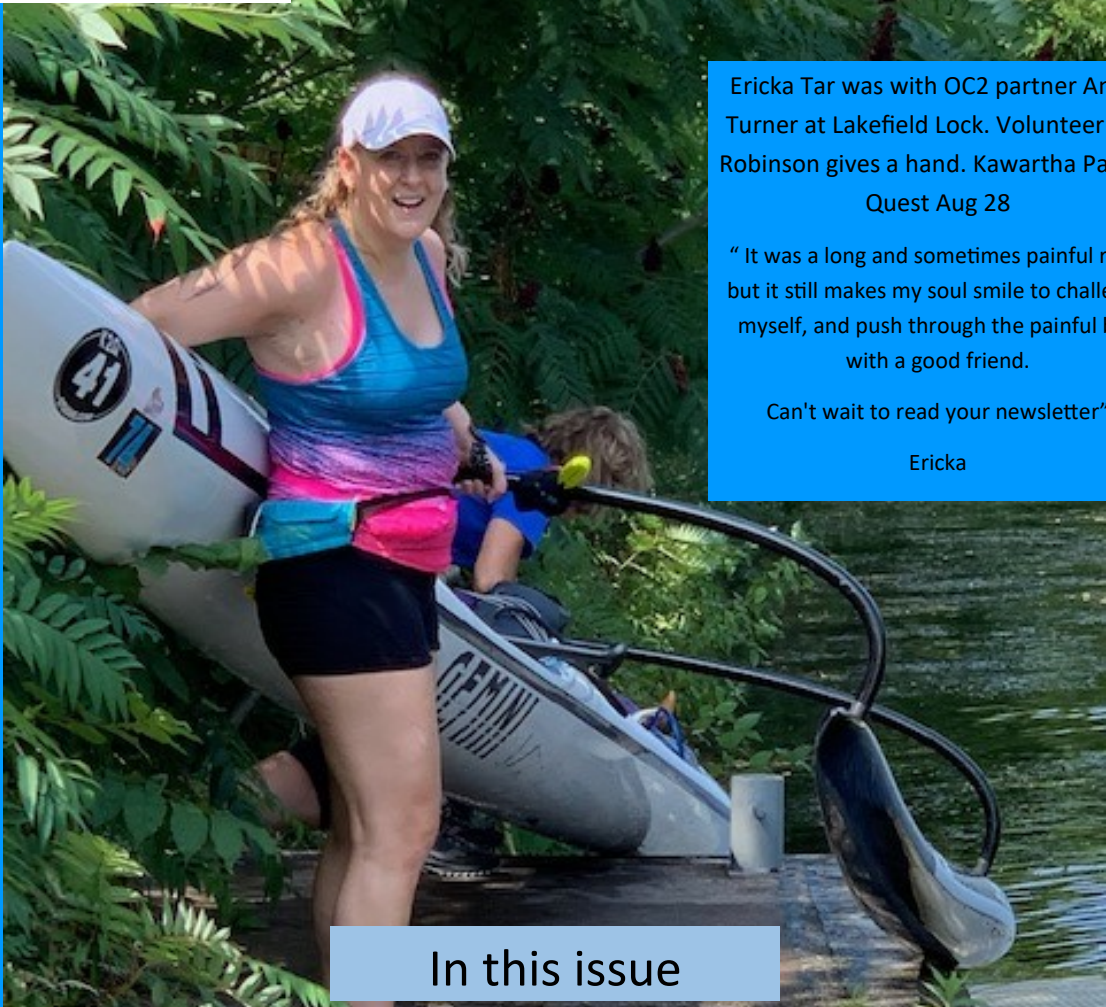




HUT!

Edition #3 September 2021



Ericka Tar was with OC2 partner Annie Turner at Lakefield Lock. Volunteer Sue Robinson gives a hand. Kawartha Paddle Quest Aug 28

“ It was a long and sometimes painful race, but it still makes my soul smile to challenge myself, and push through the painful bits with a good friend.

