

2017 USCA Nationals Results Issue

# *Canoe News*

Fall 2017 Vol. 50 No. 3







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## *From the Editor:*

*The 2017 Nationals are now past, but the memories will last a long time. While the attendance was a little lower than last year, the competition was just as fierce. And the camaraderie was just as wonderful! The Mississippi River created a unique and very cool venue for our Nationals. The island (and the area in general) was very pretty and being on a storied river was awesome, but as always it was the people who really made the event superb! Join us in this issue as we recount the action of the 2017 Nationals in story and photos.*

*Keep paddling strong!*

*Steve*

*Front Cover: Mike Davis leading the pack in C1 Man at the 2017 USCA Nationals.*

*Photo Credits for Front and Back Covers: Richard Hodgkins*

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## VIEW FROM THE STERN

USCA PRESIDENT REBECCA DAVIS



The 2017 racing season is coming to a close, at least for those of us in the northern regions. It is the time to evaluate how our seasons went, where we can improve, and what we did well. As I look of my own season, the UCSA Nationals was one of the highlights of the summer. I love seeing paddlers from all over the country get together and race the distances that are most familiar. Dubuque was an excellent host town, with beautiful parks, a great event venue close to camping and hotels, and a charming downtown to explore. A few new faces joined us at the races and a full slate of youth racers gives us hope that our organization can change and grow.

As we close out this season it is also a time to explore our value and flaws as the United States Canoe Association. Over the past year we have found some unity in working through our problems, something I was very thankful for at our summer meeting. We have had several venues show interest in hosting Nationals in the coming years. We also dealt with challenges when it came to our insurance program being handed over to a third party to reduce our volunteer obligations- something that needed to happen, but hasn't gone as smoothly as hoped. Our website is making progress, but definitely not where it should be in

terms of updated content and usability, and that must be fixed for the 2018 season.

Going into the fall, the USCA will have some new volunteers stepping into key positions. Harold and Joan Theiss are both stepping down as Membership Chair and Secretary respectively. Membership chair will be assumed by Lynne McDuffie and our new secretary will be voted on at the January meeting. Don and Barbara Walls also plan to step down as Nationals Coordinator and Awards Chairs. These four members have put in countless hours over the years to keep the organization running in accordance to our by-laws, for which I am greatly thankful. This also means there are opportunities for new people to take responsibility and shape the direction of our organization in the coming years. If you are interested in filling any of these positions, please be in contact with me at [canoe\\_run\\_ski@hotmail.com](mailto:canoe_run_ski@hotmail.com). Also, any recommendations or changes for the bylaws and rules and regulations need to be submitted by October 15 in order to be included on the agenda for January's meeting.

As I enter the next phase of my canoe preparation, I will take a few weeks to have fun- which of

course includes some paddling, but also some biking, hiking, and traveling. Then I will begin to focus on strength training. It is probably my least favorite part of my training cycle, but the most beneficial in terms of getting the best bang for my buck. Running hills, and weightlifting will be regular parts of my days. I also notice the more I strength train, the more important it is to stretch each day, even if only for five minutes. Even with all of this time spent reflecting and preparing, the best part of fall is enjoying the changing seasons from the seat of a canoe. Time with friends floating down the many Michigan Rivers, cooking, and camping in the outdoors just can't be beat!

### **BACK TO OUR ROOTS!**

The 2018 USCA Annual Meeting will be held January 12–14 at Turkey Run State Park in Indiana - where it all began 50 years ago! Come join us in setting the course for another 50 years of paddling adventure. Contact Rebecca Davis for more information.

# CATALINA CROSSING 2017

REBECCA DAVIS



The weekend after Labor Day has always been one of canoe racing in the Davis household, and for the last few years that has meant a trip to California. Why California? For the Catalina Crossing, of course! The Catalina race is a nine-man team, six person outrigger canoe race between Newport Beach and Catalina Island, roughly 30 miles. The ladies paddle out to the island on Saturday, and the men paddle back to the mainland on Sunday. After a bit of trial and error, Mike and I have decided this race is the most lo-

gistically possible outrigger race, plus the course is friendly to marathoners with relatively calm seas both ways.

This year we were both excited about our teams- a good mix of experience and energy. We race under a club from San Francisco- Hui Wa'a. Racing under an established club comes with many, many perks. First, we have an excellent coach in Hui Wa'a's Mike Martinez. He has guided over 25 crossings, and talks us all down from our fears of sharks, or the ocean in general. He is the calm and

steady in a race full of surprises. He decides what the teams should be, when we should switch our paddlers, and how to put our absolute best effort in for the final kick. Hui also provides a nice unlimited (read fast) outrigger for us to race, with foot braces AND covers. This is not a given, so we feel quite lucky. Only one boat is needed for our two teams because we don't race at the same time which is a huge bonus for logistics.

Along with the canoe, Coach Mike lines up a support

boat and driver, and ours is Russell. Russell is the savior. When I jump into the water after a shift in the boat, Russell is an arm's length away as soon as I come to the surface. He drives his boat like a master, and keeps our canoe online with the currents and GPS, while keeping all of the racers safe, even in rough conditions. Finally, Hui Wa'a gives us the key to a successful Catalina Crossing: our steersmen. The steersman typically race "iron" and stay in the whole race, while all other members switch in and out for different legs.

For the women we have Margaret Caudle. She is a San

Francisco bay native and manages both teams on and off the water. She makes sure we have a place to stay, a spot at our favorite Mexican restaurant after a hard day of racing, and she can seriously steer the canoe. She has a sixth sense for where we should be heading, even when all I can see is open ocean. If I am ever unsure of what to do, or where to be, I just stand next to Margaret.

The men have the yin to Margaret's yang in Mike Ng. Mike has a huge amount of outrigger experience and is probably the coolest person I have ever met. Doubt me? Well, he is the guy surfing on the bottle of Old

Spice- that's the level of cool we are talking about. This guy can feel the waves and read the ocean. For the women, Mike is the one that really brings us together as a team- working on water changes, timing, pushing to pass that final boat, etc.; he is the little voice in our heads telling us how to race.

The rest of the teams are a rag tag bunch of marathon paddlers from all over North America. Amy Solak (MI), Deb Bauer (WA), Kathy Palzewic-Jensen (MI), Roxanne Barton (MI), Emma Ellsworth (MA), Gloria Wesley (MA), Edith MacHattie (SK), and I are the women's crew. Mike calls us "Rocky"- we look pretty





good until you put us next to Ivan Drago (the Cali teams), then we look undertrained and undersized. However looks can be deceiving and I know that our team is a scrappy one. This year the men's team is what I consider to be a team of giants- Mike Davis (MI), Trevor Robinson (SK), Nick Walton (MI), Christophe Proulx (QC), Weston Willoughby (MI), Logan Mynar (TX), Kyle Mynar (TX), and Rich Lauth (MI). Mike Martinez was so happy to see all of the tall, lanky paddlers with long arms that we were able to assemble, hoping to improve on last year's finish and crack the top ten.

Saturday morning, the day of the women's race arrives and there is a nervous energy throughout the team. Our women's team is good at paddling, but not at water changes. What is a water change? The three "extra" paddlers jump into the water, the canoe paddles up, and three paddlers jump out while simultaneously the three extras climb into the canoe. Good men's teams can make a change in two strokes... our team was lucky to get all of the ladies in the canoe in less than a minute. Coach Mike and Mike Ng decided we could paddle 30-35 minutes between changes (so most of us paddled an hour straight), which would really minimize the number of changes in the race. We also approached our changes with a new strategy. Instead of trying to maintain boat speed with three ladies paddling and three ladies struggling to get

in, we would plan on stowing our paddles and pull the women out of the water if needed and then do a "race start" after everyone was in the boat. We noticed in practice that this made our change outs significantly faster.

I made the starting line up in seat 5, or "second stern." I help Margaret with any last minute steering from boat wakes or choppy water that will grab the ama (the outrigger) and make us unstable. This is a long shift because paddlers aren't allowed to change for the first 30 minutes of the race, and we went longer to hopefully gain on the other changing teams. We had a great start off of the line, but quickly fell back to 11<sup>th</sup> or 12<sup>th</sup> place. Soon the support boats were zooming in close as other teams made the first change. This caused quite a bit of turbulence, but after 10 more minutes we were chugging along and finding our rhythm. Coach Mike called for the first change so I prepared to jump out. The first time jumping in the water is always a bit nerve racking, but when Margaret called for us to stow our paddles and jump, I didn't hesitate. As soon as I popped up I saw the support boat and climbed on- just in case there were any sharks in the area. I looked to the canoe, and all of the girls were paddling! This was a great water change for us. For the next half hour I refueled with water, Gatorade, cookies, peanut butter sandwiches, and fruit, waiting to be called for the change.

Coach Mike calls for another switch and I am up. I jump off the side of the support boat, and line up with the other two women, so Margaret will have an easy time steering towards us. As the boat nears everyone stashes their paddles, and we reach for our marks- these little yellow dots showing us where the cockpits are. I make one big push and I am in with no problems, what a relief! We all grab our paddles and start up, another good change. This time I am in seat 2 or "second bow". The most important job in this seat is to follow seat 1 perfectly, which is tricky because I can't actually see their stroke. Once I start feeling comfortable, another change is called and a new person hops into the bow, and the matching process begins again. As a team, we really start to find our rhythm with Mike Ng walking us through our pushes and switches to maximize our glide. We have put distance on the teams behind us, and are paddling mostly alone in 6<sup>th</sup> place. Cool Mike warns us to not let up as the next team back always makes a big push the last hour.

