

MCKRA

CANOE & KAYA

Fall/Winter 2014

President's Message





2015 Executive

Marathon Canoe Racing Council (MCRC) Rep TBD

Canoe Kayak Ontario (CKO) Reps: Don Stoneman, Kim Snell

Members at Large

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Race Secretary Gaetan Plourde racesec@omckra.com

Vice President, Rodney Ruddock vp@omckra.com

Past President TBD

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A member

wrote to me before the annual general meeting referring to canoe races: "It appears the sport

of marathon paddling is changing....pro boat races (18'6', 3X 27) are generally in April, and May, gearing up for the General Clinton race. After.. few pro boats take part in other races (e.g. three at Big East (June) and one or two at Bracebridge (October.) There seems to be more expedition races, Big East, Kingston to Ottawa and Muskoka X ... involv(ing) stock boats with paddlers with lesser ability, lesser training and lesser technique; hence Bob Vincent's Paddling Clinic... people who, I think, may be more weekend warriors training (only) once or twice a week for their event. Is the sport of Marathon Paddling (Racing) changing?"

This member's comment set me to thinking. In some ways, I feel this comment is fair and accurate in some ways and in others maybe not. (And of course this member is not taking Outrigger and ICF paddling into account. More on that some other time.)

In the mid-1970s, when the association began and there were probably 70 members; the number who paddled "pro boats" could be counted on both hands with fingers left over. Most were in cances no longer than 16'6". In 1977 the most successful mixed team in Ontario told me they trained twice a week in addition to racing one day on the weekend and quit paddling after the last race of year. Were they "weekend warriors"?

The MRX race boat specs are what they are for safety reasons. Because the craft are more accessible, a new group of paddlers is coming out, and they want to know how to go faster. Hence the clinic in Huntsville (See page 5.)

How did that clinic come about? "Coach Bob" Vincent was asked to run a clinic in the Huntsville area after the Muskoka River X this year and there were about 20 participants.

Most observed the top paddlers at the 2014 Muskoka River X go very fast (130 km of paddling and portaging in just over 13 hours) and they wanted to know how they could get better. So coaches Bob, Gwyn Hayman and myself offered them a morning session on flat water and an afternoon up and down the rain swollen South Muskoka River.

With the knowledge gained, these paddlers can take their 'game' up a notch or three. We are coaching some Londonarea "X" racers now in pro boats. Once you get a taste, this marathon paddling stuff can be addictive! So the circle goes around again.

A change I think is worth noting, is that racers in events like the MRX and Kingston-to-Ottawa (K2O) are willing to pay substantial fees to take part. In turn, organizers have supportive sponsors, extensive race support systems and volunteers, great prizes for the winners and draw prizes that all participants have a shot at taking home.

In the '90s and early 2000s I think the opposite was true. At the same time as attendance was declining, racers, intentionally or otherwise, sent a message that they didn't care about awards; only the placing against their competition in any particular day. In turn, many organizers, mindful of the complaint that "marathon racing is expensive," held the line on fees or even cut them but also reduced "the experience" as well. And then fewer racers showed up and we all wondered why attendance spiraled downward.

Personally, I welcome realistically higher fees as long as they are in line with the cost of running the event and the 'experience' that is offered.

So what else is new in the future? Years ago, some of OMCRA's founding fathers told me that marathon canoe racing got a big boost following the 1967 Centennial Canoe Pageant. We are coming up fast on Canada's Sesquicentennial in 2017 and there are plans in the early stages to do some special things with Voyageur Canoes around Canada Day. I think we can see where that might take us.

Accomplishments of 2014

NAIG Games A number of athletes from the Aamjiwnaang First Nation at Sarnia, coached by **OMCKRA's NCCP certified Marathon coaches Sharilyn Johnston and Carlyn Johnston**, competed in the North American Indigenous Games (NAIG) in Regina Sask during the summer. (Both coaches are accomplished Marathon paddlers.) There were 24 Ontario paddlers and six of them brought home gold medals. Congratulations!



