



HUT!

Edition # 3 July 2019



Vadim Lawrence is setting records in High Performance Kayak HPK (includes K1) class

In this issue:

President’s Message, Executive..... 2
 Sandy Schofield, GMPE..... 3
 Races, Nationals, Mike Fries to Speak..... 4
 OMCKRA’s Paddlers Development Program (PDP) 5
 Please volunteer with OMCKRA 5

Triple Crown, Clinton, Why Go Pro..... 6
 Au Sauble, Dragan recovering 7
 Provincials champions 8, 9
 New Race in Deep River Aug 10&11 9
 Rowan’s Law pls read10
 Membership Form11



Charles (Sandy) Schofield's legacy continues
Great Muskoka Paddling Experience
October 12, 2019
Bracebridge



2019 Executive

Marathon Canoe Racing Council (MCRC) Rep
Darryl Bohm

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Karen Bender, Oliver McMillan,
Don Stoneman, Kim Snell,

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President's Message

Ottawa rugby player Rowan Stringer, aged 17, died in hospital on Mother's Day in 2013, from brain swelling that was a result of receiving repeated concussions within a little more than a week.

Following an inquest into her death, and in response to 49 recommendations from an inquest jury, and the unanimous consent of the Provincial Legislature, **Rowan's Law came into effect on July 1.**

What does all of this have to do with marathon paddling? It's not a contact sport and there are few, except maybe for when we hit a tree limb when paddling fast in a strong current, or we fall on a slick rock in some rapids after overturning, or maybe do the same thing on a wet dock or a portage or hm....

The Province wants a cultural change in sport. It's not acceptable to put players back into a game when they may be suffering from a non-visible brain injury. The fact is, canoe/kayak racing is one of 65 sports recognized by the Province of Ontario and there are responsibilities attached to this privilege.

On the surface, it might be easy to say that another sport messed up and the rest of us are paying the price.

Instead, it is better to focus on turning marathon into a safer sport; with the help of paddlers, parents, officials and coaches. Maybe it's time to write down and publish the rules of our sport that are largely unwritten; rules that make this sport competitive and fair, and maybe more strongly enforce them when there are sketchy practices or conduct that were largely ignored in the past.

Other topics in this issue of HUT!

The Provincials are completed and champions declared! Special thanks to the organizers of Kawartha Paddle Quest, North of 7 and Mattawa River Races for allowing OMCKRA to piggyback on their events.

Sandy Schofield's legacy of The Great Muskoka Paddle Experience continues after a year's hiatus, scheduled for Saturday Oct. 12. A great way to wrap up the OMCKRA season.

Triple Crown. No, this isn't about the Kentucky Derby, Preakness Stakes, and Belmont Stakes. (And its not for three-year-olds) The Triple Crown of Canoe Racing is the General Clinton in New York State, the Au Sable River Marathon in Michigan and La Classique du Canoe Internationale de la Maurice in Quebec. These races, spanning the summer, bring out the best marathon canoe paddlers in North America. And the eligible classes are raced in pro boats. Another challenge and reason to learn how to paddle pro boats.

For a future issue Mike Hayes plans to write about his Texas Water Safari experience and also about Rabaska (R9) at the Au Sauble River Marathon.

Isaac Adams, 15, will write about his first Yukon River Quest with his dad Paul. An unprecedented number of Ontario paddlers and OMCKRA members took part this year.



Oliver McMillan

Charles (Sandy) Schofield—May 5, 2019

Charles (Sandy) Schofield passed away in the early morning hours of May 5, 2019. He had been diagnosed with Chromophobe renal cell carcinoma, a rare type of cancer appearing in about 5 per cent of kidney cancer cases. Sandy was 67 years old. A former OMCKRA board member and a founder of the Muskoka Paddling Club, he's likely most known in paddling circles, along with his wife Pat Schofield, as a founder of the Great Muskoka Paddling Experience race, held from 2011 to 2017 on Thanksgiving weekend in Bracebridge. Participation grew every single year as classes were increased to meet a wide variety of marathon paddling craft. Sandy faced his diagnosis of cancer the previous fall with his built-in, almost super-human optimism. His cancer, unfortunately, was just as incurable. At the Celebration of Life honouring Sandy in Bracebridge in early June, his 2019 membership cards were on display. They included a scuba diving club, a model train club, and his membership in OMCKRA. Pat said that Sandy intended to use those, then she darted off making last minute preparations for the crowd in Annie Williams Park in Bracebridge. It's the same place where the GMPE will be held again this fall. Yes, the GMPE will be back in 2019, thanks to the enthusiasm of many paddlers and Muskoka Paddling Club members in Bracebridge. Check the website at: <http://www.muskokapaddlingexperience.com/>



