



HUT!

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2020 Executive

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President's Message

Finally some good news! The KPQ is a go for August 29th! With some very hard work done by organizers Mike and Heather Casey, they've been able to create a safe race following all the guidelines from the provincial government. That includes a limit of 100 people so sign up now!

Can't make the race but still want to sharpen your paddling skills? Coach Ryan Stepka is offering remote stroke assessments, simply sign up, take a video of your self paddling and you'll get an expert analysis of your stroke and tips of how to improve.

In a season such as this one, I'm happy that we are able to help such events take place. I encourage everyone to sign up for both events. This may not be the year to beat your PB but that doesn't mean you can't improve. Some of our coaches are back to offering on water training if you're in the Huntsville, Bancroft or London areas.

We are living in strange times and I hope everyone can still get on the water and enjoy the outdoors.



Oliver McMillan

2020 Kawartha Paddle Quest is a GO!!!!



Race organizers Heather and Mike Casey are very happy to announce that the 2020 Kawartha Paddle Quest is a GO!!! They will be following all the provincial guidelines; one of which is less than 100 racers at the race (so be sure to sign up ASAP). There will be no spectators. Stay tuned for announcements on Facebook or by email if you are racing this year.

Look forward to seeing you on the 29th of August!!!!

<https://www.kawarthapaddlequest.com/>

Marlowe's Story—Wai Nui Canoe Club

Story by Wendy Perkins, commodore of Wai Nui, a club sanctioned by OMCKRA.



Marlowe SUPs with a kayak paddle

Wai Nui O Kanaka Club has embraced outrigger, SUP, and surfski in connecting people to the joys of an active water-sport life. We run six months of the year, often seeking sheltered waters on Sixteen Mile Creek, downtown Oakville, when the waters of Lake Ontario get too rough, although many of our expert paddlers seek just those conditions out for their playtime.

We organized in 2004, and have grown substantially over time. We now have 8 OC6s, 4 OC2s, a few OC1s, over 20 SUPs, and 6 surfskis, all stored in our compounds, alongside storage for private members boats and public boats. The income from storage offsets our expenses, which are kept low by resisting the urge to construct a building.

It was a challenge understanding how to change up for operations 2020, but we rapidly put protocols in place for operating our regular programming plus good new camp protocols that keep kids and coaches safe. We have temporarily lost some of our cherished programming this year; both our seniors programs and our paddling for people with disabilities are not running.

Even so, we have over 60 adult members this year; 70 kids enrolled in our Wai Nui Camps, and host over 100 kids in camps organized by others, including from under-served communities.

It is a joy to operate kids camps! We have teams of 4 kids assigned to each of 4 coaches (small group camps of 16 kids each week, mornings only). They keep organized by us assigning them a colour, we have matching picnic blankets and they sit on a corner of the blanket they are assigned to and have matching coloured buffs as masks. Three of our summer coaches are hired with the federal summer jobs program that allows us to net revenue from these camps and provide a quality experience that is much appreciated.

This also allows us to accommodate some with special needs, such as Marlowe. We found that Marlowe could not SUP with any of our regular SUP blades. After observing her movements, I tried her with a high-performance kayak blade, and found she could sit and kayak a SUP with a lightweight wing blade, and could stand and SUP with the same blade. It has to do with the ergonomics of the lightweight blade, oval shaft and balanced weight at both ends.

Our website is www.wainuioutrigger.net . There are videos there that tell our story in more detail.

Marlowe is a kid who loves to be outside. Ready to try new things, she's paddled a bit at cottages over the years, so when a friend mentioned enrolling in a full-time paddle board camp this summer, she was definitely enthusiastic and ready to give it a bigger try.

"I love it!" Marlowe says with a smile, "It's just so much fun – when we are on the paddle boards everyone is there together, laughing, paddling, racing, falling in – I'm having such a great time."

Marlowe's Story—continued

Which is great to hear from the 11-year old. Marlowe, who has cerebral palsy manifesting in a weaker left side, has to work super hard – but it doesn't feel like work she says, "I've met new friends, and of course my old friends are here too which is such a blast. Everyone helps and everyone cheers for each other. The counsellors are so fun. They let us hitch a ride or pull us along when we need it – they help us out. But mostly they encourage us and tell us that we can do it. It's awesome."

