



# HUT!

Edition # 2 April 2019

Paddle ready poses for shoulder strength and flexibility

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## 2019 Executive

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# President's Message

Welcome to the second issue of HUT! for the 2019 season. The first issue was sent in early February and we'll try for the next edition in June or July. The stories and content in this issue reflect some of the tough events and adventures members and friends of the marathon community participate in. These may be in Ontario (which is our mandate) or be marathon racing challenges elsewhere in Canada or Internationally—these goal races are tests of the excellence, training and determination of our Ontario marathon paddlers. The marathon racing community extends well beyond the province.

In this issue we highlight the British Columbia "Northern Hardware" race with a story by Don Stoneman. Mike Hayes shares pictures from the (four day!) Belize race "La Ruta Maya". OMCKRA members are training now for the General Clinton 70 miler in New York State and for the "Yukon River Quest". There are also signature races in Ontario - new are Ottawa to Montebello and AO The OX. This is the second year for the Kawartha Paddle Quest (KPQ) June 22, which was voted Race Of The Year in 2018. KPQ is well-run, challenging but also a welcoming event and one of the three races hosting OMCKRA provincials this year. Provincial events will also be part of the North of 7, July 6 and 7, in Bancroft and the always excellent Mattawa River Canoe Race, July 27. These and many of the OMCKRA sanctioned events are welcoming to many skill levels, providing challenge to all to their interest, ability and training.

The OMCKRA sanctioning (race support) committee members do their part to make these and other Ontario races possible by providing template documents and policies and by working with Race Organizers to ensure fair, safe and insured competitions. The committee is looking for a few new members to put their heads towards making these events better.

In this issue of HUT! the **OMCKRA Race Development Program (RDP)** highlights are described (see page 5).

Each year the race support committee and OMCKRA board plan out what we hope may be possible for our volunteers to accomplish of the strategic plan for each of our three main programs.

Under RDP our hope for this year is to begin the work towards developing a Marathon Race Officials accreditation. That is a big objective, but we are hopeful. In the February HUT! we highlighted **OMCKRA's Coach Development Program (CDP)**. We had some ambitious plans under CDP in 2018 and managed to accomplish more than hoped. We must be realistic as well. As a small group of volunteers working with a small budget and few hours it is truly the dedication of a few determined people invested in developing this remarkable sport, our race organizers, members and the community that make these happen.

The next issue of HUT! will outline **OMCKRA's Paddler Development Program (PDP)** which the board is still reviewing plans for in 2019.

We welcome your input and involvement in any of these or other ideas for developing the sport of marathon paddling. Keep in mind we are just a few individuals doing our bit. The OMCKRA board is the people you see listed on the left panel of this page, elected by members who attend the annual meeting. Board members are paddlers as well; we want to be on the water ourselves and we spend time with family and have jobs as everyone does. We do what we can and invite you to join various committees giving a bit of your time—a day or maybe just an hour and give back to the community of marathon paddling; whatever works for you.



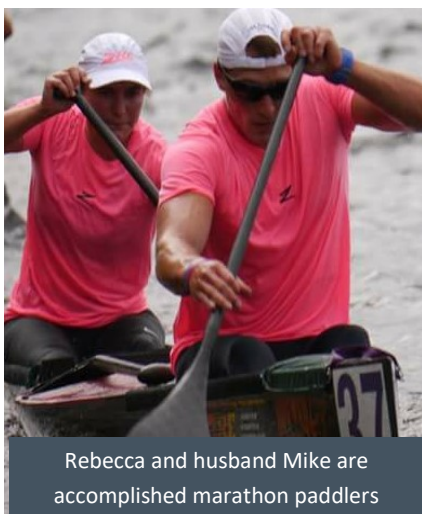
Oliver McMillan

## 5 Yoga Poses for Shoulder Strength and Flexibility

*Rebecca Davis (nee Barton) sends story first published in Silent Sports May 2018 Issue. An accomplished paddler she races with father Bruce Barton and husband Mike Davis.*



I am not a yoga teacher. I was even a reluctant yoga student for the first year or so of my practice. My Dad, of all people, pressured me to go with him to our local class so he wouldn't have to go alone. I used to think the only type of yoga that would be for me was the super athletic, fast-paced classes with inversions and other contorted poses. It turns out, I'm not very good at those, and while I enjoy that type of yoga, I feel that I get the most benefit from attempting to "master" the slower flows.



