



HUT!

Edition # 1

Feb 2020



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Renew your membership!!



2020 Executive
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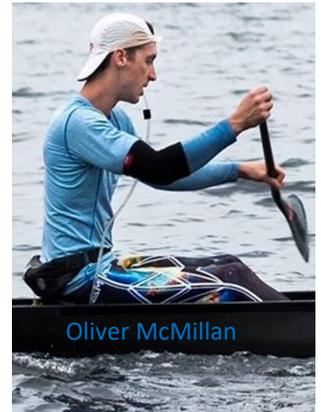
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President's Message

Well, I can't believe it. As I'm sitting here writing this the banks of the Thames river by house is in full flood from an incredible amount of January rain. The soccer fields near the river are under about four inches of water (not quite enough to get a game of canoe polo going). This time of year, we begin looking forward to the upcoming season. It's a good time to plan our goal races for the year and the paddling itch creeps back into us, if it ever left! The spring races have always been difficult to train for with frozen rivers and chilling temperatures or dangerously high water. I urge everyone to take precautions while paddling in the spring,

while an ice bath is good for recovery its not fun when the air temperatures are in the negatives and you're a long way from your vehicle. Some elite paddlers choose to go down to Florida in March where the waters are warm and they can take full advantage of a full week or two of paddling to get the ready for the upcoming season. No matter what kind of spring training you plan on doing this year I hope you share my excitement for the upcoming season.
See you on the water,
-Oliver



On the cover—1970's Throw back back

Amazing the things you find when you dig out your basement. The paddlers in the cover photo are Elwood Stewart, Oshawa, and Dale Weaver, Coboconk, probably 17 at the time. The photo was taken at the 1977 La Classique in Quebec.

About an hour into the first day the stern seat broke and Dale (wearing an OMCRA t-shirt) paddled the more than six hours, sitting on a single crossbar. Note the grimace!

Canoe 102. Total time, 16:09:28.
Day 1, 7:21:50. Day 2, 4:49:33. Day 3, 3:58:05.
Results at <https://paddlestats.net/>

Like us on Facebook! Follow on Instagram, email stories...

OMCKRA's 2020 social media campaign; celebrating our community

The Marathon paddling community shares a long history of entertaining stories of rising to and celebrating challenges. Those stories are shared in this newsletter on our website and through social media. We're all part of this community. Volunteers working on the board, in committees, Race Organizers, Race volunteers, Club representatives, Club members, members of OMCKRA and paddlers coming out to their first race or training for a greater challenge. Each of us share our photos, our stories celebrating our sport and our community.

This year President Oliver and Vice President Paul Adams are focusing on social media to even more connect our community and other paddle racing communities. We want everyone to know what a great sport Marathon canoe/kayak racing is.

We need your help!

Like us, follow us, email us or post your photos, videos and stories for inclusion in the HUT!, in our book coming out later this year, on our website or on our social media sites. If we use your material on the website or in the book, we'll give you a credit and put your name in for a draw for an OMCKRA tuque.

info@omckra.com; omckra.com

<https://www.facebook.com/OntarioMarathonPaddling/>

<https://www.instagram.com/ontariomarathonpaddling/>

https://en.wikipedia.org/wiki/Canoe_marathon



The Handbook for Marathon Paddlers will come out this year and we need your help. Send us your pictures and videos to use in the Handbook, updated brochure, website and social media push. Photos and videos used will be given credit and names put in a draw for 10 OMCKRA toques.



Kids programs at the Wai Nui Club

News from an OMCKRA sanctioned club. Wai Nui was established in 2005 to grow the sport of outrigger racing. We have expanded to include SUP and surfski. Our mission is to promote an active healthy lifestyle through a love of water sport and an appreciation for our waterways.

Wai Nui O Kanaka Outrigger Canoe Club runs four weeks of half-day children's camps, based at our location downtown off Water Street in Oakville, allowing access to both Sixteen Mile Creek and Lake Ontario.

Safety Requirements: Participants must be able to swim comfortably with a PFD. Paddlers will be grouped for skills progression. Campers can earn three levels of certificates. These sports offer a fun way to develop skills on the water. Coaching includes a progression from basic paddle stroke with increasing skill development, in the canoe and on a SUP.

We promote an active, healthy lifestyle, a love of sport and an appreciation for water - providing safe and affordable recreational and sport access. Our sport brings people into close contact with the urban wilderness waterways. The Club attracts and trains people of all experience and fitness levels from absolute beginners to international competitors.

There is no requirement for prior experience or fitness level necessary, we offer programs for ages 8 - 15, inclusive of those whose culture may not have traditionally embraced paddlesports. Our camps include a progression from basic paddle stroke with increasing skills development; all paddlers

experience large boat paddling in the 12 person double-hull outrigger canoe and the 10 person OMCKRA North Canoe, as well as SUP. As they progress, they also work out in single, double, or six-person outrigger canoes and surfskis - we purchased 5 surfskis last year, two of them child-sized. Both outrigger canoeing and paddle boarding deliver a full-body workout. SUP and canoe offer a fun, relaxing way to play on the water and the programs also offer a more vigorous intense workout for those looking for a challenge. Our coaching starts with basic skills and techniques with the club providing full basic gear and all paddling equipment.



In 2020, all going well, we aim to host our first children's race.

Paddling builds healthy communities and strengthens volunteerism: it promotes a healthy live-long active lifestyle; enhances physical and mental health; promotes care of and appreciation for an environment blessed by nature; it celebrates Canadian canoe and First Nations paddle heritage.



