



HUT!

Edition # 1 February 2018

Calling all OMCKRA Members to renew membership for the 2018 season!



**Race Season is fast approaching!
Check inside for the 2018 Race Schedule**



Sudbury Canoe Club hosting Canadian Marathon Canoe Championship

President's Message	2-3
Adventure Show & For Sale.....	3
Cold Water Kills.....	4

Provincials & Nationals.....	5
2018 Race Schedule.....	6 -7
Nationals Schedule	8
Membership Form.....	9



2018 Executive

Marathon Canoe Racing Council (MCRC) Rep
Darryl Bohm

Canoe Kayak Ontario (CKO) Reps:
Christine Archer, Oliver McMillan,
Don Stoneman, Kim Snell,

Race Secretary
Paula Loranger
racesec@omckra.com

Recording Secretary
Stacey Abbott
sec@omckra.com

Treasurer, Membership
Kim Snell
admin@omckra.com

Vice President
Oliver J. McMillan
vp@omckra.com

President
Christine Archer
prez@omckra.com

Past President
Don Stoneman
pastprez@omckra.com

Member at Large
Darryl Bohm
atlarge1@omckra.com

Web: omckra.com
Phone: 519 654-9106
Email: info@omckra.com

President's Message

Season 2018 is fast approaching! As I am sitting here writing this message, there is exactly 54 days until the first OMCKRA sanctioned race! Now is the time to start planning your race season and choosing all the races you want to attend - if not all! Check the race schedule here in the Hut! Or online [OMCKRA website](#)

Many have been braving the cold weather in search of open water to paddle. Spring could not come any sooner. If you decide to paddle in cold water, be sure to always think safe and be prepared. In this edition of the HUT! there is an article on 'Cold Water Kills' composed by the Canadian Safe Boating Council.

OMCKRA Membership renewal time! What are the benefits of being an OMCKRA member? By being a member of OMCKRA, you not only become a member of a great community of paddlers but you also get to benefit from trained and certified coaches, events that are promoted and sanctioned by OMCKRA, and coverage by OMCKRA's insurance plan. A bonus to being a member, you save some money on race fees! Being a member also gives you a chance to have your voice heard. At the annual general meeting in the fall, all members are invited to attend the meeting to discuss the year events and to vote on necessary items. As members, the Board wants to hear from you. We want to work cooperatively with members in hearing your feedback, thoughts and ideas.

Race Roster is a new tool to use to renew your membership. Race Roster allows events to link to an OMCKRA membership page and



automatically gives member discounts. Race Roster has already been a success in helping to organize Nationals registrations. Check out <https://raceroster.com/memberships/3613/omckra>

We are still accepting paper copies of the membership form. Please find a copy of the membership form at the back of the HUT! Please note that Family Memberships are for families that have a child under 20.

Exciting news for 2018...Kawartha Paddle Quest is a new race being held in Peterborough on June 23rd. Racers can choose from 50km, 10km or 2.2 family race. Race categories include C2, C1, K1 and SUPs. Be sure to register. Check out www.kawarthapaddlequest.com

Provincials have been spaced out at various races so that everyone can have the chance to be a part of it. See page 7 for dates and specific races.

Nationals will be hosted by the Sudbury Canoe Club at the beautiful Northern Water Sports Centre. All paddlers are welcome at Nationals. There is a class for everyone so please come and take part in the Marathon Nationals!

President's Message Cont.

ICF Ontario Qualifier will be held at the Marsh Mash on May 12th. Expression of interest forms are required to be submitted before May 15th. Forms can be found on the [OMCKRA website](#) or [CKC's website](#).

Exposure - OMCKRA will be getting great exposure as we team up with Jeff Hill from [H2O Canoe Company](#) and [Ripple FX Paddles](#) at the Outdoor Adventure Show in Toronto. If you are thinking of going to the Adventure Show Feb 23-25 you can use promo code MARATHON online to get \$4 off an adult admission. We will have OMCKRA volunteers and information on marathon paddle racing at Booth #759! Come and say hello!

OMCKRA's race schedule has once again been published in the Paddler's Buyer's Guide 2018 by Rapid Media. For only being the second month of the year, OMCKRA has been getting some awesome exposure and hopefully drawing more members in to our paddling community!

