

2018 USCA Nationals Registration Issue

# Canoe News

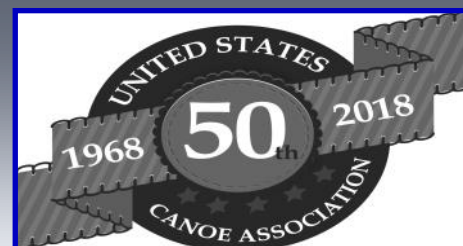


Oscar Chalupsky Interview

How To Race Well All Season Long

Paddling Early 80's-Style

Summer 2018 Vol. 51 No. 2





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*From the Editor:*

*Racing season is now in full-swing, and the Nationals will be here before you know it! Check this issue out for Nationals info and registration forms. Be sure to make your arrangements early; we apparently aren't the only ones having an event in that area at that time. In this issue we also have some great photos of the General Clinton race, along with some good info by Rebecca Davis (Barton) on how to race well the whole season, a few classic 80's photos to continue our 50th celebration, and an article on Oscar Chalupsky—a noted ocean racer who's now running the surf ski side of Nelo. I hope you enjoy another issue of Canoe News—and another great season of racing!*

*Keep paddling strong!*

*Steve*

*Front Cover: Oscar and his wife Clare tackling big waves in a Nelo double during the 2017 Gorge Downwind Championships*

**Disclaimer:** Opinions and/or advice expressed in this magazine by individuals, whether or not they are officers of or delegates to, the **United States Canoe Association**, are personal and do not necessarily reflect the official position of the **United States Canoe Association**. Publication by the **United States Canoe Association**, whether in print, online, or in any other form, does not imply endorsement.

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### The Sweetest Kayak for the Other Days

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# VIEW FROM THE BOW

USCA PRESIDENT REBECCA DAVIS

The 2018 USCA Nationals are quickly approaching! First, we have the Aluminum Nationals in Batesville, Arkansas on the White River. This venue has been a host in the past and consistently puts on a high caliber event in a popular aluminum racing area. Keep reading this issue for more information, or contact race director George Glatus at [glatus@wrmc.com](mailto:glatus@wrmc.com).

The 2018 USCA Canoe & Kayak Nationals hosts in Syracuse have been excited to welcome us since winning the bid, and this will be a great championship event. Included in this issue is the registration information, and schedule for the Nationals. Make sure to check out the National's website at [www.cnynationals.org](http://www.cnynationals.org) for more information. If you haven't done so yet, make sure that your dues are paid prior to attending the Nationals to aid in the process of checking in and registering.

The 2018 General Clinton Canoe Regatta was a great one, with close races in nearly all of the major categories. Many paddling legends visited the Susquehanna once more, spreading

themselves throughout the field. It's great to see newer classes like the C-4 take off and get more competitive each year, while sustaining popularity in both the C-2 and C-1 races. Not only were

women well represented in mixed, women's, C-1, and C-4, but also many young paddlers did their first Clinton this year. The Triple Crown of Canoe Racing did excellent coverage on the event with livestreams and the Classique had a delegation also following the race and conducting interviews. It is refreshing to see the paddling community rally together in such a way.

Speaking of the General Clinton, our own Vice President Phoebe Reese along with Melissa Swislosky raised funds for a large women's purse. For the first time, women's teams were competing for more than a refund of entry fee. While the field wasn't huge, it was the largest of any Tri-



ple Crown race thus far in the women's division. Hopefully we can continue the trend of more coverage and more money flowing into the sport. Great job to all of the volunteers who make the race weekends possible!

In the heart of canoe season, we have so many options of races to do and different things to try. Exciting races on my schedule are of course the Michigan favorites, along with a visit or two to Indiana, as well as some time out in the OC-1 and OC-2 on Lake Michigan. The main goal is to keep things fun, enjoy the warm weather, and not over train leading into the gauntlet of my season - the AuSable through Paradise-filled with hundreds of miles of

racing and thousands of miles of travel over a 6 week period. This is common for many of us, so read further into the issue to learn strategies for coping with the stress in order to finish the season on a high note.

Finally, I would like to remind you all to get in contact with your delegates, committee chairs, and the executive committee for recommendations towards the agenda at the summer meeting. There are many things I wish I did better as the President of our organization, but I do believe

we have made some good changes driven by the support of members. The website is a concern for us all and I am looking for volunteers to do some of the ground work there, to help us remain viable moving forward.



