://www.thedennie.com/registration.html> Full Rules can be viewed at <http://www.thedennie.com/>

Classes C1, K1, C2, K2, Voyageur. Mixed Voyageur teams must be made up of at least one third women. There is a “pre-approved” manufacturer’s list suitable for this race. Most factory stock canoes that are built for back country/wilderness touring and cruising are acceptable. Pro-class marathon canoes are not permitted. Canoes must be paddled with single-bladed paddles.

Tandems: Length: Maximum of 18’6”/ Minimum 17’. Width: Minimum 31.5” at 4 inch waterline. Depth: Minimum @ Bow (16”); Centre (12.5” Stern (16”))

Description: A one-day race course for those wanting a less-demanding option will also be available for paddlers beginning on Friday, August 22nd, at Spanish, finishing at Little Current. Navigation through the thousands of islands that protect the route will be key. First Day: A mass start at 9:00 am from the Blind River Marina, paddling east into the larger waters of North Channel, passing South Passage and Turnbull Passage and along the shores of the Serpent River First Nation entering the protected waters of the Whalesback Channel, into the mouth of the Spanish River, finishing at the Spanish River Marina. The second stage begins at 8:00 am on Saturday, August 23rd. Paddlers will continue east passing through Little Detroit and into the McBean Channel along the shore of the Spanish River First Nation, entering the protected Bay of Islands. Navigation will be a key factor here as the vast number of islands leaves paddlers with a variety of route options. Paddlers will continue into the Swift Current/La Cloche Channel, which separates the Whitefish River First Nation and La Cloche Island, traveling southwest, passing under the 100-year-old swing bridge to the finish line at Low Island Park, Little Current. Both the two-day and one-day race options will finish at Low Island Park in the Town of Little Current. A communication device (cell phone, SPOT) is required. All participants must attend a pre-race meeting 45 minutes before race start both mornings to receive last minute updates and race instructions. **Note** that the mandatory cut-off time apply to all racers. Late starts are accepted up to 10:30am Friday and 9:30 am Saturday, however race times are calculated from the race start times, not team start times. Racers must be aware of possible boat wash and significant activity around heavy boating areas such as Little Detroit, Little Current Swing Bridge. Racers may choose to portage across certain points of land however may not portage across any major road crossing. **This is a summary for HUT! Please read the full rules at <http://www.thedennie.com/>**

**A two day stage race,
Friday, August 22nd
and Saturday, August
23, 2014. About 65 Km
each day.**

Ontario Youth Race

Last May 9th I hosted the 6th Annual Youth race on Spencer Creek, Holland Marsh. The day turn out to be exceptional in all aspects, weather, volunteers and paddlers. 113 students took part in 21 different heats throughout the day. The students were able to compete in a single gender race and a mixed gender race. Ribbons for 1st, 2nd, and 3rd were awarded for each heat. The course was set up and groups of 10 canoes, supplied from Cowan Canoes of Paisley Ontario, ventured off some very straight and some traveling from one bank to the opposite bank; somehow they found their way down the channel around the buoy and back to the start finish line. Four members of the Knights of Columbus from Port Perry council volunteered as the starters and time recorders. Paul’s starting command was “ready go”. Volunteers from Mary Ward High School ensured the transition of students in and out of the canoes using the very rocky dock. Peter felt the workout of assisting the students in and out of the canoes the following day. OMCKRA volunteers included Kim Snell and her daughters Caitlin and Jocelyn Henderson, Rene Boogemans and Sharilyn Johnston, Charles Schofield and Dave from Muskoka, thank you for your support on the water as safety boats and organizing the transition of heats. Participating schools were Mary Ward, Bishop Allen of Toronto Catholic District School Board, J Clarke Richardson of Durham District School Board and a group from Gord Coles, Parry Sound Canoe club. Thank you to their teachers and coach for arranging to bring the students to the race.