Stay tuned to our Facebook page, Instagram, Twitter and website for some great events for this season!

Don't forget to renew your membership! See you on the water soon!!

Christine



Editors note: Hopefully we saw some of you at the show. Unfortunately, with last minute changes being made in the HUT! this e.version did not get out in time to tell you about it in advance. Instead we put in a picture of OMCKRA members at the booth.



OMCKRA board members at the Adventure Show booth.



Jensen 18

good condition; Kevlar 42 lbs; sliding bow and stern bucket seats; includes cover.

Asking \$1800.00

Please contact John at gail.e.bailey56@gmail.com

Cold Water Can Kill

Wearing a Lifejacket and Thermal Protection could save your life



It's finally Spring. The days are getting longer, the air carries a sweet fragrance and the ice has receded from the water. It's a time when millions of Canadians finally get back their favourite pastime and head out in their boats.

The Canadian Safe Boating Council and its many partners wish to remind Canadians to take a few extra precautions to guard against the dangers of a fall into Cold Water.

Many people think that a fall into the water is no big deal. They can climb back onto the dock or swim the short distance to shore, or they can right their overturned boat and get back in. If the boat can't be righted, they can put on their lifejacket and hold onto the boat until help arrives. The reality is, when dealing with cold water, those goals often can't be reached.

It's hard to imagine what happens should you unexpectedly find yourself in cold water. Dr. Gordon Giesbrecht, Professor of Thermophysiology at the University of Manitoba, has experienced first-hand the effects of cold water. He developed what he calls the 1-10-1 Principle to help us understand how our bodies will react. You will have One minute to get your breathing under control, as there is an initial gasp response followed by extreme hyperventilation. Ten minutes of meaningful movement before the muscles in your extremities lose their effectiveness, and up to one hour before you lose consciousness due to hypothermia. If you're not wearing a lifejacket and survive the initial shock and gasp, you have very little time before their arms and legs begin to stop functioning, preventing you from staying afloat.

Studies have shown that our bodies lose heat approximately 25 times faster in water than in air of the same temperature. If you're wearing thermal protection such as a neoprene wetsuit, paddling dry suit or a floater coat/suit, it will help keep you warmer for a greater length of time delaying the onset of hypothermia.

Should your boat capsize and you find yourself in the water, try to reduce the rate of heat loss by climbing onto the overturned hull or any other floating object such as a cooler. If none are immediately available, remain as motionless as possible to allow your skin to warm a thin layer of water around your body. Thrashing in the water not only disturbs this layer of warmer water but also accelerates heat loss. If you are alone, tuck your legs and fold your arms across your chest in the HELP (Heat Escape Lessening Position) to protect your vital organs. If you are with others, huddle together interlacing your arms and legs and pressing your torsos together to preserve body heat.

One of the big questions is whether to stay with the boat or swim to shore. You should only consider swimming for shore if you are wearing a lifejacket, your chances for rescue are very slim and the distance to shore is manageable. (Be aware that the effort involved in swimming will increase heat loss and adversely affect muscle movement.)

Keeping these considerations in mind and taking proactive steps to protect against the dangers of a fall into Cold Water will go far towards making your boating activities safer and more enjoyable. Remember too that, in Canada, many of our larger bodies of water remain cold throughout the summer.

Whether you use a power boat, sail boat, personal watercraft, canoe, kayak or fishing boat, find more information on a variety of boating safety tips by visiting the Canadian Safe Boating Council website www.csbc.ca.

Article from Canadian Safe Boating Council



Canadian Safe Boating Council
Conseil canadien de la sécurité nautique

Provincials & Nationals

Ontario's Provincial Marathon Championships:



Pro C2 Mixed with the [Marsh Mash](#), Bradford May 12

USCA C1 & ICF K1 with the rebranded [North of 7 River Run](#), Bancroft July 7 - 8

Pro C2 Men's & Pro C2 Women's [Mattawa River Race](#), North Bay July 28



Join us at the beautiful Sudbury canoe club for the Canadian Marathon Canoe Championships!