Saturday October 12, 2019

A fun racing experience for Canoes, Kayaks & SUP's for all levels of participants. All proceeds from the event will go in support of: [Friends of the Muskoka Watershed](#) and [Muskoka Watershed Council](#)

Online registration only. Registration is open at <https://www.webscorer.com/register?raceid=188614>



Upcoming races omckra.com/races-schedule/

| | | |
|-------------------|-----------------------------------|----------------------|
| Aug 9 to 11 | Upper Ottawa River Race | Deep River/ Petawawa |
| Aug 10 | Wai Nui Why Not Race | Mississauga |
| Aug 24 & 25 | Nationals (Sudbury) | Sudbury |
| Aug 30 to Sept. 2 | La Classique* (Triple Crown) | LaTuque, Quebec |
| Sep 13 to 15 | Muskoka River X | Huntsville |
| Sep 21 | Ottawa River Paddle Challenge * | Ottawa |
| Oct 12 | Great Muskoka Paddling Experience | Bracebridge |

* recognized, not sanctioned by OMCKRA

Canadian Marathon Canoe Championships August 24 and 25, 2019

Sudbury

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



AUG
24
TO AUG 25

<https://www.manitoulin.ca/current-to-killarney-canoe-race-a-success/> newspaper article about this very successful early July race involving mostly voyageur canoes.

<https://www.yukonriverquest.ca/yrq/app/entry8/teams.php?race=19yrq#t6> Race results!!! More Ontario paddlers than ever before? Story in the next issue.

MRX is coming up. There's a new pro boat class in the "sprint" race. Pro canoes were allowed in the full 130 km race last year and again in 2019. Go here to register. <http://www.muskokapaddlingexperience.com/>

Nationals—early bird special & T-shirt offer ends Aug 9—sign up now!

Sign up for a weekend pass now — find partners later. Paddle in any and all races over the two days.

Complimentary T-Shirt and \$75 weekend pass to Aug 9—then goes up to \$100 and buy your own T!! Sign up now! Go to Sudbury Canoe Club (SCC) site for information and to register. <http://www.sudburycanooclubon.com/events/2018/1/13/2018-canadian-marathon-canoe-championships-m7j52>

Mike Fries scheduled as speaker at Nationals



Super clever guy with a nice smile. (See photo) Winner of many things. A definite "need for speed" on the river and on the race track.

The definitive site for marathon racing (paddlestats.net) reveals Mike's successful history of canoe racing starting in the late 1970s, and into the mid-90s, and re-emerging from the darkness of non-canoe-racing in 2015.

Dr. Mike (he is a retired radiologist) is widely regarded in the sport as the guy who explained in a 1989 video the proper basic technique for marathon canoe paddling (with "dos" and "don'ts") that became a prescription for everyone who watched it to become a better paddler. That 30-year old video is still sold today and our coaches reference it. Time allowing, Mike Fries will present on super basic paddling skills on Saturday at Nationals and a fun presentation after the banquet on Saturday night. Be prepared to be entertained.



OMCKRA's Paddler Development Program (PDP)

The Goal of OMCKRA's Paddler Development Program (PDP) is to increase the number and strength of Marathon paddlers in Ontario.

Our A, B, C Strategy

Accreditation Strategy

related objectives for 2019

- ◇ Ontario paddlers in Triple Crown races
- ◇ develop marathon technique assessment model
- ◇ Points awards

Building Blocks Strategy

related objectives in 2019

- ◇ Marathon technical manual
- ◇ coaches providing clinics and training
- ◇ race organizers providing races
- ◇ Provincials races

Collaboration Strategy

related objectives in 2019

- ◇ Marathon Nationals in Ontario
- ◇ OMCKRA Talks
- ◇ paddlers stories; resources on website and integration with Facebook

Developing a Marathon Technique assessment model

Marathon racing has been described as 'efficient' as opposed to an 'effective' method needed for short fast sprint distances. There are times in Marathon for sprints but the efficient Marathon technique allows for success over the long distances, mass starts and the 'taking the water as it comes' of Marathon racing. In addition to assessing and rewarding paddlers for the best times and placement by awarding points, OMCKRA would like to find a method of assessing ability of paddlers in the important strategies used by Marathon paddlers. This will help paddlers measure their improvement and coaches measure ability .

