



HUT!

Winter 2015



Dean Brown writes of participating in the Toronto Island Outrigger challenge held at the Toronto Sailing and Canoe Club (TSCC) and the Wai-Nui Why Not race held on Lake Ontario by Marathon Club Wai-Nui.

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!! ! All the best for the New Year ! !!

President's Message



2015 Executive

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After a long and inexplicably warm spell that ran through Christmas it is finally winter outside. Today few people, in western Ontario at least, are willing to go outside to work or school. Time to think about paddling!

A few notes from the Annual General Meeting Oct 31. Male Paddler of the Year is Dean Brown. Female Paddler of the Year is Liz Loek. (As if we didn't already know that!) All categories have not had points counted yet. We are working on that.

Outrigger racing was a new thing for Dean Brown this year. He writes about it in this newsletter. Turns out he likes deep water AND a headwind. Who knew? Great Muskoka Paddling Experience was voted Race of

the Year. The turnout was remarkable, with a number of different paddling disciplines and paddlers of all ages coming together for a long distance event on Thanksgiving weekend. With 17 SUPs in the 10 km race and another four in the five km race, maybe it's time to admit that SUP is not just a passing fad?

It was a great place for a Provincial Championship; the best turnout in a number of years. Read through the newsletter for results. In 2016 we will tie into the York River Race in Bancroft July 10 & 11 for an earlier Provincials. More details will emerge as they are confirmed. Thank you to both of these race organizers.

The Sudbury Canoe Club has offered to host a Canadian Marathon National Championship in 2017. Something to look forward to in two years!
Don Stoneman

Canoe Kayak Ontario (CKO) AGM

A resolution to continue with the planned reorganization of Canoe Kayak Ontario was passed at the annual meeting in November. The CKO chair expressed some concern about the motion from OMCKRA's AGM on Oct. 31 "to proceed, with caution, to join and accept CKO's new governance model."

Whitewater Ontario representatives abstained. At their annual meeting earlier in the day Whitewater members had directed them to wait until they had more information about who will retain ownership of the Minden Wild Water Preserve, Whitewater Ontario's major asset. They plan to have that figured and communicated to members by March. Much work needs to be done before this reorganization is accomplished. As it stands, CKO remains a shell organization. There is not much enthusiasm for monthly telephone conference meetings.

As it currently is envisioned a new Constitution that abides by a new law governing not for profit organizations (still not passed by the provincial government) is drawn up approved, there will be a smaller board for OMCKRA (yes!) and the position of OMCKRA president will be a vice-president of CKO. OMCKRA members will sit on committees with members of the other CKO affiliates. "Access to water" is an example of such a committee. "Coaching" would be another example.

In the meantime, we need to think about "populating" various OMCKRA committees that will advise the CKO board. That means we need members to take part in the governance of this organization.

OMCKRA Accomplishments 2015

Coach Development

Marathon, Competition-Introduction NCCP Program Approval – April 2015

Ontario currently has nine National Coaching Certification Program (NCCP) certified Marathon Competition Entry coaches and two NCCP certified Marathon Facilitators. Canoe Kayak Canada – Marathon, Competition-Introduction NCCP Program received Final Approval in April 2015.

North Canoe instructor Certification - July 2015

Six OMCKRA coaches/paddlers were certified by Paddle Canada as Big Canoe Leaders. An upsurge in interest in these traditional voyageur canoes is expected as Canada's Sesquicentennial approaches in 2017.

Coaching Paddlers

Round Robin Marathon C2 canoe event - Port Credit (Mississauga), June 2015

Races were about 10 minutes long and there was an approximate 10 minute break, quickly switching partners, and eventually competing with everyone else who signed up. This type of event has been held in Western Canada and in the northern United States. This was a first trial here in Ontario.

Thames River paddle group – every weekend April to November

Lead by NCCP certified coaches these sessions are for intermediate level paddlers wishing to learn marathon techniques in technical waters. 6 to 8 paddlers including 10 new recruits participated.

Boat Setup Clinic - Huntsville May 9

Peter Harbocian, NCCP certified coach, and experienced marathon racer and a craftsman, held a clinic on setting up a marathon boat for long distance racing for comfortable seating, food trays and drink bottles that can easily be swapped, while increasing weight minimally. Peter also set up one of the OMCKRA coaching canoes with bottle holders and a cover so that new athletes to the sport canoe see how it is done for serious racing.

Upstream Technical - Huntsville June 21

3 NCCP certified coaches lead this specifically to help paddlers negotiate the challenging Duck Chute and read water for upstream long distance paddling.