Can't wait to read your newsletter”

Ericka

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2021 Executive

Marathon Canoe Racing Council (MCRC) of Canoe Kayak Canada (CKC) rep:
Don Stoneman

Canoe Kayak Ontario (CKO) Representatives are:
Paul Adams (Marathon VP & CKO Chair), Karen Bender, Kim Snell, Don Stoneman

OMCKRA board

Race Secretary
Paula Loranger
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Recording Secretary

Treasurer
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Membership Secretary &
President
Oliver J. McMillan

Vice President
Paul Adams

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Member at Large
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Web: omckra.com
E.mail: info@omckra.com

Back issues:
omckra.com/home/hut/

President's Message

The racing has finally started! One of my favourite things about marathon paddle sport racing is hearing the stories that come out of each event. If you have a story to tell about an event or paddling adventure I would love to hear it, send it to us at omckra@gmail.com. Included in this edition of the HUT is the race reports from the racing over the month of August. As well as many stories from around North and Central America!



Oliver McMillan

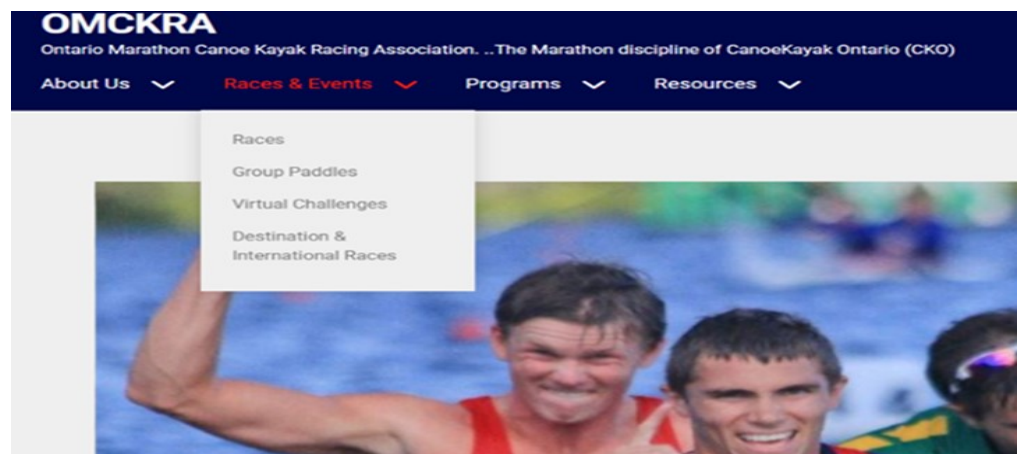
With four events behind us for the year we have several more coming up for the fall. The Huntsville 110 will be running in Huntsville the weekend of September 18th. The Great Muskoka Paddling Experience will be held in virtual format on Thanksgiving weekend.

November is quickly approaching and that means the OMCKRA Annual General Meeting will be held soon. The date is not finalized yet but will most likely be a Saturday near the end of November. Be on the lookout for an AGM notice in your email in the near future. It is my intention to step down as president of OMCKRA after more than two years in the position. I won't be going too far as I would like to remain on the board in the position of past president. I believe having good people on the board who can transition into and out of different positions makes for a healthy board. If anyone is interested in joining the amazing team we have at OMCKRA I encourage you to reach out to us at info@omckra.com. Together we can shape the future of marathon paddling in Ontario!

See you on the water ! - Oliver

New OMCKRA Website

The old website was visually exciting but we realized members were not always finding some of the pretty interesting information available on the site. We focused on improving navigation. Check it out. We believe it will be easier to find resources such as [boat type descriptions](#), race organizers [documents](#), [paddler](#) and [coach development](#) information. We've listed our [programs](#) on a single page and added a [For Sale](#) page, [virtual challenges](#) and a page listing some of the [destination and international races](#) which members of our Marathon community aspire to. Let us know what you think.



Race Reports - Shout out to our Race Organizers!!



Thanks to all who helped, CharterAbility for the safety boat and Paul from the Oakville Club for the zodiac safety boat, Sheila for pulling it together and along with France for start officiating, Elizabeth for running spotter, Delores for the jerseys, Kathy and Kelly for picking up lunches, Sharon and Lesley for keeping Registration together, Paula who so beautifully blessed us on the water today bringing Ojibwe greetings and gratitude, and Eric who was on the pier and sent along these gorgeous shots he took. Thank you to all Paddles UP, stay safe

Wendy adds below the words of Marianne Tai who put these words to the experience :

Wai Nui Why Not Race
 Oakville Aug 7, 2021
 Organizer: Wendy Perkins
 16 Mile Creek and Lake Ontario
wainuioutrigger.net



Today's race at Wai Nui O Kanaka - Outrigger Canoe Club was a lot more than just a race.