Achievements in 2018

Supported 20 races, Nationals in Ontario, Provincials held

Triple Crown 3 paddlers moved to highest level of competition at the General Clinton and newer paddlers competed. An Ontario paddler competed at the Au Sauble river canoe marathon and placed in the top 20

OMCKRA Talks: First OMCKRA Talks' session with notable Triple Crown winner Solomon Carriere well attended. Barriers

to women in paddling talk by Edith MacHattie Former Mixed and Women's triple crown champion and training methods talk by Trevor Robinson, presented at Nationals.

Objectives for 2019

Support 20 races, Nationals in Ontario, Provincials held

OMCKRA Talks: Plan to host a Marathon kayak workshop/training led by experienced international racer Darryl Bohm

Triple Crown: 10 Ontario Marathon paddlers participated in the General Clinton, 3 were registered for the Au Sauble.

Marathon techniques manual: First review of manual completed. Second review in process.

Accreditation: begin development of a formal Marathon technique assessment model

Send your ideas to: info@omckra.com

Many hands make light work, get involved!

OMCKRA's mission is 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.

How can you help?

- ◇ Run for a board position. Election at the fall general meeting is open to all racing members. Terms are for two years.
- ◇ Join a committee. Some committees need special skills. Got expertise in social media? How about ideas to build paddler skills in the Paddle Development Program?
- ◇ Volunteer for the sanctioning committee, which examines race plans, educates and encourages race organizers to adopt practices that make races fair and competitive.
- ◇ Administer the coaching program and keep coaches involved and up to date on professional development.

Volunteering is 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? Let me know if you want to be involved! Send an email to me at info@omckra.com Interested? info@omckra.com



Oliver James McMillan

Triple Crown

The Triple Crown was established in 1992 and recognizes the performances by athletes who compete at these three top marathon canoe races in North America.

- ⇒ The General Clinton Canoe Regatta: staged Memorial Day on New York's Susquehanna River, a one-day, non-stop 70 mile race from Cooperstown to Bainbridge
- ⇒ The Au Sable River Canoe Marathon: a non-stop race from Grayling to Oscoda on Michigan's Au Sable River during the last weekend of July.
- ⇒ La Classique internationale de canots de la Mauricie: staged Labor Day weekend on Quebec's Saint-Maurice River, a three-day race from La Tuque to Trois-Rivières. "La Classique internationale de canots de la Mauricie".

General Clinton—Ontario paddlers

Source: <https://www.canoeregatta.org/race/results.php>

Mens NYMCRA Stock Endurance
6th Tom Phillips & Mike D'Abreu 8:39:57
7th Adam Woolfrey & Scott Reynolds 8:45:37
Matthew Mokanski & Desmond Fan 9:56:05
Sophie Coupal & Sandra Luken 9:18:32
Tracy Plourde & Gaetan Plourde 9:22:01
Stock C1 1st place Chris Near 9:19:21
USCA C1
2nd place Stan Anusiewicz 8:47:17
4th place Craig Creighton 9:36:00
Competition Cruiser (CC) over 50
Bob Vincent & Norm McDonell 8:29:37
Claude Roux & Pierre Pinard 9:16:07
CC under 50
2nd place Oliver McMillan & Dean Coulson 8:00:54
Joanna Faloon & Peter Heed 8:15:29



Erin and Gwyn of Au Sauble pit crew with Oliver and Chris

'A huge thanks to the feeding and support crew that made our race possible. Bob Vincent, Gwyn Hayman, Erin Ussery, Mike Hayes. You folks were amazing. ' (writes Chris Prater on FB)

Why Go Pro? (The canoe, not the camera!!)