Volunteer Development

Marathon Brainstorming - Bradford West Gwillimbury March 2015

Fourteen people attended in person, including consultant/facilitator, Paul Jurbala

Race Organizers meeting October 2015

Follow up to 2014 meeting of race organizers this year organizers of Marathon races met again for information sharing.

Races & Events

Twenty races were sanctioned. Three of them boasted record turnouts in 2015. Day participant numbers were 876 up from just over 590 in the previous year.

The **Canoe the Nonquon** turnout in early June might be attributed to excellent conditions and weather. The **Mattawa River Race** turnout was bolstered because the organizers tapped into a new constituency, racers from the military base at Petawawa. A larger number is expected to complete next year. The **Great Muskoka Paddling Experience** (Bracebridge, Oct. 10) was bolstered by a large number of young "sprint" paddlers taking part in the new five km event. This is a short course for marathoners, but a typical distance for sprint "long distance" participants. **OMCKRA Youth Race** held yearly on the Holland Marsh in May, showed an increase to 112 from 91 the previous year. This race involves youth from a number of high schools plus youth of the Parry Sound Canoe club.

Governance review

In March, two OMCKRA representatives took part in a meeting in Toronto with consultant Paul Jurbala. In the summer the OMCKRA Board mailed a copy of the consultant's report on CKO reorganization to every racing member. Prior to the AGM, response has been minimal and muted. Marathon's representatives on the reorganization committee are Kim Snell, Don Stoneman and Rodney Ruddock. Rodney has experience with sports organizations in transition from his time with Biathlon Ontario (the "ski and shoot" winter sport.)

At the OMCKRA Annual General Meeting, the following motion was passed. ***"To proceed, with caution, to join and accept CKO's new governance model."***

A New Paddling Experience

Cover story by Dean Brown

Dean Brown with Coach Bob Vincent won the inaugural Muskoka X race in 2013 generating great interest in that area for coaching clinics in the Marathon technique. Dean is the OMCKRA male points winner for 2015.



Dean and Liz Loek (OMCKRA female points winner for 2015) train most weekends through the year with the Thames river paddling group led by Coach Bob. In addition to being one of our elite level Marathon racing members Dean is an NCCP certified rowing coach.

Always open to new experiences in canoe racing here Dean writes about his experiences in the Toronto Island Outrigger challenge held at the Toronto Sailing and Canoe Club (TSCC) in July and the Wai-Nui Why Not race held on Lake Ontario in July by Marathon Club Wai-Nui.

This year I tried outrigger canoeing with Liz Loek after our Marathon season. She had an OC2 that she rarely used and I was only too glad to offer to paddle with her. I can't remember if it was our first or second time out when it happened. We were out paddling with Karen and Danny in the lake which was fairly rough that day for about an hour and half. We were back on the dead flat Credit River about 300 meters from the dock when we hulled. As Bob Vincent would say at least all you get is wet when you fall out of a canoe. I still have a long way to go to catch up to the times I've swam in my C2.

Anyway I loved paddling out in the deep water and looked forward to big waves. My favorite is going into the wind and climbing the wave and slapping down the other side. Don't get me wrong, surfing down the waves is great fun also especially when the heel bailer starts making that sucking noise and you are going fast. But when you bottom out and get swamped pulling the canoe gets heavy. As per marathon, reading the water and knowing where to go to get there the fastest is something I'm still learning. I remember one practice when Karen and Danny went way right

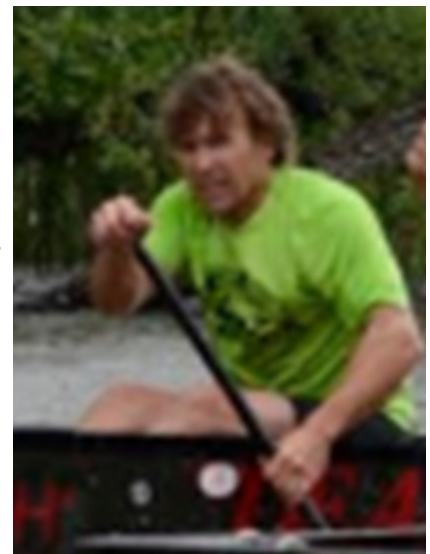
with the waves and we kept our line for shortest route. It looked like they would be a kilometer behind us but ended only a few hundred meters away.

Liz and I did two races this year one in Mississauga and the Toronto Island race. The first was the toughest challenge when a men's team hung onto our stern wash all the way to the first buoy turn. Then they made a better turn than us and slide up beside us and we rode together for a while. Then I told Liz to lengthen out and pull harder to test them. After a few of these attacks we started to drop them off our wave and just kept pulling till the finish. Winning a cookie was a great prize. The lunch was great and the people I met were all fantastic.