*Trevor LaFever & Ben Schlimmer holding a slight lead over Serge Corbin & Guillame Blais at the Clinton 70 miler. Photo courtesy of Josh Schlafer.*



*Heated competition at the 2018 General Clinton 70 mile race! Photo courtesy of Audrey Blais.*

# MEMBERSHIP CHAIR

LYNNE MCDUFFIE

Hello All,

The USCA National events are rapidly approaching. I would like to encourage you to tell any of your paddling friends that are planning to attend one of the Nationals events to renew their USCA memberships ahead of time. **Current USCA membership is required** for participation in both Aluminum and Marathon Nationals and will **be verified at both events**. It will be helpful if you have your 2018 USCA card or SMU receipt when signing up on site. If you pre-register please provide your current 2018 number from your card on the form. (Your membership card gives you the year and membership number. If your card does not say 2018 it is time to renew.) If you are not sure if you are up to date you can email me at [llmcduffie@gmail.com](mailto:llmcduffie@gmail.com).



***Two changes in membership were voted on and approved at the annual meeting this past January:***

- 1.) **The recruiting of new members** (Go-Getters) will no longer be maintained after December 31, 2019 and consequently the life time membership awarded for Go-Getters will end. Therefore you have until December 31, 2019 to recruit your fifty (50) members to be eligible for an earned life membership.
- 2.) **Under Family Membership**, the USCA removed the statement in its entirety related to full-time students up to age 26 being eligible to receive benefits of a family membership. **They are no longer eligible and will have to have their own governing membership.**

All other memberships remain the same.

Thanks

Lynne McDuffie,

Membership Chair USCA

# HOW TO RACE WELL ALL SEASON

REBECCA DAVIS

With the heart of racing season upon us, it is not unusual to find myself traveling coast to coast over the next few months, with races ranging from short sprints to ultra-marathons. It can be a challenge to be “on” week after week, but it’s so hard to say no to a new adventure. How do I manage to peak for a big race in the middle of all this travel? Fortunately there are some easy tricks that make it all a lot easier.

## Have a Pre-season Base

First, make sure to have a good base of training going into the action-packed part of the season. Racing and traveling every weekend can take a ton of energy, and trying to get fit during this time is probably going to cause more harm than good. I try to have 100 quality hours in before my first “marathon” race (over 5 hours), so then I don’t have to worry about my hours after a big race. This number won’t be the same for everybody. Many paddlers are more comfortable with 60-70 hours, while a few need as many as 130 to feel ready for the season ahead. It is possible to race well without a base, but that is more the “racing into shape” method- meaning the early part of the season might be a little

sluggish, but the end should be strong. Conversely, trying to develop a base while racing will usually result in a declining performance trend as the body doesn’t have enough time to recover between hard efforts.

## Get Enough Sleep

This is probably the most important part of racing well throughout a season. Sleep is the #1 component of recovery. Can

stress it is causing. Not every racer needs the same amount of sleep, but I need right about 8 hours on average. I set an alarm on my phone reminding me 30 minutes before I need into bed to remind me it’s time. When traveling, I make sure to “stock up” early in the week, so on the weekends with driving and sleeping in unfamiliar places I am not already behind on my rest. Instead of saving the weekends for sleeping in, I make sure to start off



*Mary Schlimmer paddling C1 at the Clinton 70 miler. Photo courtesy of Josh Schlafer*

you have a good performance off of low sleep? Yes. Do you race well for months on end with low sleep? No- you may get sick, injured, fatigued, or just lose enjoyment for the sport because of the

with full nights of rest on Monday, Tuesday, and Wednesday. I also notice the night before the big race may not be the best sleep, and I rest easier knowing



that I am not in debt from the start.

### **Eat!**

Obviously, getting enough calories in allows us to have the energy for muscle repair. I notice that many people don't eat enough while racing and that makes it hard to recover between races because your stores are already so low. Any race over 2 hours 30 minutes should have you consuming calories outside of electrolytes, and anything over 3 hours should have more of a "meal" type of food involved- be it actual food- fruit, boost, ensure,

sandwiches, etc. or high calorie drinks like Perpetuem or Tailwind. Getting that calorie base while in the race keeps you feeling better- especially when racing back-to-back-to-back days, like at the Nationals or the Classique. Achieving or staying at race weight early in the season, or before you start racing means that you aren't trying to "cut" right before a big event. Two weeks before an ultra-event is the worst time to worry about those last few pounds- you're going to need them.

### **Take Rest- or Not!**

After racing a hard weekend, usually I want to get back in the boat right away. Sometimes it's good: I can go hard, or work on my skills and push myself. Other weeks, I feel sluggish and unmotivated. At this point, I listen to what my body is saying, and adjust my training. Feeling good? I add an extra portage to my workout. Feeling sore? I plan a rest day, or go for an easy paddle and swim. During the summer, I don't take more than two days out of the canoe in a row if I am uninjured, but I drastically alter the length and intensity of

my workouts based on how I am feeling. If you are undertrained, usually you will have good speed but die out after a relatively short hard effort. If you are over trained, you can go forever, but don't have any extra speed when you go harder. Of course, this will vary somewhat by individual, since we are all not good at the same things, but a good balance is to feel good for a long effort and be able to pick up the speed when necessary. Trust yourself to make good decisions based on how you are feeling. By balancing rest, training, sleep, and nutrition, you can have a long and successful season.