Rebecca and husband Mike are accomplished marathon paddlers

Yoga has taught me that flexibility is a type of strength. It isn't about hyper-extending, or being able to sit on your head, but developing the muscle control to go deeper into a pose. It's about being able to use your body through the full range of motion. When I started doing yoga, I noticed my paddle stroke became more comfortable. My neck and shoulders didn't hold the tension they had in the past. I quit "clicking" when bringing my arms above my head.

Today I am sharing some poses that will help with shoulder mobility and strength. These are some of my favorites out of many, many variations. As with any stretching, try not to hyper-extend joints. If you are "bouncing" to reach further into the pose, maybe back off a little bit and go just to the edge of where you can hold the pose. It's not that movement is bad - we do want to subtly adjust while in the pose to find the best stretch; however, we do not want to go past the point of control.

Photos below: Mike is in Garland, Keyhole, and Wide legged Forward Fold. Rebecca is in Bow and Table Top.



### Key Hole

Start on hands and knees, with wrists/shoulders and knees/hips stacked. Take the right hand and place it palm up, fingers pointing left, and thread it under the left hand, rotating your torso until your head rests on the floor. Slide the left hand on the ground so it is extended overhead. Push into either hand and play with placement to feel a good stretch through the tops of the shoulders. Go out the way you came in, and then do the same on the other side.



## 5 Yoga Poses—continued



### Table Top

Sit on the floor with your legs out long, arms at your sides. Bend the knees and place your feet on the ground. Place your hands on the ground six or so inches behind you with finger pointing towards the feet. Push into the hands and feet while lifting the chest and pelvis. You may not be able to get your hips or chest up very high, but the whole front of the body will be opened up.



### Bow

Lay on your belly. Bend the knees with the intention of having your feet touch your butt. Lift the chest, and grab the tops of the feet with the hands. This may be as far as you can get into the pose, depending on how tight the hips and shoulders are. Make sure the knees stay in line with the hips, so the legs don't splay out. Roll the shoulders back and down from the ears, creating a mini-bend in the upper back. On an inhale, lift the chest and legs up as you pull them towards each other. Breathing may cause you to "rock" on the belly, which is fine as long as it is comfortable. To release, lower back to the floor and let go of the legs.

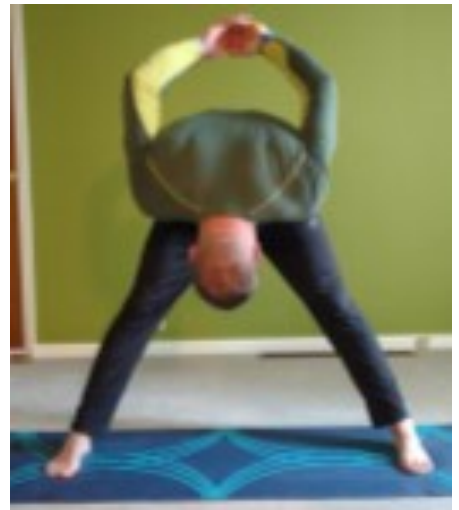
### Garland

Stand with feet slightly more than hip distance apart and feet out at a 45 degree angle. Fold forward and bend your knees, so your hands can rest on the floor. Sink the hips and raise the chest, bringing the hands to "prayer" position. You can rest the elbows on the inside of the knees for more chest and hip opening. Your heels may come off of the ground when the hips sink below the knees, due to calf and ankle flexibility, and that is ok!



