



omckra.com
info@omckra.com

HUT!



CANADIAN MARATHON NATIONALS

Lumsden, Saskatchewan
June 17, 18 and 19, 2022
Qu'Appelle River

Pre-register at: reginamcc.ca



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How to join OMCKRA

Race Roster raceroster.com/memberships/4168/omckra-2022. If using e.transfer to omckra@gmail.com or cheque include a [membership form](#)

2022 Executive

Marathon Canoe Racing Council (MCRC) of
Canoe Kayak Canada (CKC) Ontario Rep:
Roburt Tranter

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

President
Oliver J. McMillan

Vice President
Position Vacant

Treasurer
Mike Bender

Race Secretary
Don Stoneman
racesecc@omckra.com

Member at Large
Rama Gilverson

Member at Large
Seb Courville

Past President
Christine Archer

Recording Secretary
Position Vacant

Membership Secretary
Position Vacant



Oliver McMillan

MESSAGE FROM THE PRESIDENT

There's been some highs and lows to the beginning of the season. Most of the early seasons events are back and have run as usual, which is great to see. The

Thames River Classic had to be turned into a virtual event due to some of the organizers coming down with covid the week leading up to the race but they are looking forward to running an in person event next year.

Some sad news came in earlier this month, two members of our paddling community have passed away. I remember meeting Jennifer Siren at marathon nationals in 2019, she was excited to race and eager to learn more about marathon paddling. I had never met Mike Ruddock but had heard lots about him

from both Bob Vincent and Mike Devine (Mike Ruddock was his paddling mentor). I wish I had gotten the chance to meet him.

The race schedule isn't quite back to its pre covid form however it's making an excellent recovery. With more races to train for, it makes training much more enjoyable. I encourage everyone to set a goal race for the season and train for it. There's plenty of time to pick a race and start training if you've had a slow start to the season like myself. Several new clubs have joined OMCKRA this spring as well so if you're in their area they're great places to train and meet people to paddle with.

Overall I'm very excited for the rest of the season, Looking forward to seeing everyone on the water.

-Oliver.

Tying your boat!

A reminder to those who have not been cartopping much in the last year and maybe your tiedowns have gone astray. You might get away with it once but

A line securing the bow of your canoe/kayak to the front of your car or truck is essential. Don't count on just the straps and racks on your car. Driving at a speed of 80 km/hour on a two lane highway and meeting a transport truck can result in a combined wind force of 100 MPH, that's 160 km/hr., equivalent to wind peaks in that terrifying storm that struck southern Ontario on the Victoria weekend. It's not just your boat that's at risk. if it strikes another vehicle and injures someone your life and theirs will be forever altered. Not worth the risk.

Pass this message on to new paddlers.

ONE OF TWO NEW OMCKRA CLUBS IN 2022

MAKA KOA OUTRIGGER CLUB JOINS OMCKRA

TOIC 2022 RACE

The OMCKRA sanctioning committee has reviewed and approved this club's application to be included as one of OMCKRA's Marathon Clubs. The club runs out of the Toronto Sailing and Canoe Club (TSCC) and hosts the Toronto International Outrigger Canoe Race (TIOC). The race itself is expected to be sanction approved in August pending more documentation from the organizer and club representative, Chris Hebert.



PROVINCIAL FUNDING FOR OMCKRA CLUBS

RESPONSE TO COVID

In a response to covid impacts to the sports community, special funding was provided through the **Ministry of Heritage, Sport, Tourism and Culture Industries** last year to support community clubs. A larger amount has again been provided in 2022. The funding flows to the three disciplines of Sprint, Whitewater and Marathon (OMCKRA) via our Provincial Sports Organization (PSO), Canoe Kayak Ontario (CKO). Last year OMCKRA asked the four clubs to fill out a detailed questionnaire describing the impacts of covid on their programs and members. The exercise was illuminating. All the clubs provided great responses. The funding total for Marathon clubs in 2021 was small (less than \$2K / club). Further volunteer time taken on doing a comparative analysis of their responses would have been of limited value and time to reporting back to the Ministry was short, so last year the funds were simply distributed equally among the OMCKRA clubs.