*C2 Mixed team of Joe Schlimmer & Sylvie Nadeau at the General Clinton 70 mile race.  
Photo courtesy of Audrey Blais.*

# OSCAR CHALUPSKY & NELO SURF SKIS

STEVEN HORNEY

**CN:** Thank you, Oscar, for taking the time to give us some information about yourself and Nelo kayaks. How did you get started in kayak paddling and racing?

**Oscar:** My father came to South Africa from Germany in the 1950's (I was born in South Africa in 1963). During that time he was actively involved in paddle racing, and in fact could be considered the father of kayaking in South Africa. So I came into it naturally. My father started racing sprint kayaks around 1957, and later moved on to surf ski paddling. In order to represent South Africa as an Olympic paddler in 1968, he had to give up his German citizenship. Unfortunately, the Olympic Committee banned South Africa from participating in the Olympics over the policy of Apartheid. So my father turned to paddling surf skis around 1968 after being introduced to the boats by Tony Scott, a close friend and one of the best paddlers in the world at that time (and Tony is still paddling). With my father now paddling surf skis, I naturally followed suit and started paddling surf skis as well.

Our family was also a boat-building family and we pioneered composite construction. I was paddling K1's from around 5 or 6



years old, and by age 14 I started making my own surf skis. When I was just 2 years old my father was already building kayaks out of fiberglass and my grandfather made K1's and K2's out of fiberglass. Our surf skis were constructed out of polystyrene, wood, and fiberglass. We were really the founders of long distance surf skis as opposed to the life guard boats that were popular in Australia. In fact, the first long distance surf ski races were held in South Africa.

Living only about 10 – 15 km from the ocean gave almost un-

limited ocean paddling opportunities. Lots of hours in down wind conditions (3 – 5 times a week) really helped me develop my wave reading skills. I always loved down-wind paddling but I also paddled many hours in flat water and in K1. I was captain of South African Olympic team in 1992 and competed for them. In 1986 I was almost on the German team.

**CN:** That's quite an impressive history! How did you get involved with Greg Barton and building boats professionally?

**Oscar:** I met Greg Barton in 1988 in Hawaii after he won gold at the 1988 Olympics in Seoul, South Korea. Following the Olympics, Greg headed to Hawaii to race the 1988 Molokai. I thought I was going to get smoked by this gold-medal winning Olympian, but I ended up beating him by 15 minutes. Ocean racing is very different from flat-water racing. I raced him every year since 1988 and always beat him by 10 or 15 minutes. Flat-water racing would probably have been a different story! I told Greg we could make kayaks in South Africa cheaper than we could make them in America and so we started building kayaks together

in 1999 and selling them under the Epic label. Epic became very successful selling kayaks and surf skis but we had a difference in opinion in 2015 and so I went to Nelo.

**CN:** What was Nelo looking for when they brought you on board? And what changes have you made to their boat line?

**Oscar:** At that time Nelo was big into ICF boats but the surf ski side was floundering – they only sold 45 skis that year. They wanted me to

boost the surf ski side of the business and basically gave me free reign in the design and sale of our



*Oscar & Clare Chalupsky, 2016*



*Oscar Chalupsky, back when he was with Epic, surfing some wild waves during the 2015 Mauritius Surf Ski Week. Oscar is considered the master of surfing waves with a ski.*



*Molokai 5.24.18 via Instagram and Oscar Chalupsky Paddler*

surf ski line. I was fortunate to work with some very good people including Andre Sampos and Nelo Manuel Ramosh (founder of Nelo 40 years ago and a native of Angola – we’re both Africans). He told me had purchased an original Oscar ski years ago!