### Wide-legged Forward Fold with Clasped Hands

Stand with legs wider than hip distance, and hips facing forward. The stance should be comfortable, but you will feel a stretch in the inner thigh and hamstrings. Interlace the fingers behind the back, trying to push the palms together while straightening the arms- do not go to a full locked arm, just try to use the arms to open the chest. Make sure the shoulders are rolled back and down from the ears to ensure an open chest. Start to tilt forward from the hips to bring the chest towards the thighs- do not lock out the legs- instead keep a subtle bend in the knees. After you have bent forward, begin to let the hands fall away from the body, towards the floor and opening the chest. You may not be able to get your arms away from your back at first, but the shoulders will open with practice. Back out of the pose the way you came in, first by bringing the hands to the back, then hinging the upper body back to standing.



# OMCKRA's Race Development Program (RDP)

*The Goal of OMCKRA's Race Development Program (RDP) is to increase the number and quality of Marathon races and race organizers (RO) in Ontario.*

## Our A, B, C Strategy

### **A**ccreditation Strategy

related objectives for 2019

- begin development of a formal Marathon officials accreditation

### **B**uilding Blocks Strategy

related objectives in 2019

- sanctioning committee to review race sanctioning request forms and advise on use of standard boat class nomenclature

### **C**ollaboration Strategy

related objectives in 2019

- Shared booth at Adventure show
- one or more meetings and reports
- shared google drive for RO

## Developing Marathon Paddling Race Officials accreditation

Marathon Paddling Race Officials understand Marathon boat specifications; for example simple things from knowing a 'tandem' boat has two paddlers to the difference between an ICF C2 and a Pro C2 and why this matters. They know the Marathon safety policy and why this is so important in long distance races. Marathon Race Officials know the insurance policy in place and requirements of that policy. OMCKRA had some ambitious objectives, not realized, in 2018. We had hoped to train 5 officials. We have to be realistic about what we as a small group of volunteers can achieve. The objective for 2019 is to continue to assist RO on using standard nomenclature and to begin development of a formal Marathon officials accreditation program and provide training of officials hopefully in 2020.

### **Achievements in 2018**

- supported 20+ organizers, 5 clubs and 2 clinics with review, promotion and insurance
- Held an organizers meeting.
- Updated standard nomenclature on forms used by organizers and in documents on the website.
- Set up a learning area on the website with photos and examples of boat types

-Adopted solo kayak standards:

- HPK – high performance kayak, L:W ratio >10.99:1 (includes ICF K1)
- FK - fast kayaks L:W ratio between 9.25:1 to 10.99:1
- Long Recreational Kayaks L > 4.27m (14ft) and L:W ratio < 9.25:1
- Short Recreational Kayaks L < 4.27m (14ft) and L:W ratio < 9.25:1

### **Objectives for 2019**

- continue supporting organizers, share booth at Adventure show and hold at least one organizers meeting
- reinforce use of standard nomenclature on forms from organizers during sanctioning review meetings
- begin development of a formal Marathon officials accreditation program

**We need your help. Talk to Paula, Oliver or email [info@omckra.com](mailto:info@omckra.com) to get involved.**

OMCKRA is made up of racing and club members, coaches, race organizers, a board of directors and committee members with a mission to develop, promote and represent distance paddling as a sport in Ontario offering sport specific training programs, standardizing specifications of crafts in the various classes for all races, advertising and promoting events sanctioned by OMCKRA and assisting organizers in improving their events, encouraging and promoting safety in paddling particularly as related to distance racing, and encouraging Ontario residents of all ages to become involved in marathon paddling competitions. It is through OMCKRA that organizers obtain insurance helping to make these events possible. Safety and other policies are part of that insurance; standardized classes help make events fun, challenging and fair for participants.