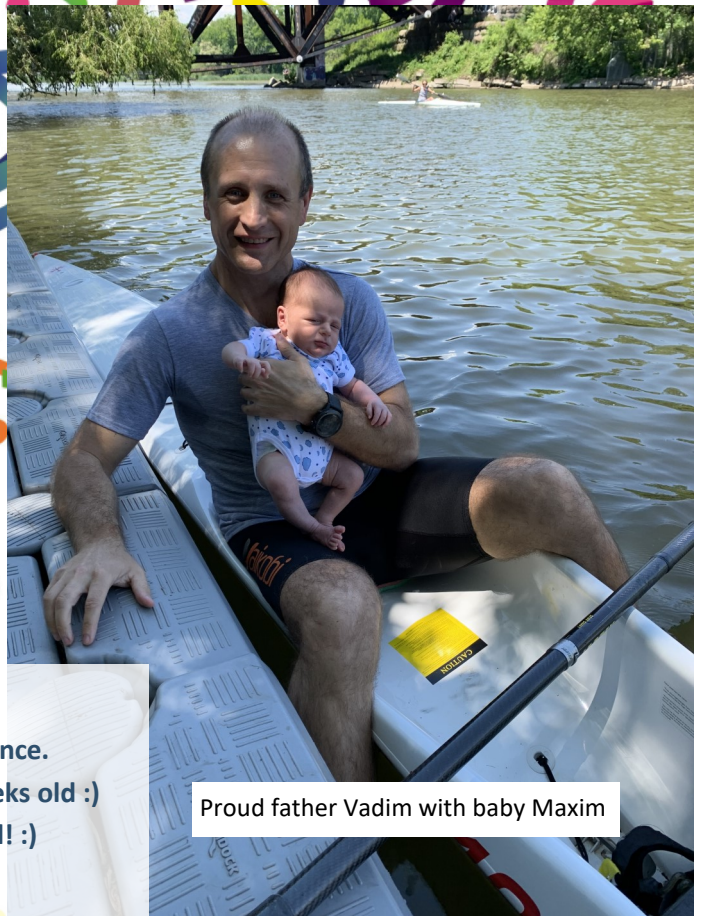
Marlowe's mom, Kari, has been watching her daughter's Wai Nui experience with gratitude.

"It's nice to see her so happy about camp and being part of the Wai Nui community," Kari says. "Wai Nui has been a wonderful experience for Marlowe, they embraced her from the beginning with kindness and sincerity – her inclusion was a priority, never a disruption, and their commitment to her enjoyment, to the enjoyment of all her friends both old and new has been terrific to watch and be a part of. I almost want to try it myself. Almost."

Newest Paddler—Maxim Lawrence!



Proud mother Alla and sister Natalya
with baby Maxim



Proud father Vadim with baby Maxim

Hello fellow paddlers,

Please meet a new paddler - our son Maxim Lawrence.

Today is his first day on the water - and he is 4 weeks old :)

"The only child" status of our daughter has expired! :)

The best Father's day possible!

Vadim Lawrence, OMCKRA board member

OMCKRA's Programs in the time of COVID

Each of the three disciplines within CKO of Sprint, Whitewater and Marathon (OMCKRA) add their own distinct value and focus to the association. The overall spirit is to welcome and foster a drive to physical health based on canoe and kayak competition.

OMCKRA's programs are Paddler Development (making better athletes), Coach Development (making better leaders), and the Race Development Program. The paddler development and coach development programs develop and support individual athletes and leaders to excel at any age and stage of ability. OMCKRA can continue these programs with some limitations in spite of COVID.

The "Race Development Program" is another matter. Some of the 15 to 20 annual races in communities across Ontario have run for more than 50 years, have a wide variety of purposes in addition to racing and help build community capacity with the volunteer organizing committees supported. These competitions raise funds for heritage societies, conservation authority programs, and watershed preservation. CKO-Marathon provides insurance, guidelines and training program supports to their locally based race organizing committees. Marathon paddle races attract paddlers of every age and ability in a wide variety of craft from 9 person Rabaska, North Canoe, Outrigger, SUP, to single, double and 4 persons sit-down racing canoes. With paddlers as young as 6 and as old as 86 the Marathon discipline demonstrates the component of CKO most tied to concepts of Active for Life. Community races can be a few as 5 or 6 hard trained marathon teams on a 24K technical course to a hundred or more paddlers of every ability on racecourses from 10K to 200K or more in length. Marathon paddling competitions are truly community engaging while also attracting competitors from around the province, country, and world. With the COVID restrictions our race organizers have continued planning and community engagement for races as provincial restrictions allow. Marathon races are welcoming, respectful of the environment and the concepts of safe sport and fair play while driving participants to excel to the best of their own abilities.