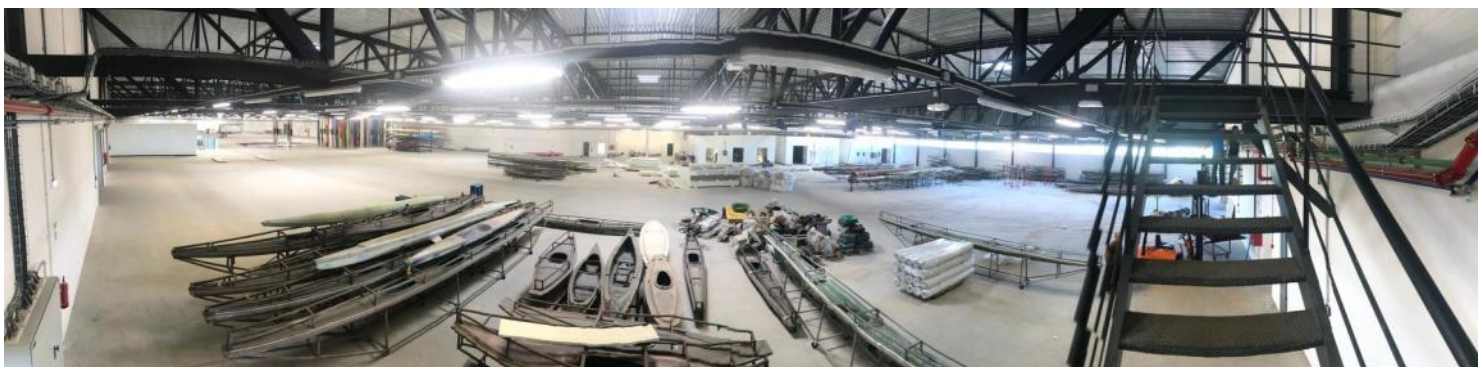
Nelo made some impressively fast skis but they could only be paddled by elite paddlers. After I took over, we started building skis that were accessible by a much greater number of paddlers. Annual production went from 45 skis a year to over 1700 a year in the last 3 years.

One way we’re diverging from other companies is by building skis that are shorter, lighter, and more nimble than most other designs. We’re focusing more on their ability to surf than on top end flat-water speed. Lengths of our single skis range from 5.1m (16.7’) to 5.6 m (18.4’ - the same size as my original skis). Another unique feature of our skis is the inclusion of foot pedals that are adjustable on the water. Our double has steering front and back and is less than 20 ft long (6m). I’ve long advocated the

mantra “stability before ability;” our skis reflect that mindset.

We want to make boats that will bring more people into the sport of the surf ski. Surf ski is growing faster than even SUP in many places, like South Africa. My father still paddles surf ski at 81. SUP’s are getting young people on the water but many of those paddlers eventually change over to surf skis (easier to paddle in rough conditions).

**CN:** Tell me a little more about Nelo – where do you build your boats, how do you test them, etc.?



*Nelo factory floor with boats under construction*

**Oscar:** All of our boats are built in our 210,000 square foot (21,000 square meter) factory in Vila Do Condo, a small town on the coast at the north end of Portugal. Lots of quality control ensures our boats are built to the highest standards. As for the design, we have an engineering team (as well as Nelo himself) contributing to the development of our boats, but ultimately they're all tested and approved on the water. Being less than 3 km from the water gives us lots of op-

portunity to test our boats in ocean conditions.

Aside from the “user-friendliness” of our line of Nelo skis, there’s another draw for the consumer: unlike Henry Ford’s supposed line related to the color options of the Model T (“you can have any color you want, as long as it’s black”), you actually can have any color you want in a Nelo ski!

You’ll see some very brightly colored Nelo skis standing out among the sea of white surf skis, providing both pride of ownership to the purchaser and potentially the safety of being more easily

seen on the water (depending on color choices).

We’ve really transformed the line of Nelo surf skis into some of the most desirable boats on the market and we plan to continue refining and improving our boats into the foreseeable future.

**CN:** Thank you for your time, Oscar. It’s been a pleasure talking with you and learning more about Nelo and about your history and work with Nelo.

*Visit Nelo skis at:*  
[nelo.eu/en/kayaks/surfski/](http://nelo.eu/en/kayaks/surfski/)



*Nelo kayak build*



*Outside of the Nelo factory*

## **FREESTYLE PADDLING DEMO AT THE NATIONALS!**

A FreeStyle paddling demo will be conducted at the 2018 Nationals in Syracuse, NY on Saturday immediately following the awards. This is a great opportunity to check out this unique paddling style!

### **PROPOSED USCA FREESTYLE PADDLING INSTRUCTION PROGRAM**

For the past few months Charlie Wilson with the ACA FreeStyle Instruction Program, Bob Spain with the USCA Instruction program, and I have been discussing the possibility of the inclusion of the ACA FreeStyle Instruction Program within the USCA's current instruction program. For some time the FreeStyle program has been housed under the umbrella of the American Canoe Association but we feel that the USCA instruction program would be a better fit for our paddlers.

Because the USCA supports single blade paddling and recreation paddling, we would like to join your program. Because our instruction program would continue to handle all the internal administration of the FreeStyle program, we feel that our program would be no burden on your current operation. Like the USCA we require all instructors to: complete a FreeStyle Instructors Class, complete a certified CPR/ First Aid course and all instructors would become USCA members. Additionally, we would use USCA insurance for all Instructor Courses and other events where insurance is needed.

Because we understand that funds are need to administer the overall USCA Instruction Program, we propose to pay a \$20 fee for all our current instructors and for all future instructors that are certified under the FreeStyle program. We propose that the FreeStyle Instruction Program would be called the "USCA FreeStyle Canoe Instruction Program."