This year with the larger grant amount the OMCKRA Sanctioning Committee, used the information gathered from the clubs last year plus a short update from 2022, adding historical data of the club's relationship with OMCKRA, to complete a full comparative analysis. The Sanctioning Committee is happy that the data obtained from last year's questionnaire could feed into this analysis and are thankful for the forward thinking of last year's OMCKRA board in doing this activity and appreciative of our clubs commitment to the community of paddling.

The funds will shortly be distributed to the four clubs under OMCKRA over the past years of Saugeen, Wai Nui, Georgian Nordic and Outer Harbour. A report is due back to the Ministry June 15.

ONE OF TWO NEW OMCKRA CLUBS IN 2022



[/gnoac.com/](http://gnoac.com/)



wainuioutrigger.net/



www.ohdbc.ca

Saugeen Paddlers Canoe Kayak Club

<https://sites.google.com/view/saugeenpaddlers>



omckra.com

COLLINGWOOD MARATHON CANOE CLUB JOINS OMCKRA

NEW MARATHON CLUB

The OMCKRA sanctioning committee has reviewed and approved this club's application to be included as one of OMCKRA's Marathon Clubs. This is a new Marathon club in the Collingwood area. Organizer and club representatives Christine Archer and Peter Brault are excited to build Marathon programming in conjunction with Sprint club in the area.

SURVEY OF MEMBERS 2022

Earlier this year OMCKRA invited the Marathon community to tell us about themselves and share their ideas for OMCKRA. The survey was answered by forty-one members of the Marathon community and gave OMCKRA insights and ideas for programming over the next few years.

The majority of respondents reported they do 2 to 3 races per year, started Marathon paddling as adults of 20-29 19.5%, 30-39 20.3%, 40-40 22%, and are aged 40 to 60 now. The sports they did before Marathon tended to be canoe tripping, CrossFit, running and cycling. Most were introduced to Marathon by a friend or a local race. The boats paddled are Stock C2 marathon 60.5%, then Pro C2 (31.6%) and Stock C1 (15%). Most 95% own their own equipment, others borrow equipment from friends. Many said they do their paddle training alone but would also like to paddle with a group. 25% of the respondent's were coaches, The majority knew OMCKRA represents Marathon paddling in Ontario but only 50% knew the relationship to CKO and CKC and almost none knew what MCRC is.

The majority wanted programming for races and paddlers. Coach programming and volunteer programming came in third and fourth place.

Most liked what OMCKRA does with the HUT! and support of races while support of paddlers, coaches, social media showed an almost equal mix between those who like what OMCKRA is doing and those who think OMCKRA could do better. Fostering community was an area where OMCKRA did a bit better but still showed a large percentage of 'could do better'.

The highest rated objectives from multiple choice over the next 2 to 5 years were:

- * Training videos for paddlers 65%
- * Training manual for paddlers 60%
- * Measure paddler proficiency 47.5%
- * Training manual for race organizers 37.5%
- * Train more coaches 31.5%
- * Train female coaches 25%

Additional items respondents added:

- * More kayak specific events
- * more race events
- * Better branding of OMCKRA, Recruiting strategy for Marathon paddling
- * grow audience

Excerpts from comments:

“Marathon canoeing should be introduced to existing clubs i.e.: Sprint Canoe Clubs. This is a way of exposing the sport to a more accepting population. We have already an abundance of qualified and nonqualified people who could promote the sport. We would need to provide the boats. The logistics of how the program would develop is up to the instructor. Just a thought.”