Stock boat racing has quickly moved from a small part of OMCKRA races to a major part of some events. Witness the sharp rise in participation on stock boat classes at The Mattawa River Race for example. But for racers who want to go further, so-called "pro boats" are a higher level. Paddling pro boats sharpens your technique. Anything that slows a canoe down wastes energy and technical glitches that merely slow down a stock boat are more obvious in a pro boat (a pro boat bow person pulling behind themselves typically rocks the canoe from side to side; a sternsman doing the same draws the back end of the canoe down) So paddling a pro boat will sharpen technique that makes you faster in a stock boat race. The "A" races, The Au Sable Marathon and La Classique, and of course the higher attended classes at the General Clinton, are exclusively pro boat races. And you can take part in nifty training camps in Florida. See the video at this URL. <https://marathonpaddle.ca/> Pro boats are definitely upping your game. But our coaches advise you to split up your regular team and share our early experiences with a well-versed paddler. There's lots to learn!

Aus Sauble Marathon



We did it! 120 miles of the Au Sauble River from Grayling to Oscoda. 16 hours 15 min. We hurt. Lots of highs and lows. 35th overall and the top Rookie team. This was the most intensely competitive race I've ever experienced.: Chris Prater

Dragan recovering

Dragan Olajdzija, who suffered a catastrophic head injury in a fall at work in January, is back paddling on a limited basis. His friends in Toronto are getting him out in an outrigger canoe on the Humber River and on the Toronto waterfront. Dragan still has balance problems and his hearing is limited but he's moving forward. Way to go Dragan!!!



Dragan is with Liz Loek and Dean Coulson

2019 Provincial Marathon Canoe Championships

Provincials are important as a goal for paddlers. As a sports organization we also need to demonstrate to our funders such as the province of Ontario what we are doing which includes having provincials and provincial teams.

Marathon canoe, kayak, SUP, outrigger, recreational classes. All welcome.

C2 Pro Mixed , C2 Stock Mixed

Kawartha Paddle Quest

Peterborough

June 22, 2019

kawarthapaddlequest.com



C1 USCA, C1 Stock, HPK (K1)

North of 7 River Run

Bancroft

July 6 & 7, 2019

North7RiverRun.com



C2 Pro Men, C2 Pro Women

C2 Stock Men, C2 Stock Women

Mattawa River Race

North Bay July 27, 2019

mattawarivercanoerace.ca



PROVINCIAL CHAMPIONS IN 2019

Kawartha Paddle Quest 50 KM June 22

Mixed C2 Pro

- 1) Liz Loek & Dean Coulson 4:59:37
- 2) Jen Nicholson & Don Stoneman 5:31:46
- 3) Bob Vincent & Gwyn Hayman 5:45:33
- 4) Rob Horton & Justine Brown 7:12:38

Mixed C2 Stock

- Jamie-Leigh Chapman & Justin Yatkowski 5:53:53
Amy Thornton & Eric Jones 6:03:11
Radu Crisin & Roxanne Crisin 7:05:35

North of 7 River Run 13 km July 6

High Performance Kayak (incl K1)

- Andre Zoubakine 1:19:07
Gord Pfohol 1:22:14
Alison Sandeman 1:35:56

Fast Kayak

- Michael Walmsley 1:27:52
David Conroy 1:34:26
Gail Bailey 1:34:29

Long & Short Kayak

- Vicki Govan 1:43:05
Tammy Quilty 2) 2:17:01
Sarah Pilgrim & Angela Harrison (tie) 2:26:55

C1 Stock

- Jen Nicholson 1:53:15
Kim Snell 2:43:22

C1 Men USCA

- Dean Coulson 1:22:16
Stan Machacek 1:25:33
Don Stoneman 1:27:02

Provincials continues next page

Provincials... tell us what worked, what didn't!

We are hearing that linking Provincials with existing races is working for people ... but are we choosing the right race for the right classes? That we're not so sure about. What would work better for you? Also our goal to have paddlers race in the Triple Crown conflicted with some of the choices we made for provincials races. Can we do better? Send your suggestions to info@omckra.com and help us do a better job! info@omckra.com

Provincial Champions continued.