We request that our FreeStyle program be recognized along with your current USCA instruction program when appropriate in your magazine, on your website, and other printed materials. We would also request that our instructors receive USCA Instructor cards similar to those used by current USCA instructors. More information about our instruction program can be found at our website:

*[www.freestylecanoeing.com](http://www.freestylecanoeing.com).*

While I know that there are administrative details that will need to be worked out with the administrator of the USCA Instructors program, I am sure that we can complete that in the near future. I respectfully request your consideration of this matter and look forward to hearing from you.

Respectively,

Paul Klonowski

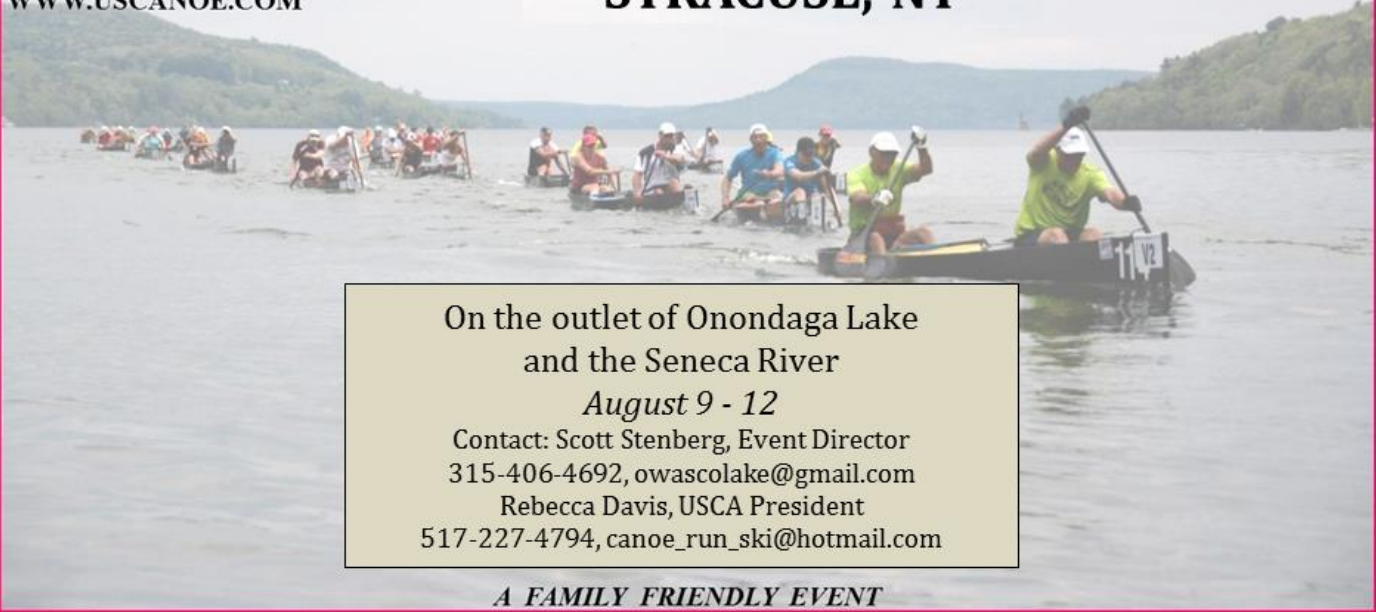
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# PADDLING EARLY 80'S STYLE