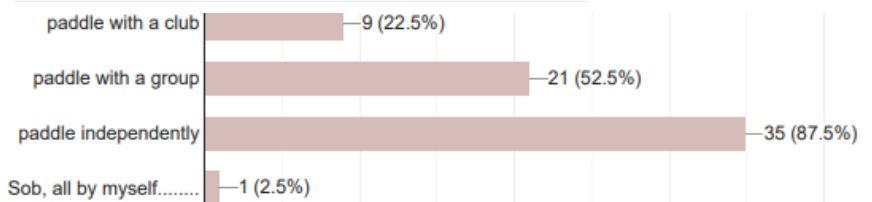
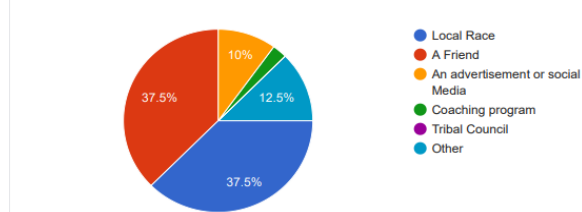
“Looking forward to improving paddling techniques; shorter races for new paddlers”

“A recruitment strategy into the sport should be a main priority”

“I am quite new to this sport. Last few years pre covid. I understand Covid pandemic has been a challenge obviously and has affected events. That being said, here is what I have noticed as a being new to the sport. For me what I've noticed, is Ontario seems to lack events compared to our near neighbours (Quebec, New York, Michigan). These areas seem as though they have “weekly” races in many areas My belief is it needs to grow and in order for that to happen need more entry level distance races 10-50k. Also need to get youth involved more. The demographic of marathon canoe racing certainly is older. The youth will be the only way to keep the sport going in the future. (Check Golf Canada) Need more short fun races for recreational paddlers and families. Coaching and development - seems to be a sport that you can't find a lot of information about online. And not everyone has access to people that

know the sport. So that can create a bit of a barrier. Otherwise. Please keep up the great work and I am hopeful the sport can and will grow “

How were you introduced to Marathon Racing?
40 responses



11 QUESTIONS—ROBURT TRANTER

What is your name?	Roburt Tranter
Where are you from?	London ON Canada
What is your occupation?	Learning support teacher
How long have you been pad-	32 years, 5 years competitively
How long have you been a mem- ber of OMCKRA?	3 years
What is your favourite watercraft to paddle?	ICF-K1 (Nelo Cinco) and surfski (Epic V10L)
What is your favourite body of water for training?	Sharon Creek (racing circuit), Huntsville downtown, Stony Lake and the Lake Wildwood venue of Thames River Paddling Club where I am the head coach of the canoe kayak program with a marathon athlete development approach
What is your favourite race?	Mattawa River Race, Kawartha 10k, MRX (previous), GMPE 20k course and the USCA marathon nationals (Newaygo, MI - close!)
What are your paddling goals?	Hold a 5-minute kilometer for 10 or 20km, and collaborate with sport builders to develop a sustainable youth program for various Southern Ontario clubs
Other than paddling, what hob- bies or sports do you enjoy?	Delivering strength & conditioning (ski-erg, assault bike, row-erg with moderate to heavy weights) for high school athletes, traveling with my family to various locales with waterways (Cape Code, Hilton Head, Muskoka, Kawarthas etc.)
What is your favourite time of	relaxing with my family before bedtime



Roburt Tranter is OMCKRA's i.e. Ontario's representative to the Marathon Canoe Racing Council (MCRC) of Canoe Kayak Canada (CKC)

Roburt is one of OMCKRA's volunteers and a member.

Send your 11 answers to info@omckra.com. If we use it in HUT! you'll get an OMCKRA buff!

HALL OF FAME INDUCTION—BOB VINCENT

On May 28, Bob Vincent was to be inducted into the General Clinton Hall of Fame in Banbridge NY. The General Clinton website describes him as a "Canadian paddler with 31 finishes (70 mile endurance race) between 1985-2019. Won seven C-2 events between Competition Cruising and Pro Masters divisions. Has raced nearly every long-distance canoe event in North America with partner Gwyn Hayman. At age 79, is affectionately known in Ontario as 'the godfather of canoe racing.' Most recent victory came with son Mike in Comp. Cruising 50 and older."

Inductions at the General Clinton are backed up a bit. Bob was to be honoured in 2020 but Covid got in the way. He is in good company. Also being inducted is Andy Triebold, a 10 time winner of the event, and Mike Fremont, who, at age 95 is the oldest GCCR finisher in 2017. So Bob has to do a few more of these races to catch up.