The sanctioning committee, chaired by Race Secretary Paula Loranger, is made up of 4 or 5 volunteers and is one of the most important areas for OMCKRA. The committee meets by phone 4 or 5 times for short meetings between Feb and May to review race description documents and Emergency Action Plans (EAP) from Race Organizers and Clubs. Committee members give feedback and support to organizers and follow up after each race for counts and day fees. We have four committee members now and are looking for a fifth—it's a great way to be a part of what most defines OMCKRA and give back to the community while learning more about the supports OMCKRA provides. Interested? [info@omckra.com](mailto:info@omckra.com)

## Northern Hardware Race is really Northern

Famous long ago, with its name firmly attached to an iconic Prince George B.C. business, the Northern Hardware Race was re-started several years ago after a three-decades-long hiatus. The Alexander MacKenzie Class is billed as a 67.5 km adventure (a bit longer than the Mattawa River Race) but with no portages and in stock boats only and a lot of current to take you along plus class 2 rapids or higher. A comfortable PFD is mandatory as is a rescue rope and a bailing bucket.



My planned participation meshed nicely with long-held plans to visit a friend in Alaska (I grit my teeth getting past Pearson Airport. After that, I'm in the wind, but that's another story.)

I started planning last spring after chatting with Saskatchewan training camp and MRX buddy Pat Turner, who lives in PG, as the "northern capital of British Columbia" (pop. 75,000) city is known. Pat set me up with bowman Chris Lapointe, who has a few years of marathon paddling experience, and a lot of years as a cross-country skier.

(I would not be exaggerating much to say that the ski season is longer than the paddling season in PG) Chris is a tough guy, about my age, and it turns out on the cusp of retirement (a wonderful status) as a teacher. And he has a Whitewater II Clipper canoe. No pro boats in this race for reasons that shall be apparent later.

Logistics: A 3 pm EDT flight out of Pearson and another flight out of Vancouver, (both Air Canada) arriving in PG considerably ahead of schedule. Bless your heart, Aeroplan Miles!!

The "Hardware" race begins at Isle Pierre, well upstream of PG on the swiftly moving Nechako River and finishes a couple of kilometres below its confluence with the mighty Fraser. I had heard about major rapids early in the race and wanted to pre-run the upper section, but experienced and wise BC paddler Darryl Spencer warned me off. You'll just tire yourself out, he said, plus, the race course is in a wilderness area with zero cell phone service. Lots of jet boat assistance on race day but scouting is another story. A minimum of three canoes in a group because if one canoe goes over at least two canoes attempting a rescue is a really good idea. Chris and I and a

women's crew settled for a shake-down paddle on a lower section.

Pat Turner and Chris Lapointe are neighbours, key race organizers and persuasive recruiters. I found myself stuffing loot bags on Thursday night and part of the registration/check-in team on Friday afternoon at the local Stride & Glide Sports store. In between, a trusting soul lent me a car and I ran errands around town and got a massage. Pat and I put out numbered buoys that were associated with draw prizes for the short race.





## Northern Hardware Race continued...

Payback was a place to stay at the home of Chris and his wife and daughter and evenings at the local watering hole, great food, locally crafted beer, and the company of enthusiastic and knowledgeable racers.

Race day offered up grand weather. Our 9 am running start in the fast current was less than stellar (we were some distance behind the 'line' when the gun went off) but logistically that was OK. When the canoes in front madly "teeter totter" (bow up and stern down and vice-versa) its time to consider a different line. We quickly passed the women's crew of Darrelle Butler and Claire Wallace from Victoria and Bonnie Pankiw and Christoph Webber as they bailed water (Bonnie and Christoph were on their way home from the Yukon River Quest.) Another men's crew was also bailing but got away from us on the run downstream.

And what a run that was. The wilderness scenery was spectacular, but enthusiasm was tempered by concern about more rapids ahead, including a storied whirlpool. Our speed averaged about 17 km/hour and at times exceeded 22 km/hr. The winners claim they hit 17km/hr. When we hit the Fraser River, we slowed to barely over 10 km. It felt like an anchor dropped.

