



HUT!

AGM, NEW BOARD, AWARDS

OMCKRA Annual General Meeting of members are planned for November each year. It is an opportunity for members to discuss the past season and give input on plans for the upcoming year. OMCKRA members vote in the new board and on awards. Prior to these interesting times the meeting would take place in person in a hall in a more festive atmosphere than virtual meetings can. We all look forward to the day, I feel is soon coming, where we'll meet in person. OMCKRA will be looking for a venue to hold an in person meeting next November. For this year the AGM took place virtually on November 27, 2021.

The new board of directors has many familiar faces and a some new. Oliver McMillan takes on another year as **President**, likewise Paul Adams stays as **Vice President**. Paula Loranger has left the board to pursue other adventures. She was a familiar beacon for Race Organizers over years as Race Secretary. Her work on the board is appreciated and her quiet and consistently gentle strength will be missed, we wish her well in her new projects. Don Stoneman takes over as the new **Race Secretary**. Seb Courville joins Rama Gilverson on the board as a **Member at Large**. Welcome Seb. The **Member at Large** role gives input and advice to the board on a range of topics. It's a role that allows freedom to work on areas of interest while learning more of the workings of the board. Don Stoneman stays as Canoe Kayak Canada rep Paul Adams and Karen Bender remain as 2 of the 4 CKO reps with Christine Archer and Peter Braul joining them to represent Marathon. **Membership Secretary, Recording Secretary and Past President** roles are still to be filled. Awards stories inside. AGM report on website at omckra.com/resources/documents/.

MEMBERSHIP DRIVE BEGINS

JOB AVAILABLE—MEMBERSHIP SECRETARY

Early each year the OMCKRA Membership Secretary reaches out to past members asking them to renew. They set up the page on Race Roster for those members who like to pay using credit card, benefit from the quick information recall and be set up to get discounts at OMCKRA sanctioned training, speaking and racing events that use Race Roster. The Race Secretary prepares a mail merge of membership forms pre-filled to make it easy for members to confirm or make changes and includes this with a newsletter and pre-addressed return envelope for payment by cheque. You can expect to receive that mailout with the Spring HUT!! in a February/March timeframe.

If you want to get ahead on this, payments sent by e.transfer to the omckra@gmail.com account are automatically deposited into the OMCKRA bank account. Just let us know for whom the membership is for. In addition, the Race Roster membership page has been set up for 2022. Link is: raceroster.com/memberships/4168/omckra-2022



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2022 Executive

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

Canoe Kayak Ontario (CKO) Reps:
Paul Adams (Marathon VP & CKO Chair), Karen Bender, Christine Archer, Peter Braul

President
Oliver J. McMillan

Vice President
Paul Adams

Treasurer
Mike Bender

Race Secretary
Don Stoneman
racesec@omckra.com

Member at Large
Rama Gilverson

Member at Large
Seb Courville

Past President
Position Vacant

Recording Secretary
Position Vacant

Membership Secretary
Position Vacant



Oliver McMillan

MESSAGE FROM THE PRESIDENT

When Membership Secretary Vadim Lawrence moved to BC with his family last yere, I took on double duty taking over his role as well. We are looking to fill the role with a new volunteer this year so if you know of anyone who would like to support Marathon canoeing in Ontario, is meticulous and comfortable with simple spreadsheets (or would like to learn), have them contact me (Oliver) at info@omckra.com. See inside story for a job description of this critical role.

The not-for-profit arm of, RLB, our auditor, helped us write up the job descriptions for the various roles on the OMCKRA board. The hope is that, with clear expectations and time commitments people interested in getting more involved in helping Marathon Racing grow in Ontario will be encouraged to join the board or committees. Contact me at info@omckra.com for other opportunities.

- Oliver

“The Membership Secretary and Recording Secretary roles are two of the more critical roles on the OMCKRA board.”

RECORDING SECRETARY NEEDED

Two important board positions need to be filled. While the Recording Secretary role is less demanding than the Membership Secretary role it is a significant and important role in itself.

The Ministry and Auditor review minutes of meetings. Be it program focus, spending or reporting, minutes capture decisions and motions approved by the board.

The OMCKRA board has a simple method of ensuring a Recording Secretary is successful. Meetings use a standard agenda. Board members fill in their reports prior to the meeting to allow for review and simplify record keeping. The Recording Secretary records attendance and decisions made, updating the agenda (which becomes the minutes) in the google drive during meetings and all can see, comment or correct on the spot. See job description of the Recording Secretary on the next page.