World Championships and World Cup

Eleven Ontario athletes competed at the ICF World Marathon Canoe Championships and Masters World Cup held in Oklahoma City in September. ICF marathon competitors come mostly from the Sprint discipline, bridging the gap to marathon distance with a number of portages, multiple feedings, and the complications involved in that. But they must belong to a Marathon association to be considered for the team. The top Canadian placer in the Worlds competition was Tamlyn Bohm of the Balmy Beach Canoe Club, eighth in the world in K1 Senior Women class. In the same race she took home a gold medal as the top "Pan American" paddler.

There were a number of other medal winners in the Masters World Cup events held prior to the Championships at the same venue. They are all to be congratulated. **OMCKRA Youth Race** held in May on the canal near Bradford had a higher turnout this year. To be able to continue with this event, which gives high school students an experience on the water, organizer Mike Kennedy notes that more **volunteers** who can paddle canoes and help with safety are needed. The OMCKRA Youth Race will be held on a Friday in early May. Mike needs eight paddlers to do this right and give safety boats needed breaks next year. Please let the president know if you can commit to being there to help. **prez@omckra.com**

OMCRA's V1 cances, available for coaching purposes, were used at a couple of clinics this summer. They have recently been upgraded with sliding rear foot-rests and there is a plan to make them examples of "race ready" cances, with bottle holders and food trays installed so that new racers can see how it can and should be done.

OMCRA's financial records were also returned to OMCKRA control in the spring and the financial statement and books for 2013-2014 were audited in October by members Bob Vincent and Stan Anusiewicz.

Other updates from 2014



Race Secretary, Sanctioning committee, Provincials. 2014 was a tough year operating with a small board. During the year, three directors resigned from the board for various reasons and were not replaced.

The key, elected position of Race Secretary remained unfilled at the 2013 annual general meeting and President took it over. Encouraged by past president Mike Devine, the sanctioning process was "amped up," with organizers strongly encouraged to take a look at their safety policies and to develop emergency action plans.

A tentative provincial championship in Bancroft did not take place as 2013's Race of the Year was discontinued and there were not enough board members to find/operate a replacement event.

The **good news** is that it is likely this race will be held again in 2015. The tentative dates are July 11 and 12, with a North Canoe and a recreational race held on Saturday on a 12 km course and a 22 km event being held on Sunday. That event will be for 18'6" canoes and for longer kayaks and there will be portages. Where does a Provincials fit in? It is difficult to say yet and we're looking for ideas from membership.

Marathon Team Selection. The selection process for the Worlds was very difficult and irregular this year and the national body, the Marathon Canoe Racing Council will be reviewing the selection process.

Ontario Summer Games. Again in 2014, OMCRA did not take part in the Ontario Summer Games. (The last time was in 2008.) We were asked for reasons why we had not participated since 2008; the President regards it as a 'positive' that someone is bothering to ask us why.

The North Canoe promotion program begun in 2013 took a hiatus this season, with a plan to continue it in 2015.

Race Organizers meeting followed by the 2014 Annual General Meeting was held in' Cambridge on Oct. 25. **Race organizers meeting** was a lively discussion providing race organizers a chance to network. Future brainstorming meeting will build on this initial meeting.

In attendance for the **AGM** were: Gaetan Plourde, Rodney Ruddock, Sandy Schofield, Pat Schofield, Don Stoneman, Paula Loranger, Stacey Ferris, Wendy Perkins, Kim Snell, Brian Abbott, Rich Carson

The president's report from the meeting has been expanded upon in the message at the beginning of this newsletter. The Association operated with an abbreviated board last year, with directors resigning for various reasons before the racing season started. Since no one at the 2013 AGM would take on the job of Race Secretary the President assumed that job but was unable to tally the points and announce awards at the AGM. The North Canoe program was funded but did not happen because of resource issues. The Muskoka River X was voted Race of the Year.

There were funds left unspent. The membership discussed spending monies in the coming year on communications and a strategic planning/brainstorming session. The numbers of paddling taking part in races is increasing, as are the number of events. OMCKRA has improved safety levels. The past president, president, vice president, treasurer and a member-at-large worked to create an emergency safety plan and implement more rigorous safety precautions at races. More volunteers are needed to run the Youth Race in May.