Mattawa River Race July 27 61 km

Pro Mens C2

Derek Reed & Robert Reed 6:13:30
Paul Adams & Nolan Adams 9:57:12

Pro C2 Womens

Liz Loek & Karen Simpson 7:01:46

Stock C2 Mens

Tim Turner & Pat Turner 6:32:07
Gaetan Plourde & Jeff Brainard 6:41:48
Harold Walker & Stephen Walker 7:08:07
Jamie-leigh Chapman & Justin Yatkowski
8:03:24
Norm Drolet & Nicholas Drolet 8:23:33
Matthew Mokanski & Desmond Fan 8:55:17

Stock C2 Women

Bonnie Pankiw & Ellen Pazdzior 7:47:37

Rec Women

Monique Cormier & Katherine Zappala
9:36:34

Recreational Mens A

Rob Gregoris & Shawn Bruin 6:50:06
John Larmer & Colin Pollard 7:33:07
Erik Peterson & Claude Roux 7:50:03
Robert Marcolini & Scott Hopkins 8:04:03
Matt Luoma & Michael Maki 8:29:42
Dave Richardson & Andre Stewart 8:30:20
Steve Livingstone & Aaron Chiu 9:15:07
Hugh Colbert & Cole Gordon 9:44:05
Kurtis Romanchuk & Mike Romanchuk
10:15:10
Brett Bowman & Andy Carr 10:16:38
Joshua Berkelmans & Jesse Sorensen
10:24:00
Lee Winger & Chris Winger 11:11:52
Skyler Surnoskie & Austin Lubitz 11:12:20

Recreational Mens B

Phil Van-Lane & Tony Huynh 8:11:30
Dustin Demille & James Farquhar 8:11:53
James Kuehl & Dan Kuehl 8:19:05
Randy Jacobs & Ryan Jacobs 9:54:50
Brian Storosko & Mike King 10:46:35
Ken Gibbins & Josh Gibbins 11:27:09
John Bradbury & Justin Green 11:33:42

Upper Ottawa River Race and Paddle Festival Aug 9 to 11

Registration is at Riverside Park in Pembroke on Friday night Aug 9 from 5 to 9 pm. **There is no registration at race site.** The 44 km race start is at the Deep River Yacht Club with a meeting at 6 am and a 6:30 start. The race continues past Petawawa to the finish line at Pembroke Riverside Park. 13 km race starts at Petawawa Point Park registration 8:30 am, 9:15 meeting and 9:30 start. This race finishes in Pembroke. More details on the weekend here. <http://www.upperottawariverrace.ca/userfiles/2018-UORRPF-Schedule.pdf>



Canoe Kayak Ontario (CKO) - Rowan's Law—please read!

OMCKRA along with Sprint and Whitewater disciplines make up Canoe Kayak Ontario. CKO is the recognized sport organization for canoe racing in Ontario.

Rowan's Law: Here's what young paddlers (under 25) and the parents of minor-aged paddlers need to know, for now. More to come later.

Rowan's Law, to increase awareness of concussions, affects paddlers under the age of 26 and is required by the Ministry of Tourism, Culture and Sport.

On July 1, Rowan's Law came into effect in Ontario, affecting the provinces 65 "Recognized Sports," including Canoe and Kayak racing. For those of you who are unfamiliar, Rowan Stringer, a young rugby player, suffered a series of concussions in competitions over the period of a week or two, and subsequently died in Children's Hospital of Eastern Ontario. She was 17. The Province is determined to change the culture of sport so that competitors who have suffered an injury are not sent back into play before they are healed.

<https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>

Above is the link to the Concussion Awareness Resources document that amateur athletes, parent, coaches, team trainers and officials are required to review. Athletes 25 years old and under, registered by the association on July 1 and after, are required

to confirm that they have reviewed these resources. (There are separate pamphlets for kids 10 and under, age 11-14, and those 15 years old and up.) Parents of minor athletes (under 18) are required to confirm separately that they also have reviewed the documents. Rowan's Law calls for this review to be repeated and confirmed annually.

OMCKRA and Canoe Kayak Ontario will be establishing rules of removal and rules of returning to sport protocols, as well as rules for sport that will help avoid such injuries. While there are relatively few reported concussions sustained while marathon canoe training and racing it's important to remember that aerobic activity can exacerbate the effects of a concussion. An athlete injured in another sport should not take part in a marathon canoe/kayak race.

Also see this: <https://www.ontario.ca/page/rowans-law-information-sports-organizations-and-schools#section-1>



Rowan Stringer

Athletes 25 years old and under...are required to confirm that they have reviewed these resources. ... Parents of minor athletes (under 18) are required to confirm separately that they also have reviewed the documents ... annually.

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

Membership may be paid by

- ◇ **e.transfer** from your bank to 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

 **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. Please don't mail cash .

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

| Fee schedule 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 | |

| List Family Paddler Names | 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: _____