One more rest and my final shift is back to seat 5. I can feel the fatigue of the race setting in and I just want to put my arms down, but knowing that we are close to the end I push through. My number gets called again and I am out for the finish, but at this point it is a relief. A mixed team that caught us after starting ten minutes back was battling to pass



us in the last ten minutes, and our team wasn't giving up. Cool Mike kept reminding us to have efficient switches and keep pushing, we could hold them off! As we near the finish, the mixed team loses control and hits our ama, a dangerous situation especially with the men using our boat the next day. Our team quickly backs up and takes off again, just barely edging out the mixed team for an exciting finish! We held on to 6<sup>th</sup> place.

After the race all of the women clean up, get together, and go out for a fun evening on the island. Margaret lets me know that I will be riding the support boat for the men- filling the position of "Cool Mike." I had never been asked to do this before and was ecstatic.

Sunday Morning the water looks calm as I climb onto the support boat. Coach Mike, Russell, and Kathy are there, as well as the three guys who are out for the start. We watch the race take off from a distance, hoping that our team is in the top 10. After 20 minutes, we spot them in 8<sup>th</sup> place, behind the Tahitian master's team! At 30 minutes we zoom over to them with encouraging words, preparing for the first change. The conditions have turned choppy. Cool Mike isn't happy with how the ama is riding as the wind waves are from the left side, causing it to bounce off of the water. The guys going in on the change are warned to keep weight on the ama side when they

get in to keep the boat stable. The change is called and the men get right in with no need to stop. They look like pros, even though some of them have never done it before. As we load the swimming guys onto the boat, our elation turns to despair as we watch our



team *huli*- outrigger term for “tip over.”

The first thing to do when the canoe capsizes is to count people, then grab the paddles and bailers. That is done quickly and the Mikes begin coaching on how to right the boat. Once the ama is flipped back over the six guys jump back in and are off- they lost six spots and are now 14<sup>th</sup>. Nick is in seat 3 and begins bailing water to aid the mechanical pump. The plan was to have a change every 13-15 minutes for the men’s team, but we are gun shy with the choppy conditions. After another 30 minutes I finally convince Coach Mike to call a change and my Mike and Rich climb on to the boat. Not realizing they were going to be in for an hour or more, they were spent. We rushed to get them refueled and started calling short changes again. With these shorter pieces our teams seemed to be revived, and we climbed up to 10-12<sup>th</sup> place. It was hard to tell exactly where we were as all the teams were spread over a mile across the ocean. We would know where we were when we hit the canal for the last three miles of the race.

Mike and Rich go in for their last change knowing that they wouldn’t be paddling the canal due to their long shift in the first few hours that left them drained. The whole team pushes hard as they near the entrance, trying to pass any last teams that they could. With everyone push-

ing, they secure 10<sup>th</sup> place. The finishing team goes in and digs deep for the final 25 minutes. Once we are in the canal our team is confident in the flat water and they do gain on the two canoes in front of them, but are unable to make the pass. The finish horn blows and the team is happy with the 10<sup>th</sup> place finish, but ready to go back for next year and show their true potential.

After the race both teams meet up to load the canoe for its journey north, and then head to the awards party to celebrate. The party is on the beach with live ukulele music, a cookout, beer tent, and vendors selling all sorts of paddler goodies. I can definitely tell that I am not in Michigan anymore and soak up the atmosphere. Everyone leaves with a smile, a trucker hat, and a sun tan. It always feels like the

end comes too soon as we load into cars and head for the airport, promising to see each other next year.

## ***NATIONALS BIDS NEEDED!***

We need bids for the 2019 USCA National Marathon Championships and the stock Aluminum National Championships. Bid applications for each championship will be available from the USCA President, Rebecca Davis.

Email: canoe\_run\_ski@hotmail.com or call 517-227-4794. Bid applications need to be returned to the President no later than December 1, 2017.



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# WANNA GET AWAY?

PETER HEED

## *How To Drop A Boat Riding Your Wake and Not Get Dropped!!*

The race is on! You and your partner are feeling strong and you have been riding with a pack of good canoes. Although every team takes a turn pulling, you and your partner seem to be putting in the most effort. It has been good for a while, but now it is time to get away - time to make a move and drop the boats that are riding you. Perhaps the race is approaching the finish; perhaps you want to make a move to bridge up to the next canoe ahead; perhaps you just want to drop the canoes that are beginning to tire and just hang on to you. It is a critical time in the race. These tactical situations, or ones similar, are encountered countless times during marathon canoe/kayak races. So what to do? How do you get away?

### **Dropping The Opposition**

There are many techniques and strategies for dropping a canoe or canoes that are hanging with you riding your wake. Although there is no one right or

wrong way to accomplish this, there are certain basic moves which you can master and adapt to a wide variety of competitive conditions. There are three fundamental concepts to understand and utilize in order to drop a canoe or kayak riding your wake:

- Changes in speed
- Changes in direction
- Changes in paddling conditions (shallow water, suck water, waves, buoy turns, portages, river obstacles, sharp twists and turns, etc.)

### **The Need For Speed**

The most important factor in dropping a canoe off your wave is speed, or more precisely, the ability to change speed. Whether in deep water or shallow, you need to develop the skill of quickly accelerating a canoe from one speed level to a higher speed level. A dramatic change in speed makes it difficult for teams riding your wake (either side wake or back wake) to stay with you - not only because you are suddenly going faster, but also because

your speed change makes the size of the wakes you are creating significantly large (higher). Done correctly, teams riding your wake will be challenged not to get dropped. At best they will likely fall off your first wave. Even if they hang with you, they will be working very hard. Either way, it will be good for you and not so good for your competitors.

To be competitive in the sport of marathon canoe/kayak racing, you must constantly hone your skills at accelerating your boat. Endurance, of course, is fundamental to marathon canoe and kayak racing. However, the ability to quickly accelerate your canoe or kayak is what separates the upper level paddlers from the mid-packers. At any race you will note that most of the competitors can paddle for a long time at a good steady pace. Yet it is the teams that can repeatedly accelerate - attacking again and again - who usually wind up with the medals.

On some occasions it may only take a short sprint to drop a competitor. This often occurs in shallow or suck water conditions.



Once you have quickly put your opponents back two or three waves, you can usually dial down your effort and stay out ahead. In situations involving deeper water,

being able to crisply and efficiently increase the speed of your canoe is key to being able to utilize advantageous opportunities that present themselves to

your "usual" 30 seconds, recover very briefly and then suddenly attack again without the normal rest gap.



*Peter Heed and Michael Fairchild battling Don Walls and Dale Burris at the 2017 USCA Nationals. Photo courtesy of Hansel Lucas.*

it may be necessary to utilize interval sprints or a longer massive grind to get your opposition off the wave.

During a typical sprint attack, keep your eye on the opposition's bow. If their canoe starts to go backwards and "bow up" on your wave, it's the signal to keep hitting it hard. They are indeed falling off! Additionally, if you sense the opposition struggling to prevent being pulled into your boat, it's a good time to keep the hammer down. When your opposition is struggling, do not let off the gas until they have completely fallen off your wave. Whatever the situ-

ation, being able to crisply and efficiently increase the speed of your canoe is key to being able to utilize advantageous opportunities that present themselves to

drop competitive teams from your wake. One effective attacking strategy is to do a series of brief interval sprints and rests, so that you get your competition into anticipating your "rhythm." Just as soon as they have figured out that you are going to be sprinting for 30 seconds and resting for 30 seconds, change the pattern. Try going hard for a significantly longer period of time in the hopes that your competition will automatically and subconsciously begin to ease off after 30 seconds. Another technique is to suddenly shorten your rest intervals. Sprint for

Quick and smooth acceleration is the key ingredient to all of this. One of the best ways to develop the skill of suddenly and dramatically changing speeds is to practice a series of "jumps" (i.e. shorter interval sprints) during your training. It is imperative to be able to accelerate your boat from a fast cruise to a "take no prisoners" sprint within two or three strokes. You want to be able to catch your competitors unaware. The goal is to get the jump on them before they can react and cover your move.

### **Using Race Course Features - Shallow Water and More!**

One of the first lessons any canoe/kayak racer learns is this: all water is NOT created equal. Shallow water and suck water, is where the "tough get going." No single element in canoe racing makes a greater difference to the ultimate outcome than shallow water. The disparity between teams which are capable of dealing with shallow water and those which are not is dramatic. Most importantly, shallow water causes major difficulties for boats attempting to ride your wake. Due to the shortened wave length and larger (higher) waves created by racing through shallow water, it is

a much less forgiving environment for wake riding. This is particularly true for a stern-waking canoe team, which will feel as if they are plowing into the big wave in front of them and will be encountering the dreaded “uphill” position. The result? They get dropped. Boat separation occurs quickly. It is backwards time for your competition!

So if you want to drop a canoe or canoes off your wake, there is simply no better place to do it than shallow water. If a shallow water section of the course is approaching, get ready to sprint! It helps tremendously to be the first team in your pack to initiate the sprint. Get a jump on your competition. You can usually find this type of shallow “jump water” on the inside (near shore) of sharp turns. The combination of the turning radius and the shallower water will provide you with a good opportunity to attack and drop a wake riding team, whether that team is on your side wave or back wave. Once your competitors go “bow up” and fall off the wave, keep the pressure on so they do not have an opportunity to counterattack. This can work particularly well when you are paddling with several boats and wish to drop the weakest team. A tight turn with shallows, combined with crisp acceleration, can effectively split the group. You can then ease off until the strongest of the teams come back. Then

work cooperatively with that team, leaving the others behind!