Nationals are back in Ontario for 2018. There's a class for every one, come and compete against the best in the country!

The Sudbury Canoe Club is located within the newly built Northern Water Sports Centre (NWSC) on the shores of Ramsey Lake. The SCC is hosting this year's Canadian Marathon Canoe Championships.

The race course starts at the NWSC and sends competitors across Ramsey Lake to the first portage into Bethel Lake. A short paddle across Bethel Lake brings paddlers to a second portage into South Bay of Ramsey Lake where they paddle the final leg back to the NWSC.

Distances to be determined (possible ranges are from 6 to 20km). Categories include several classes of boats including C1, C2, various recreational canoes, kayaks and SUPs.

For more info, visit the Sudbury Canoe Club web site at www.sudburycanooclubon.com

2018 Race Schedule



April 7	Thames River Race Ingersoll Highly Technical River Race 14 km for C2 and Kayaks	Steve Tait staitod@hotmail.com 519-485-5457
April 7 (or April 14 for weather)	Upper Jock River Race Mostly recreation canoes and Kayaks. 12 km	Gaetan Plourde jockriverrace@yahoo.com
April 22	Sydenham Race Alvinston 7km, 12 km and 16 km races	snethercott@scrca.on.ca
April 30	Dam Hespeler Bantam Pond races for kids plus 5,10,15,and20 km loops on the Speed River	damhespeler@gmail.com Race Roster event #16350 https://raceroster.com/events/2018/16350/ that-dam-hespeler-river-race Register online before April 1 for \$5 off the \$30 race fee
May 12	High Water Race Kirkland Lake	Tony Janssen TonyJanssen8@gmail.com
May 12	Marsh Mash Bradford 40th Anniversary C2 Mixed Provincials	Iain Craig craigers@rogers.com www.marshmash.ca
May 26	Big East River X Huntsville 40 km and 9 km family race	www.muskokariverx.com
June 2	Canoe the Nonquon Port Perry 50th Anniversary	Shannon Kelly skelly@scugog.ca
June 2	Saugeen Paddlers Weekend Paisley Short voyageur canoe races and fun re-enactment cere- monies - a blast of an event!	Ed Maxwell edmaxwell@bmts.com
June 16-17	24 Hours of MRX Huntsville	www.muskokariverx.com

2018 Race Schedule

Jun 23	NEW RACE!!! Kawartha Paddle Quest Peterborough 50 km, 9 km and 2.2 km family race	Mike and Heather Casey kawarthapad-drequest@gmail.com
Jul 7 -8	North of 7 River Run (formerly York River Paddle Challenge) Bancroft C1 Provincial Championships Re-branded, great course, great cause.	Gwen Coish gwenc@bancroftcommunitytransit.com Register at Race Roster event 16362 https://raceroster.com/events/2018/16362/north-of-7-river-run
Jul 21 -22	K20 Kingston to Ottawa Kingston/Smith Falls 200km, 100km, 50km, 25km	http://kingston2ottawa.ca/
Jul 28 or 29	Lake Ontario Crossing Niagara/Toronto	niagara2toronto@gmail.com niagara2toronto.ca facebook.com/Niagara2Toronto/
Jul 28	Mattawa River Canoe Race North Bay 64km Provincials C2 Pro Men and C2 ProWomen Family Class Race	https://www.mattawarivercanoerace.ca/registration/
Aug 18	Wai Nui Why Not Race Oakville Outriggers, Surfski, SUP	http://wainuioutrigger.net/
Aug 25 & 26	Canadian Marathon Nationals Hosted by the Sudbury Canoe Club at the Northern Watersports Centre— this will be a super event with paddlers & speakers from across Canada, US and Belize expected.	nationals@omckra.com Contact: Sudbury Canoe Club Aaron Hutchings; 705-822-2399 sudburycanoclubon@gmail.com
Sept 15 - 16	Muskoka River X 132 km within 24 hours or less 58 km Sprint	muskokariverx.com



2018 Canadian Marathon Canoe Championships Race Schedule

The racecourse starts at the Sudbury Canoe Club and sends competitors across Ramsey Lake to the first 250m portage into Bethel Lake. A short paddle across Bethel Lake brings paddlers to a second portage, 200m, into South Bay of Ramsey Lake where they head north and then west for the final leg back to the Sudbury Canoe Club... Congratulations, you've just completed one 10k loop of a two loop course; if doing a 20k, keep going!