It's always a great time hearing other people's race stories and experience.

Looking forward to another year on the water in 2016

Dean Brown



Canoe Kayak Canada (CKC)

Report from the Canoe Kayak Canada November Summit

Right, is the new Canoe Kayak Canada Logo. (Assume some colour in the new CKO branding may be applied)

Below it is the logo that has served for the last number of years and will be replaced.

Apparently "retro" is in. The new logo sparked a huge debate among CKC board members in the weeks before the annual meeting.

I don't have a strong feeling about logos in general. Whatever I like I am usually wrong. Besides, the goal is to reach out to young people. I feel young (most days) but do I think young? Hmm.....

The official name of the organization has been changed to Canoe Kayak Canada from the Canadian Canoe Association. The old name will remain the property of the organization, so no use trying to abscond with it. CKC's reorganization is now in full force. A new board was elected at the AGM. See below.



Canoe Kayak Canada November Summit

CEO Casey Wade concludes that CKC cannot operate in the long-term only on fickle government sport monies handouts. (I don't disagree and include Own The Podium in the 'fickle' category). CKC needs major funding from corporate sponsors.

Therefore CKC engaged the Toronto marketing firm Dot Dot Dash (DDD) to re-invent CKC's image and present it to the public. I understand that the seed money for this endeavour is from the Canadian Olympic Committee.

Follow are some abridged excerpts from a DDD presentation to the CKC board of directors last fall.

*"It all started with your input on the organization. Who we are, what we stand for, where we are going and who we want to attract into the sport... the concept of **This Is What We're Made Of**. A new positioning for the organization that moves away from the purely functional activity of paddling,*

Continued next page...

Canoe Kayak Canada Board of Directors:

CKC Board of Directors

Julie Crépeau-Boisvert	Whitewater	1-year term	
Peter Giles	Sprint	1-year term	Current President
Madeleine Hall	Sprint	1-year term	
Anne Nicholson	Marathon	2-year term	
Harold Van Winssen	Whitewater	3-year term	Current Vice-President
Fiona Vincent	Marathon	1-year term	

Canoe Kayak Canada Association Directors:

Sean Cannon	1-year term
Stephen Gallant	2-year term
Tom Hall	2-year term
Chris Helyar	3-year term

Canoe Kayak Canada Independent Director:

François Hamelin	1-year term	A former National speed skating team member
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but instead centres on the characteristics and values of the sport and plays on the connection to our heritage, our natural world, our communities and ultimately ourselves.”

“Paddling competes for mindshare, participation and funding with every activity out there. From ju jitsu to ballet to basket weaving, we need to stand for something, inspire people and not only be relevant but resonant. If we look at what Swim Canada, Curling Canada and Cycling Canada have done recently, it becomes clear that communications play a large role in helping sport organizations to compete.”

“Part of Canoe Kayak’s ability to compete will hinge on our capacity to tell a better story; a story that drives people to want to connect with the sport. It also depends on our ability to deliver a cohesive experience across the nation that is both own able and recognizable. Luckily for us, we have a great story to tell, it just needs to be modernized and disseminated in a way that incites Canadians across the country to take another look, to visit a club and to pick up a paddle and drives sponsors and funders to consider directing money into the programming being delivered by CKC.”

My original title for this report, “Dot, Dot, Disappointment,” stems from the video DDD presented to that summit meeting. The video is very short and intense; maybe two minutes long? The images are very strong. Both the movie part and the stills are heavily darkened with a filter. I’m sure there is a technical term for that but I don’t know what it is. The video begins with CKC director and 2008 sprint Olympic medalist Tom Hall paddling a recreational canoe and scrolls through a number of stills and movie segments, largely from last August’s CKC Sprint Nationals and the World Freestyle Championship on the Ottawa River. The presentation is designed to quickly (In these days of short attention spans, less is more) get the attention of executives of companies that will be tapped for sponsorship money.

I don’t know how long the discussion about this topic took but it was decidedly heated. I left the room in frustration at one point.

Why am I frustrated with the DDD presentation? There is a lot about Sprint, a bit about ParaOlympic Sprint, and lots about Freestyle, one of the four “disciplines” of White Water; nothing about the Olympic sport of slalom racing.

