



HUT!

omckra.com
info@omckra.com



INSIDE THIS ISSUE

President's Message	2
Renew membership	2
New initiatives 2023	3
Through the years	4
Lifejacket mandate?	4
La Classique women's subsidy ...	4
1984 and Now	5
Race Schedule	6

2023 Executive

President
Oliver J. McMillan

Vice President
Seb Courville

Treasurer
Mike Bender

Race Secretary
Don Stoneman
racesec@omckra.com

Recording Secretary
Kim Snell

Additional board roles

Past President
Christine Archer

Member at Large
Iain Craig

Other (non-board) roles

Marathon Canoe Racing Council (MCRC) of Canoe Kayak Canada (CKC) Ontario Rep: Iain Craig

Canoe Kayak Ontario (CKO) Reps:
Kim Snell, Karen Bender, Christine Archer, Peter Brault (VP Marathon on the CKO board)

Membership Secretary
Kim Snell

Renew your membership!

details page two

MESSAGE FROM THE PRESIDENT



Oliver McMillan

Spring is just around the corner, and with it more open water. I'm excited to get back out there and into the season. This year is

shaping up to be a good one, plenty of races and several special events, stay tuned for more information on those. As we all eagerly await to get back on the water I will remind everyone to be careful and know the risks when paddling on cold water early in the season. Wear your life jacket, bring a change of clothes in a dry bag and go as a group if you can.

OMCKRA is running several ongoing programs this year. First we are bringing in a new lending program to help connect boats and people to get more people out on the water. Second we are refining a program of supporting

high achieving paddlers going to "high level events". More information on both of these programs can be found on the next couple of pages.

As always at this time of year I encourage everyone to renew their membership. There are many ways to easily do this both through race roster and our website, there are more details below. We saw a very healthy rebound in our membership last year after several years of low membership due to COVID. I'm hoping we can continue that rebound into this year. With many membership benefits including access to our many programs, and reduced race fees. I'm excited that our community continues to grow and can't wait to see where we'll go over the next couple of years.

Oliver

Renew your membership !

Race Roster. Race Roster charges a fee but is convenient, links to events for member discounts AND uses your credit card to pay! [RR.Click Here](#)
e.transfer or cheque

Download a [membership form](#) and send us your information by email or by mail with your cheque.

Send your **e.transfer** directly to omckra@gmail.com

Your **cheque** made out to OMCRA* can be snail mailed to:

Membership c/o 23 Patrick Drive, Aurora ON L4G 2A6

*OMCRA is the business name of the organization operating as OMCKRA



Selkirk Manitoba Canoe Kayak Centre

Sadly on December 14th, Milt Pedwell, our cherished friend, leader, coach, and founder, passed away. We express our sincere condolences to Milt's family.

"The life given us by nature is short, but the memory of a life well spent is eternal!"
by Cicero

NEW INITIATIVES 2023

Midsummer training camp

Policies subject to change. Watch for updates or email info@omckra.com.

Plans are underway for a mid-summer training camp for paddlers. Sessions will be for Beginner/Intermediate and Intermediate/Experienced. Watch for more information on FB, website or email info@omckra.com if interested.

Equipment Lending Library

OMCKRA is formalizing its Equipment Use Policy and launching a new initiative (By Members for Members) that could give more access to equipment for OMCKRA's marathon paddlers. The aim of this document is to explain the policy and guidelines related to the lending and/or renting of equipment by OMCKRA to its members. OMCKRA has/will position its equipment in various hubs across the province to better support racers and coaches. All members will have access to this equipment under the following guidelines.

Terms

The Members can make an agreement with OMCKRA to use the equipment on a daily, weekly or monthly basis if available. The agreement can be terminated by the member or OMCKRA providing at any point with a written notice to the other.

Rent and Deposit

The rent for the equipment will be as per the equipment list and will be paid prior to taking possession of the equipment. The member will also pay a deposit (10% of Value) before taking possession of the equipment. OMCKRA will refund the deposit at the end of the term if the member has returned the equipment in accordance with the agreement.

Repair and Maintenance of Equipment

If the equipment is damaged and needs to be repaired, the deposit could be used to help cover

those repairs and an additional deposit will be required for continued use. No charge will be required for general wear and tear. However if the equipment is damaged, the member must let OMCKRA know ASAP so they can arrange for repairs.

Loss

In the event of a loss of the equipment, the member will provide a prompt written notice of such loss and will have to pay 90% of the value of the equipment.

Security

The equipment must be stored in a secure location when not in use. Canoes must be carried on a secure roof rack with proper straps and bow tie downs.

Members should not use the equipment in a risky environment. i.e: White water, very rocky/shallow rivers, etc. While using the equipment all members must follow OMCKRA Safety Policy.