Approaching a portage is another good time to attack. Teams will generally back down their intensity as they prepare for an upcoming portage. If you are able to transition well, significant gaps will likely open. Once you put back in the water after the portage, it’s another opportunity to quickly accelerate. Either your competitors will fall back, or they will work very hard trying to close the gap.

Deepwater and long straight river sections are going to require a bit more creativity to get a team off your wake. The problem here is that the deep water waves which are created by your canoe are relatively easy for your competition to ride. They are evenly spaced, lower, and more forgiving. It will be much simpler for other teams to cover your attacks. In these deep water conditions, it is a tremendous advantage to have developed that dramatic change in speed, from cruise to an all-out sprint, without “broadcasting” your intentions. It also helps to throw in a subtle change in direction at the same moment. For instance, if you have a wake riding team on your right side wake, and you suddenly take a turn to the left combined with acceleration, the turn maneuver alone will put the competitor's boat back approximately half a

boat length. This may be all you need to break contact, especially if your speed change is significant. A popular way to set this up is to first gradually bear in toward the canoe riding your side wake, causing that team to react by pulling away to prevent potential contact. While the wake writing team is preoccupied with this action, you suddenly roll your boat and turn the opposite way while accelerating. This is a tough tactic to defend against and should be part of every team's deep water attacking repertoire.

Another popular technique is to utilize a series of repetitive attacks, in the hopes of wearing down weaker teams. This can be effective, provided you feel strong and avoid simply acting as a “rabbit” for other teams. The danger of becoming a “tow truck” for other teams most often occurs in deep water where your wake is easy to ride. However, in substantial stretches of shallow or suck water, repetitive attacks will usually do the job. Only the most skilled teams will be able to hang on. Similarly, get in the habit of utilizing buoy turns, whitewater drops, river obstacles - any place that may cause other teams to be cautious - as occasions to throw down an attack. You will find yourself becoming more aggressive and moving up in the field. At the very least, you will become more confident of your ability to drop another team when necessary, and you will develop into a

better all-around marathon canoe/kayak racer!

### **Limiting Your Loss: How Not to Get Dropped**

Now consider what happens when you are on the other end of the equation. You know the feeling: either you or your partner are starting to get tired. Perhaps you are simply going through a "low patch." It is becoming harder and harder to stay with other canoes. Your tank is on "empty," and you are about ready to bonk. Randy Drake used to call this "backwards time." What can you do to limit your loss and try not to get dropped?

The good news is that there are several approaches you can take to help prevent being dropped. The bad news is that if you are totally bonked and completely "out of gas," you are probably not going to hang on to other canoes - at least not the ones still cruising fast. In this worst-case scenario, you need to back off the intensity, drink, re-fuel, and try to recover. You will have to go easy for a while. Once you grab a gel and a drink, be ready to work the next canoe that comes up on you. Perhaps you will feel better and get going faster again - at least to the point of being able to ride with other canoes.

The key to not getting dropped by a canoe, or a pack of canoes when you still have some zip left is ANTICIPATION! This means you have to be aware of what attacking teams are likely to do and be prepared to defend. Racers often refer to this as "covering" a move. The first rule to be successful covering an attack is to be alert and react quickly. As soon as you sense an attacking team start to accelerate, you must do so as well. If you are slow in recognizing the speed change, you will fall off the wave and be left wondering what just happened to your easy ride! Both bow and stern paddlers share the responsibility for keeping an eye on the competition. This is no time for sight-seeing. Some paddlers make it quite obvious when they begin to sprint. The better paddlers, however, are far more subtle and disguise their speed change. If you can just manage to react quickly to the initial sprint, the other team may get discouraged and slow down, giving you time to recover. But if your competitors catch you off guard with your canoe falling back and "bow up" on the wake, you can probably say "sayonara." You will now be watching the opposition from behind.

Another important consideration in not getting dropped off wakes is your boat position. Riding the stern wake may be easier and more forgiving, but it can be dangerous if shallows are coming.

It will not take much effort for an attacking team to drop you off the stern wave in shallow water. The need to react quickly is imperative. If you drop off one stern wave, get ready to accelerate as the next one comes along. You may be able to ride the second or third wave and then counter attack when the leader eases off. On the other hand, you will find that the stern wake is a beautiful place to be in deep water or in a headwind. It can also be a good riding position in a twisty course such as the swamp in the General Clinton 70 Miler. Just be sure to do your best to stay on the inside stern waves while going around tight corners. Be alert and ready to jump up to the side wake when the course straightens out.

In many circumstances the side wake is the better and safer place to be. The side wake gives you almost unlimited positions to ride. You will be able to shift out significantly to the side in shallow water sections and slide back on waves which can be ridden even while sprinting occurs in the shallows. A further positive aspect of side waking is that it allows you to be in a more offensive posture. That is, on the side wake, you can readily move to the front position, pulling other boats that are with you in the pack. As long as you are doing some share of the work at the front, your companion teams are going to be less inclined to drop you. Another benefit: you will get your share of rest



when the other teams take turns at the front.

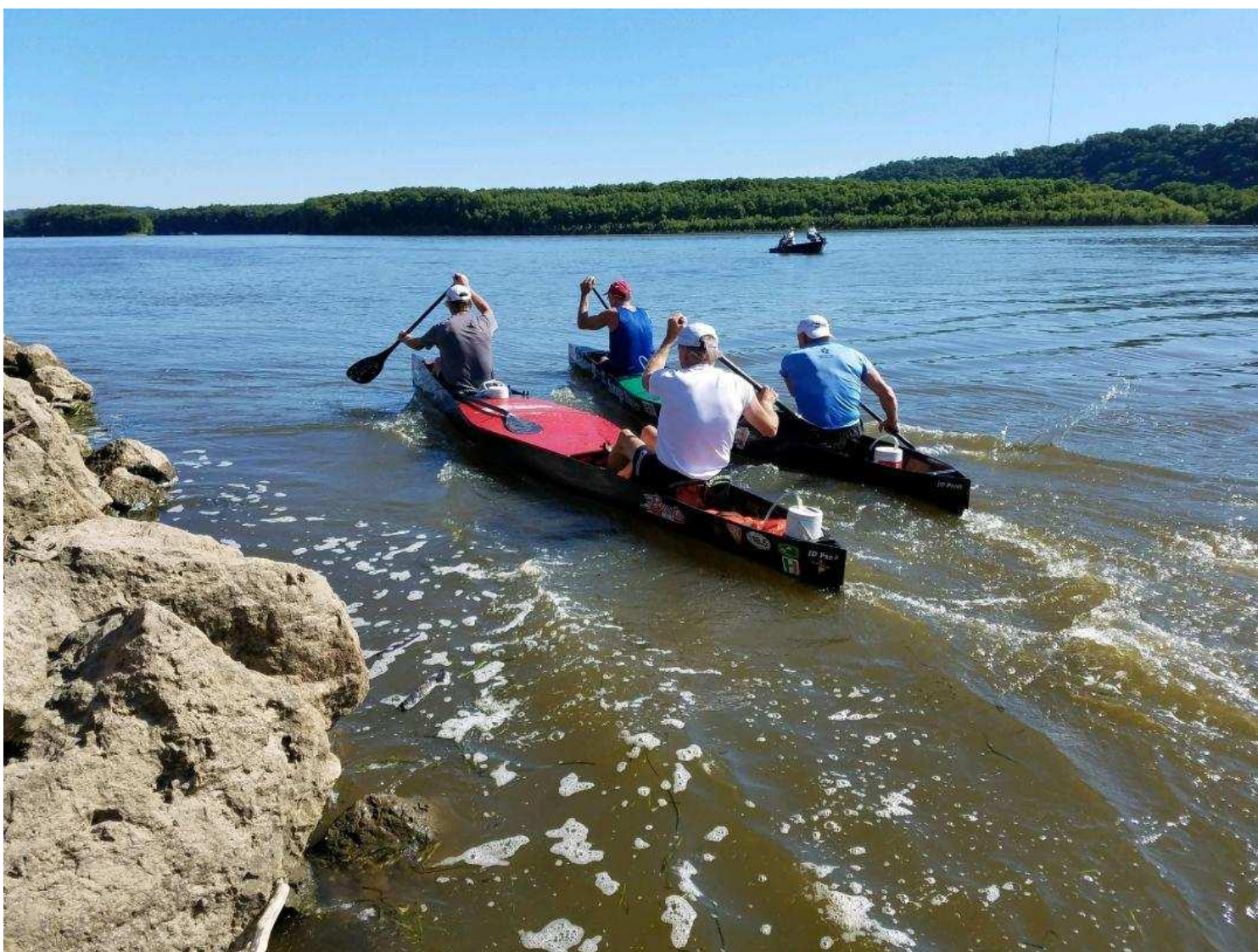
The side wake is also the best place to utilize: “countermeasures” when you do get dropped back by a sprint. Typical defensive moves would include sliding out farther on the side wave of the sprinting canoe, as the wave is lower and easier to ride. In the alternative, you can fall back on the stern “wave train” until your canoe is picked up by the next following wave. Try to hang onto that wave. When the pace at the front slows, make an

all-out effort to jump forward over the wakes. If you can’t get back up on the side wake, try sliding in behind on one of the stern waves. Grab some recovery time. Be patient. Wait for the next good opportunity to attack and jump forward onto the side wake.