Our finishing time was 4:08, 20 minutes behind first place. The fastest crew, local Greg Blackburn and Graeme Smith from Saskatoon, beat Pat Turner and Kevin Taylor by 12 seconds. There were nine canoes in our race and 33 finishers in the 25 km Simon Fraser class that stuck nearer to the city. The race was eventful for the winners. Their tale of bailing water was recounted in the local newspaper. <https://www.princegeorgecitizen.com/three-generation-family-team-paddles-to-the-top-1.23361177>

In retrospect I would emphasize scouting the very bottom of the race course. Paddling on the "sucky" side of an island in the delta at the confluence of rivers can be costly in terms of time and placing and substantially reduce your prize winnings. (Yup, there was prize money)

<http://www.northernhardwarepgcanoerace.ca/2018.html>

Prince George, sometimes called BC's "northern capital," is home to the Twin Rivers Canoe Club, which hosts the Northern Hardware Race. Promoting marathon paddling is a struggle in a province as large and diversified as BC. If you think crossing the traffic-choked corridor across the top of Toronto is a challenge, imagine the logistics of catching a ferry in Victoria to race on the Mainland, and then driving four hours to Kamloops, or nine hours to Prince George, and reverse.

There are so many wonderful recreational activities in this wilderness environment. Paddlers can choose between outrigger, marathon, SUP, surf ski and very competitive dragon boat events. There are very competitive championships for all those different but related paddle sports. Vancouver is ground zero for the federally chartered Canadian Outrigger Racing Association and there are clubs up and down the Pacific coast.

As I promote Marathon Nationals out of the province, I am constantly reminded that "Canada is a big country." BC is a microcosm of that. Anyway, thanks to Chris Lapointe and Pat Turner and others who were so hospitable when I visited Canada's Western points. Hope to see you "East" this summer.

PS, the 2019 Northern Hardware Race is July 6.

<http://www.northernhardwarepgcanoerace.ca/>

Don Stoneman



# Florida Training camp

The main pre-requisite is an ability to paddle a pro boat. The goal is to enhance that ability.

And to have marathon paddling fun.

Going to a training camps for sprint, outrigger and for dragon boat? Expect to pay fees for those camps. Marathon Training camps are a bit different. No coaches are making a living from this. You pay for accommodations and food and to get there.

The Saskatchewan marathon training camp is a mostly friendly group of paddlers getting together, from mid to the end of March in Dunnellon Florida, avoiding potentially nasty winter weather in the north while honing skills and building endurance for the coming racing season. Mike and Fearghus Vincent from Saskatchewan organized the camp (Fiona Vincent is injured and stayed at home.) The gathering point is where many paddlers stay, the Rainbow Rivers Club on the outskirts of Dunnellon, population 1,800, northwest of Ocala and a half hour drive from the Gulf.



Craig Creighton, Mike Devine, Mike Vincent, Al Rudquist, Krista Rudquist, Don Stoneman, Bill Briggs, Mike Frieds, Pat Brigg, Kate Ellis, Mystery Paddler, Vicki Goven, Devon Arenz

Both the Withlacoochee River and the Rainbow are accessible from the club's dock, but we also loaded boats and drove to paddle the Crystal River, the Silver River, Silver Lake, the challenging Weeki Wachee River and probably some others.

The club has a limited number of rustic cabins, each sleeping four to six adults., and they are booked a year in advance. Other paddlers find accommodations nearby.

Maybe we saw a year in advance that February 2019 in Canada was going to be miserable. Kim Snell and I arrived a month early for the camp with Craig and Sandy Creighton. Craig and I are training for the 70-mile General Clinton endurance race in upstate New York in late May. A rule of thumb for a comfortable and fast General Clinton race requires a base of 100 hours of on-water training that season. In my working life I was never able to achieve that so spending time in Florida is like a dream. But training can be overdone.