What irked me was that what passed for “Marathon” representation was not reflective of our sport. There were two static shots of a middle-aged (the tint made him look older than he is) man in worn 1970s or ‘80s cedar strip solo canoe. <sigh> One photo was a close-up of a straight wooden paddle; canoe tripper “technology” that was out of date for

... what passed for “Marathon” representation was not reflective of our sport. ... two static shots of a middle-aged (the tint made him look older than he is) man in worn 1970s or ‘80s cedar strip solo canoe. <sigh> ... close-up of a straight wooden paddle; canoe tripper “technology” that was out of date for racing when I took up a paddle 40 years ago. <double sigh>. I would have applauded if one or two shots of modern equipment for a total of 10 seconds out of two minutes were used instead....there’s nothing in that video that Marathon could take to a potential sponsor to show them in any way what our sport is about....

racing when I took up a paddle 40 years ago. <double sigh>. I would have applauded if one or two shots of modern equipment for a total of 10 seconds out of two minutes were used instead.

My beef isn't with the paddler, whom I know. It's with the fact that there's nothing in that video that Marathon could take to a potential sponsor to show them in any way what our sport is about. Or to show to Quebec organizations as we try to re-engage the sizeable marathon community there, absent from CKC membership for a number of years.

Apparently DDD expects micro-management from boards and general membership and fended off criticism of the video out of hand. It's clear they take advice from CKC staff and not from board or members in the meeting. But sometimes the staff is wrong.

During their self-defense, the DDD people referred to the "CKC Nationals" when the event was actually the CKC "Sprint" Nationals. (It was at that point in the DDD presentation that I walked out of the room. It was either that or scream.)

I had a lengthy email exchange after with CKC President Peter Giles about the "sprint-centric" language DDD used, apparently acquired from CKC staff. Peter says it's better than it was at CKC a few years before but has a ways to go. I don't disagree. On December 9 Peter Giles wrote: "I think the most important point is that the purpose of the video is not to raise money for marathon or whitewater. Or sprint. The point of the video is to raise money for CKC." (Peter's emphasis)

"To meet that purpose, the creators made some decisions about which assets would best serve the purpose of selling our new brand." And "the video is not going to change at this point, unless staff and Dot

Dot Dash think it can be significantly improved for (almost) no cost. It is time to see what kind of return we can get on our investment."

The marketing committee was meeting on Jan. 12. I doubt that the video will change before it is "rolled out" as the media people say. Maybe it will win sponsorship money and some of that money will filter down to aspects of CKC paddlesport that aren't represented in the video. Marathon will likely make our own video to represent our sport. On the bright side of this summit, from my point of view, a number of mostly Sprint clubs said they would encourage their marathoning members to join OMCKRA. Speaking on behalf of a new Bracebridge ON club that joined CKC, Sandy Schofield expressed his disappointment that he had to register his largely marathon group as a "sprint" club in order to get benefits. That got some positive attention from other club representatives in the room who see that multi-disciplinary clubs have benefits. In general, I see things changing at CKC. Not nearly fast enough for me. On the positive side, the Commodore of the Sudbury Canoe Club offered to hold a Marathon Nationals at their location on Ramsey Lake in 2017. We need to flesh that out. An hour after the heated discussions over the disappointing depictions of Marathon in the video Marathon Canoe Racing Council chair Fiona Vincent, Saskatchewan, made a presentation that was so dynamic, positive and inclusive that the room erupted in applause and CKO Treasurer Charles Slade said it was the best he had ever seen from Marathon.

I am no longer on the CKC board after 16 years, having been replaced by Anne Nicolson of BC. There's enough to do closer to home.

Don Stoneman OMCKRA

Kingston to Ottawa 200 Race - Aug 5 and 6, 2016

Registration for the 2016 edition of the Kingston to Ottawa (K2O) 200 Race is now open! Upcoming race will take place on August 5th and 6th; once again starting from Kingston following the Rideau Canal waterway system to Ottawa. Teams can register in any paddle-able craft in competitive or adventure divisions. As last year, a relay option is available for teams who want to challenge the event as a larger group.



The Kingston to Ottawa 200 is introducing several exciting changes for 2016. While the core non-stop race will not change, new additions will be introduced:

- ⇒ A 'second' half distance option starting from Smiths Falls and ending in Ottawa; perfect for paddlers who want a big challenge that will avoid the big lakes and still have a big finish.
- ⇒ An extended 42 hour limit which will provide more time to paddle or even stop for rest over a few hours during the night portion of the race.
- ⇒ Cash prizes redistributed more evenly to more teams

For additional information, you can visit and register online at website: www.kingston2ottawa.ca or contact organizers at info@kingston2ottawa.ca

Jock River Race - April 2016

Adds Best Costume! Watch for date!

Adding a little more fun to a great event next year!