In elections at the meeting, a new board was formed. President: Don Stoneman, Vice-President: Rodney Ruddock, Treasurer: Kim Snell, Secretary: Stacey Ferris, Race Secretary: Gaetan Plourde, Members-At-Large: Paula Loranger, Wendy Perkins, Sandy Schofield, Brian Abbott

Huntsville Paddle Clinic September 27, 2014

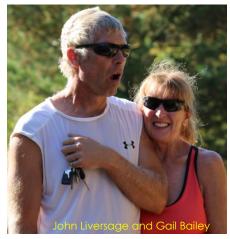
Coach Bob Vincent (first place in Muskoka River X 2013); Coach Gwyn Hayman (expert marathon paddler and held the Yukon River Quest record to year 2000 for mixed tandem canoe with Bob)

Coaches Bob Vincent and Gwyn Hayman lead the day long clinic at hosts Steven Herr and Megan Stephenson home in the Hunstville area. Bob began with an on land lecture and demonstration of technique which was captured in a very informative video. The morning clinic was then held from the boathouse of Steven and Megan's place on Menominee Bay.

A group of around 20 participants with Coach Don Stoneman helping then joined the two lead coaches on the



lake in a series of hands on technical lessons in boat handling. Participants switched up boats and coaches while maneuvering and racing around obstacles.



During the pot luck lunch break Coach Bob used wall charts and water flow diagrams to lecture on the dynamics of river flow, how to read water, paddle upstream effectively and how to ride wash. Bob then answered questions on strength training and food to use during marathon races. The afternoon clinic was held in the swifts of the South Muskoka River upstream from Thompson's Folly. This is the location of hazards H1 and H2 found in the Muskoka River X maps which corresponds to 4775/9785 and 4795/9750 on

topographical maps. Location was accessed from Fairy Falls Road in Baysville. Participants parked at the "Township Walking Trail" entrance

and carried their canoes in.

This portion of the river was a whirlepool of a swift with a dramatic backeddy described as the best on the River X course. Ideally suited to the technical water reading technical sessions.

A lot of tired happy people made it back to Steven and Megan's for a final pot luck dinner with lot of smiles.



Barb Hesk





IT'S A GO!

THERE WILL BE A YORK RIVER CHALLENGE ON JULY 11/12, 2015

OMCKRA race of the year 2013 is back in 2015!! This time spanning over two days in July. The new organizers decided on a 2 day event with the 23 km. race from Birch Cliff Lodge going at 9:00 a.m., Sunday, July 12th, 2015. This allows racers to compete in the 12 km race at 10:00 a.m. Saturday, July 11th, 2015 - hopefully some in North Canoes. Further details will follow such as accommodation, available places to eat, etc. and cost. Since this is a fundraiser for Bancroft Community Transit, the entry fees are tentatively as follows; \$25.00/person and \$100 for each North Canoe regardless of how many people are in it. Contact: Dave Conroy 705 321-3150 j30seeya@hotmail.com

Thames River Classic April 4, 2015 will be increased to a 2 hour race !

This early season Marathon canoe race is on one of the most technical rivers in south western Ontario. Members of the Thames river paddling group are training on and grooming the course as long as the water is open during their winter training sessions. Challenging and technical race to satisfy even the most experienced marathon river paddlers. Race fee: \$15 Organizer: Steve Tait staitod@hotmail.com

Great Muskoka Paddling Experience





BRACEBRIDGE, December 1, 2014 – The 2014 Great Muskoka Paddling Experience (GMPE) was a great success, raising \$3,500 for the Muskoka Watershed Council (MWC). GMPE organizer Sandy Schofield attended the MWC meeting on November 28th to present a cheque to MWC chair Peter Sale.

Despite the difficult weather on October 11th, GMPE saw an increase in the number of paddlers as well as the number of boats over previous years. 164 paddlers in 127 canoes, kayaks and stand-up paddleboards took to the water to earn trophies, medals and prizes in over 30 categories, including a 2.5 km family fun run from Annie Williams Park up river to Bracebridge Falls and back.