Please help support OMCKRA by informing other schools and groups of this event. It is a great event to introduce students to the sport of marathon canoe racing.—Mike Kennedy

Upcoming races & events (see omckra.com for full list)

April - November	Thames River Coaching for Paddlers	Dorchester	Bob Vincent bob_liz.vincent@sympatico.ca
June 21	Big East X Canoe Race http://muskokariverx.com/big-east-2014/	Huntsville	Mike Varieur mike@muskokariverx.com
June 22	Sudbury Canoe Club Canoe Marathon	Sudbury	Robert Marcolini 705 523-0500 Marco.renout@eastline.ca
July 12	Wai Nui Why Not Race http://www.wainuioutrigger.net/	Mississauga	Wendy Perkins wendypaddle@gmail.com
July 26	Mattawa River Canoe Race http://www.nbmca.on.ca/site/docs/Canoe%20Race%20Brochure.pdf	North Bay	Paula Loranger 705-474-5420 paulal@nbmca.on.ca
Aug 8, 9, 10	Canadian Marathon Nationals	Winnipeg	Jerome Seemak jeromez@mymts.net
Aug 16– 17	Kingston to Ottawa 200 http://kingston2ottawa.ca/	Kingston—Ottawa	Gaetan Plourde 613-617-0237 twofourblue@yahoo.com
Aug 22, 23	The Dennie http://www.thedennie.com/	Blind River to Little Current	Rob.mullan@ontario.ca
Sept 12-14	Muskoka River X Canoe Race http://muskokariverx.com/	Huntsville	Mike Varieur mike@muskokariverx.com
Sept 13	Willie Fast Paddlers Poker Paddle https://www.facebook.com/media/set/?set=a.484694764882654.114666.420656287953169&type=3	Warton	Jack Van Dorp jvandorp@brucecounty.on.ca
Oct 11	Great Muskoka Paddling Experience http://www.muskokapaddlingexperience.com/	Bracebridge	Charles Schofield caschofieldstream@cogeco.ca

2014 Marathon Nationals Schedule of Events

Friday, Aug.8, 2014

8:00am - Late Registration

8:30am - Race Briefing and Boat Measuring

Morning: (9:00am) Marathon C-1 for Men and Women + Outriggers OC-1 Men and Women

Afternoon: (12:00pm) Kayak K-2 and ICF C-2 for Men and Women - All Age Classes

Evening: (6:00pm) Dragon Boat – Mixed

Saturday, Aug.9, 2014

8:00 am - Late Registration

8:30 am - Race Briefing and Boat Measuring

Morning: (9:00am) Marathon C-2 Mixed

Afternoon: (12:00pm) 17' Jensen C-2 for Men and Women

Afternoon: (3:00pm) Kayak K-1 and ICF C-1 for Men and Women - All Classes (Plus – Trials for World Champ)

5:30pm Awards Ceremony & Banquet - At The Manitoba Canoe and Kayak Center

Sunday, Aug.10, 2014

8:00 am - Late Registration

8:00 am - Race Briefing and Boat Measuring

Morning: (9:00am) Marathon C-2 for Men and Women

Afternoon: (12:00pm) 17' Jensen C-2 Mixed + Paddleboards for Men and Women (new class)

Afternoon: (2:30pm) Dragon Boat –Mixed - Pursuits (TBA)

Note: Schedule allows you to participate in all events –

If you put down your name for Dragon Boat events, we will try to team you up with other paddlers



OMCKRA Membership Application / Renewal Form 2014

Please make cheque payable to OMCKRA and mail with application to:
Membership – Kim Snell 87 Queen Street East, Cambridge, ON N3C 2A9
Please print clearly.

Name:			
Address: (include postal code)			
Residence Phone:			
Cell Phone:			
Work Phone/Fax:			
E-Mail:			
Membership	Circle Fee [C\$]	Date of Birth (e.g. Jan. 5, 2000)	Racing Class (C, NC, K, Rec., OC, SUP, etc.)
Racing/Individual	\$40		
Full Time Student	\$30		
Junior <18 yrs as of Jan. 1	\$30		
Bantam <14 yrs as of Jan. 1	\$30		
Race Organizer	\$40		
Newsletter (incl with racing membership)	\$18		
Club Membership	\$25	Please provide spreadsheet listing Club Members	
Club Members /each	\$15		
Family with Children <20 yrs.	\$70		
List Children Paddler Names		Date of Birth (e.g. Jan. 5, 2000)	Racing Class (C, NC, K, Rec., OC, SUP, etc.)

List Special Skills (First Aid/CPR/Medical/NCCP Coaching Certification/Canoe Construction/etc.):

_____.

List other Affiliations: _____.

All members will 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: _____