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ROGER & JASON CRISP

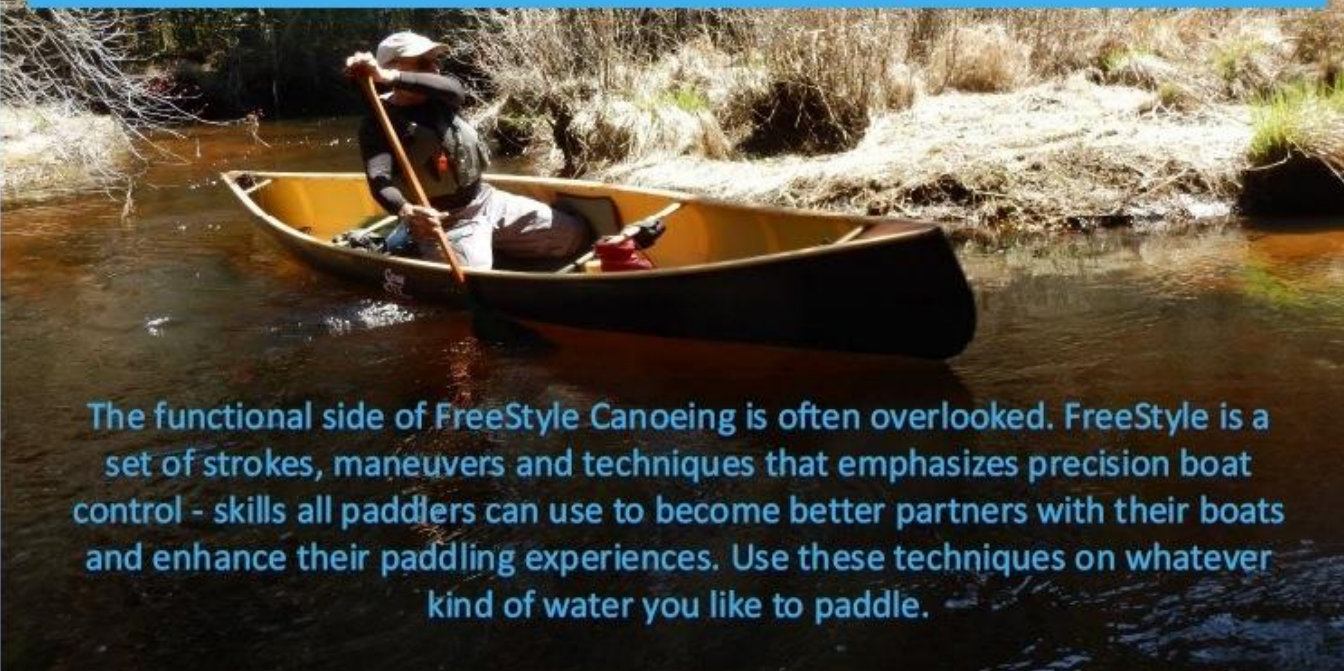






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Member Type:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Governing (18 & Over) \$20.00 | <input type="checkbox"/> Family \$25.00       | <input type="checkbox"/> Junior \$7.50              |
| <input type="checkbox"/> Club Affiliate * \$30.00      | <input type="checkbox"/> Race Sponsor \$30.00 | <input type="checkbox"/> Business Affiliate \$30.00 |

- Please attach your Club Membership roster with this application.

Foreign (US funds only) Canada/Mexico: Add \$5.00; All others add \$10.00

For family membership – other than above member, please complete the following:

(Family includes spouse and unmarried children under 19 years of age as of January 1, residing within the same household.)

Name:	Date of Birth:	Gender	
_____	_____	M <input type="checkbox"/>	F <input type="checkbox"/>
_____	_____	M <input type="checkbox"/>	F <input type="checkbox"/>
_____	_____	M <input type="checkbox"/>	F <input type="checkbox"/>
_____	_____	M <input type="checkbox"/>	F <input type="checkbox"/>
_____	_____	M <input type="checkbox"/>	F <input type="checkbox"/>

Amount Enclosed: \$ \_\_\_\_\_ Send payment and membership form to:

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**USCA**

Lynne McDuffie, USCA Membership Chair  
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 Email: [llmcduffie@gmail.com](mailto:llmcduffie@gmail.com)

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# 2018 ALUMINUM NATIONALS

## REGISTRATION INFORMATION AND APPLICATION

### 2018 USCA NATIONAL STOCK ALUMINUM CANOE MARATHON CHAMPIONSHIPS

Saturday & Sunday, July 28<sup>th</sup> and 29<sup>th</sup> at Batesville, AR on the White River

**Mail-in registration form**, Postmark by 7/14/2018. Send completed form to: George Latus, PO Box 91, Sulphur Rock, AR 72579. Make checks payable to: BSA Venture Crew 320. For additional information, phone: 870-307-9705 or email: glatus@wrmc.com

**Register and check in on site**. Saturday starting at 12 noon at Lock 2, Locust Grove. Sunday – 6:30 – 7:00 am at Kennedy Park near the Batesville Bridge. May register for Sunday events on Saturday from 3:00 -5:00 pm at Kennedy Park.

**Entry Fees**, Adults - \$40 for one race, additional race \$5.00. Juniors - \$20.

**Current USCA membership is required** for all USCA Championship events. To **join electronically**, Go to [www.uscanoe.com](http://www.uscanoe.com) click JOIN USCA button and chose how you want to join. Deadline to receive Online or Mailed applications is **July 21, 2018**. Mail to USCA Membership Chair, Lynne McDuffie, 410 Cockman Rd, Robbins, NC 27325, or **join at the race site**.