PARRY SOUND 50—JULY 9, 2022 NEW RACE!

Starts: 10 AM 50k and 1PM 5k and 17k
Registration is on day of race 8 AM Nine Mile Lake Beach Park
Adult fee \$40; 18 yrs and under \$15

The location of race is Nine Mile Lake Beach Park, To get there drive north of Parry Sound on Hwy 400, Take Hwy 124 to the right. Nine Mile Lake Rd is 5 K east of Hwy 400 on left , Take Nine Mile L. Rd. to the end. Classes and Distances All classes 50k (if one paddler under 15, the other paddler must be over 18) , 17k , 5k. Portages: 2 , 1 is paddler only, runs up beach, not the boat.

50k is 3 loops of Nine Mile L. with short 30m portage on the beach at end of each loop. Each boat will be required to have one paddler run up beach. Boats do not need to be carried. Paddlers can leave food and drinks on portage/beach to pick up after each loop.

5k is short loop on Nine Mile L.

Other notes:

Canoes, OCs , DBs and SUPs all must use single bladed paddles except pack boats.
Kayaks must use double bladed paddles.

All participants must meet Coast Guard safety requirements including PFD in boat for each person, noise maker, bailing bucket (unless exempt), throw rope. Inflatable approved PFDs are permitted but must be worn. Any non-swimmers MUST WEAR an approved PFD !!! All participants 18 and under MUST wear an approved PFD.

Participants are responsible to ensure they are physically capable of undertaking this physically demanding event.



Course is deep water, few or no weeds to catch on rudders. Most of course is sheltered from most wind directions. Little or no boat traffic. If you have a self propelled water craft we will make you a class! This includes but is not limited to:

Canoes:

- marathon C1, C2, C4
- Stock boats (regular canoes 17' to 18'6") ,
- rec boats (regular canoes 17' or less) , C2and C!
- Slow C (really slow canoes like aluminum or plastic)
- North Canoe, 26' +/- paddled by 6 to 12
- SUP, short and long

Outriggers

OC1 , OC2 , OC6

Kayaks:

- Racing : surf skies , ICF
- Sea kayaks
- Short kayaks
- Pack boats; any solo rec canoe used with a kayak paddle

Dragon Boat , 20 person or 10 person

CANADIAN NATIONAL MARATHON CANOE CHAMPIONSHIPS

The Legend of the Qu'Appelle Valley by Emily Pauline Johnson

I am the one who loved her as my life,
Had watched her grow to sweet young woman-
hood;
Won the dear privilege to call her wife,
And found the world, because of her, was good.
I am the one who heard the spirit voice,
Of which the paleface settlers love to tell;
From whose strange story they have made their
choice
Of naming this fair valley the " Qu'Appelle."

She had said fondly in my eager ear —
" When Indian summer smiles with dusky lip,
Come to the lakes, I will be first to hear
The welcome music of thy paddle dip.
I will be first to lay in thine my hand,
To whisper words of greeting on the shore;
And when thou would'st return to thine own land,
I'll go with thee, thy wife for evermore."

Not yet a leaf had fallen, not a tone
Of frost upon the plain ere I set forth,
Impatient to possess her as my own —
This queen of all the women of the North.
I rested not at even or at dawn,
But journeyed all the dark and daylight through —
Until I reached the Lakes, and, hurrying on,
I launched upon their bosom my canoe.

Of sleep or hunger then I took no heed,
But hastened o'er their leagues of waterways;
But my hot heart outstripped my paddle's speed
And waited not for distance or for days,
But flew before me swifter than the blade
Of magic paddle ever cleaved the Lake,
Eager to lay its love before the maid,
And watch the lovelight in her eyes awake.

So the long days went slowly drifting past;
It seemed that half my life must intervene
Before the morrow, when I said at last —
" One more day's journey and I win my queen!"
I rested then, and, drifting, dreamed the more
Of all the happiness I was to claim, —
When suddenly from out the shadowed shore,
I heard a voice speak tenderly my name.