Riding and working with other canoes - sometimes in large packs - is one of the most fun and unique aspects of marathon canoe racing. Training sessions with other canoes are the best way to learn the various skills a paddler needs to ride wake and be able to

drop opponents during crunch time. You can also use local races, which are less serious and good spirited, as a way to practice these techniques. At some point in every race, whether approaching the finish or a technical shallow water section, you know that the sprints and attacks are going to happen. Teams will get dropped. With proper preparation, knowledge, and anticipation you can become the “dropper”- not the “dropee.” Time to get away!

Peter Heed



*Peter Heed and Michael Fairchild battling Don Walls and Dale Burris at the 2017 USCA Nationals. Photo courtesy of Hansel Lucas.*



# LOSING YOUR COOKIES—2017 NATIONALS

STEVEN HORNEY



*Steve Rosenau and Steve Horney paddling K2 Men with an OC2. We like to be “unique.” Photo courtesy of Richard Hodgkins.*

“Paddle ‘til you puke in beautiful Dubuque” was my proposed theme for the USCA 2017 Nationals. Strangely, I don’t think it was ever officially adopted! I’ll have to wait for the next Nationals venue with a “uque” sound. But losing your cookies or not, Dubuque was a superb Nationals experience. As with all Nationals courses, this one had its unique tests and challenges designed to weed out (often literally) hopeful contenders from the top dogs.

Earl Brimeyer must have been in good stead with the local weatherman, because he ordered up some excellent weather for

the Dubuque Nationals. A little cool and windy for Friday, it settled into very comfortable mid-70’s weather for the weekend – a nice change of pace from the heat-stroke inducing weather of the prior Nationals. And the island location was beautiful. The tricky aspects of this Nationals course lay not in the environment, but in the water itself. This year’s venue was the mighty Mississippi – also known as the muddy Mississippi. And for good reason: the bottom is muddy and you can’t see an inch into the water. This made it rather deceptive. Depending on the line a paddler took around the island, the water

could be reasonably deep or quite shallow. Finding the optimum path sometimes took a bit of guess work and a risk-aversion analysis: heading out into known deep water presented the possibility of encountering some significant cross waves from larger passing vessels; taking the closer-to-the-shore line risked getting into some very shallow water. Not as much of an issue for canoes, but a dangling rudder was a ripe opportunity for a sudden halt to forward progress. On the plus side, the mud was kind to rudders and pretty much risk free from a damage perspective. Other challenges included some significant eddies that could swing a boat 90 degrees unex-

pectedly (always exciting!) and weeds. Weeds weren't visible above the surface of the water, lulling many a paddler into complacency. But this killer (of forward momentum) was typically the culprit when speeds were falling as energy output increased in ruddered craft. I understand there was also a woman bathing in the river on Friday in the path of the racers, but I didn't hear any complaints about that "obstacle"...

This year's course was roughly 13 miles for the long course (most boats) and 5 miles for the short course (SUP's and youth). For the long course we started in the part of the river running between the island and the mainland, ran downstream into the main body of the river while hanging kind of close to the Iowa side of the river, turned around a buoy, came back upstream to the top of the island and around into the side flow back to the start line; then it was one more trip around the island to the finish. The short course was two trips around the island.

My plans for the Nationals were completely up-ended by a text message from Steve Rosenau. Originally planning to paddle OC1 Man on Saturday and K1 Unlimited Man on Sunday, I ended up actually paddling neither. Mr. Rosenau wanted to know if I had a K2 available to rent or borrow. A little sleuthing work determined that he had neither the boat nor a partner, but he desper-

ately wanted to paddle K2 Men. Well, I don't have a true K2 at the moment, but I do have this Huki OC2 that has a special iako design permitting the use of kayak paddles... Before I knew what was happening I had agreed to paddle K2 with Steve using my OC2. A combination of being limited to carrying 3 boats on our vehicle, plans on what to paddle on our follow-up trip out west, and wanting to carry a Stellar demo boat led me to change my OC1 plans on Sunday to SUP Man. I dearly love paddling OC1, but this change of pace was rather fortuitous. [As in bringing about a National Championship (made a whole lot easier by a complete lack of competition!)]

Poor Steve Rosenau didn't know what he was signing up for when he opted to paddle K2 with me. The iako behind the front paddle is designed to give some extra clearance for a kayak paddle, but you still need to have a somewhat restrained stroke in terms of how far back you rotate. Steve likes to rotate way back. And a man just doesn't like to change his stroke overnight when it's been ingrained for many a year. So Steve moved his seat as far forward as he could, modified what he could, and created a passable paddling position. But it was not a comfortable position, as two hours of paddling would make abundantly clear! Nevertheless, we started off quite strong, maintaining a strong second place position for the first few miles. But somewhere along

the way Roger Eaton and David Long began creeping up in their K2 surf ski. We drafted their wake for quite some time and even enjoyed moments where our additional stability looked like it would be to our advantage as they encountered destabilizing cross-chop, but eventually they paddled too far ahead for us to catch them. On the second trip around the island we followed closely with a C2 whose wake we were drafting, but the C2 led us astray into the muddy shallows where our longer rudder became intimately acquainted with the muck. Fortunately we caught it before it was too late and we were able to change course and power out of the muck, but it was another time-waster. All of this transpired while I was wondering, "why does it seem like we're slowing so much while our power output is still solid?" Then it dawned on me: we had likely collected a solid collection of weeds! Unfortunately, this revelation failed to come to me until we were close to the finish (where I noted our downriver speed had fallen precipitously). Just after crossing the finish line I reached back to the rudder and pulled off a salad-bowl size wad of weeds! AARGH!!! If only I had thought to do that periodically during the race we might have been able to maintain 2<sup>nd</sup> place... We'll be gunnin' for ya' next time, Dave & Roger!

My SUP race was a bit different. According to the roster there were supposed to have been



3 participants in SUP Man, but John Diller had strained his back the night before and I have no clue what became of the other competitor. So that left just me. On the SUP Woman side Edna Spang was the sole competitor. Edna's an excellent paddler in her own right, so the two of us paddled hard but basically worked together to conquer the course on our tippy SUP's. Knowing the weed issue, we periodically stopped and reversed our boards to clear weeds, watching speeds jump up a mile per hour with the now free-running boards. No doubt the trickiest part of the course was the open-river side of the island. For the first trip around the island Edna chose to run between the sand bar and the island while I went for the deeper waters on the river side of the sand bar. Boat wakes made my decision a bit dicey, but I knew it was shallow on the other side of the sand bar. Somehow Edna managed to find a good passage through that area and we both opted to go that way on our second journey around the island.

Coming up further along the open river side of the island I suddenly found my board rapidly rotating out towards the river in a giant eddy. Dicey, but I survived it! Another item to note for trip 2 around the island... The final tricky area involved the top of the island, where the divided flow threatened to push us into the rocks along the shore and eddies were spinning just off the shore.

We opted to take a more off-shore approach to that area, which appeared to be the smart move. After making it around the top the second time, we stopped, cleared weeds, and sprinted for the finish! Both of us became National Champions! It may be sort of a hollow victory with no competition, but as one paddling friend has said, "a win is a win!"

*Steven Horney and Edna Spang work together in the SUP race. Photo by Richard Hodgkins.*

Many thanks to Earl Brimeyer and his crew for putting on a really wonderful Nationals! They obviously put in a whale of a lot of work and it showed. I may have heard Earl mutter something about "never again" towards the end of the weekend...





# USCA NATIONALS 2017

RESULTS AND PHOTOS



*Photos this page courtesy of Richard Hodgkins.*





# 2017 NATIONALS

THE BOATS!



*Epic, buffalo and covered canoe photos courtesy of Tony Bond*

*Savage River/Sail Canoes & Stellar photos by Julie Horney*





# WEDNESDAY ECO-ORIENTEERING

AUGUST 9, 2017

## Results Wednesday Eco-Orienteering Event- Dubuque Nationals 2017

Class	Last Name	First Name	Age	State	Last Name	First Name	Age	State	Race			
									Time -	Trash	Net Time	Place
C2	Josefik	Ben	44	IL	Pennington	Doug	60	MO	37:01	- 0	37:01:00	1st
C2	Thomason	Brant	49	AL	Woods	Andy	48	MO	40:00	- 1	39:00:00	2nd
C2	McDuffie	William	55	NC	McDuffie	River	15	NC	57:00	- 0	57:00:00	3rd
K1	McDuffie	Lynne	57	NC					58:00	- 13	51:30:00	1st
C1	Sharp	Edward	77	VA					57:00	- 1	56:00:00	1st
Adult / JR	Josefik	Tammy		IL	Josefik	Luke	7	IL	55:00	- 2	53:30:00	1st



*Jody Runyon and John Edwards practicing "Air C2" outside the registration area.*

*Photo courtesy of Tony Bond*



# THURSDAY SPRINTS

AUGUST 10, 2017



*Photos this page courtesy of Richard Hodgkins.*



## Results Thursday Youth Sprint Events- Dubuque Nationals 2017

### 250 Meters

C1 Youth 5-7	First								Race	Place
	Last Name	Name	Age	State	Last Name	First Name	Age	State	Time	
	Josefik	Luke	7	IL					1:44	1
	Williamson	Brooklynn	7	AR					1:47	2
	Reese	Rachelle	6	NY					3:32	3