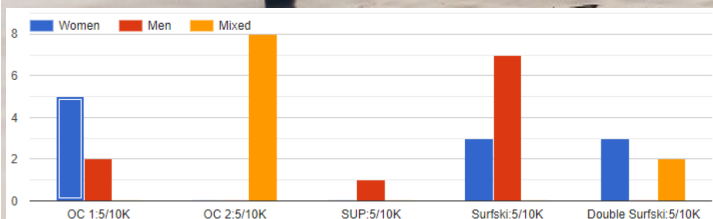
- We learned about the history of women's canoe and how it took a long arduous fight to reach equality.
- We learned about Para-Olympians who continue to keep pushing their limits after paralyzing accidents.
- We witnessed a fellow paddler in the community fight demons that none of us could understand but we tried to help shoulder her burden in every way possible so she could hopefully find some peace.
- We honoured our lakes, our land and our surroundings.. honouring our native ancestors and remembering that if it's not for them, there is no us. So we have to keep fighting for justice and equality for them in every way possible.
- We raced on a long 10km course that allowed us space to learn as a paddler, identify who we are, how we paddle and how to identify our strengths and weaknesses.
- Thank you to Wendy Perkins, Sheila Kuyper and all the volunteers and paddlers.

All of this can be summed up with one teaching:

A student said to his master: "You teach me fighting, but you talk about peace. How do you reconcile the two?" The master replied: "it is better to be a warrior in the garden, than to be a gardener in the war"



Racers gather on the water for the Indigenous Land Acknowledgment, followed by Paula Laing of Six Nations reading the Iroquois travelling song.



26 boats, 22 paddlers, 18 women, 15 men. 5K & 10K
 OC1, OC2, SUP, Surfski, Double Surfski
 Race results see omckra.com



Race Reports - Shout out to our Race Organizers!!

Kingston to Ottawa (K2O)
Organizer Gaetan Plourde
Aug 14, 2021
kingston2ottawa.ca



63 boats, 83 paddlers, 22 women, 61 men. 25K, 50K & 100K
C1, C2, K1, K2, OC1, OC2, SUP

Race results see kingston2ottawa.com/

The K2O race spans across the Rideau Canal waterway with the longest distance starting from Rideau Ferry and ending at the Rideau Canoe Club by Hogs Back Lockstation. The race course comprises different water sections including river, lake and cut canal. Gaetan fulfils a dream with a well run, challenging and exciting race for many boat types.

Around the Island (Manotick)

Aug 28, 2021 Organizer: Brian Schacht <https://www.manotick.net/paddlemantick/>

The first annual Manotick-Round-the-Islands paddling race was held on Saturday, August 28, 2021. The intrepid paddlers entered the Rideau at the launch ramp beside the swimming pool, at one minute intervals, in a race that became a nail-biter, pitting experience against youth.

By the beginning of the first portage at the O'Grady Street dock, the experienced pair of Chris Tyler and Terry Graham had extended their starting interval over the youthful duo of Brett and Luke Popplewell by over a minute. However, shortly after entering the back-channel at the Veteran's Park, Chris & Terry did not "see a poem lovely as a tree", until it swept them into the river. This put Brett & Luke close on their heels, until a second mis-read of the river had Chris & Terry walking; and the young pair overcame their start interval and took the virtual lead of the race.

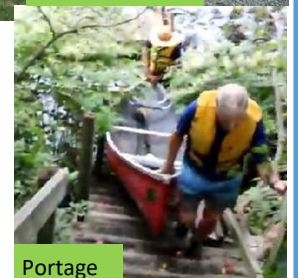
After rounding Nicolls Island, they were nose to tail as they climbed up the Long Island locks. Brett & Luke were looking fresh as they launched into the main channel with a small lead plus their one-minute start interval; but by the time they returned to Bridge Street, Chris & Terry overcame it all, establishing the course record at one hour, 47 minutes, 37 seconds.—Brian Schacht