Race Schedule (dates & sanctioning tentative)

Thames River Classic April 4, 2020	Sudbury Canoe Club Marathon June 21, 2020
Upper Jock River Race April 11, 2020	Leander Boat Club, Hamilton June 28, 2020
Sydenham River Race April 19, 2020	North of 7 River Run July 4 & 5, 2020
That Dam Hespeler Race May 3, 2020	Little Current to Killarney TBD 2020
Marsh Mash Canoe Race May 9, 2020	Kingston to Ottawa (K20) July 18,19, 2020
Canoe The Nonquon June 6 2020	Mattawa River Canoe Race July 25, 2020
Saugeen Paddlers June 6, 2020	Wai Nui Why Not Race Aug 9, 2020
Kawartha Paddle Quest June 20, 2020	Lake Ontario Crossing TBD 2020
Canadian Marathon Nationals, Lunsden Sask June 19-21, 2020	Upper Ottawa River Race Aug 7-8, 2020
	Great Muskoka Paddling Experience Oct 10, 2020

For more details see website: omckra.com/races-schedule/

OMCKRA Membership Form

Name			
Address			
Phone		Email	

Fee schedule	Enter fee (\$)	Date of Birth (dd/mm/yyyy)
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 \$70 Parent provide family info. (maximum 4 adults)		
List family paddler names & birth dates below or on separate page		

Fair play agreement, waiver and concussion policy must be agreed to by members: As a Member of OMCKRA, I agree to behave in a sporting way, with a sense of fair play and to follow the rules and directions of Organizers of OMCKRA Sanctioned or Recognized Events. **Waiver: I have read and agree** with the full waiver printed overleaf on page 6. 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. **Rowan's Law (concussion policy):** I confirm that I have reviewed the Concussion Awareness Resources document at the Ontario government site: <https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>

Signature: _____

By-law change

Bylaws may be amended by the Board of Directors and become immediately effective. Such amendments must be published in the newsletter and are to be submitted to the subsequent Annual General Meeting for approval.

The OMCKRA board reviews policy documents every year making updates as needed. This item has been brought forward by Race Organizers and it seems timely to make this change and be more inclusive to current boat styles.

North Canoe

- All canoes must look like authentic North Canoes.
- Outside should look like birch bark and symbols should be on the bow.
- No rudders, fixed or otherwise, are permitted.
- Keels, if any, shall be fixed and integral part of the canoe.
- Rocker is unspecified (discretion of the builder).
- Weight is unspecified.
- Maximum length is 26 feet. Canoes built prior to 1985 which are between 26 feet and 26 feet 6 inches are to be accepted.
- Prow height measured from the keel line is a minimum of 40 inches.
- The distance between the ends of the canoe and the point where the bow or stern meets the keel line is a minimum of 24 inches. Above is a requirement to maintain a rounded bow and stern.
- Minimum beam measured 3 inches above the bottom at the centre of the canoe is 30 inches (outside hull measurement, excluding keel).
- The use of bent paddles and automatic pumps is left to the discretion of the race organizer.



Below is the back of the membership form

RELEASE FROM LIABILITY AND ASSUMPTION OF RISKS - OMCKRA

1. I acknowledge that the activities involve risk, dangers and hazards inherent in canoeing, kayaking and associated outdoor water sports (the Inherent Risk). And further acknowledge that in addition to the inherent risk the Activities involve certain additional risks, dangers, and hazards, some of which may include (but are not limited to): physical exertion for which I may not be prepared; weather extremes, including sudden and unexpected changes, dangerous water conditions, including cold water and movement, waves, currents, rapids and white water, collision with natural and man-made objects, including rocks and other boats, and equipment malfunction or failure (collectively the Additional Risks).

2. I acknowledge that the enjoyment and excitement of my participation in the activities is derived, in part from the Inherent Risk and the Additional Risks and I agree to freely accept and fully assume all risk of personal injury, death, property damage or less, resulting from any cause whatsoever, including but not limited to the Inherent Risk and the Additional Risks and active or passive negligence, imprudence, lack of skill, error of judgment, breach of contract or breach of statutory duty of care on the part of the Organizer or the Ontario Marathon Canoe and Kayak Racing Association (OMCKRA). For greater certainty and without limiting the foregoing, I acknowledge that I use the equipment and facilities of the Organizer and OMCKRA with understanding of the nature, condition and state thereof and entirely at my own risk and acknowledge that I am solely responsible for the safety of my person and property and that the Organizer and OMCKRA assume no responsibility whatsoever for the safety of my person or property in connection with the Activities.

3. I waive any and all claims I may now and in the future have against and release and forever discharge from liability and agree not to sue the Organizer and/or OMCKRA for any personal injury, death, property damage or less sustained by me as a result of my participation in the Activities due to any cause whatsoever, including but not limited active or passive negligence, imprudence, lack of skill, error of judgment, breach of contract, or breach of statutory duty of care on the part of the Organizer or OMCKRA.

4. I agree to save harmless and indemnify the Organizer and OMCKRA from and against any and all liability for any personal injury, death, property damage or less to any third party, resulting from my participation in the Activities or in the operation of the Organizer.

5. I agree that I am responsible for all costs of rescue or medical attention rendered to me or for my benefit, arising from the Activities and I agree to indemnify the Organizer and OMCKRA from any and all liability in respect of any and all such costs.

6. I acknowledge that in signing this waiver and release I am not relying on any oral, written or visual representations or statements made by the Organizer or OMCKRA.

7. I agree that this Waiver and Release shall in all respects be governed by and interpreted in accordance with the laws of the province of Ontario.

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.