C1 Youth 8-10	First								Race	Place
	Last Name	Name	Age	State	Last Name	First Name	Age	State	Time	
	Williamson	Brayden	9	AR					2:29	1

### 250 Meters

C2 Youth 5-7	First								Race	Place
	Last Name	Name	Age	State	Last Name	First Name	Age	State	Time	
	Josefik	Luke	7	IL	Josefik	Michael	5	IL	3:38	1
	Williamson	Baeleigh	5	AR	Walls	Aslyn	7	KS	3:59	2

C2 Youth 8-10	First								Race	Place
	Last Name	Name	Age	State	Last Name	First Name	Age	State	Time	
	Williamson	Brooklyn	7	AR	Williamson	Brayden	7	AR	3:20	2

### 500 Meters

C1 Girl Youth 13-14	First								Race	Place
	Last Name	Name	Age	State	Last Name	First Name	Age	State	Time	
	Diget	Ashley	14	MI					2:04	1

C1 Woman Junior 15-17	First								Race	Place
	Last Name	Name	Age	State	Last Name	First Name	Age	State	Time	
	Fitzgerald	Briana	17	NY					1:53	1
	McDuffie	River	15	NC					2:02	2

K1 Girl Youth 13-14	First								Race	Place
	Last Name	Name	Age	State	Last Name	First Name	Age	State	Time	
	Diget	Ashley	14	MI					2:02	1

K1 Woman Junior 15-17	First								Race	Place
	Last Name	Name	Age	State	Last Name	First Name	Age	State	Time	
	McDuffie	River	15	NC					2:25	1

### 500 Meters

C2 Girls Youth 13-14	First								Race	Place
	Last Name	Name	Age	State	Last Name	First Name	Age	State	Time	
	Diget	Ashley	14	MI	Williamson	Brooklyn	7	AR	2:31	1



**500 Meters (cont.)**

<b>C2 Women Junior 15-17</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
	Fitzgerald	Briana	17	NY	McDuffie	River	15	NC	2:04	1
<b>C2 Mixed Open</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
	Fitzgerald	Briana	17	NY	Josefik	Luke	7	IL	2:25	1
	McDuffie	River	15	NC	Walls	Aslyn	7	KS	2:30	2
	Diget	Ashley	14	MI	Wright	Finnegan	6	IL	2:51	3
<b>C2 Woman (+18) / Youth 5-7</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
	Reese	Phoebe	37	NY	Reese	Rachelle	6	NY	2:21	1
	Fitzgerald	Pam	56	NY	Williamson	Brooklyn	7	AR	2:22	2
<b>C2 Woman (+18) / Junior 15-17</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
	Fitzgerald	Pam	56	NY	Fitzgerald	Briana	17	NY	2:03	1
<b>C2 Man (+18) / Youth 5-7</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
	Williams	Ron	76	CAN	Walls	Aslyn	5	KS	2:20	1
	Pennington	Doug	60	MO	Josefik	Luke	7	IL	2:21	2
	Burris	Dale	62	AR	Williamson	Baeleigh	5	AR	2:27	3
	Josefik	Ben	44	IL	Josefik	Michael	5	IL	2:30	4
	Wright	Matt	35	IL	Wright	Finnegan	6	IL	2:33	5
<b>C2 Man (+18) / Youth 8-10</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
	Walls	Don	54	AR	Williamson	Brayden	9	AR	2:12	1
<b>C2 Man (+18) / Youth 13-14</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
	Clark	Roger	65	MI	Diget	Ashley	14	MI	2:21	1
<b>C2 Man (+18) / Junior 15-17</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
	McDuffie	William	55	NC	McDuffie	River	15	NC	2:08	1
<b>Paddlers with Physical Disabilities</b>										
<b>V1/OC1 Man</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
	Bond	Tony	64	AUST					2:15	1

# FRIDAY MARATHON

AUGUST 11, 2017



*Photos this page courtesy of Richard Hodgkins.*



## Results Friday Marathon Events- Dubuque Nationals 2017

<b>C-2 Man/ Youth</b>		<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
705		Walls	Don	54	AR	Williamson	Brayden	9	AR	0:56:35	1
707		Burris	Dale		AR	Williamson	Brooklyn		AR	0:56:51	2
702		Grzenia	Ray	66	IL	Grzenia	Dylan	14	IL	0:57:05	3
701		Clark	Roger	65	MI	Diget	Ashley	14	MI	0:59:58	4
704		Pennington	Doug	60	MO	Josefik	Luke	7	IL	1:02:26	5
703		Josefik	Ben	44	IL	Josefik	Michael	5	IL	1:02:41	6
104		Wright	Matthew	35	IL	Wright	Finnegan	6	IL	1:13:20	7

<b>C2 Woman/ Youth</b>		<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
802		Broderson	Katherine	20	MN	Broderson	Matthew	12	MN	8:54:00	1
801		Reese	Phoebe	37	NY	Reese	Rachelle	6	NY	1:02:56	2

<b>C2 Man/Junior</b>		<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
401		Runyon	Jody	58	IL	Runyon	Lily	15	IL	2:01:10	1

<b>C2 Woman/ Junior</b>		<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
501		Fitzgerald	Pam	56	NY	Fitzgerald	Briana	17	NY	1:55:02	1

<b>C2 Mixed Standard</b>		<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
302		Herbert	Mike	56	AR	Herbert	Savanna	20	AR	1:52:02	1
305		Donovan	James	26	MN	Valko	Peyton	19	CO	1:56:39	2
304		McDuffie	William	55	NC	McDuffie	Lynne	54	NC	2:08:28	3
301		Bechtel	Greg	55	OH	Bechtel	Susan	54	OH	2:16:30	4
303		Josefik	Nick	39	IL	Beers	Adrienne	43	IL	2:17:26	5

<b>C2 Mixed Open</b>		<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
313		Davis	Mike	26	MI	Davis	Rebecca	27	MI	1:41:29	1
312		Arenz	Devin	39	MN	Ellis	Kate	61	MN	1:44:46	2
314		Stonehouse	Kyle	23	MI	Treston	Kristi	23	MI	1:45:09	3
311		Peterson	Ryan	35	MN	Gilbertson	Emily	37	MN	1:46:30	4
315		Barton	Bruce	60	MI	Owens	Nicole	39	MI	1:53:36	5
316		Broderson	Chris	48	MN	Johnson	Emily	39	MN	1:56:47	6

<b>C2 Mixed Master</b>		<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
321		Matute	Jose	50	MN	Schilling	Maria	44	MN	1:48:00	1



<b>C2 Mixed Senior</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
332	Torongo	Bill	55	MI	Schluter	Beth	73	WI	1:47:59	1
331	Timmerman	Dave	59	IA	Kurt	Dena	59	IA	2:00:25	2

<b>C2 Mixed Vet</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
342	Peterson	Steve	68	MN	Peterson	Bonnie	65	MN	1:48:56	1
341	Cramer	Ted	63	IA	Burris	Becky	66	AR	2:06:59	2

<b>K2 Unlimited Mixed - Trial Event</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
603	Schnelle	Jeff	55	WI	Bradley	Barb	60	WI	1:45:06	1
602	Kaiser	Ron	54	PA	Wenrich-Kaiser	Kate	57	PA	1:53:19	2
601	Glover	Dale	46	PA	Glover	Lori	48	PA	2:02:00	3

<b>K1 W Sea Kayak</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
101	Spang	Edna	49	PA					2:13:28	1

<b>K1 W Sea Kayak Master</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
111	Merchert	Lisa	46	IA					1:55:31	1

<b>K1 W Sea Kayak Senior</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
122	Blackburn	Diane	53	PA					2:15:53	1
121	Harris	Mary	58	IL					2:37:13	2

<b>K1 W Sea Kayak Vet</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
131	Kanost	Deborah	62	IN					2:33:46	1

<b>K1 M Sea Kayak</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
202	Lucas	Hansel	34	PA					1:53:18	1
204	Sweeney	Mike	62	PA					1:54:08	2
203	Evans	Jason	34	IA					2:01:20	3
201	Conrad	Matthew	37	IN					2:19:18	4

<b>K1 M Sea Kayak Master</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
211	Houlihan	Rob	46	IA					1:54:51	1
212	Siefken	Darrin	49	IA					2:16:48	2
213	Good	Michael	48	PA					DNF	

<b>K1 M Sea Kayak Senior</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
226	Brumbaugh	Mike	58	MN					1:48:31	1
229	Westrum	Robert	52	IA					1:51:53	2
227	Budi	James	64	SC					1:52:53	3
223	McCue	John	55	NC					2:00:32	4
221	Ammon	Brian	59	PA					2:02:52	5
222	Harris	David	60	IL					2:13:52	6
228	McCoy	John	59	MO					2:18:52	7
225	Schnelle	Jeff							DNS	
224	Widman	Rick							DNS	

K1 M Sea Kayak Vet 1					K1 M Sea Kayak Vet 2					K1 M Sea Kayak G Vet					
Last Name	First Name	Age	State	Last Name	First Name	Age	State	Race Time	Place	Last Name	First Name	Age	State	Race Time	Place
232	Rosenau	Steve	60	NC				1:52:58	1						
233	Baumert	Daniel	64	ME				2:00:44	2						
231	Friedrichsen	Jed	60	MO				2:07:08	3						
242	Knight	Stephen	65	NC				1:55:35	1						
241	Woodruff	William	67	VA				1:55:59	2						
253	Scofield	Ralph	74	MI				1:53:16	1						
255	Leszek	Ed	71	OH				1:59:30	2						
252	Pula	Richard	71	MN				2:00:29	3						
257	Fisher	Robert	73	NY				2:13:53	4						
251	DeGroot	Roger	73	IA				2:14:48	5						
256	Lasley	Jim	72	OH				2:27:17	6						
254	Hodgkins	Richard	72	IL				DNF							