MEMBERSHIP SECRETARY NEEDED

Job Title: Membership Secretary

Hours: 4 to 6 hours monthly, 48 to 72 annually (more from January to May than June to December)

Job Overview

The primary role of the Membership Secretary is to maintain an up-to-date list of all members for each year and regularly reporting changes to the list at monthly board meetings. Responsibilities of the membership secretary include regularly updating the membership list, working with the Treasurer to ensure all membership fees are deposited, provide race organizers accurate lists of members, and provide recommendations on where resources should be directed based on membership demographics. The Membership Secretary reports to the president and the board of directors at monthly meetings.

Responsibilities & Duties

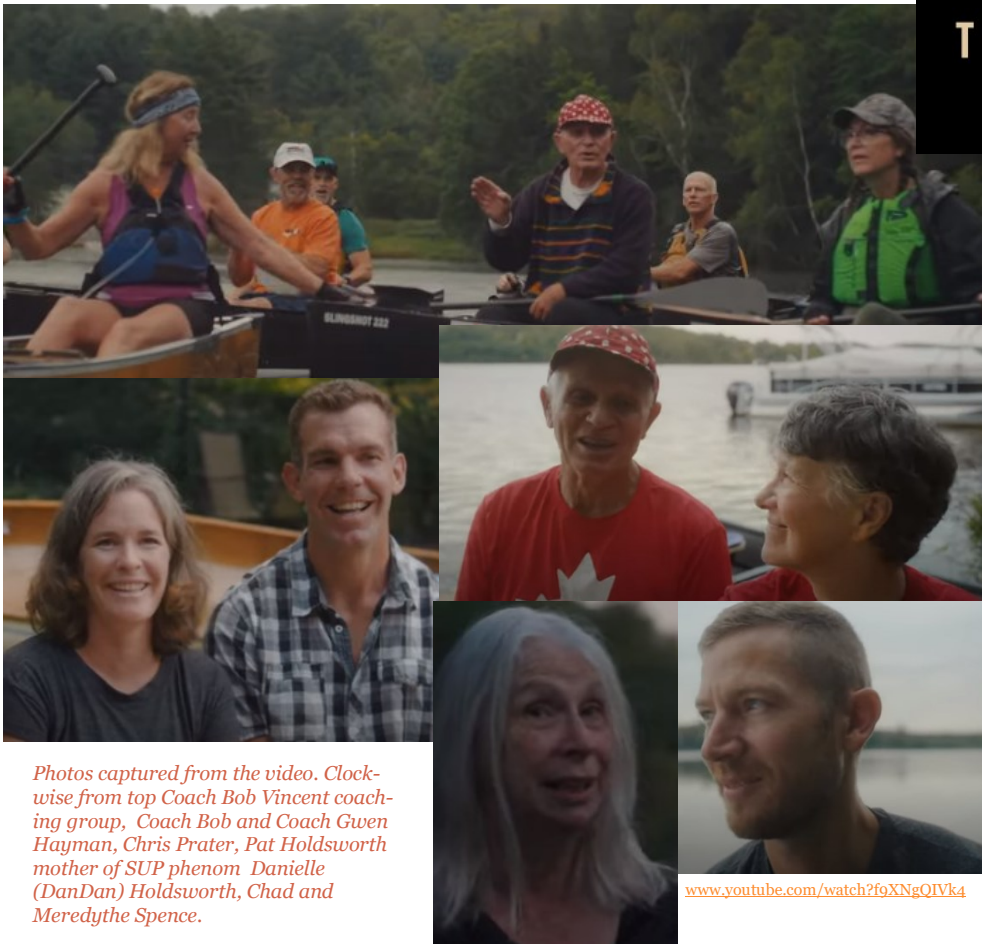
- Maintain an accurate list of all members, updating the list regularly as changes are made
- Report membership numbers to the board at monthly meetings by submitting reports
- Prepare reports on membership information as needed for various internal and external contacts
- Work alongside the treasurer to ensure all membership fees are paid and deposited
- Provide race organizers lists of members prior to each race
- Communicate with prospective or new members to assist them in signing up as needed
- Process new memberships and prepare membership confirmation
- Prepare for the Spring Mailout and the Club Mailout
- Travel to the AGM at the end of the year as needed
- Complete other tasks as assigned by President or another board member.