By Members for Members initiative

This initiative from OMCKRA is to connect marathon paddling equipment owners that are willing to lend or rent their equipment to members. OMCKRA will consolidate and maintain a list of equipment available and the owners contact information on our website. All arrangements will be made between the owner and the lender/renter.

OMCKRA Race Subsidy Policy 2023

OMCKRA will reimburse members for attending high level events throughout the season. \$200 CDN will be provided for each event. An event must be attempted however does not have to be completed. To be eligible for the reimbursement a member must attend a minimum of 3 OMCKRA sanctioned /recognized races. OMCKRA races do not have to be attended before a high level event but must be completed before applying for reimbursement.

The pre approved events for this season are as follows:

The General Clinton Canoe Regatta
The Ausable River Canoe Marathon
La Classique de Canot
The Yukon River Quest
La Ruta Maya Belize River Challenge
Chattajack
Marathon Nationals
Marathon Worlds (must attend 1 OMCKRA sanctioned event)

Members wishing to have event covered not on the approved list may contact info@omckra.com to apply for reimbursement.

COMMUNITY THROUGH THE YEARS

On Thu, Feb 9, 2023 at 4:17 PM <sonny@h>

IS IT ME YOU'RE LOOKING FOR?

Hello and good afternoon
My name is Sonny Dickens from Windsor
I am now 48 yrs old and way back in the late 80s was a marathon paddler .
I have to recommended for nomination into our local Essex County Sports Hall of Fame with canoeing and kayaking
Do you have any old records or bantam and junior canoe / kayak records Ontario points championships or Provincial / National results ?
I am doubting you do but was hoping
My father was the President of our local canoe club and was also the treasurer of OMCRA (as previously known)
His name was Les Dickens but has since passed away and all the results he saved are now gone
Of course I never recorded the wins or points championships . I was fortunate to win one nationals in bantam C2 and my partner was Ian Craigs son (St Stanilaus , NB)
I do recognize a few names of gentleman the father had the pleasure of working with and sharing memories with . Ian Craig . Don Stoneman . Bob Vincent .
If you do have any old results or points championships it would mean a lot to me .
Thanks so much for your time and sorry to have bothered you

Sonny E Dickens

From: Don Stoneman <don.stoneman55@gmail.com>

Sent: February 9, 2023 4:22 PM

To: sonny@

Subject: Re: Race results from wayyyyy back when

Hi Sonny, I remember you. Don Stoneman here. I will see what I can find.

From: <sonny@>
Date: Thu, Feb 9, 2023 at 4:52 PM
Subject: RE: Race results from wayyyyy back when
To: Don Stoneman <don.stoneman55@gmail.com>



Oh my God
My Dad loved you and had so many funny and awesome stories
My most vivid memory of you and my dad was at Mr Cowans house near the dam in Paisley .
You , My Dad , and Ted were are sitting there and trying to convince us younger kids that OLD AGE AND TREACHERY WILL ALWAYS OVERCOME YOUTH AND SKILL (It was a sign Ted had on the wall)
I appreciate any help you can find
Thank you

Lifejacket mandate?

The February edition of Cottage Life magazine reports that Transport Canada is considering making lifejackets mandatory on recreational boats. Canoe Kayak Canada is looking into this on behalf of competitive paddlers. Public input will be sought shortly via Transport Canada's "Let's talk" portal. <https://letstalktransportation.ca/mss>

According to Cottage Life, "last year, the Ontario Provincial Police reported 29 boating-related fatalities. Of those 29 people who died, 26 weren't wearing a lifejacket."

Reducing barriers to sport for women

La classique internationale de canots de la mauricie, the famous three day stage race held on Labour Day weekend between La Tuque Quebec and Trois Riviere, is planning to subsidise registrations for female paddlers in 2023. More details will be published as they are available.

A COMPARISON BETWEEN 1984 AND NOW

Member Mike Kennedy recently mailed me a copy of a newsletter published by Canoe Ontario in 1984. It offers some insight into where we were nearly 40 years ago. The 1984 race schedule featured 31 events! Of those, 14 were held west of Highway 400, the physical and psychological barrier that divides the southern part of our province. (There were three marathon races in Windsor and Essex County alone.)

Only two of those 14 survived through the intervening years, The Sydenham River Race near Strathroy and The Thames Classic, now the Pittock Paddle event on that same river. Last year a tamer version of the 1984 Nottawasaga Swamp Stomp through the mosquito-infested Minesing Swamp was revived in Wasaga Beach.

Regardless of where members were located (we don't have a 1984 list), the centre of events has moved considerably eastward. Three prominent southwestern clubs at Windsor, Chatham and London are no longer racing factors.