*Photo courtesy of Tony Bond.*



# SATURDAY MARATHON

AUGUST 12, 2017

*Photos this page courtesy of Richard Hodgkins.*





## Results Saturday Marathon Events- Dubuque Nationals 2017

C-1 W Open	First		Age	State	First		Age	State	Race Time	Place
	Last Name	Name			Last Name	Name				
102	Davis	Rebecca	27	MI					1:59:49	1
101	Reese	Phoebe	37	NY					2:02:21	2
103	Treston	Kristi	23	MN					2:03:24	3
105	Owens	Nicole	39	MI					2:16:41	4
104	Johnson	Emily	39	MI					DNS	

C1 W Master	First		Age	State	First		Age	State	Race Time	Place
	Last Name	Name			Last Name	Name				
112	Wilson	Christina	48	NH					2:09:31	1
111	Schilling	Maria	44	MN					DNS	

C1 W Senior	First		Age	State	First		Age	State	Race Time	Place
	Last Name	Name			Last Name	Name				
124	Fitzgerald	Pam	56	NY					2:05:20	1
121	Elleson	Jaya	54	NC					2:10:47	2
123	McDuffie	Lynne	57	WI					2:29:47	3
122	Even	Joanie	51	IA					DNS	

C1 W Vet 1	First		Age	State	First		Age	State	Race Time	Place
	Last Name	Name			Last Name	Name				
132	Barton	Roxanne	60	MI					2:01:42	1
131	Bradley	Barb	60	MI					DNS	

C1 W Grand Vet 1	First		Age	State	First		Age	State	Race Time	Place
	Last Name	Name			Last Name	Name				
141	Schluter	Beth	73	WI					2:06:18	1

K1 Unlimited W	First		Age	State	First		Age	State	Race Time	Place
	Last Name	Name			Last Name	Name				
201	Herbert	Savanna	20	AR					1:56:55	1
202	Spang	Edna	49	PA					2:15:23	2

K1 Unlimited W Master	First		Age	State	First		Age	State	Race Time	Place
	Last Name	Name			Last Name	Name				
211	Merchert	Lisa	46	IA					1:54:16	1

K1 Unlimited W Senior	First		Age	State	First		Age	State	Race Time	Place
	Last Name	Name			Last Name	Name				
221	Blackburn	Diane	53	PA					DNS	

<b>OC1 Man</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
301	Dyka	Paul	66	CT					1:52:26	1
304	Bond	Tony	63	AUST					1:58:38	2
303	Schumacher	Jim	56	IA					2:01:32	3
302	Schnelle	Jeff	54	WI					DNS	
305	Brunstrom	Morgan	70	WA					DNS	

<b>ICF K1 M Open</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
401	Herbert	Mike	56	AR					1:34:27	1

<b>ICF K1 M Master</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
413	Florov	Kiril	59	IL					1:38:05	1
415	Cummins	William	42	KY					1:56:25	2
411	Knight	Steven	65	NY					2:07:42	3
412	Woodruff	William	67	VA					DNS	
414	Good	Michael	48	PA					DNS	

<b>C2 Standard M Open</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
501	Moller	Bernie	65	OH	Bechtel	Greg	55	OH	1:55:42	1
502	Josefik	Nicholas	39	IL	Peterson	Nathan	24	IL	1:58:21	2

<b>C2 Standard M Master</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
512	Finnen	John	58	PA	Gustin	Dave	54	PA	1:54:20	1
514	Diller	John	59	MD	Gotsch	Ken	56	MD	1:55:47	2
513	McDuffie	William	55	NC	Sharp	Ed	77	VA	1:58:18	3
511	Conlon	Steve	64	IL	Faul	Pat	74	IL	2:00:09	4

<b>C2 Men Open</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
523	Stonehouse	Kyle	23	MI	Davis	Mike	26	MI	1:37:00	1
524	Peterson	Ryan	35	MN	Arenz	Devin	39	MN	1:44:51	2
521	Buckley	Davide	43	IL	Josefik	Ben	44	IL	1:56:38	3
522	Wright	Matt	35	IL	McCutcheon	Vaughn	37	IL	2:04:10	4

<b>C2 Men Master</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
532	Burriss	Dale	62	AR	Walls	Don	54	AR	1:46:11	1
531	Matute	Jose	50	MN	Broderson	Chris	48	MN	1:49:02	2
533	Runyon	Jody	58	IL	Edwards	John	68	FL	1:49:31	3

<b>C2 Men Senior</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
541	Hassel	Calvin	53	NE	Torongo	Bill	55	MI	1:40:03	1
542	Hill	Rick	62	IA	Lancaster	Jay	59	WI	2:00:48	2

<b>C2 Man Vet 1</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
554	Peterson	Steve	68	MN	Kilgore	John	63	MN	1:45:53	1
552	Johnson	Todd	61	MN	Lorenzen	Rick	61	MN	1:48:04	2
551	Haas	David	63	PA	Kostra	Bill	64	PA	1:48:16	3
553	O'Malley	Dave	62	WI	Rattunde	Bill	60	WI	1:56:45	4
555	Masek	Dan	65	OH	Krizman	Joe	60	OH	DNF	



<b>C2 Man Vet 2</b>		<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
561		Heed	Peter	67	NH	Fairchild	Michael	66	VT	1:45:47	1
563		Sadosky	Bob	82	OH	Sadosky	Tom	77	GA	2:37:36	2
562		Fremont	Mike	95	OH	Huber	Richard	75	OH	2:47:37	3

<b>C2 Man Grand Vet 1</b>		<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
572		Braig	Jim	73	IA	Hansen	Fritz	76	WI	1:49:39	1
573		Bruno	Charlie	70	PA	Sayre	Ed	71	PA	1:49:57	2
571		Allen	Bob	73	MA	Thomas	Tom	72	IN	1:50:11	3

<b>C2 Man Grand Vet 2</b>		<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
583		Rankinen	Richard	75	PA	Williams	Ron	75	CAN	1:49:04	1
582		MacQueen	Jon	76	CAN	Vandewincknel	Glen	80	NY	1:58:22	2
581		Gerg	Ken	81	PA	Young	Laverne	81	FL	2:06:31	3

<b>K2 Unlimited Men</b>		<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
601		Glover	Dale	46	PA	Kaiser	Ron	65	PA	1:38:29	1
604		Long	Dave	62	KY	Eaton	Roger	36	TX	1:41:39	2
602		Rosenau	Steve	60	NC	Horney	Steve	57	IN	1:45:24	3
603		Hanson	Will	43	OH	Bradley	Clint	42	OH	2:37:30	4

<b>C1 Woman Junior</b>		<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
701		Fitzgerald	Briana	17	NY					0:55:13	1

<b>K1 Woman Junior</b>		<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
801		Diget	Ashley	14	MI					0:55:48	1
802		McDuffie	River	15	NC					1:00:16	2

<b>C4</b>		<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
901		Buckley	David								1
		Conlon	Steve								
		Faul	Pat								
		Josefik	Ben								



*Photos courtesy of Richard Hodgkins.*



# SUNDAY MARATHON

AUGUST 13, 2017

*Photos this page courtesy of  
Richard Hodgkins.*





## Results Sunday Marathon Events- Dubuque Nationals 2017

<b>C-1 M Open</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
105	Davis	Mike	26	MI					1:39:59	1
101	Hassel	Calvin	53	NE					1:40:10	2
104	Stonehouse	Kyle	23	MI					1:46:07	3
103	Donovan	James	26	MN					1:47:20	4
106	Kies	Davis	42	IL					1:55:38	5
102	Moller	Bernie	65	OH					2:43:11	6

<b>C1 M Master</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
113	Walls	Don	54	AR					1:51:50	1
111	LeRoy	Kevin	49	WI					1:54:41	2
112	Broderson	Chris	48	MN					2:14:59	3

<b>C1 M Senior</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
123	Torongo	Bill	55	MI					1:45:48	1
125	Burkhalter	Les	55	TX					1:46:50	2
122	Runyon	Jody	58	IL					1:50:47	3
124	Timmerman	Dave	59	IA					1:54:33	4
121	Gustin	David	54	PA					2:02:13	5

<b>C1 M Vet 1</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
136	Barton	Bruce	60	MI					1:47:30	1
133	Hill	Rick	62	IA					1:54:29	2
131	Cramer	Ted	63	IA					1:58:12	3
137	Rattunde	Bill							2:02:13	4
135	Bond	Tony	63	AUST					2:06:18	5
132	Haas	David	63	PA					DNF	6
134	Pennington	Doug	60	MO					DNF	7

<b>C1 M Vet 2</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
145	Fairchild	Mike	66	VT					1:50:46	1
143	Edwards	John	68	FL					1:51:31	2
142	Dyka	Paul	66	CT					1:52:45	3
146	Kanost	Bill	65	IN					1:52:47	4
141	Casale	John	68	MA					1:52:52	5
144	Kostr	Bill	65	PA					1:53:56	6
147	Cichanowski	Mike	68	MN					1:56:32	7