Qualifications

- Proficient in Microsoft Office, especially Excel, and Google Drive
- Experience in data entry and Mail Merge in Word
- Organized and self-sufficient
- Detail-oriented
- Strong time management and communication skills
- Access to a laptop or desktop computer and printer required

THE CHALLENGE

24 HOUR MARATHON PADDLING



Photos captured from the video. Clock-wise from top Coach Bob Vincent coaching group, Coach Bob and Coach Gwen Hayman, Chris Prater, Pat Holdsworth mother of SUP phenom Danielle (DanDan) Holdsworth, Chad and Meredythe Spence.

www.youtube.com/watch?foXNgQIVk4

VIDEO

omckra.com/videos/

Last issue reported Don Stone-manning a canoe carrying a camera team while Gwyn Hayman expertly steered within a hair's breadth. Here are the results.

A joyful generational mix of a community connected by long distance racing. The videographers did an excellent job showing progression and growth. Coaches Bob and Gwyn pleased to see paddlers they brought up in the sport become leaders.

Member Chris Prater's development from a newbie with a wooden paddle to one of the more elite racers with a successful paddle making business of his own.

"It's fun to see the progress of the people that you've helped train, and now it's getting so the younger people that we've trained are kicking our butts and it's a good feeling." Coach Bob with Coach Gwyn

The Muskoka Roastery Coffee Company sponsored this video as part of their commitment to a more sustainable future.

The video was produced by Juniper Island videographers and focused on the Huntsville 110.



Mike Varieur and Rob Horton Organizers of The Huntsville 110

RECORDING SECRETARY NEEDED

Job Title: Recording Secretary

Hours: 5 hours per month, 60 per year

Job Overview

The Recording Secretary's primary role is maintaining documents and minutes of meetings for the OMCKRA in order to create accurate and accessible records for members. The recording secretary is responsible for updating meeting minutes, race rules, bylaws, and other publications on an ongoing basis. The recording secretary reports to the board on a monthly basis.

Responsibilities & Duties

Attend board and general meetings on a monthly basis

Create detailed and accurate minutes of monthly board meetings and send to the board for approval

Create templates annually to ensure accurate notetaking throughout the year

Update articles and bylaws as needed to ensure accurate records are available to members

Annually complete the Form1 to update the Corporate Report after the AGM

Provide team members reminders to complete/update their reports as needed

Communicate with the Ministry of Government and Consumer Services when completing the Form1 to ensure the form is completed accurately and completely.

Ensure corporate reports are up-to-date to ensure that decisions can be accurately made

Complete other tasks as assigned by consensus at board meetings

Qualifications

Proficient with Microsoft Office and Google Drive

Access to a desktop or laptop computer

Detail oriented

Strong written and oral communication skills

Highly organized and self sufficient

Local travel to board meetings and general meetings required

THE BRENT RUN—BY SEB COURVILLE

According to the Brent Run website, the origins of The Brent Run are somewhat of a mystery that dates back roughly 80 years.

“The first Official Brent Run was completed by Bill Stoqua and Bill Little after rumours circulated around Algonquin Park’s Canoe Lake that two of the Stringer brothers had completed a trip from Canoe Lake to the small town of Brent and back (a 162km distance, 22km of which are portages) in 24 hours. To this day there is no consensus on which members of the Stringer family completed this trip (there were 16 brothers and sisters in the family) or any proof to dispel the rumours as facts.

“Stoqua and Little completed their 162km Brent Run in 32 hours and in doing so set the benchmark for generations to come. This historic first Official Brent Run was completed in 1934.

“Later, in 1948, provoked by dares from Stoqua and Little, brothers Hank and Carl Laurier set out on their own Brent Run adventure. Paddling Carl’s chestnut canoe and fueled by a couple of peanut butter sandwiches and cans of juice, the Laurier brothers made a phone call from Brent to Camp Ahmek (their starting location) 13 hours later. Navigating without the aid of a map and hampered by some unfavourable winds, Hank and Carl returned to Camp Ahmek 27 hours after setting out and established a record that would go unbroken for 42 years.

“In the summer of 1990 two councillors from Camp Ahmek, Chuck Beamish and Bob Anglin set out to challenge the Laurier brother’s record. Both Beamish and Anglin were strong paddlers and very familiar with the lakes and portages between Canoe Lake and the town of Brent. Twenty-three hours later the 42-year-old record of the Laurier brothers fell to Beamish and Anglin.”