The Jock River Race is introducing a "Best Costume" category to the already fun springtime ritual. Put on your most outrageous costume for the race and compete for the fastest time down the 12.5km to Richmond! Make to keep an eye out for the date on the OMCKRA website omckra.ca and for when registration opens for next year's Jock River race! www.jockriverrace.ca



OMCKRA Provincials Results

The OMCKRA Provincials took place October X in conjunction with the Great Muskoka Paddling Experience (GMPE) in Bracebridge Ontario. Medals awarded to OMCKRA members only. Non-members placing are marked with an *

C2 Men (20KM)

Placement			time
Gold	Gord Cole	Glen Dawson	1:55:14.9
Silver	Chris Prater	Don Stoneman	1:55:20.1
Bronze	John Liversage	Mike Bender	1:58:58.6
4th	Michael Ruddock	Rodney Ruddock	1:59:29.6
*	Desmond Fan	Matthew Mokanski	2:16:29.9



C2 Mixed (20KM)

Placement			time
Gold	Wayne Gregory	Lisa Gregory	2:15:44.8
*	Bill Brickwood	No partner named	2:17:14.2

K1 Women (20KM)

Placement		time
Gold	Courtney Stott	1:40:18.9
*	Elizabeth Zoubakine	2:08:02.5

C2 Women (20KM)

Placement			time
Gold	Megan Stephenson	Hillary Adams	2:36:53.6

K1 Men (20KM)

Placement		time
Gold	Darryl Bohm	1:45:17.3
*	Gaven Needham	1:47:12.5
*	Andrei Zoubakine	1:51:43.6

Rec Men (20KM)

Placement			time
Gold	Stephen Jones	Dave Gibson	1:57:28.3

Rec Mixed (20KM)

Placement			time
*	Chris Jarvis	Angie Botts	2:18:22.4
*	Joyce Curry	Bob Weir	2:45:58.1

Canoe Adult/Junior (10KM)

Placement			time
Gold	Paul Adams	Isaac Adams	1:11:53.2
*	Ken Smale	Emily Morris-Smale	1:20:05.3

OC1 (10KM)

Placement		time
*	Paul Meinert	1:04:40.7
*	Darren Mossman	1:05:12.5
*	Andrew Mcclure	1:05:43.0
	Patrick Kelly	1:08:04.3
	Iain Craig	1:08:30.6
	Michael Warwick	1:21:01.5
	Ian Adams	1:21:13.1

OC2 (10KM)

Placement			time
Gold	Chris Quinn	Sheila Kuyper	59:19.3
Silver	Anne Baker	William Fory	1:03:45.6
Bronze	Rich Carson	Wendy Perkins	1:04:28.9
	Adam Bailey	Sam Martin-Chase	1:21:41.0

C1 (5KM)

Placement		time
Gold	Dragan Olajdzija	32.16.9
Silver	Gord Cole	32.20.6
Bronze	Stan Machacek	32.26.4
	Don Stoneman	33.21.7
	Wayne Gregory	34.32.8
	Ken Hawthorn	35.32.8
	Mike Kennedy	36.06.6
	Patrick Kelly (OC1)	34.31.6

Canoe Adult/Junior (5KM)

Placement			time
Gold	Susan Adams	Nolan Adams	41:23.3
*	William Webster	Michael Webster	50:31.0
*	Ian Robinson	Hugo Robinson	1:10:21.1
	Webster, Thomas	Eran Foster	50:19.2

USCA Nationals, Warren Pennsylvania

Aug. 14-16, 2015



Results of interest

C2 Women Open	Roxanne Barton, Rebecca Davis	2:09:27	1st Place
C2 Women Senior	Joanna Faloon, Karen Simpson	2:10:04	1st Place
C2 Women Senior	Sara Web, Barb Bradley	2:21:35	2nd place
C2 Mixed Master	Karen Simpson, Stephen Miller	2:17:25	9th Place
C2 Mixed Master	Gwyn Hayman, Bob Vincent	2:18:41	10th Place
C1 Men Senior	Dragan Olajdzija	2:15:23	9th Place
C1 Men Veteran	Don Stoneman	2:20:27	6th Place
C1 Men Grand Vet	Stan Machacek	2:18:46	4th Place



OMCKRA Membership Application / Renewal Form 2016

Please make cheque payable to OMCKRA and mail with application to:

OMCKRA Membership 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 (included in all memberships)	\$18		
Club Membership	\$25	Please provide spreadsheet listing Club Members	
Club Members /each	\$15		
Family with Children <20 yrs. (maximum 4 racing members)	\$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 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: _____