The long distances of Marathon racing fits in well with the restrictions for social distancing. Organizers this year have done away with awards ceremonies and spectators at start and finish lines. Losing a year of planning and racing due to COVID has put the community-based races at risk. Some may not take place again due to losing community support and involvement. Even as areas of the province are opening and race organizing committees have put in many stringent mitigations for the safe running of the races there are concerns about lawsuits which prevent these well and carefully run races from taking place.

Most have been cancelled as the province works through Stage 1 and Stage 2 reopening. Stage 3 remains problematic because of the fear of lawsuits. Whilst civil actions are likely to be deemed frivolous and thrown out of court, it appears that sport leaders, including board members of the Canoe Kayak disciplines and Canoe Kayak Ontario itself, would be responsible for the cost of defending themselves in a court of law. This needs to be corrected. There is an example law that was passed in British Columbia.

Provincials Cancelled —commitment to community races as province opens.

For a few years OMCKRA has successfully tagged provincials with existing OMCKRA sanctioned community races providing the organizers with additional promotion and support. It has worked out well as boat classes can be spread over a few races allowing paddlers to participate in multiple provincial classes and tied to races with greater numbers of paddlers making it more fun. In 2020 the challenge is that races are cancelled and the planning committee can't count on the race taking place. The race support team and OMCKRA board instead have decided to cancel provincials for this year and support any sanctioned race where provincial restrictions around COVID begin opening.

Race Schedule (more details on website: <https://omckra.com/races-schedule>)

Kawartha Paddle Quest August 29, 2020 <https://www.kawarthapaddlequest.com/>

Marsh Mash TBD 2020

Organizers of Wai Nui Why Not have withdrawn their request for sanctioning and will run their race informally, with no insurance, by invitation only.

Kim's Story

Kim Snell is a long-time OMCKRA member and volunteer. She is a gardener, sometimes roofer, mother of four, grandmother of a delightful four-year old. A former kayaker, Kim now paddles a 15' stock C1 as her knees have stiffened.

Maybe it's not my story but it's everyone's concern. Black lives matter. Indigenous lives matter. Women's lives matter. Children's lives matter. Seniors lives matter. Air, water, and the environment matter. {Yes, there is a paddling connection here. Keep reading.}

Saying any one of these matters does not reduce the value of other persons or areas. It highlights what needs to be said again and again because there is no question that these are often treated as not mattering. What a demoralizing and heart-breaking view of the world where the value of lives is measured by the bottom line and not humanity.

What are Gramma or Grandpa worth in the nursing homes where workers forced to take multiple part-time jobs in various homes, decide they can no longer endanger their own families and so leave no one to care for the elderly. What worth those workers holding multiple part time jobs or forced to work when sick to avoid loss of pay or jobs? How are they measured, those lives lost to systemic racial injustice or when elderly care or community services areas are cut, so policing becomes the only available response to a health crisis?

Most of these issues have been percolating for decades but when Covid-19, aka the 'Boomer Remover" hit and eugenics pundits mused that those over 60 or in poor health should volunteer to clear out early and make room for market recovery, it sure brought some failings in the system to light and showed unexpected areas as important.

Kids risk their lives to stock grocery shelves for minimum wage, Medical workers from doctors and nurses to the cleaning staff, are often ignored. We rely on immigrant/farm and meat packing plant workers sardined into limited housing and work areas and losing their jobs when they fall sick. Minor pay increases reflect the risks but are later clawed back.

How are these related to each other and where does this fit in with a canoeing sport dedicated to personal improvement and distance paddling on waters taken as they

come? Marathon paddling is a community that supports others to succeed and learn and be together, improving skills and well-being. The environment where the sport is based is natural rivers, lakes, and streams with little or no changes imposed upon it. Man has made many changes to waterfronts and canals and so on but we make do, finding joy in dealing with manmade obstacles as well.

Access to and the quality of the waterways is important and respected by marathon paddlers. The community is loosely connected with few clubs but anyone willing to get out and build paddling skills is supported and welcomed. With what resources we have been able to gather, OMCKRA has helped establish a Marathon training program with boats in Sudbury, trained and supported coaches to provide paddlers with stroke assessment and coaching sessions. We help make it possible for race organizers to hold local community events that encourage simple involvement and also training to excellence. The Manitoba marathon association initiated a program for indigenous youth which Ontario will be watching to try and follow in their train. The Regina club in Saskatchewan is working with New Canadians, and we are watching that as well.