Categories that have seen the largest growth during the 4 years the event has taken place are for Stand-up paddleboards (SUP), going from no category in 2011 to both male and female categories with over 10 participants in each in 2014. As part of this growth, GMPE plans to

have a special race and prizes available at next year's event for SUPs.

Other plans are underway to celebrate the 5th anniversary of GMPE, including a new race length. The 2015 Great Muskoka Paddling Experience is scheduled for Saturday, October 10th.

To learn more about the event, see photographs and get official results, visit www.muskokapaddlingexperience.com

Photo by Rebecca Willison GMPE organizer Sandy Schofield (left) presents a cheque for \$3,500 to MWC Chair Peter Sale (right) and FMW Board members Debbie Vernon and Peter Seybold (centre)



Canoe Kayak Ontario CKO

* Marathon's use of executive director and place in CKO restructuring

* Marathon representation in CKO reorganization committee

OMCKRA is a member of Canoe Kayak Ontario (OMCKRA board member Kim Snell had been CKO's president this past year based on rotation among the affiliate members) CKO has a paid executive-director, Orest Stanko. Marathon has not been using him well. Perhaps in the future he can help us to get grants?

In March, 2014, two OMCKRA representatives took part in a meeting in Toronto with consultant Paul Jurbala In the summer the OMCKRA Board mailed a paper copy of the consultant's report on CKO reorganization to every racing member. Response has been minimal and muted.

A reorganization committee has been named with members from each of Canoe Kayak Ontario's three affiliates. Marathon's representatives, tentatively, on the reorganization committee are: Kim Snell, Don Stoneman and Rodney Ruddock. Rodney has experience with sports organizations in transition from his time as president of Biathlon Ontario (the "ski and shoot" winter sport.) Race organizer and Gord Cole, who is involved in both A reorganization committee are: Kim Snell, Don Stoneman and Rodney Ruddock. Rodney has experience with sports organizations in transition from his time as president of Biathlon Ontario (the "ski and shoot" winter sport.) Race organizer and Gord Cole, who is involved in both

Marathon and Sprint, has offered to help. An agreement will be negotiated over the winter with a possible ratification planned for the fall of 2015.

What is the future for this organization? It's hard to say. In British Columbia and Saskatchewan, marathon has been folded into provincial competitive paddling associations representing all disciplines, quite successfully it seems. But we are not Saskatchewan and we are not BC. Governments there treat sports organizations differently. There is more grant money available in Saskatchewan, for example, regardless of whether sports are at the Olympics. Nationally, Marathon has been treated as the poor step-sister since federal funding to sports was cut back in 1996, We have asked the consultant to look at these models. Ontario is a different place with different considerations and amalgamation with the other paddling disciplines advantages to our discipline if we are going to have this happen. At the same time, members have to show that they care about the outcome.

Canoe Kayak Canada CKC

- * More interesting than usual
- * National council need an Ontario volunteer

Other meetings we go to. OMCKRA is a member of the Marathon Canoe Racing Council, part of Canoe Kayak Canada (formerly known as the Canadian Canoe Association). Meetings of CKC can be a snooze fest as far as Marathon is concerned. Marathon for all of Canada gets a budget of about \$3,400 and much of that is soaked up in administration fees by CKC.

But CKC has gone through a metamorphosis under a new federal not for profit act. Don Stoneman, Fiona Vincent, from Saskatchewan, who represent Marathon on the board, attended three meetings in the last 12 months, an annual meeting in November 2013, another annual meeting in May, 2013 and a two day board meeting in November, 2014. (CKC pays, not the MCRC). In the meantime CKC has engaged with a marketing firm to develop a "Canadian Canoe" brand. You will hear more about this in the future.

The Council consists of an Immediate Past Chair, a Chair, A vice-Chair, A secretary-Treasurer, and a provincial representative from each province that pays dues. Don Stoneman is the Secretary-Treasurer.

The Council needs a rep from Ontario. Any volunteers? The MCRC oversees a National Marathon Championship, a National Marathon coaching program and also selection of a team to represent Canada at the Marathon Worlds. For a number of years the business of the MCRC has been conducted via a telephone conference once a year. According to a new draft "Terms of Reference," the Council may be meeting more often and face to face rather than over the telephone.