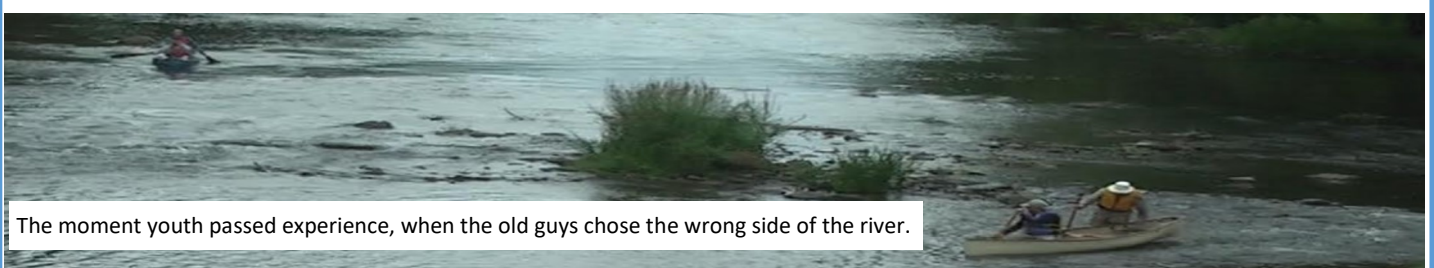
Gold Medalists



Silver Medalists



Portage



The moment youth passed experience, when the old guys chose the wrong side of the river.



Race Reports - Shout out to our Race Organizers!!

Kawartha Paddle Quest

Peterborough Aug 28, 2021

Organizers: Mike and Heather Casey www.kawarthapaddlequest.com

Heather and Mike looked at what other OMCKRA sanctioned races were doing and took the best ideas for their race. Always well run the race can be a challenge to organize working with the various agencies involved but these two and their army of volunteers pull it off with aplomb. It was great to see everyone there. This race has one of the best T's, lovely challenging course, volunteers at locks offer water, snacks and help with the boat if needed. End of race gathering a delight in the Beavermead Park right in Peterborough. I like how they give out the ribbons as paddlers arrive and then do the draw prizes without things dragging out. Great locations start and finish. Space to keep distance but still socialize. Magical.—editor

Heather writes: The only thing that I would add is that we are really trying to bring marathon paddling to the Kawarthas - to show off our town, waterways, and hospitality! With our famous Canadian Canoe Museum and the Liftlocks - a paddle race just seems like the right fit. Very soon the Museum will be situated right beside Beavermead Park which will make for a great finish line. After competing in triathlons, adventure racing, bike and running racing we really love the camaraderie of the paddle community - just wish we could race and organize the race at the same time!! - Heather



Mike and Heather Casey

45 boats, 64 paddlers, 18 women, 46 men. 10K & 50K
C1 Stock, C2 Stock, C1 Pro, FK K1, HPK K1, Kayak, Canoe, OC1, OC2, Rec Canoe, SUP
Race results see www.kawarthapaddlequest.com

Marathon paddlers in video shoot!

On Tuesday September 7, Bob Vincent, Gwyn Hayman, Don Stoneman and other members of the Huntsville training group helped make a video shoot for Muskoka Roastery Coffee Company. Bob and Gwyn led the Huntsville group in pass byes (strafting runs) within a hairs breath of Don who was manning a canoe containing the camera crew. There were calls of admiration for Gwyn's ability managing the boat (and growls from Don).



Bob and Gwyn with video crew



Destination and International races on the OMCKRA website

Check out the new page on the website listing some events our members aspire to. The 715 K Yukon River Quest, LaRuta Maya in Belize, the De-zives to Westminster International Canoe Race and of course the Triple Crown of Marathon Paddling: The General Clinton in NY State, The Ausable Marathon in Michigan and the beautiful jewel La Classique of Quebec. Ontario races as well attract North American and International athletes.

Amado Cruz of Belize an Olympian!



OMCKRA is immensely proud of the part our members played in supporting Belizean teams as they race internationally and Amado Cruz in particular. Coach Bob Vincent trained Belizean canoe paddlers considerably over the years, and in 2018 OMCKRA wrote letters of support to bring Belizean paddlers to our Canadian Marathon Nationals. OMCKRA arranged for billeting in Sudbury and in Quebec and transportation to La Classique on Labour Day weekend. Subsequently, Amado Cruz and team mates Chris Guydis and Rudolph Gentle attended a PanAm Games qualifier held in Nova Scotia.

The 6'5" tall Amado was hard to miss at Nationals. He won the Senior C2 Mens class with Kris Archibald of Nova Scotia and chased Saskatchewan's Trevor Robinson to the finish line in C1, racing in a type of boat he had never seen before. Amid the shutdown with COVID Amado didn't think he would be able to compete at these Olympics, quit training and got back to work. He was only told in mid-spring that it was a go and started getting back into shape!