**Competitors Meeting: Saturday at 1:00 pm a Lock 2, Locust Grove; Sunday at 7:00 am at Kennedy Park.**

**Saturday Race Start:** 1:30 pm at Lock 2, Lock 2 Rd, Locust Grove, AR. (GPS coordinates 35.743576, -91.763958)

**Sunday Race Start for Adults & Juniors – 7:30 am at Batesville Hwy 67 Bridge over the White River.**

(GPS coordinates, 35°45'30" N 91° 38'27" W)

**All Finishes:** Hwy 67 Bridge over the White River in Batesville, AR.

*Failure to observe the following safety requirements will result in a disqualification in that event or a time penalty may be assessed to the violators' finish time as determined by the Competition Chair or designee.*

**Safety Rules:** Attendance at pre-race meetings is mandatory. A *US Coast Guard* approved PFD must be in the possession of each contestant, and properly worn if wearing it is required in accordance with the *PFDs Owner's Manual* and what is stated on the label attached to the PFD (if there is not a manufacturer's instruction label on the PFD then the PFD is not *US Coast Guard* approved). If there are any questions pertaining to PFDs consult with the Nationals Coordinator or Competition Chair **BEFORE YOU ARE ON THE START LINE**. A sound producing device (such as a pealess whistle meeting USCG requirements) must be in each boat, easily accessible. A *US Coast Guard* approved PFD must be worn by all non-swimmers and by persons ages 5 through 14 at all times on the water, and by all contestants in Youth (13-14) and younger classes. Inflatable PFDs shall NOT be worn by non-swimmers and by all persons under the age of 16.

**Lightning:** Before a race has started, if thunder is heard and/or lightning is seen, or a lightning detector indicates an approaching thunderstorm, the racers, race helpers, and spectators shall take proper shelter and wait at least 30 minutes after hearing the last thunder. Once a race has started, if lightning is seen, you count the time until you hear thunder. If this time is 30 seconds (6 miles) or less, or if you do not see the lightning, but hear loud thunder; get off the water immediately and seek proper shelter. The race is considered officially stopped at that moment in time. **This is a weather emergency and race clocks will be stopped.** The order of the paddlers on the race course at that instance will be considered their placement in the finishing order, based upon discussion with the racers and race officials at the finishing area. Thirty minutes after hearing the last thunder the racers may proceed down the race course. Detailed information will be provided at the pre-race meeting.

**Age of teams will be determined by the age of the younger paddler.**

#### **Course Description:**

**Saturday:** Adults start at Lock 2 and paddle downstream to Batesville Bridge, return up river 1 mile, then back to bridge (10 mi.)

**Sunday:** Adults start at the bridge, paddle upriver to Marker #5 and back to the bridge. (10 miles.)

Juniors start at the bridge and paddle upstream to Marker #3 and back to the bridge. (6 miles)

#### **Lodging:**

Comfort Suites,	1227 N. St.Louis	Batesville, AR	870-698-1449
Econo Lodge,	773 Batesville Blvd.	Batesville, AR	870-698-1855
Holiday Inn,	1130 White Dr,	Batesville, AR	870-698-2700
Ramada Inn,	1325 N. St. Louis,	Batesville, AR	870-698-1800
Super 8	1287 N. St. Louis	Batesville, AR	870-793-5888

#### **Camping:**

Speedway RV Park, 1005 Heber Springs Rd. Batesville 870-251-7256 / [speedwayrvpark.com](http://speedwayrvpark.com)

Brecks RV Park & Country Store, 897 Batesville Blvd. Batesville 870-869-8031

**REGISTRATION INFORMATION AND APPLICATION**  
**2018 USCA NATIONAL STOCK ALUMINUM CANOE MARATHON CHAMPIONSHIPS**  
**Saturday & Sunday, July 28<sup>th</sup> and 29<sup>th</sup> at Batesville, AR on the White River**

To Pre-register by mail, send this form postmarked no later than 7/14/2018 to George Latus, PO Box 91, Sulphur Rock, AR 72579 with a check with the appropriate fee(s) made payable to: BSA Venture Crew.

Please fill out the form completely for each participant. Print legibly.

NAME: \_\_\_\_\_ 2018 Membership # \_\_\_\_\_  
Last, First (Or Applied for on) \_\_\_\_\_

ADDRESS: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_  
Adults: Age on race day Junior: Age on 1/1/current year

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ Country: \_\_\_\_\_

PHONE: \_\_\_\_\_ Email \_\_\_\_\_ (Other than U.S.A.)