Don Stoneman taking a break from paddling

Our first 2.5-hour paddle was on Feb 19 and by Mar.1 I had logged 20 hours on the water. Craig had to leave on March 14 and put in hours at a faster pace, sometimes paddling twice a day when I paddled once.

I had fallen and injured my shoulder while skating on New Year's Eve and proceeded more slowly. I was planning for six weeks in the south and knew from experience that half that time is a sort of a magic number. Too much training over more than three weeks, in one way or another, can have a detrimental effect on well-being that doesn't go away for a long time. Rest days must be taken.



## Florida Training camp, continued



About the time that Craig left other paddlers arrived and I picked up my hour-accumulating pace. By March 26 when we headed for home, I had logged 93 hours. A few were on a surf ski, a sea kayak and in a C1 but mostly in C2 with an estimated 17 different partners from Minnesota, Saskatchewan, BC, Africa, Manitoba, Quebec, and of course Ontario. I paddled with Vicki Goven and Glen Dawson from Bracebridge, Rama Gilverson from Acton, Oliver McMillan and Gwyn Hayman from London, Stan Anusiewicz from Sarnia and of course Craig, from Lindsay. Also attending this year were Dave and Sharilyn Johnston along with Keir Johnston, Rene Boogemans, and Michael Devine. Ryan Stepka, Michelle Laprade and Bonnie Panikiw came late from Ottawa. Karen Simpson, Gord Cole and Liz Loek, already in Florida for another camp, dropped in for a day. Bob Vincent, recently returned from Belize, and Gwyn Hayman arrived for the last week. (Sorry if I left anyone out.)

Camp participants are fluid. Paddlers arrive and leave depending on time off work. There was a separate group or two from New England renting a house on the Rainbow. When the week-long "Michigan" camp of hard core Ausable River Marathon racers north of us broke up, Trevor Robinson and Edith MacHattie and her family dropped into the club for a week. (Trevor and Edith were speakers at Nationals last year.)

There is a heavy emphasis on effective side wash riding parallel to other canoes and technique to stay there. Intensity of effort builds and ebbs as paddlers "defend their corners" and then revert to riding position and "resting." Paddlers find out who they can work well with, and what they can do to improve otherwise. I paddled a lot of different canoes, from the now classic Jensen designed "V1" to the newest version of the Gillies made in Saskatchewan and the Ontario built H2O pro boat. With Sarah Lessard I paddled a 2010, a more stable version of the twitchy Corbin designed canoe.

When the group paddles hard and some crews fall off, someone yells "water break" and the pack reforms. Teams that are challenged that day go to the front and the group sets off again.

Did I mention that the rivers we paddled were alive with birds, mammals and reptiles? There were alligator sightings many days along with manatees and otters and turtles, so many turtles. I'm being generous when I write that motor boat operators are mostly respectful when they come upon canoes. Same with the Florida air boats that ferry tourists to see wildlife. Not sure how much wildlife is seen from boats that noisy. The paddlers were a great source of entertainment for spectators at the Rainbow Riverside Swampy's restaurant and bar near the Rainbow Club. ("Is that a kayak?") There's a bridge there and you know that when there's a bridge, marathoners are oh so tempted to sprint. Don Stoneman



## 2019 Provincial Marathon Canoe Championships

Marathon canoe, kayak, SUP, outrigger, recreational classes. All welcome in these races—check websites.

### C2 Pro Mixed , C2 Stock Mixed Kawartha Paddle Quest

Peterborough  
June 22, 2019

[kawarthapaddlequest.com](http://kawarthapaddlequest.com)



### C1 USCA, C1 Stock, HPK (K1) North of 7 River Run

Bancroft  
July 6 & 7, 2019

[North7RiverRun.com](http://North7RiverRun.com)



C2 Pro Men, C2 Pro Women  
C2 Stock Men, C2 Stock Women

### Mattawa River Race

North Bay July 27, 2019

[mattawarivercanoeace.ca](http://mattawarivercanoeace.ca)