This “official” Brent Run record stands because it was paddled in a prerequisite cedar strip canoe, In July 2021 Darren Smith and Mike Parna completed The Brent Run in 22hrs 56min, faster by 4mins. You can see their accomplishment on this YouTube video <https://youtu.be/U3KUS6V65os>

For myself, The Brent Run came under my radar more seriously last year after doing The Meanest Link with

Mike De Abreu. We were talking about the next adventure that we could do the following year and it seemed that The Brent Run would fit the bill perfectly.

My first exposure to The Brent Run happened this spring when Mike and I did a fishing trip. Due to Covid, camping was not allowed again this spring in Algonquin Park, so we did an in and out fishing trip marathon paddling style. We put in at Cedar Lake paddle to Burntroot in about 4.5hrs, fished for about 5hrs and paddled back. It had snowed the night before and all the portages were covered with 1” of snow, which made it even prettier. This was my first and only exposure to The Brent Run.



Seb Courville

Fast track now to early July when I saw a trip report from Darren Smith and Mike Parna who had just finished the Brent Run in record breaking time. I messaged Mike De Abreu right away and told him that we should do it but the only opening I had for this was the weekend of 24-25 July. Mike was in Victoria BC at the time but was planning to be back on July 21st. The date was not perfect for Mike be-

cause he had a canoe race that weekend that he wanted to do, but finally after a couple days of thinking about it he agreed to The Brent Run. The weather was also looking awesome for that Saturday, everything was lining up perfectly. But as the week progressed mother nature changed her mind and moved that perfect day to Friday instead of Saturday. I called Mike and told him that Saturday was not good anymore and if he was still interested, we should do it on Friday. Unfortunately, that was cutting it too short for Mike and we both agreed that Saturday was going to be way too rough for a Brent Run attempt. So, at that point, I decided to do it alone on Friday. The only hiccup is that Mike had most of my paddling/camping gear with him in his car. Mike was slowly making his way back to Ontario from a paddling/hiking trip that we had done in the Yukon in late June when we went up there for the Yukon River Quest. This Yukon trip is another crazy story all on its own. But anyway, Mike finally showed up at my place July 21st at 8:30 PM. I could see that Mike was super disappointed that he could not do the run.

The next morning, I packed my stuff in the truck and I went to work. I was planning to leave work mid-afternoon but some last minute thing prevented me



THE BRENT RUN—CONTINUED

from that and I actually left work 3hrs later than planned. When I got to Canoe Lake, I prepped my canoe and went to bed in the back of my truck. I got close to four hours of sleep that night and woke up at 1:25AM and I was on the water by 1:55AM waiting for the 2AM start.

I'm not going to lie, my goal for this run was to make it as fast as possible. But I had no clue what that would look like. My strategy was paddle at a good pace until the heat of the day hit me then slow down a bit and pick it up a tiny bit for the finish if I was able. I also figured that whatever time it took me to get to Brent, the turn around point, I would add one hour for the return.

The weather was beautiful, 15C and practically no wind. At exactly 2AM I pressed the button on my

and remove it for paddling. Not so much ergonomically built. Fortunately, by the time I got to Brent most of that crazy pain was gone. Needless to say, I did not use my yoke for the rest of the trip. I basically put the front of my seat at the bottom of my neck and away I went. For some reason it felt better.

When I got to Brent, I went to the Store with my SPOT tracker and marker but there was nothing to sign due to Covid. So, I walked back down to the water chatted for about two minutes with a fella on his riding lawn mower and then I went back to paddling. It took me 10:50 to get to Brent. I couldn't believe it, I was so pumped. Now that the shoulder pain was almost gone, I felt surprisingly good. I think that my time going up the Petawawa River was better than going down. Mainly because I did not have to deal with that yoke anymore. It was harder physically to carry the canoe now but less painful.

“I'm not going to lie, my goal for this run was to make it as fast as possible. But I had no clue what that would look like.”

SPOT tracker marking the start of my run. Everything was going really well. My speed was where I wanted it to be, and it felt just right. When I got to the third portage, the one between Little Joe and Baby Joe I fell down and knocked my headlamp off my head without noticing and once I saw it was gone, I was already on the water, and it was way too late to go back and try to find it. I was only using my headlamp for in-the-boat stuff and to find the yellow portage sign by looking around when getting closer to portages. I lost a bit of time on the next two portages because I couldn't find the yellow portage sign easily.