<b>C1 M G Vet 1</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
154	Bruno	Charlie	70	PA					1:54:29	1
158	Sayre	Edward	71	PA					1:54:53	2
153	Thomas	Tom	72	IN					1:56:41	3
160	Muhlen	Roland	74	OH					1:58:25	4
151	Braig	Jim	73	IA					1:59:43	5
157	Fisher	Robert	73	NY					2:01:28	6
159	Roberts	James	70	MA					2:05:01	7
152	Hill	Bill	71	MI					2:15:09	8
155	Porn	Stephen	70	WI					2:16:28	9
156	Allen	Bob	73	MA					DNS	10

<b>C1 M G Vet 2</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
174	MacQueen	Jon	76	CAN					1:56:54	1
178	Williams	Ron	76	CAN					1:59:39	2
175	Rankinen	Richard	75	PA					2:01:26	3
177	Young	Laverne	81	FL					2:08:17	4
176	Vandewinckel	Glen	80	NY					2:09:57	5
171	Sharp	Edward	77	VA					2:11:00	6
172	Gerg	Ken	81	PA					DNS	7
173	Hansen	Fritz	76	WI					DNS	8

<b>C1 M Stock Open</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
181	Finnen	John	58	PA					2:07:17	1
184	Bechtel	Gregory	55	OH					2:12:19	2
182	Huber	Richard	75	OH					2:47:11	3
183	Tuttle	Fred	67	KY					DNF	4
185	Sadosky	Bob	82	OH					DNF	5

<b>K1 Unlimited M</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
202	Herbert	Mike	56	AR					1:28:53	1
204	Peterson	Ryan	35	MN					1:29:09	2
201	Lucas	Hansel	34	PA					1:43:54	3
203	Evans	Jason	34	IA					1:45:27	4

<b>K1 Unlimited M Master</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
212	Holmes	Elmore	49	TN					1:37:47	1
211	Glover	Dale	46	PA					1:41:08	2
213	Houlihan	Rob	46	IA					DNS	3
214	Cummins	William	42	KY					DNS	4

<b>K1 Unlimited M Senior</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
224	Florov	Kiril	59	IL					1:37:36	1
223	Schnelle	Jeff	54	WI					1:41:55	2
225	Westrum	Robert	52	IA					1:43:45	3
226	Taylor	Phillip	52	WI					1:49:37	4
221	Ammon	Brian	59	PA					1:55:03	5
222	Horney	Steven	57	IN					DNS	6



<b>K1 Unlimited M Vet 1</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
232	Sweeney	Michael	62	PA					1:44:21	1
233	Baumert	Daniel	64	ME					1:54:17	2
231	Friedrichsen	Jed	60	MO					2:07:30	3

<b>K1 Unlimited M Vet 2</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
242	Woodruff	William	67	VA					1:54:12	1
241	Knight	Stephen	65	NC					2:17:33	2

<b>K1 Unlimited M G Vet 1</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
253	Leszek	Ed	71	OH					1:54:32	1
252	Scofield	Ralph	74	MI					2:03:27	2
251	DeGroot	Roger	73	IA					DNS	3

<b>K1 Unlimited M G Vet 2</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
261	Stover	John	76	MI					1:52:57	1

<b>C2 Women Open</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
304	Davis	Rebecca	27	MI	Barton	Roxanne	60	MI	1:48:09	1
301	Gilbertson	Emily	37	MN	Treston	Kristi	23	MI	1:48:56	2
302	Kozarek	Jessica	38	MN	Schilling	Maria	44	MN	1:50:48	3
303	Owens	Nicole	39	MI	Reese	Phoebe	37	NY	1:55:05	4
305	Broderson	Katherine	20	MN	Johnson	Emily	39	MN	1:56:25	5

<b>C2 Women Senior</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
312	Kurt	Dena	59	WI	Schluter	Beth	73	WI	2:00:10	1
311	Elleson	Jaya	57	WI	Even	Joanie	51	IA	2:03:50	2

<b>C1 Man Junior</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
401	Josefik	Luke	7	IL					DNS	1

<b>SUP Unlimited Woman</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
501	Spang	Edna	49	PA					1:24:21	1

<b>SUP Unlimited Man</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Last Name</b>	<b>First Name</b>	<b>Age</b>	<b>State</b>	<b>Race Time</b>	<b>Place</b>
602	Horney	Steve	57	IN					1:23:47	1



We love our race officials! Thank you for your tireless service and dedication.

*Photo courtesy of Julie Horney*

**STATE POINTS – USCA NATIONAL MARATHON CHAMPIONSHIPS**

North Port, FL  
 March 4-5, 2017 and  
 Dubuque, IA  
 August 9-13, 2017

The States listed below had points calculated on the following system. Points were awarded to each paddler’s state of residence. In a team event, both paddlers received the same number of points. If the partner is non-US, the US member is awarded the points for his/her state of residence.

1<sup>st</sup> place – 50 points; 2<sup>nd</sup> place – 45 points; 3<sup>rd</sup> place – 40 points;

4<sup>th</sup> place – 35 points; 5<sup>th</sup> place – 30 points; 6<sup>th</sup> place – 25 points; 7<sup>th</sup> place – 20 points; 8<sup>th</sup> place – 15 points; 9<sup>th</sup> place – 10 points and 10<sup>th</sup> place receives 5 points.

Points from the USCA Stock Aluminum National Championships held in North Port, FL on March 4-5 were included in the point tabulation.

The winner of the State Points revolving trophy was **Minnesota** with 1425 points. Second place was **Michigan** with 1225 points and third was **Pennsylvania** with 1185 points. The remaining 27 states that were represented at the Nationals are as follows:

- 4. IL - 950
- 5. IA - 945

- 6. AR - 785
- 7. OH - 675
- 8. WI - 630
- 9. FL - 615
- 10. NC - 605
- 11. NY - 495
- 12. TX - 390
- 13. IN - 290
- 14. VA - 255
- 15. MO - 220
- 16. MA - 180
- 17. NH - 150
- 18. TN - 130
- 19. VT - 100
- 20. GA - 95
- 20. NE - 95
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# A Profile of Endurance: Paddle Sport Athletes and Performance

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ANDREW HATCHETT, CHARLES ALLEN, LIANNA EPSTEIN, BRIAN PARR

## A Profile of Endurance Paddle Sport Athletes and Performance

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### Abstract

The primary aim of this research was to develop an anthropomorphic profile of endurance paddle sport athletes to determine which of these characteristics best relates to race performance. Fifty (35 male and 15 female) volunteers (N = 50; age = 53.96yrs ± 17.37; height = 173cm ± 8.92; mass = 75.11kg ± 12.70; BMI = 25.32 ± 2.89 kg x m<sup>-2</sup>, body fat % = 22.2 ± 6.3) provided informed consent prior to participation. Participants competed in the 2016 United States Canoe Association Marathon National Championships consisting of a 13-miles course on the Connecticut River in Northfield, MA. Participant race finish times were used as the measure of performance. Participant age was the only variable that correlated significantly to race performance ( $r^2 = 0.540$ ;  $p = 0.01$ ), remained the only variable significantly related to race performance when split by participant sex (Female = 0.627 and Male = 0.648). Based upon these results, it appears that age is the significant variable related to endurance paddle sport performance.

**Key Words:** Paddling, Endurance, Race, Performance, Canoe, Kayak

### Introduction

The International Canoe Federation defines a canoe and/or kayak marathon as an event in which the competitor races over a designated long distance course on water subject to prescribed standards. The competitor must take the water as it is found and be prepared, if it is necessary, to carry his or her canoe around an impassable obstacle, or between two waterways [1]. Endurance paddle sport contests can range from 13 miles to 170 miles over several days and include sections of portage [2]. These rules and standards are generally held consistent for other paddle sports such as marathon kayak racing. Marathon paddling is a low impact, high aerobic sport. The sport also has significant technical components which include paddling technique, water knowledge, and navigation skills. Over time, athletes develop the ability to read different water conditions both to avoid obstacles and seek out faster water [3].

The 2016 United States Canoe Association (USCA) Marathon National Championships offered a venue in which to collect body height, body mass, and bioelectrical impedance data on a representative sample of elite endurance paddle sport athletes. The 2016 USCA Marathon National Championships took place in Northfield, Massachusetts, between August 11 and August 14, on the Connecticut River. The course for this year's race was a 13-mile looped course that afforded athletes the opportunity to compete in a number of different events over the four days of competition. These events included individual, pairs, and mixed pairs events. This event attracts some of the finest endurance canoeists and kayakers in the United States of America and Canada, allowing them to compete head-to-head [1].

The purpose of this report is to present age, height, mass, body fat, and body mass index (BMI) data of competitors in the 2016 USCA Marathon National Championships for physical characterization of participants in such an event and to demonstrate the relationship between these variables and performance.

### Methods

#### *Participants*

USCA Marathon National Championship partakers were the study participants. Athletes are required to either register or check-in prior to the respective event they intend to compete in throughout the four-day event. After the potential participants read the informed consent form, if participants did not have any questions regarding the study, they then signed the informed consent form approved by the University's Institutional Review Board.

## Protocol

Height and mass measurements were made with calibrated measuring equipment during athlete check-in/registration during the championship event. Each of these measurements were obtained with the athlete removing their shoes for accuracy purposes. Additionally, during this data collection opportunity, the athletes' age and sex were recorded. From the information collected the individual participant's Body Mass Index (BMI) was determined. The participant's body composition was determined through bioelectrical impedance.