Buy and Sell

Spirit 51 Kape Kayak: Purchased new in March, 2014. 520 cm. x 51 cm. Blue/white. Kevlar/ Carbon construction. Asking \$1500.

gail bailey <g bailey56@yahoo.ca>

Crozier Cruiser, carbon fiber, 18'6" 4x32; good condition; includes cover; asking \$1500.

CALL OR TEXT DON STONEMAN

ат 519-651-7054.

gail bailey <g_bailey56@yahoo.ca>

For Sale - Hubby Kayak Foot Pumps

MANUFACTURED BY KNYSNA RACING PADDLES IN S. AFRICA.

4.5 L PER MINUTE. PUMP BAILERS FOR KAYAK (OR CANOE). TWO ARE IN ORIGINAL PACKAGE. \$80 EACH. OTHERS ARE OUT OF PACKAGE AVAILABLE AT "BEST OFFER".

DARRYL BOHM MIGHT EVEN DEMO HOW TO SET THEM UP.

INFORMATION ON HUBBY'S CAN BE FOUND AT HTTP://WWW.KNYSNARACINGKAYAKS.COM/ACCESSORIES/HUBBY-FOOT-PUMP/

HUBBYS ALSO BAIL WATER HANDSFREE FROM RACING OR RECREATIONAL CANOE WITH A FOOTBRACE.

C1 miniatures from the Netherlands

Back in April OMCKRA received an email from Carel Wichems of the Netherlands asking for pictures of Marathon canoes in action to assist in building detailed models. Carel had built the model of a Marathon C1 pictured based on drawings provided by Steve Killing.



Carel's work is meticulous . A paddler for decades Carel has now directed his energies to fine detailed model building with 1:10 scale models of Marathon C1 his latest project. Three created since April.

The price is € 50,00 (Euro)+ postage and packing. c.wichems@ziggo.nl



North Bay-Mattawa Conservation Authority's

39th Annual Mattawa River Canoe Race

July 25, 2015



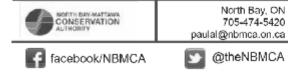
Ready for a challenge with a twist of history?

Paddle and portage 64km of the historic Voyageur route North Bay to Mattawa Island Conservation Area

Looking for something fun to do as a family/youth?

Paddle the 13km Family/Junior race from Samuel Champlain Park to Mattawa Island

Join the excitement in 2015!! REGISTER TODAY! www.nbmca.on.ca



Big East River X: Saturday, June 20, 2015

Our early summer classic, The *Big East River X Marathon* event may not be the longest event however it still is demanding and challenging. This 40km course follows flat-water rivers of the upper Muskoka River and Big East River with open water paddling on Lake Vernon. *Big East River X* Family/Recreation

event is intended to be a social, friendly, and fun event for families, inexperienced paddlers, or those just wanting share a day on the water. Being only 9km, the course is achievable for most paddlers as it follows flat-water rivers and ventures only briefly into Lake Vernon. **Big East River X** is a great event to step up your training for the *Muskoka River X* or just to try your hand at paddling and get on the water.

Muskoka River X Classic: September 11-13, 2015



After receiving much recognition in its first year and pushing teams to their limits in its second, the world's longest single day expedition paddling race is back for its third running. Teams paddle two rivers systems, three lakes and 20 portages for a total of 130km in less than 24 hours. The Classic is completely self-supported. That's right, no outside assistance, no support teams and no re-supplies. Considered the toughest single day canoe race in the world, the *MRX Classic* is not your traditional marathon-paddling event. Challenge yourself! Your expedition is waiting ~ 2015 *Muskoka River X Classic*. Limited Spots Available.

Muskoka River X Coureur des Bois: September 10-13, 2015

New for 2015!