Dragon boats were still unheard of in the Ontario paddling scene, let alone SUPs. The C1 class was featured for the first time at Nationals in Fredericton New Brunswick. The winner was Solomon Carriere from Cumberland House Sask. In early

1984 Ontario owners and builders agreed upon specifications for North Canoes. Four crews raced at the Provincial Championships in Minden. Voyageur canoe races are scarce in 2022, having given way to Outrigger events based on clubs on Lake Ontario. While Saugeen Paddlers will likely hold their annual June event on the Saugeen River, the Little Current to Killarney race will not go ahead this year with no reason given. OMCKRA's North Canoe is mostly stored unused in a barn in western Ontario.

In 1984, Wintario was ending funding of a coaching coordinator, Fred Heese, for all three competitive disciplines of Canoe Ontario. ("Kayak" was added considerably later.) Both Whitewater and Marathon were advancing coaching at that time. Whitewater went ahead as an Olympic sport while marathon coaching efforts were abruptly defunded during cutbacks in 1996 and it took more than a decade for even a pilot coaching project to take place. Among coaching efforts touted in 1984, "In terms of research we have made an agreement, provided funds can be made available, with Dr. Digby Sale of McMaster University, to construct a laboratory paddling device which can accurately measure aerobic capacity and power output of paddling muscles." (What happened to that?)

Facts about that era from other sources: Across Canada in 1984, a litre of regular unleaded (87.7 octane) gasoline cost just under 40 cents. It would be another six years before the price hit 50 cents. Construction of the 407 toll road to take cars and trucks around Toronto traffic would not begin until 1987 and central sections were not completed until 1993.

The provincially mandated insurance coverage of sanctioned events would not begin until 1987.

What were the shortcomings of marathon paddlers in 1984? They didn't stretch enough! They also needed encouragement to wear their PFDs. Some things don't change.

Don Stoneman



1984 Humour

RACE SCHEDULE 2023

Below is a tentative schedule with many forms still to come in for the Sanctioning Committee to review. Check the website for up to date information. <https://omckra.com/races-schedule/>

date	race/event	location	registration
April 22	Upper Jock River Race	Ottawa	http://jockriverrace.com/
April 30	*Sydenham River Race	Alvinston	Registration at start of course from 10 - 11 am.
May 6	Pittock Paddle	Woodstock	https://raceroster.com/events/2023/72515/pittock-paddle
May 13	Marsh Mash Canoe Race	Bradford	http://www.marshmash.ca/
June 3	Canoe The Nonquon	Port Perry	Register onsite at Latcham Centre,
June 3	Saugeen Paddlers Day	Paisley	https://sites.google.com/view/saugeenpaddlers?pli=1
June	Ontario Training Camp	Bracebridge	info@omckra.com
July 17	Round the Islands (Manotick)	Manotick (Ottawa)	https://www.manotick.net/paddlemanotick
July	North of 7	Bancroft	TBD
July 15	Parry Sound 50	N. of Parry Sound	TBD
July	Mattawa River Canoe Race	North Bay	TBD
Aug 12	Kingston to Ottawa (K20)	Kingston/Ottawa	https://www.kingston2ottawa.com/
Aug. 12	*Upper Ottawa River Race (Water and Dirt)	Pembroke	https://raceroster.com/events/2023/71712/upper-ottawa-river-race
Aug13	Wai Nui Why Not Race	Mississauga	https://wainuioutrigger.net/wai-nui-why-not-race/
Sept. 16-17	Muskoka River X	Huntsville	https://muskokariverx.com/muskoka-river-x/
TBD	TOIC	Toronto	https://www.tioc.ca/
TBD	Nottawasaga Fall Classic	Wasaga Beach	https://www.facebook.com/collingwoodpaddles
TBD	Provincials	in planning stage	Watch omckra.com for updates.

* Race is recognized rather than sanctioned

Nationals 2023

Shawinigan Quebec on Aug 12-13



The details are being nailed down now for Nationals in Shawinigan Quebec on Aug 12-13. The Nationals will be held in synchronicity with The 4th edition of the Festival de la rivière at the Parc de l'île-Melville in Shawinigan. C1s in all classes will race 10 KM on Friday evening. The exact schedule of events on Saturday is still being developed but races are likely to be 25 km long. On Sunday will be a 30 km race with two portages from Grande-Piles and finishing at the Parc de l'île-Melville. There will be a C2 race with two portages and also a

Rabaska class, with one long portage at Grandmere. The Rabaskas will shoot the rapids upstream from there. The distances vary depending on the race. There are also different categories such as men, women, mixed, juniors, etc. Every participant will receive a souvenir gift, like a T-shirt for example, bearing the image of the event. According to our sponsorships, cash prizes will be awarded for the different categories. Free accommodations will be available for all athletes coming from out of region.