Many Belizean paddlers wear T shirts donated from Ontario races. In turn many OMCKRA members have shirts from LaRuta Maya acknowledging the support of Coach Bob Vincent, who was publicly honoured there when he attended LaRuta Maya in 2019.

Below is excerpted and condensed from an International Canoe Federation story:

This year, 33-year-old Amado Cruz created a slice of history that will never be challenged. He became the first athlete from Belize to race in canoe sprint at an Olympic Games and was one of just three athletes from the Central American country competing in Tokyo. Cruz was one of two canoe sprint athletes awarded a tripartite quota for Tokyo, Olympic positions which are set aside for athletes from countries where a sport is in its infancy. The second quota was awarded to Mozambique in Africa. Cruz earned his Olympic tattoo at a time most athletes are retiring from international competition, but he does not care. He has worked too hard for too long to wear his country's colours at the Olympic Games.

For a country that boasts beautiful coastlines and waterways it may be surprising there have been no Belize canoe sprint Olympians before. It's not because canoeing is not popular in Belize. Kayaking is still relatively new in the Central American country, and they don't have the resources to support a high-performance programme.

"Kayak is something new in Belize that started in 2016, and I've been competing in other countries in kayak because we don't have what we need to advance in Belize," Cruz said. "A lot of people are supporting me back home in Belize, and there are a lot of kids who will want to be here at some point. They have been training in some kayaks back home, but we need the proper equipment and coach for Belize so we can advance to be here in better conditions.

"Right now I'm the fastest in Belize, and there's no one I can train with, so it's difficult for me, and we don't have the proper equipment, or a kayak that is the right size for me."

Getting to the Olympics won't be enough to guarantee growth in the sport in Belize. Along with the lack of resources, there is no live television coverage of Cruz's events back in his home country. But people are talking about it, and when you are one of just three athletes representing your country at the biggest sporting event in the world, you are going to get attention at home.

"There is a lot to learn, so I just come here to do my best and to make Belize proud. Right now I'm just happy to be here," Cruz said. "I was a bit nervous because I am competing against the best in the world, there's a lot for me to learn here just from watching the way they paddle. And when you are paddling against the best, you have to be nervous."

Cruz finished 23rd in the men's K1 200, and 25th in the K1 1000. And Belize is now part of Olympic canoe sprint history.



Respect Mother Nature

Former OMCKRA member Vadim Lawrence flew in from his new home in BC to attend the KPQ. Below he shares a story and says "It was great seeing you and many other paddling fellows again. I really enjoyed having the opportunity to be in that fantastic environment and having the rare (in current strange time) chance to race! That energized me a lot!" - Vadim



Here is a screenshot of my practice on Aug 14th below. Smoke from forest fires was heavy with visibility less than 2km. From one shore you could not see another shore. From 6km mark of my route I was not able to see the bridge which was 1.7km away. My original plan was to paddle 12km - 5km across the lake, 1km north along the east shore and then back. Soon after the 6km mark I turned west to cross the lake. Waves were small and almost from the north (from right side) and soon I decided to turn a bit left to ride the small waves a bit. As my position at that moment was several km north from destination point, it made sense to go diagonally to the destination point instead of straight across the lake and then south along the west shore. However, I switched my attention too much to riding waves instead of paying attention to the direction of movement. I saw a shore near the 9km mark and realized it did not look like the west shore. Soon I realized that I had ended up back on the east shore. Surprise! After the 11km mark I decided to repeat crossing the lake at a narrower part of it and to pay more attention to direction. The only orientation means I used that time was the direction of waves. I needed to keep it the same. (I had a compass, GPS enabled phone and GPS enabled watches with me, but at that moment did not feel a need to use it yet. Additionally, when I am on the water my family is always aware of my planned route and duration of the training and they can track my location).

On the map you can see that even as I was trying to go west straight across the lake, using only the direction of the waves as an orientation means, it pushed me a bit to the south. If I would not have been able to see any shore 3km after 11km mark I would start using a compass or would review my position on a phone. Before reaching 13km mark though, I was able to see a shore again, recognized it as the west side and the rest was quite confident paddling to my destination.