Otterslide Creek water level was higher than I expected, rocks were not an issue, and I did not have to line my canoe anywhere. The bends were a bit sharp for a solo canoe but not too crazy when going down with the current. It was a different story on the way back. Then onto Big Trout and Burntroot, two of the biggest lakes. If winds were going to be an issue, it could have been here but no, it was all easy sailing. I was actually surprised by the number of people around, the park was really busy and I would say most campsites were full. When I got onto Narrowbag I crossed a canoe that was going the opposite direction and they ask me if I had an iPhone cable that I could give them I did not see that one coming. Hahaha.

When I got to the long 2,800m-ish portage between Narrowbag and the Petawawa River I felt really good considering. But after the portage my traps were killing me to the point that it was hurting to paddle. I was using was a homemade yoke that I built with a small piece of plywood and foam on top. I could squeeze it in between the gunwale when I needed it

The heat had picked up though, and I do not do well when it's really warm. I could really feel it coming down on me. I would constantly soak my hat in the lake to cool myself down. If only I could have a nice side breeze, wouldn't that be nice, I was telling myself.

The return was fairly good but once I hit Big Trout again, I could notice the physical fatigue settling in, it



Seb Courville

BRENT RUN KIT

For those that are interested here's my kit list:

H2o Canoe, Slingshot 202
PFD
GPS
Map
SPOT tracker
1x water cup
10x Advil
1xbody glide stick
2x paddle
Rain jacket
Quick dry Shorts, T-shirt and socks
1x Small dry bag
Runners
Top & bottom merino wool
Toque
Canoe safety kit
Canoe light
Head lamp (that I lost)
My son's 'super light' backpack 😊

Food consumed:
7x egg McMuffins
3x peach cups
2x Lara Bars
7x Nuun tab



Seb Courville



THE BRENT RUN—CONTINUED

had to do with the heat I believe. I felt strong still, but I could not keep up with my normal stroke rate. And then I hit Otterslide Creek. Well, let me tell you that I was really struggling with those sharp turns and the current. Because it is so narrow with sharp corners, I could not get good lines to make good turns. My canoe is 16'6" with no rocker. Every time the bow of my canoe would make it around a bend the current would grab it and I would have to draw and pry like hell so I would not hit the opposite bank which a lot of the time made me stop in my tracks. If only I had a bow paddler, I was telling myself, what a difference it would make. Needless to say, that my speed went down a lot in that four km-ish stretch.

When I got on the creek between Otterslide Lake, and Little Otterslide Lake I had the privilege to see a cow moose and her calf about 25m away from me. It was the first and only moose sighting I would get on this trip. It was surprising because I thought for sure I would see some in the morning, but no.

Once I reached Burnt Island, I had a very good idea of what my arrival time would be. I estimated that I would get at the Portage Store between 12:40am and 12:45am. I picked it up a bit on Burnt Island and then I cruised in to the Portage Store. When I was about 400m from the store, I saw a light moving on the dock. I was thinking 'who in the hell would be there at that time.' Then I was thinking 'could it be someone to cheer me in???' And suddenly two lights were moving around and then voices calling me in...no way, I could not believe it, it was my good friend Mike Crouzat and his daughter Chloe that made the 2.5 hours drive from Petawawa to see me finish this epic trip. It was such a surprise and exactly what I needed at that time. Not only did I just finished an epic adventure, but I was able to celebrate with some friends. And then, not even 5minutes after, another great friend from Huntsville showed up. It was Chris Near. I could not believe it. They gave me chocolate bars, Gatorade and Coca-Cola. What an amazing surprise. Mike and Chris are also crazy paddlers, in retrospect I am not surprised they made the effort to come and see me finish. They knew exactly what I just went through.

So, to wrap this up, I arrived at the Portage Store at 12:43am for a total time of 22hr and 43min breaking the FKT by 13 minutes. This was a trip for the books. If everything lines up, Mike De Abreu and I are planning to do the Brent Run sometimes during the summer of '22.



OMCKRA PROGRAMS - OMCKRA.COM/PROGRAMS-2/

Developing Coaches

The Goal of OMCKRA's **Coach Development Program (CDP)** is to build the strength of Marathon coaching in Ontario.