## Canadian Marathon Canoe Championships August 24 and 25, 2019 in Sudbury

[.sudburycanooclubon.com/events/](http://sudburycanooclubon.com/events/)



## Races 2019

[omckra.com/races-schedule/](http://omckra.com/races-schedule/)

6-Apr	Thames River Classic	Ingersoll
27-Apr	Upper Jock River Race <b>(date change)</b>	Ottawa
28-Apr	Sydenham River Race *	Alvinston
5-May	That Dam Hespeler Race	Cambridge
11-May	High Water Run Race	Kirkland Lake
18-May	Marsh Mash Canoe Race	Bradford
21 May	<b>OMCKRA Youth Event</b>	Bradford
24-27 May	General Clinton* (Triple Crown Event)	Bainbridge, NY
1-Jun	Canoe The Nonquon	Port Perry
1-Jun	Saugeen Paddlers Day	Paisley
8-Jun	Ottawa to Montebello Interprovincial	Ottawa
15 & 16-Jun	AO The OX	Huntsville
22-Jun	Kawartha Paddle Quest	Peterborough
23-Jun	Sudbury Fitness Challenge*	Sudbury
6-Jul	North of 7 River Run	Bancroft
27 & 28 July	AuSable River* (Triple Crown Event)	Grayling, Michigan
27-Jul	Lake Ontario Crossing	Toronto
27-Jul	Mattawa River Canoe Race	North Bay
10-Aug	Wai Nui Why Not Race	Mississauga
24 & 25-Aug	Nationals (Sudbury)	Sudbury
30 Aug—2 Sept	La Classique* (Triple Crown Event)	LaTuque, Quebec
13 to 15-Sep	Muskoka River X	Huntsville
21-Sep	Ottawa River Paddle Challenge *	Ottawa
12-Oct	Great Muskoka Paddling Experience	Bracebridge

\* these recognized events are not sanctioned by OMCKRA

### Youth Event Tuesday May 21!

Hey look! Youth Event again this year!! High school students from Toronto will get coach instruction and a fun challenge race on the canal at Holland Marsh. Email organizer Mike MacIntyre if interested or want to help [info@omckra.com](mailto:info@omckra.com)

NOTE: The Kingston to Ottawa (K20) race has been CANCELLED and the Big East and 24hours of MRX are replaced by AO the OX in 2019



## Member updates



### Margaret (Peggy) Craig

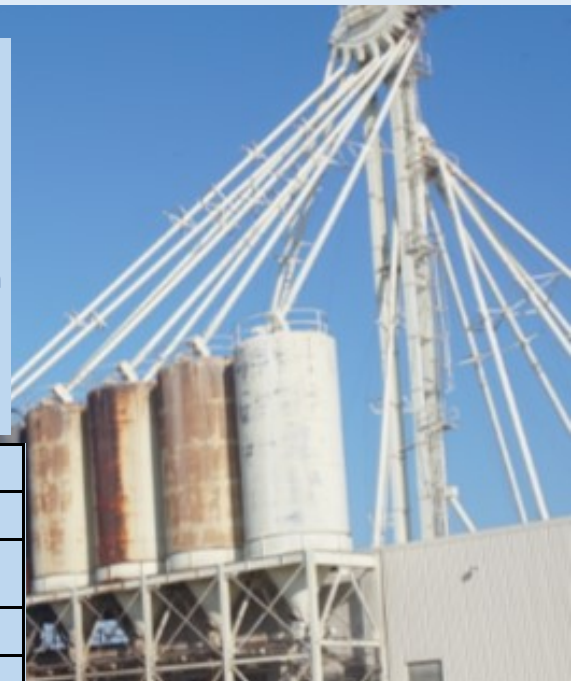
1944 - 2019

It is with profound sadness that the OMCKRA board lets members know of Peggy's passing and send our condolences on to her husband Iain Craig. Both Iain and Peggy have been active supporters of Marathon paddle racing as members of the OMCKRA board over the years and as organizers of the Marsh Mash Canoe Race each year in May. Peggy has been both a racer and a board member.