My lesson from this situation:

1. Mother nature is ALWAYS stronger than us. Respect it.
2. Having and using more than 1 orientation means/tools is better than just one. Seeing surrounding landscape and knowing it is very important. Get familiar with it prior to going for practice/race in unknown places. When not possible to use landscape orientation, use technical means/tools (compass or GPS device).
3. In bad conditions, verify your position more frequently.
4. Seeing your km on watches during practice/race is good additional orientation tools.
5. Always have a plan of action for when something does not go according to your original plan.



The more I paddle alone and in different places, the more I realize the importance of safety on the water. My paddle training is not often like this one and I am thankful to mother nature it did not teach me "the hard way".

THAT TIME I DIED

Story by Carol Rabuck

I don't remember that day very well and it took a while for my memory to work again.

It was the 24th of July 2016. The last I can recall I was pulling in to the Wawa off of the New Jersey turnpike, well before I got in the C4. I found a receipt in my car months later: blueberry muffin, coffee, Trident gum and nearly half a tank of regular. I don't remember the canoe club or the road into it by the giant elephant in front of the concrete company, the double railroad tracks, and the winding industrial road following the river beyond. The missing pieces have been filled in by the people who were with me and later by my brother and my housemate.

My friends Linda Lensch and Susan Williams had found a four-man canoe, a C4, for us to use in an upcoming 90 mile marathon, the Adirondack Canoe Challenge. We were excited to be able to borrow it in July for the race in September. Susan would be away at another marathon, so Linda had asked another Jersey paddler, Gil Ross, to fill in for our first practice. Our fourth was Betsy Ray, a young 24-year old former junior national team kayaker who had turned canoeist, lucky for us. Linda is a former dragon boat team member and outrigger paddler who I'd met through Susan.

Susan is a canoeing expert with a wealth of knowledge about rivers, boats and anything to do with all things canoe. On this day I was missing her presence, but I was meeting Gil for the first time and had heard nothing but great things about him. He'd been on the U.S. Olympic high kneel canoe team in 1980 when, sadly, it was decided the U.S.A. would boycott the games. He was a seasoned steersman and would guide our practice. Linda has told me I helped get the boat out and had instructed how to put it on the wheeled dolly. The dolly would be strapped into the boat during our race. It was critical for timing's sake that we practice getting it on and off quickly and securely as the next steps of the race involved moving the boat between lakes and rivers, otherwise known as a portage. Linda said I'd done a great job describing what to do. We then took our seats: me in the bow, then Betsy, Linda and Gil steering in the stern. I'm told we paddled down the

river towards an old submarine and close by the Von Stueben house. We had agreed to go at an easy pace to get used to each other and the new boat. Most of us usually paddled a two man or C2 or a single C1. On this day it was a lucky miracle we were in a C4. These boats are light weight carbon fiber or Kevlar. They tip over easily if you make a mistake. About 45 minutes in we decided to rest and Linda said she asked if I wanted to head out into a wetland bay area or go back to the smaller channels. She said it was I who chose the smaller channels: another stroke of miraculous fortune. If we had gone in the bay there would have been no way to get back to help. When we started off again, she said I had taken the rate up and was almost at race pace. She stopped the boat again in hopes that I would start off slower the second time. She had asked me what I wanted to do and I'd said "Eh, just piddle-paddle", a non-sensible answer and certainly not one I recall.

Before we started off again I started to slump forward. Linda called for us to go and told me to stop fooling around but I now was leaning to the left and my head was inches from the water, then the top of my head was in the water. "She's not fooling around. Something's wrong," Linda had said and she screamed at Betsy to pull me up by the back of my shirt as she dove in the water to push me back up. She said my lips were blue. We floated now nearby a concrete bridge where Linda often saw two fishermen. Gil moved up and Betsy back as Linda scrambled to get back in the boat without tipping it. For anyone who has ever been in a marathon C4, that feat, in and of itself is miraculous. Gil was reaching around me and slamming his closed fist on my chest. Both of them placed my upper back across the seat and took turns doing chest compressions as Betsy took Linda's phone out of the dry bag to dial 911. As Gil and Linda worked on me the boat bounced up and down, rendering the effectiveness of their efforts by half.

Continued, next page.....