" Who calls?" I answered; no reply; and long
I stilled my paddle blade and listened. Then
Above the night wind's melancholy song
I heard distinctly that strange voice again —

A woman's voice, that through the twilight came
Like to a soul unborn — a song unsung.
I leaned and listened — yes, she spoke my name.
And then I answered in the quaint French tongue,
" Qu'Appelle? Qu'Appelle?" No answer, and the
night
Seemed stiller for the sound, till round me fell
The far-off echoes from the far-off height —
" Qu'Appelle?" my voice came back, " Qu'Appelle?
Qu'Appelle?"
This — and no more; I called aloud until
I shuddered as the gloom of night increased,
And, like a pallid spectre wan and chill,
The moon arose in silence in the east.

I dare not linger on the moment when
My boat I beached beside her tepee door;
I heard the wail of women and of men, —
I saw the death-fires lighted on the shore.
No language tells the torture or the pain,
The bitterness that flooded all my life, —
When I was led to look on her again,
That queen of women pledged to be my wife.
To look upon the beauty of her face,
The still closed eyes, the lips that knew no breath;
To look, to learn, — to realize my place
Had been usurped by my one rival — Death.
A storm of wrecking sorrow beat and broke
About my heart, and life shut out its light
Till through my anguish some one gently spoke,
And said, " Twice did she call for thee last night."
I started up — and bending o'er my dead,
Asked when did her sweet lips in silence close.
" She called thy name — then passed away," they
said,
" Just on the hour whereat the moon arose."

Among the lonely Lakes I go no more,
For she who made their beauty is not there;
The paleface rears his tepee on the shore
And says the vale is fairest of the fair.
Full many years have vanished since, but still
The voyageurs beside the campfire tell
How, when the moonrise tips the distant hill,
They hear strange voices through the silence
swell.
The paleface loves the haunted lakes they say,
And journeys far to watch their beauty spread
Before his vision; but to me the day,
The night, the hour, the seasons are all dead.
I listen heartsick, while the hunters tell
Why white men named the valley The Qu'Appelle.

The Regina
Canoe Club is
pleased to
host the **2022**
Canadian
National
Marathon
Canoe
Champion-
ships Father's
Day Weekend
from Friday,
June 17 to
Sunday June
19th on the
Qu'Appelle
River in
Lumsden, Sas-
katchewan,
Canada.



reginamcc.ca



JENNIFER ASHLEY SIREN - PASSINGS



Jennifer Ashley Siren passed away on May 9th, after a long battle with Adenoid Cystic Carcinoma. She was at her home in Hamilton, surrounded by people who love her.

Jennifer was a talented singer, world class gymnast, adventure racer, and devoted daughter, sister, aunt, wife, and friend. She is survived by her husband John Bianchini, parents Keith & Yvonne Siren, sister Katherine, brother Christopher, and many close friends.

In spite of nearly constant pain from her disease, Jennifer took part in adventure races and marathon canoe races with her younger sister Katherine. Jennifer was the older but slither of the Siren Sisters who appeared at marathon races in Ontario, including Nationals, Canoe The Nonquon and the Mattawa River Race where they duked it out with other female teams in the Rec Women's Class.



In 2018 they got some coaching and new graphite paddles and won their class in the Mattawa in 8:33, half an hour faster than the previous year. Katherine said she never turned down a request from her sister to do an adventure race. She never knew when it would be the last one. "She was a fighter," says Katherine.

There will be a Celebration of Life at Balls Falls in Hamilton on June 5.



MIKE RUDDOCK - PASSINGS

Mike was an engineer who paddled with an engineer's precision. Some years ago he built his own car. And he built beautiful, graphite covered North Canoes.

He liked long canoe races such as the Mattawa River Race and paddled the General Clinton 70 miler and La Classique a number of times. His most famous Classique was in 1977 with Garnet Weaver of Victoria Rd. Despite a challenging swim on the third day they finished in 9th place, a few minutes ahead of boat designer and bent shaft paddle inventor Eugene Jensen and his partner. That top 10 finish put them into the class of legend in Ontario paddling circles.