## Statistical Analysis

Race results offered by race officials were used in the analysis of the relationship between anthropomorphic data and athlete performance. Pearson correlations were used to compare age, height, mass, BMI, and body composition values with finish time in the individual distance contest. Fisher's z transformation, 95% percentile confidence intervals (upper and lower limits), mean values and standard deviations were also determined. All calculations were performed using SPSS (version 24) with an a priori level of significance set at  $p \leq 0.05$  and  $p \leq 0.01$ , respectively.

## Results

Characteristics of the participants in this study as a pooled sample are presented in Table 1. A total of 252 athletes competed in categories designating either individual canoe or kayak classes. Of the 252 athletes, a total of 50 athletes participated in this study (19%). Of the 50 athletes who participated in data collection 15 were female (30%) and 35 were male (70%), which approximately reflects the overall event participation (72% male and 28% female). Mean finish times of the study participants were comparable to all race participants finish times.

Table 1 offers the descriptive anthropomorphic characteristics of the study participant.

Variable	Minimum	Maximum	Mean	SD
Age (yrs)	21	94	53.96	17.37
Height (cm)	156.21	193.04	173.58	8.92
Weight (kg)	55.34	115.67	75.11	12.71
BMI	20.41	32.21	24.85	2.92
Body Fat %	6.41	35.61	22.21	6.31
Finish Time (min)	119.15	169.57	135.75	13.33



*Photo courtesy of Richard Hodgkins.*



Table 2 offers the descriptive anthropomorphic characteristics of the study participants when dichotomizing the sample by sex.

Table 2. Characteristics of race participants by sex

Female (n=15)	Variable	Minimum	Maximum	Mean	SD
	Age (yrs)	23.00	76.00	50.86	17.26
	Height (cm)	156.21	177.8	165.59	6.60
	Weight (kg)	55.79	85.00	63.81	7.48
	BMI	20.40	32.20	23.72	2.98
	Body Fat %	17.01	35.61	25.86	6.47
	Finish Time (min)	119.65	154.45	133.99	11.52
Male (n=35)	Age (yrs)	21.00	94.00	55.14	18.02
	Height (cm)	160.02	193.04	176.81	7.87
	Weight (kg)	55.34	115.67	79.78	11.88
	BMI	20.40	32.00	25.32	2.89
	Body Fat %	6.41	32.10	20.82	5.83
	Finish Time (min)	119.15	169.57	135.98	14.27

*Photo courtesy of Richard Hodgkins.*



Tables 3,4 and 5 offer the correlational relationship between the descriptive variables and race finish time for the pooled, Female and Male samples respectively.

Table 3. Correlational relationships of variables to finish time (pooled sample)

Variable	Pooled	95% CI Upper Limit	95% CI Lower Limit
Age	0.540*	0.711	0.308
Height	0.071	NA	NA
Weight	0.103	NA	NA
BMI	0.139	NA	NA
Body Fat %	0.036	NA	NA

\* indicates statistical significance at  $p=0.01$

Table 4. Correlational relationships of variables to finish time (Female sample)

Variable	Female	95% CI Upper Limit	95% CI Lower Limit
Age	0.627*	0.862	0.170
Height	-0.212	NA	NA
Weight	0.002	NA	NA
BMI	0.402	NA	NA
Body Fat %	-0.051	NA	NA

\* indicates statistical significance at  $p=0.01$

Table 5. Correlational relationships of variables to finish time (Male sample)

Variable	Male	95% CI Upper Limit	95% CI Lower Limit
Age	0.648*	0.806	0.402
Height	0.102	NA	NA
Weight	0.131	NA	NA
BMI	0.144	NA	NA
Body Fat %	0.130	NA	NA

\* indicates statistical significance at  $p=0.01$

The association of BMI with finish time did not reach statistical significance ( $p=0.073$ ) when analyzing pooled data (both female and male athletes), nor was statistical significance observed when splitting the data between female and male participants ( $p=0.50$  and  $p=0.97$ , respectively). Body fat percentage did not influence finish time statistically significantly either ( $p=0.84$  pooled,  $p=0.88$  female and  $0.25$  male).

The relationship between participants age and finish time did yield a statistically significant correlation ( $r^2=0.540$ ;  $p=0.01$ ) when analyzed as pooled. Additionally, when the pooled sample was analyzed as a dichotomous sample based on participant sex statistical significance remained for age and finish time (Female =  $0.627$  and Male =  $0.648$ ). Correlational information of the variables and race finish time are presented in Table 3.

## Discussion

Endurance paddle sports involve a number of dynamic variables not in the control of the athlete. Race distance, race day weather, water conditions, and other event related elements must be considered when an athlete designs a strategy for race success. Based on the results offered in this study, the age of the athlete and an associated amount of endurance paddling experience play a large role in performance.

Athletes participating in this 13-mile marathon paddle event were found to vary considerably in body composition. For example, BMI values ranged from 21.40 to 32.00 kg x m<sup>-2</sup> and body fat ranged from 6.40 to 32.10% for men. For women, BMI values ranged from 17.00 to 35.60 kg x m<sup>-2</sup> and body fat ranged from 17.00 to 35.60%. Interestingly, the variable that displayed statistical significance was the age of the athlete participating in the contest.

Results from this study are somewhat similar to those examining other endurance sport participants, namely ultra-endurance runners. Hoffman et al [4], assessed body mass and body fat of ultramarathon athletes and cited Knechtule and colleagues [5] who measured BMI and percent body fat in a small group of men competing in a 24-hour run and a run of 1200 km over 17 consecutive days. The BMI and body fat values reported in these studies did not differ dramatically from those found in the current study. While Hoffman et al reported statistically significant correlation between body fat percentage and finish time among male athletes, no other report of statistical significance was made in regard to BMI, body fat percentage, and race finish time.

In regard to the current study, physiologic variables not yielding statistical significance and a chronological variable showing statistical significance may speak to the role experience plays in an athlete's finishing position. As mentioned earlier, an athlete's performance in any given event may very well hinge on their ability to navigate the ever changing conditions of the water. Developing this understanding, combined with technical expertise, seems to be an influential factor associated with performance. An additional factor that may need to be considered when developing a better understanding of the athletes assessed in this particular study is the environment in which the contest was held. During the period of time this contest was held the daily high temperature ranged from 91 °F to 94°F. Therefore, a greater amount of experience acquired over a number of years participating in paddle-sports may have benefited the athlete beyond factors traditionally associated with youth. Paddlers that take the time to develop both fitness and technical skills can excel regardless of age or sex [3].

The race from which the present data were collected was a well-attended event, however, due to the fact the event was a national championship race many athletes voiced hesitancy to participate in data collection for fear of adverse impact on their performance to come the following days. It also needs to be shared that the information reported in this report is derived from a greater collection effort to include functional movement screening and stroke power output. This too may have added to the athletes not wanting to exert themselves prior to the event. Future investigations of this nature should take these factors into consideration in an effort to yield greater numbers of participants. Nonetheless, given the relatively small sample size, this study demonstrates that there are wide variations in BMI and body fat percentage in endurance paddle-sport athletes and that the more successful athletes tend to be older, possibly due to a greater amount of experience in the sport.

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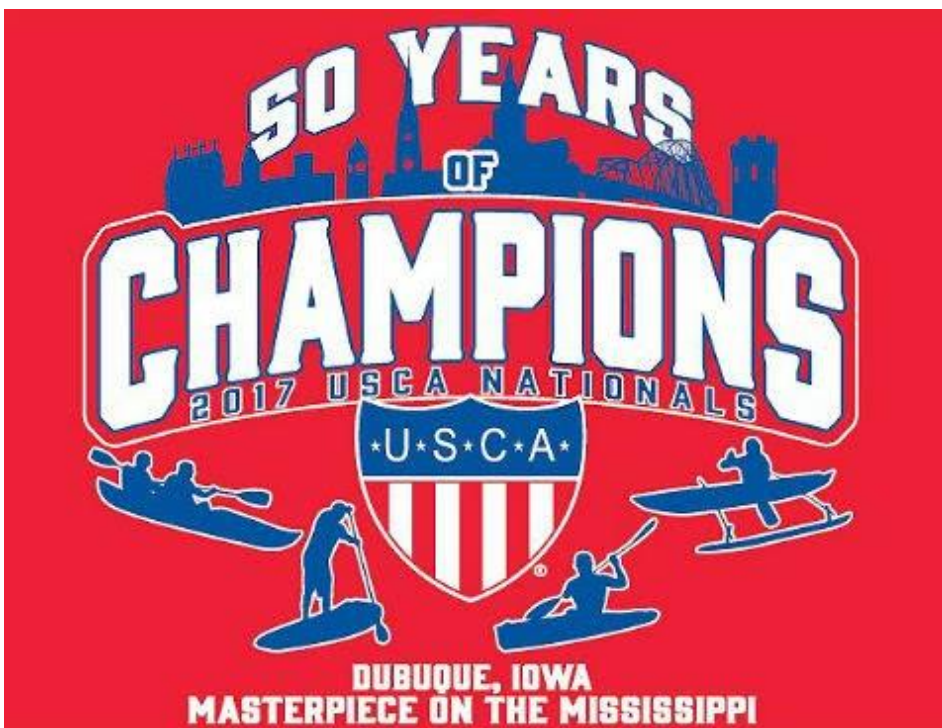
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Senior at the 2017 USCA Nationals.*

**M**erry Christmas and Happy New Year

*From your friends at the USCA!*