That time I died, continued

"Is anyone there? Fisherman are you there?" Linda called out. Suddenly the two fishermen friends she had met while paddling appeared and readily jumped into the water to hold the boat steady. The tide was such that they stood in chest deep water. Had this happened at a different time during the tide, who knows if I would have survived! Over five minutes had passed. Betsy was becoming hysterical on the phone with 911. She was unable to give the operator an address because there was no address. There are no addresses on the river! The bridge led to an old factory no longer in use.

The operator was threatening to hang up. Ten minutes went by. Linda could feel she was losing me and so she grabbed me by the front of my shirt and screamed at me "I need you to stay with me!

You have to stay with me, Carol!" They continued CPR and it was now fifteen minutes since they started.

There was nowhere to take the boat. The sides of the canal were steep and lined with overgrowth. They had to stay where they were and hope for the best. Betsy was successful in relaying our location and help was on the way. but it would take another 10 minutes. I found out much later that nearly half of the Hackensack Fire Department answered my call. Months later I drove down the narrow winding road their rigs had to travel. It reminded me of an old carriage lane, nearly wide enough for one vehicle. The EMTs threw a portable gurney with straps down to the boat. Linda and Gil strapped me securely in and I was hoisted up onto the bridge. A month later at home I suddenly remembered hearing a voice. It was a woman's voice and she was telling me "These people are going to take care of you now. We'll see you at the hospital." They didn't know if I had a pulse or not.

I was put into critical care at Hackensack hospital where my condition was grave. Standard procedure is to put the patient into hypothermic suspension, a chilling of the

blood, to prevent brain damage. It was six days before I was fully conscious and non-combative. (I kicked and fought, cursed out the doctors and nurses and was a general terror.) It was another seven days before I went home. Towards the end of my hospital stay I received a surprise visitor named Jodi. She introduced herself as the supervisor in charge that day the EMTs came for me. "You had a pulse when you were put in the rig but we had to resuscitate you three times enroute to the hospital. We used a new compression machine on you. It was the first time we used it." Later on I would see Jodi again at the



Hackensack Fire Dept annual awards dinner and I would have the wonderful and unique privilege of meeting the men and women who worked to save me. I presented them with recognition awards for their

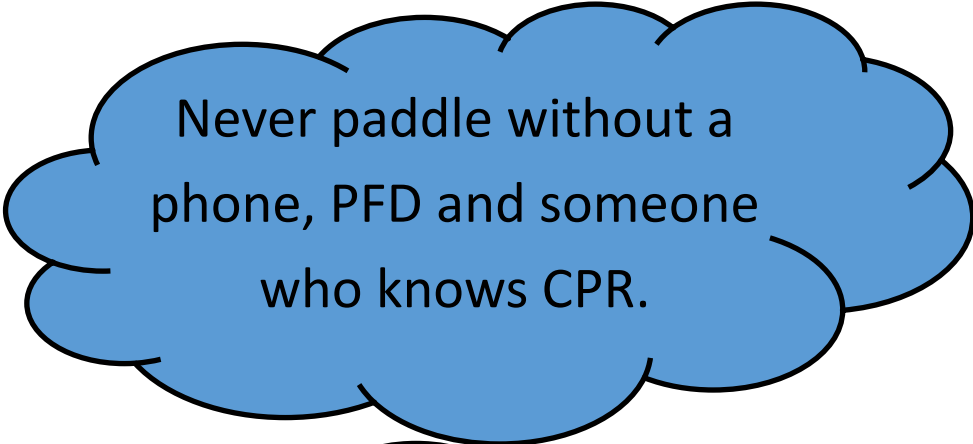
service in saving my life. The source of my cardiac arrest was a 96 per cent blockage in the main artery of my heart. The difference between a heart attack and a cardiac arrest is: a heart attack occurs when the blood supply to part of the heart stops and thus causes a section of the heart muscle to begin to die; whereas a cardiac arrest occurs when the heart stops beating as a whole. By all indications, I should have had a heart attack, but instead I had a cardiac arrest and as a result I have very little damage to my heart. The culprit in my case was a higher than normal level of Lipo-protein A in my blood which elevated my cholesterol. This showed as "slightly elevated" on a regular test. A month after I was home I received a call from Susan saying she had some news about Linda. There had been an accident and she had hit her head beneath a bridge - THE SAME BRIDGE - where I'd had my cardiac arrest. She had severely injured her neck and was in the hospital due for surgery. I was depressed to hear this and felt guilty that I was fine and the person who helped save me was injured.