ABC Strategy: Accreditation, Building blocks, Communication/Community

Objectives

Accreditation

- Train coaches
- Certify trained coaches
- Coaches using locker
- Coaches' 1st aid, CPR
- Coaches Professional Development (PD)
- Safe Sport certification for all active coaches

Building Blocks

- provide buoys, technical CD's
- update the manual and provide to coaches
- provide training boats

Collaboration

- coaches' corner on website
- meetings of coaches
- reports of meetings

SMART Objectives (specific, measurable, achievable, realistic, and time-limited) might be 20% of coaches using locker in 1st year, 50% in 2nd year.

OMCKRA'S COACH DEVELOPMENT PROGRAM

OMCKRA has engaged member **David Near** to create a **baseline** of Ontario coaches and their accreditation levels. OMCKRA will use this baseline, to set goals, and measure progress and successes.

Folks who have taken **Marathon Coach Training** sessions and those who are certified **Marathon coaches** may be approached via email so that OMCKRA can update its information and develop an ongoing conversation with them regarding their hopes and needs from OMCKRA.

“The OMCKRA Strategic Plan is to be updated ..with specific measurable objectives needed for the next 3 to 5 years .. send your thoughts and ideas to info@omckra.com ...

OTHER PROGRAMS INCLUDE:

Developing Paddlers

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

Developing Races and Race Organizers

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

In related news the OMCKRA **Strategic Plan** needs updating. The last one was up to 2021. While much was accomplished not everything planned for was achieved.

As we begin a new plan for the next 3 to 5 years, we will be asking for input from you.

Link to our programs page on website is:

omckra.com/programs-2/

What would help you succeed?

Send your thoughts and ideas to

info@omckra.com

ONTARIO REP TO MARATHON CANOE RACING COUNCIL OF CKC

Don Stoneman from Ontario, is the Chair of the Marathon Canoe Racing Council of Canoe Kayak Canada (CKC).

In addition to the chair, the MCRC requires that there be an official representative for each province. Don would provide lots of support and it would be a great way to understand a broader view of Marathon Canoe/Kayak Racing in Canada.

Terms of reference for the Council are available upon request.

There are a minimum of two meetings per year by zoom as well as an AGM and a chance to meet other provincial Marathon members. Maybe even meet more of the National organisation members at the CKC Summit in the fall. MCRC works on National initiatives such as the coaching certification program and National Championships. Contact info@omckra.com

RACE SCHEDULE

The MRX team and Mattawa Race Organizers have set the date for their races already. A Race Organizers meeting is planned for February to set race dates. At that time, we will post the new schedule on the website and in the March HUT!

Again, this year has started with the pandemic marching on, but we are seeing hopeful indications and are planning a racing season. Our RO are a tenacious bunch, one race in 2019, 5 +1 virtual in 2021, they find ways to maintain safety, compliance with health restrictions while hosting some singular events regardless of difficulties put in their way. True Marathon spirit!

Looking forward to a great year in 2022!

MRX date Sept 17/18, 2022
Mattawa July 23, 2022

> omckra.com/races-schedule/

Stay safe!

CANOE KAYAK ONTARIO (CKO) - OMCKRA SURVEY

OMCKRA receives grant funding from the Ministry of Heritage, Sport, Tourism and Culture Industries. This funding flows through CKO the recognized sport organization for canoe racing in Ontario. The insurance policy we use to support coaches and race organizers is also through CKO.

The CKO board is made up of 4 representatives from each of the three racing disciplines of Sprint, Whitewater and Marathon.

OMCKRA will be asking for input on programming ideas from coaches, race organizers, members and paddlers to develop a new strategic plan for the next 3 to 5 years. You may receive a survey in the next few weeks. Please send in your replies to help us plan.

Your ideas are always welcome at info@omckra.com



HUNTSVILLE 110—RACE OF THE YEAR

Each AGM members are asked to recommend the race to be awarded 'Race of the Year' The last couple of years have been rough for Race Organizers and the OMCKRA Sanctioning Committee.

RO still did the work of preparing for their events, sending in their forms and Emergency Action Plans for the Sanctioning Committee to review. The committee still put in time working with RO to fine-tune and eventually determine that races would be approved for sanctioning.

Then when races were approved there was the added mitigation and safety features in response to the pandemic. And often races had to be cancelled despite all efforts.

In 2021 we were happy to have seven races take place, and ecstatic that the accomplished MRX team of Mike Variieur and Rob Horton with their army of volunteers were able to hold the Huntsville 110.

Members were unanimous in voting for this race. Every MRX race is exceptional. Congratulations on a well-deserved recognition of a tremendous amount of work and dedication.