As I write this, there are still three events on the 2020 calendar, Wai Nui Why Not, Kawartha Paddle Quest and Marsh Mash. Despite all others being cancelled, a strong core of paddlers has established around coaches Gwyn Hayman, Bob Vincent, and Chris Near in the Huntsville area with regular groups of 10 to 15 paddlers coming out each week. In the London area, a group with Coach Oliver



How'd that apple get to me?

trains on weekends. Coach Ryan Stepka, with support from OMCKRA, is doing online stroke assessments of members. Coach Don is trying to establish a paddling group in the Bancroft area. We are sure that there are other groups as well. Please let us know what you are doing.

What this pandemic has brought to a forefront, to me, is the community and support we all give to each other. Every one of us is affected in some way by harms to others and are made better when supporting each other. The top marathon paddler Edith MacHattie recommended supporting paddlers to improve, not undermine, when she said, “when we all paddle faster, we all paddle faster.”

Each of us does our bit in other ways to address to our ability the many issues but it’s my thought that the marathon community is one example of a group of people trying to make the world a better place, a welcoming community respectful of the environment and each other.

Despite having the responsibility of raising a family alone, I have been told to my face, in some rude language, that as a woman I would be paid considerably less than my male co-workers. I have seen friends and family demoralized, harmed, and angered by racial slights. I am disgusted by the examples of inhumane treatment of people in our food industry and so now purchase direct from farmers as much as possible. So, this is mine and everyone’s story. I am not burdened by having to live with the more terrible repercussions of social injustice. I am lucky. But this issue is hitting very close to home for me and as long as any one of us is living in injustice no one is free.

Everything we can do to improve the world we can take joy in doing, be it writing a letter, funding a charity, buying responsibly, greeting our neighbours with compassion, or making it possible for local community races to take place and people to improve health, skills and spend time on and near the water, enjoying our world.

Thank you for reading my story, Kim Snell member of OMCKRA.

Many hands make light work, get involved!

OMCKRA is a volunteer run organization with a mandate to promote, represent and develop distance paddling as a racing sport in Ontario. We are proud of the support we provide to local community races and paddlers and of our welcoming and supportive community. 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 or support/establish community races?
- Volunteer for the sanctioning committee, which examines race plans, educates and encourages race organizer to adopt practices that make races fair and competitive.
- Work on the coaching program to keep coaches involved and up to date on professional development. Or become a coach!

Volunteering is a great way to be part of what most defines OMCKRA and to give back to the community while learning more about the support OMCKRA provides. Interested? Let me know if you want to be involved.

Contact us at info@omckra.com to find out how you can become involved.



Oliver James McMillan

By-law change—age categories

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 was brought forward by the National Marathon Racing Council in 2019 and Ontario is aligning to them, but by request of Ontario members, adding the Grand Master category. The change makes the category names easier to understand, better recognizes Masters and especially women in the Masters categories.

By-law change for age categories

Was:	Changed to:
Age categories Senior 18+ as of January 1 st Masters 40+ as of January 1 st Junior <18 as of January 1 st Bantam <14 as of January 1 st	Age categories Age as of as of January 1 st U14 (0 to 13) U17 (14 to 16) U20 (17 to 19) Senior (20 to 39) Masters1 (40 to 49) Masters2 (50 to 59) Grand Masters1 (60 to 69) Grand Masters2 (70 to 79) <i>Grand Master will continue in 10-year increments. Paddlers in U14, U17, U20, race in the category of the oldest paddler in the boat. Masters race in the category of the youngest paddler in the boat. Examples: paddler turning 14 in June of the year would be U14, paddler turning 60 on January 2nd would be Masters2</i>

By-law change for points categories

Was:	Changed to:
AWARDS BASED ON POINTS Open Male paddler Open Female paddler Masters Male Paddler Masters Female Paddler Junior Male Paddler Junior Female Paddler Bantam Male Paddler Bantam Female Paddler Recreational Male Paddler Recreational Female Paddler *see by-law 1 for age category definitions	AWARDS BASED ON POINTS Open Male paddler * Open Female paddler * Masters Male Paddler Masters Female Paddler Grand Masters Male Paddler Grand Masters Female Paddler U17 Male Paddler U17 Female Paddler U14 Male Paddler U14 Female Paddler Recreational Male Paddler Recreational Female Paddler see by-law 1 for age category definitions *Includes U20, Senior

OMCKRA awards

No change to OMCKRA awards other than age breakouts. We thought it would be interesting for members to see the rules for a reminder. This year OMCKRA will have an alternative awards as too few races are taking place—more on that later.