The River X crew is excited to announce an expansion course to the Muskoka River X Classic. Building on the heritage of the canal expeditions of the 1800's, the Coureur des Bois will challenge even the most experienced expedition and marathon paddlers. Teams will travel along the expedition routes of these early explorers as they traverse Algonquin Park east to west from Whitney to Oxtongue Lake. After an overnight layover at Oxtongue and using only the supplies that are carried with them, teams will then merge with the MRX Classic on Lake of Bays on day two. Paddling the full north-south length of Lake of Bays the Coureur des Bois will complete stages 1, 2, 3, and 4 of the MRX Classic before returning to Huntsville. At approximately 220km in 48 hour or less the Coureur des Bois is entirely self-supported with no re-supplies. Challenge yourself in what promises to be one of the ultimate expedition paddling races in the world ~ the 2015 Muskoka River X Coureur des Bois! Limited spots available.

Registration is now open for 2015!!

http://muskokariverx.com/



race & event schedule 2015



April - Nov	Thames River Coaching for Paddlers	Dorchester	Bob Vincent bob_liz.vincent@sympatico.ca	
April 4	Thames River Classic Canoe Race	Ingersoll	Steve Tait 519-485-5457 staitod@hotmail.com	
April	Upper Jock River Race www.jockriverrace.ca	Richmond	Gaeten Plourde 613-617-0237 twofourblue@yahoo.com	
April 19	Sydenham River Canoe race	Alvinston	Sharon Nethercott 519-882-2399 snethercott@scrca.on.ca	
April 26	That Dam Hespeler Race	Cambridge	Don Stoneman (519) 654-9106 dstoneman@kw.igs.net	
May 2	Marsh Mash Canoe Race	Bradford	Iain Craig 905-893-1323 craigers@rogers.com	
May 8	Ontario Youth Canoe Championships	Bradford	Michael Kennedy 905 852- 2160 altavista2@powergate.ca	
May	High Water Run Race	Kirkland Lake	John Rapski 705 642 3629 jrapski@hotmail.com	
June	Saugeen Paddlers Canoe Club Annual Voyageur Canoe Race Weekend	Paisley	Brian Beech bnbeech@bmts.com	
June	Canoe The Nonquon	Port Perry	Shannon Kelly, 905-985-8698 x 103 skelly@scugog.ca	
June 20	Big East X Canoe Race	Huntsville	Mike Varieur mike@muskokariverx.com	
June 21	Sudbury Canoe Club Canoe Marathon	Sudbury	Robert Marcolini 705 523-0500 marco.renout@eastlink.ca	
July 11/12	York River Challenge	Bancroft	Dave Conroy 705 321-3150 j30seeya@hotmail.com	
July	Wai Nui Why Not Race	Mississauga	Wendy Perkins wendypaddle@gmail.com	
July 25	Mattawa River Canoe Race	North Bay	Paula Loranger 705-474-5420 paulal@nbmca.on.ca	
Aug 8-9	Kingston to Ottawa 200	Kingston— Ottawa	Gaetan Plourde 613-617-0237 twofourblue@yahoo.com	
Sept 10–13	Muskoka River X Coureur des Bois	Huntsville	Mike Varieur mike@muskokariverx.com	
Sept 11–13	Muskoka River X Classic	Huntsville	Mike Varieur mike@muskokariverx.com	
Sept 12	Willie Fast Paddlers Poker Paddle	Wiarton	Jack Van Dorp williefastpaddlers@gmail.com	
Oct 10	Great Muskoka Paddling Experience	Bracebridge	Charles Schofield caschofieldstream@cogeco.ca	



OMCKRA Membership Application / Renewal Form 20<u>15</u>

Please make cheque payable to OMCKRA and mail with application to: OMCKRA Membership c/o 87 Queen Street East, Cambridge, ON N3C 2A9

Please print clearly.

Name:	
Address:	
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/Race Organizer (fee is per race organized if organizer)	\$40		
Full Time Student	\$30		
Junior <18 yrs as of Jan. 1	\$30		
Bantam <14 yrs as of Jan. 1	\$30		
Newsletter only (newsletter is incl with racing membership)	\$18		
Club Membership Club Members /each	\$25 \$15	Please provide spreadsheet listing Club Members	
Family with Children <20 yrs. (maximum 4 racing members)	\$70		
List Children Paddler Nam	nes	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