Saturday Schedule

9:00 AM

Pro C2 - Senior Men	20 km
Pro C2 - Masters I Men	20 km
Pro C2 - Masters II Men	20 km
Pro C2 - Masters III Men	20 km
Stock C2 Men	20 km
Stock C2 Women	20 km
ICF C2 Mixed	20 km
ICF K2 Mixed	20 km

9:05 AM

USCA C1 - Senior Women	10 km
USCA C1 - Masters Women	10 km

11:30 AM

Pro C2 Junior Men	10 km
Pro C2 Junior Women	10 km
Pro C2 Juvenile Men	10 km
Pro C2 Juvenile Women	10 km
Pro C2 Bantam (both genders)	5 km

3:00 PM

USCA C1 - Senior Men	10 km
USCA C1 - Masters I Men	10 km
USCA C1 - Masters II Men	10 km
USCA C1 - Masters III Men	10 km
Pro C2 - Senior Women	20 km
Pro C2 - Masters I Women	20 km
Pro C2 - Masters II Women	20 km
Stock C1 Open	10 km
ICF C1 Men	10 km
ICF C1 Women	10 km
ICF K1 Men	20 km
ICF K1 women	20 km
OC1 Men	10 km
OC1 Women	10 km
Rec Tandem Men	10 km
Rec Tandem Women	10 km
Kayak Touring Men	10 km
Kayak Touring Women	10 km

Sunday Schedule

9:00 AM

Pro C2 - Seniors Mixed	20 km
Pro C2 - Masters I Mixed	20 km
Pro C2 - Masters II Mixed	20 km
Pro C2 Mixed - Junior	10 km
Pro C2 Mixed - Juvenile	10 km
Stock C2 Mixed	20 km
ICF K2 Men	20 km
ICF K2 Women	20 km
ICF C2 Men	10 km
ICF C2 Women	10 km
Rec Tandem Mixed	10 km
SUP Men	20 km
SUP Women	20 km

3:00 PM

USCA C1 Men - Junior	5 km
USCA C1 Women - Junior	5 km
USCA C1 Men - Juvenile	5 km
USCA C1 Women - Juvenile	5 km
Pro C2 Adult-Junior	5 km
North Canoes	5 km
OC6	5 km



ONTARIO MARATHON CANOE KAYAK RACING ASSOCIATION
(OMCKRA)

long distance paddle craft racing

HOME ABOUT US PROGRAMS & CHAMPIONSHIPS RACES PHOTOS LEARN JOIN OMCKRA

Join OMCKRA

online <https://omckra.com/membership-form/>

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

Membership is paid by etransfer from your bank to omckra@gmail.com or by cheque made out to **OMCKRA** and mailed to:
Membership c/o 87 Queen Street East, Cambridge ON N3C 2A9

Name :	
Address:	
Residence Phone:	
Cell Phone:	
E-Mail Address:	

Fee schedule for members of OMCKRA	Enter Fee [C\$]	Date of Birth (dd/mm/yyyy)	Racing Class C, K, Rec., OC, etc.
Individual/Race Organizer (per race)	(\$50)		
Full Time Student or <18 yr. as of Jan. 1	(\$40)		
Child <20 yrs. Jan 1 with parent (maximum 4 adults) Parent apply & provide family info	(\$70)	list ages below	

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

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

Signature: _____

Members receive annual meeting notices and newsletters via e-mail, are eligible to vote, are covered for insurance in OMCKRA sanctioned events and may apply to participate in provincial and national awards competitions. Personal information collected by OMCKRA is used to provide services to our members. These services require administrative responsibilities such as documentation of insured events and instructor registration. A limited information membership list (names and city) is provided to race organizers for insurance purposes. Private information is never given to anyone by OMCKRA for other reasons. People registering for OMCKRA coaching or who have taken part in an insured event may receive membership information from OMCKRA in the next calendar year.

For office use Card provided: _____ DB updated: _____