AWARDS BASED ON POINTS

Race Organizers must provide the Race Secretary with a copy of the list of all entrants in the race, showing the placings (1st, 2nd, 3rd and so on) in each class.; A paddler must be an Ontario resident and a member in good standing to be eligible for an annual award. Whether the paddler is in good standing is up to the discretion of the Board. However, points earned while the paddler was not a member in good standing cannot be counted towards the annual awards even if he/she becomes a member later during the season. A paddler must attend at least three races in order to be eligible for an award. Points towards the annual awards will only be awarded providing the class specifications of a race are the same as those recognized by the Association. Points for the annual trophies will be based on an individual basis (person with the highest points).

If a class is not advertised by the Race organizer prior to the race points cannot be counted toward the annual awards.

Providing the following minimum number of boats compete in a race, points will be awarded to contestants based on:

First Place	4
Second Place	3
Third Place	2
Finishing	1

AWARDS TO BE VOTED ON

- Race of the Year
- Sportsmanship Award
- Award of Merit
- Adult-Child Award

Race of the Year must be a sanctioned race other than the Provincials. The Sportsmanship Award may be given to the most deserving individual who performed a sportsman-like act during the past year. The Award of Merit may be presented to the person or persons who made the greatest contribution to the betterment of OMCRA. The Adult-Child award may be given to the Adult and Child who demonstrated the most enthusiasm and participation in the sport over the season. The president will receive nominations for the awards to be voted on (Race of the Year, Sportsmanship Award, Award of Merit and Adult-Child Award) prior to and during the AGM and the membership will vote and determine the award winners at the AGM.

Boat for sale

Carbon fibre V-1 made by Wenona. It has been kept indoors, and is in immaculate shape. Age is around 15 yrs. Hardly paddled, no dents or damage of any kind. Like shiny brand new! (couple small surface scratches.) Totally outfitted and race ready, (as it turns out by me many moons ago with centre spray tarp c/w bungee and paddle clips and under tarp spare paddle holder. stern and bow food trays with all pockets for drink and food. bow foot rest, stern foot rest straps, large bailer c/w quick pull handle, bow knee pads ridge rest on seats. quick release clamp on both stern and bow seat rails. The boat is all carbon, except for wood gunwales. comes with newer cover. I checked Wenona pricing and this boat new with exchange would be \$6000.00. I'm selling for \$2800.00. See attached photos. If you know of anyone interested, please let me know, give my cell # 705-331-6897, email padl2000@yahoo.com. It's in like new condition. Thanks much, cheers. Peter Harbocian

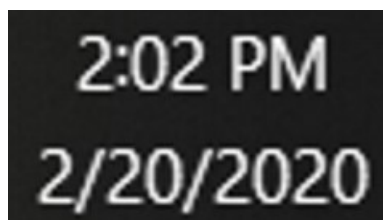


OMCKRA Membership Form			
Name			
Address			
Phone		Email	
Fee schedule	Enter fee (\$)	Date of Birth (dd/mm/yyyy)	
Individual/Race Organizer (per race)	\$50		
Full Time Student or <18 yr.as of Jan.1	\$40		
Child <20 yr. as of Jan 1 with parent	\$70		
Parent provide family info. (maximum 4 adults)			
List family paddler names & birth dates below or on separate page			
<p>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.</p> <p>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/rowan-s-law-concussion-awareness-resources</p>			
<p>Signature: _____</p>			

COVID-19 updates—cautiously opening

Following provincial guidelines and more Marathon clubs, coaches and program deliverers including races are applying strict protocols when opening any programs. Limits of 4 kids per coach or leader, delaying opening of para and seniors programs, gloves when passing race bags containing t-shirts and gifts, no touching of other paddlers boats or paddles, no awards ceremonies and no spectators. Marathon distance racing by its nature results in greater physical distancing and our program deliverers are taking that up more than a notch to be careful and respectful while also maintaining physical and mental health in these challenging times.

See info on covid-19 at: omckra.com/covid-19-updates/



It was around this date and time that I began to think this was going to be an unusual year.

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 repre-

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.