Race of the Year 2021

Huntsville 110

In recognition of organizing and running an exemplary event in spite of the obstacles put forward by COVID.


Oliver McMillan

MIKE & HEATHER CASEY—AWARD OF MERIT

This was an interesting recommendation from members to give the Award of Merit to Race Organizers Mike and Heather Casey of the Kawartha Paddle Quest (KPQ). This is a recognition not just of the race, which won Race of the Year in 2020, but specifically for two people who put their hearts and efforts into creating this event over many obstacles, not least of which is the pandemic but also the hoops they must go through for approval in that community. It's not surprising to note that they were inspired by the great MRX races to in turn create another exceptional event.

This award is recognition for two remarkable and wonderful people appreciated by OMCKRA and members. Thank you, Mike and Heather, for your dedication. You are an inspiration.



Award of Merit 2021

Heather and Mike Casey

Awarded to the organizers of Kawartha Paddle Quest, who held the only race in 2020 and did a great job again in 2021


Oliver McMillan

ADULT/ CHILD AWARD GOES TO PRATER/GASPARATTO FAMILY AGAIN IN 2021

Once again, this joyous family was chosen for the Adult / Child award. In years with races involving a mix of youth and adults this award tends to go to those Adult / Child race partners we have shown technical ability and perseverance during racing events. The pandemic makes it more difficult to get out with smaller paddlers, but it wasn't hard to find the group of wildly exuberant Prater / Gasparatto out on the water with a team of their own to race with. Built in, born in.

Your family gives us all joy as you grow and thrive together on the water.



Adult-Child Award 2021

Awarded to Chris Prater and Jessica, Nathalie, William, Claire and Findley Gasparatto for flat out exuberance and joy on the water in 2021


Oliver McMillan

OMCKRA TALKS—SPEAKERS SERIES

OMCKRA is excited to announce an off-season series speaking with some of the most accomplished paddlers in our sport. Paul Adams, VP of OMCKRA is driving this exciting initiative working with Juniper Island videographers. Associated with this series will be the launch of our official OMCKRA YouTube channel.

Our first guest is Triple Crown record-holder, Rebecca Davis, discussing Techniques & Sterning Fundamentals. OMCKRA members will have first access viewing to the conversation. Links to the video will be sent to OMCKRA members. Full public access viewing will be available after the first-access window expires.

Rebecca Davis is a marathon canoe racer from Homer, Michigan. Over the last 15 years she has raced over 40 long distance canoe races and holds the women’s record in the AuSable River Canoe Marathon with Edith MacHattie, and the canoe record in the Devizes to Westminster Canoe Race with husband Mike Davis. Over the course of her paddling career, she has had the opportunity to race with marathon champions and has picked up technique and training tips from the top paddlers in the sport.



Photo of Rebecca (Barton) Davis taken by Kate Tart

Over the course of her paddling career, she has had the opportunity to race with marathon champions and has picked up technique and training tips from the top paddlers in the sport.

GET OUT THERE IN THE BUFF!

Get your OMCKRA Buff on!



It’s minus 14C where I am as I write this, and a buff really helps around the neck and over the nose on days like this.

They are great in the summer too for keeping the sun or bugs off!

Order your OMCKRA Buff for member price of \$6 when you register your membership through Race Roster.

Or contact info@omckra.com



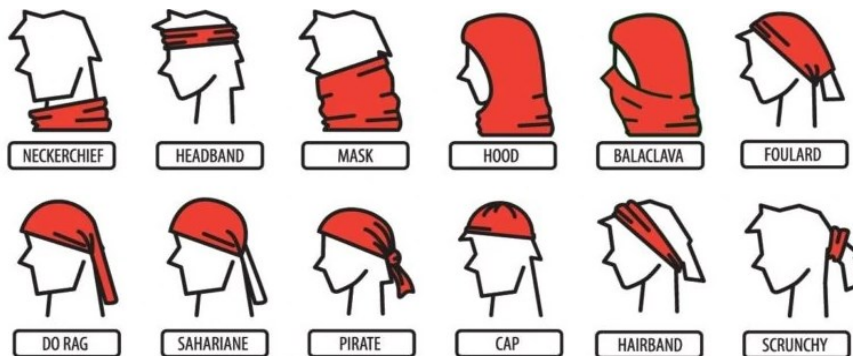
Mike Hayes

COACHES TRAINED

Seven coaches received training in ELCC Marathon in October. They were trained by Marathon Facilitator Ryan Stepka at a workshop held at Baptiste Lake near Bancroft.