Mike was a driving force behind the Barrie to Orillia North Canoe race, held in early August for a number of years in the 1970s and early '80s. Mike recruited for his team from talented local Orillia athletes who were involved in other sports, and taught them how to paddle.

In later years Mike took up road cycling in a big way. Although he lived near Orillia and Washago for many years Mike and his wife Diane moved to the Wardsville area in southern Ontario to be nearer to Diane's family. Mike is survived by his wife Diane, his son Rodney and grandson Ivan.



Racing to the finish line Mike Ruddock with Bob Vincent. We spent many winters paddling and racing in Florida. Mike and I always had a good time.
- comment and picture from Bob Vincent

UPCOMING RACES

See schedule on website at omckra.com/races-schedule/

<u>RACE NAME</u>	<u>LOCATION</u>	<u>RACE DATE</u>	<u>NOTES</u>
Canoe The Nonquon	Port Perry	June 4, 2022	skelly@scugog.ca
Saugeen Paddlers Voyageur Canoe Race	Paisley	June 4 2022	sites.google.com/site/ saugeenpaddlers/
Canadian Marathon Na- tionals	Lumsden, Saskatchewan	June 17, 18 and 19, 2022	reginamcc.ca
Little Current to Killarney Canoefest	Little Current	July 2, 2022	currenttokillarney.com
Parry Sound 50	Nine Mile Lake Beach Park, Parry Sound	July 9, 2022 \$40Adults/\$15 <19	Registration onsite Contact Gord Cole info@georgiannordic.com
Mattawa River Canoe Race	North Bay	July 23, 2022	PRE-REGISTRATION REQUIRED BY NOON JULY 8 nbmca.on.ca
Kingston to Ottawa (K2O)	Smith Falls to Ottawa	Aug 13, 2022	kingston2ottawa.ca
Wai Nui Why Not Race	Oakville	Aug 14, 2022	wainuioutrigger.net
Upper Ottawa River Race	Deep River/Petawawa	Aug 6, 2022	upperottawariverrace.ca
Huntsville 110	Huntsville	Sept 17, 2022	www.muskokariverx.com
Toronto International Outrigger Canoe Race TIOC	Toronto Sailing & Canoe Club	Sept 24 & 25 , 2022	www.tioc.ca
Great Muskoka Paddling Experience (GMPE)	Bracebridge	Virtual event only	www.gmpe.ca

PROVINCIALS

C2 Pro Mixed, C2 Stock Mixed at the **K2O**
C1 USCA, C1 Stock, HPK (incl ICF K1) at the **TBD**
C2 Pro Mens, C2 Pro Womens. C2 Stock Mens, C2 Stock Womens at the **Mattawa**

COMPLETED RACES

Thames River Classic

Ingersoll (run as virtual event)

Upper Jock River Race

Ottawa April 13, 2022

Sydenham River Race Al-

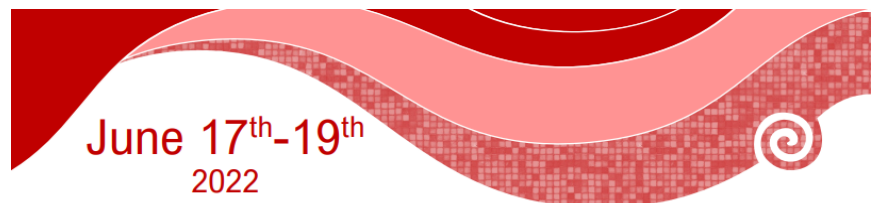
vinston May 1, 2022

Marsh Mash Canoe Race &

World's Team Qualifier

Bradford, Marsh, May 14, 2022

10



The Regina Marathon Canoe Club is hosting the Canadian National Marathon Canoe Championships in Lumsden, SK, and we want to see you there!

Save the date and plan to join us!

**Marathon Canoe
Nationals 2022**



CANADIAN NATIONAL
MARATHON CANOE
CHAMPIONSHIPS