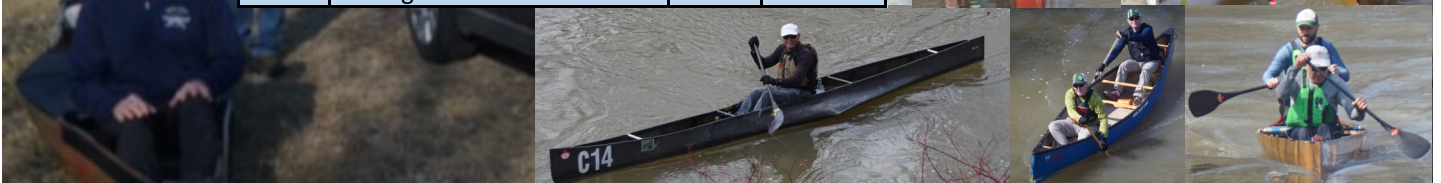
Peggy passed away on March 31, 2019 at the Mackenzie Health Hospital in Richmond Hill, ON after a short and courageous struggle with cancer. Peggy and Iain had two wonderful children, Andrea Welburn (1972) and Scott Craig (1974-2016). A Celebration of Life will be held on Sunday, May 12, 2019 from 1:00-4:00 pm (presentations at 2:00) at St. Andrew's Golf Club, 4 Pinnacle Trail, Aurora, ON L4G 3K3.

## Thames Race—The 2019 racing season got off to a start on April 6

The weather for the annual running the 2019 Thames Classic Canoe race was the best in years. The turnout was also the slimmest. It's not hard to find the start-finish line of the Thames Classic. Look for the spokes in the sky from the Furst-McNess feed mill beside the river in Ingersoll. Entertaining moments were provided by the 4 Prater/Gasparotto kids and Coulson daughter cheering on their dads from on shore. Thank you to Beth Coulson for the time keeping and to Steve and Debbie Tait for organizing the event, providing jam to participants and for a wonderful hot meal of chili (and cookies!)



Class	Participants	Place	time
Pro C2			
	Chris Prater, Oliver McMILLAN	1	1.27.32
	Dean Coulson, Bob Vincent	2	1.33.21
	Mike Hayes, Dean Brown	3	1.35.47
	Don Stoneman, Mackenzie Buis	4	1.41.05
USCA C1			
	Stan Anusiewicz	1	1.42.25
Rec Tandem Canoe			
	Bruce Gunn, George Armstrong	1	1.59.51





## Mike Hayes sends pictures from La Ruta Maya race in Belize

<https://belize.com/la-ruta-maya-belize-canoe-race/>

The annual La Ruta Maya Belize Endurance Canoe race is the longest race of its kind in Central America. One hundred and seventy miles of paddling on the Belize River over the course of 4 days. Between 90 and 100 teams from Belize, U.S.A., Canada, Japan, the U. K. and other countries participate . In 2019, these included Ontario paddlers Mike Hayes, Dean Coulson and Bob Vincent .



# OMCKRA Membership Application/Renewal Form (coverage to March 31)

Membership may be paid by

◇ ~~e.transfer~~ from your bank to [omckra@gmail.com](mailto:omckra@gmail.com)

◇ **cheque** made out to OMCKRA mailed to: Membership c/o 87 Queen Street East, Cambridge ON N3C 2A9

◇ **credit card** at: [raceroster.com/memberships/3947/omckra](http://raceroster.com/memberships/3947/omckra)



**RACE ROSTER** Registering in Race Roster (RR) makes it easier to get discounts on races in RR

Fill out this form below and include with payment if using cheque or cash. Don't mail cash .

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

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

<b>List Family Paddler Names</b>	Date of Birth (dd/mm/yyyy)	What do you race? 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: \_\_\_\_\_