That time I died, continued

Three months into my recovery I experienced more chest pain: angina. This time I knew what it was and I went immediately to my cardiologist who told me to take a cab the two blocks to the hospital. I'd need another catheterization to see what was going on. I was admitted and it was found the artery had closed again, so I opted to have a single bypass surgery to correct the problem and spent another two weeks in the hospital. Two months later I started cardiac therapy. I was monitored while using an elliptical, treadmill, recumbent bike and weights. I was anxious to make my way back to paddling. In February there was a break in the cold weather and I was invited to the river to use Coach Bob McNamara's OC1 for a while as he paddled with his son. He kept an eye on me and we had a great time in the sun on the Schuylkill River. By April I was cleared and ready to start training. Linda and I decided we would do the Little D on the Monacacy race near Frederick, MD. She had been healing, getting physical therapy and felt ready to come back. We did the short race which was about 6 miles with me in the bow, she steered the C2. We were stoked! It was a great day with many friends who congratulated us and celebrated our respective recoveries. We went on to do the 16-mile sprint race in Wells Bridge, NY the day before the General Clinton Canoe Regatta even though we had to enter as a men's crew. We just wanted to race. A great friendship formed in and out of the boat. Linda designed a jersey for us to wear with two cartoon skeletons on it and the phrase "Drop Dead Gorgeous" and "Breakneck Speed" below. We worked together to scout the river and prepare for this longer race. We agreed to be conservative in our approach even though we both had hopes for getting back to our old competitive selves. This would be a season of rebuilding. We did the Dash for Cash and I wasn't mad at her when she accidentally tipped me out of the boat before the start. We actually won some cash!

Later on that summer I was also able to race with Gil Ross at the Mantua Race in Wenonah, NJ. Linda and I would go on to do the Adirondack Canoe Classic with Susan Williams and newcomer Nessa King. It has been a wonderfully blessed season. I am continually amazed by the support we have received from the paddling community. My family remarked about the support of paddlers who called them to check on me when I was in the hospital, sent cards, emails and followed up. I'm so thankful for Linda, Betsy and Gil and for a second chance to experience my life to the fullest. Thank you for looking out for me and for each other.



Never paddle without a
phone, PFD and someone
who knows CPR.



Addendum: As competitive athletes we want to think we are above getting health problems. The reality is you can't pace your heredity. If you have a history of heart disease in your family it is certain you will also have it. It's the number one killer of women and men! Never paddle without a phone, PFD and someone who knows CPR.
END



OMCKRA Membership Application/Renewal Form 2021

Payments by cheque made out to **OMCKRA** mailed to: **Membership c/o 23 Patrick Drive Aurora ON L4G 2A6**,
or e.transfer to omckra@gmail.com, or credit card on Race Roster at: raceroster.com/memberships/4084/omckra-2021

Name:			
Address:			
Phone:		E-Mail Address:	
Fee schedule	Enter Fee [C\$]	Date of Birth (dd/mm/yyyy)	
Racing/Individual/Race Organizer (per race) (\$50)			
Full Time Student (\$40)			
Family with child <20 yrs. (\$70) (maximum 4 adults)		list ages below	
List Family Paddler Names and birthdates below or on separate sheet		Date of Birth (dd/mm/yyyy)	

All members receive annual meeting notices and the Newsletter via e-mail. 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.

By joining, members of OMCKRA agree to :

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 below. 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>

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 loss, 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 loss 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 loss 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.

Signature please:



Bob and Gwyn on Fairy Lake—painting by artist [Lisa Allshire](#)

The Marathon Paddler's Promise *OMCKRA~2021*

Before I leave this shore;

I promise to:

1. **SUPPORT** fellow paddlers whenever needed, keeping **SAFETY** above all else.
2. **ENDURE** paddling thousands of rivers over countless hours and kilometers.
3. **ENCOURAGE** myself & others to try something new: "never stepping into the same river twice" (Heraclitus).
4. **LEARN** from my mistakes with humor and goodwill.
5. Treat everyone with **DIGNITY, EQUALITY, and RESPECT.**
6. Have been **COACHED** by the paddling legends & **MENTOR** the legends of tomorrow.
7. **ENJOY** testing the mental & physical limits of the body.
8. Ride the perfect **WAKE.**
9. **WITNESS** the sound of the silent paddle.
10. **APPRECIATE & HONOUR** all interaction with nature.