Sebastian Courville, Golden Lake Mike d’Abreu, Arnprior, Rama Gilverson, Sarnia, Don Locke, Milton, Karen Simpson, Mississauga, Bonnie Pankiw and Christoph Weber, Chelsea PQ.

Another four coaches were trained by Marathon Facilitator Don Stoneman in early December in Ingersoll in the London area, Mackenzie Buis, Ingersoll, Cathy Armstrong-Johnson, Petrolia, Chris Prater, London, Steve Tait, Ingersoll.



ONTARIO MARATHON CANOE KAYAK RACING ASSOCIATION (OMCKRA)

MISSION STATEMENT

To promote, represent and develop distance paddling as a racing sport in Ontario.

OBJECTIVES

Standardizing specifications of crafts in the various classes for all races; Advertising and promoting sanctioned events and assisting organizers in improving their events; Promoting safety in paddling particularly as related to distance racing; Encouraging Ontario residents of all ages to become involved in marathon paddling competitions; and Offering sport-specific training programs to coaches and paddlers.

omckra.com
info@omckra.com



Photo courtesy of Karen Simpson

DICK KLOSS RIP

Dick Kloss died in a hospice in Strathroy on Oct. 28. He was 80 years old and had suffered from cognitive decline in recent years.

Dick and his late wife Roberta were most known to OMCKRA in its earlier years for hauling a whack of kids to races in Ontario and to national championships beyond its borders. The Klosses ran a Children's Aid Society home in a renovated schoolhouse near Brucefield, in Huron County and they made sure that the kids got plenty of exercise.

The general effect was that when the Klosses were going to show up at a race with a van and a trailer of canoes there was a good turnout for junior classes because other people brought their kids too. Many young people were introduced to paddling this way.

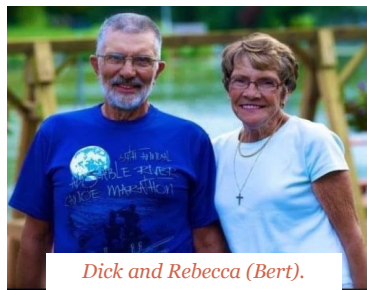
Two of their children, Rick, and Dana, were racing regularly in those early years. Dick started paddling in a big way in the mid-80s even though vertebrates in his back were fused from much earlier surgery.



Dick with his daughter

Once the Klosses quit the home, it was never quite the same.

Dick and Roberta retired to a home in rural Florida near Ocala, welcoming paddlers from Canada who came south for a winter respite. Dick continued his paddling, and swimming, ways. In 1991, to celebrate his 50th birthday, he swam 42 miles across Lake Huron in 36 hours (there were horrendous storms) in 10-12-foot waves that left supporters in chase boats heaving over the side. It was supposed to be 42 miles from Port Sanilac Michigan to Grand Bend but with course deviations because of weather it was likely considerably longer; Rick estimates 58 miles. Dick finished on the beach at Pinery Provincial Park. His efforts netted \$10,000 for the Grand Bend Public Library.



Dick and Rebecca (Bert).

Four-year-old grandson Jason was watching. Back then he said he was going to swim Lake Huron also, and he did, 20 years later, 10 hours faster, and netting \$26,000 for cancer research.

Retirement ended early for Dick and Roberta. They renovated and sold a house in Grand Bend, then purchased and operated a campground on the Mississippi River near Almonte for years. After retiring again, they bought a house in Wallaceburg, a wonderful place to paddle, and not a bad place to swim.

Roberta died suddenly of a heart attack in April 2014. Dick and Bert had been married nearly 53 years.

Dick finished the Ausable River Canoe Marathon 10 times, according to the website-based database Paddlestat. The GCCR website says he finished the 70-miler race 17 times. In 2014 Rick and Dick finished the ARCM but it was a horrendous weather year, and their time was beyond 18 hours.

Dick thought insurance was a swindle and after 1987 remained mostly at odds with OMCKRA because of its insurance requirements. He never rejoined the association and seldom took part in its sanctioned events. He did finish the Mattawa River Race twice. (The Mattawa River Race is generally the same weekend as ARCM)

Dick will be missed by paddlers of his generation and by those who paddled the General Clinton and Classique with him, like me. There will be a celebration of life sometime in the spring.

Don Stoneman



Dick and Rick in the ARCM