Day 1 PARTNER'S NAME: \_\_\_\_\_ AMOUNT PAID: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ALSO ENTERED: \_\_\_\_\_

Day 2 PARTNER'S NAME \_\_\_\_\_ AMOUNT PAID: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ALSO ENTERED: \_\_\_\_\_

**Saturday USCA CHAMPIONSHIP EVENTS**

\_\_\_ C2 Stk Aluminum Mixed Open (18-49) [C2 Stk Al Mx] \_\_\_ C2 Stock Aluminum Mixed Master (50+) [C2 Stk Al MxMa]

**Sunday USCA CHAMPIONSHIP EVENTS**

\_\_\_ C2 Stk Aluminum Men Open (18-49) [C2 Stk Al M] \_\_\_ C2 Stock Aluminum Men Masters (50+) [C2 Stk Al MMA]

\_\_\_ C2 Stk Aluminum Women Open (18-49) [C2 Stk Al W] \_\_\_ C2 Stock Aluminum Women Masters (50+) [C2 Stk Al WMa]

\_\_\_ C2 Stock Aluminum Men Junior (<18) [C2 Stk Al M Jr] \_\_\_ C2 Stock Aluminum Women Junior (<18) [C2 Stk Al W Jr]

**Waiver of liability form.** Please sign on site.

**Awards in Championship Classes**

- Adult. Top three teams in each class will be awarded USCA Championship medals.
- Junior (paddler not 18 on 1/1/18): Top six teams in each championship class will be awarded USCA Champion medals.
- First place teams in each championship event will receive a USCA National Championship Shirt and revolving trophy.



# CNY Nationals Paddle for the Pantry

Thursday August 9<sup>th</sup>, 2018

Onondaga Lake Park

Liverpool, NY

The NYMCRA organizers of the 2018 USCA National Championships invite all the CNY Nationals participants to join the Central New York paddling community in the *Paddle for the Pantry* cruise. There is no entry fee. Instead, participants are requested to make a non-perishable food or cash donation to the **Food Bank of CNY**. The cruise is open to all paddlers in the CNY community. This is an opportunity for the USCA Nationals participants to meet members of the community and for members of the community to see the skilled members of the USCA.

Registration and donation collection begins at 4 PM. The cruise will follow the CNY National Championships' Opening Ceremony at 6 PM. Visit our web site for more information: [www.cnynationals.com](http://www.cnynationals.com)



# 2018 USCA NATIONALS

PHIL MILLSPAUGH

This year's USCA Nationals marks the 50th year of this event. The race will be held on Onondaga Lake and the Seneca River (part of the Erie Canal) in Syracuse NY. This location was chosen to help celebrate the 200 year anniversary of the construction of the Erie Canal as well as to help celebrate the massive cleanup effort of Onondaga Lake.

The course will start and end in Onondaga Lake Park at the north end of Onondaga Lake and will consist of two, 6-mile loops on the Seneca River. This course should provide exceptional opportunities for spectators, as well as providing competitors with a fun course including some deep water, some shallows, and multiple buoy turns. When not racing, we will have numerous vendors set up so you can talk with the manufacturers of our various boats and have the chance to test out some new models. Of course there will also be plenty of food to help refuel for the next day's races.

## HISTORY

The Erie Canal was one of the first of its kind and at the time was considered an engineering marvel. Construction started

in 1817 and was completed eight years later. The canal helped connect the East Coast with the interior Midwest. This was when most goods were transported by draft animals. Railroads had not yet taken off. When the canal was completed, shipping costs decreased by almost 95% and helped New York City to become the largest port at the time as well as increasing New York State's economic and cultural growth. The Erie Canal led to a massive population boom in central and western New York, allowing settlements of Buffalo, Rochester, and Syracuse to grow into large cities. The Seneca River, which drains Seneca and Cayuga Lakes, was utilized as part of this canal system.

Onondaga Lake, which drains into the Seneca River, is considered sacred among the indigenous people of the Onondaga Nation. As the city of Syracuse grew, much of the shoreline of the lake was industrialized. This led to massive pollution of the waters. Swimming was banned in the 1940s and fishing was later banned in the 70s due to mercury levels. Over the last two decades, a massive cleanup effort has been underway. Honeywell partnered with SUNY Environ-

mental Science and Forestry (SUNY-ESF) O'Brien & Gere, Severson Environmental Services, and others to clean up the lake bed and surrounding shoreline. In 2017, the cleanup effort received the Western Dredging Association's Environmental Excellence Award for Environmental Dredging. The cleanup effort has resulted in the cleanest water levels in over 100 years. The northern 2/3 of the lake has met the public health requirements for swimming. Over 120 bird species and 250 wildlife species, some that have not been present in decades, have again been identified in the areas surrounding Onondaga Lake. For more information on the lake cleanup, go to [www.lakecleanup.com](http://www.lakecleanup.com).

\*\*\*\*\*

We look forward to hosting an amazing USCA Nationals and to showing off what Upstate New York has to offer. See you there!

Phil Millspaugh  
NYMCRA President

# NATIONALS SPECIAL AWARDS

## **Nominations for Special Awards will be accepted at the 2018 USCA National Marathon Championships at Syracuse, NY**

At every USCA Marathon Nationals, the U.S.C.A. members are given the opportunity to nominate a member whom they feel is eligible to receive the Paddler of the Year Award, the Bob Klebe Good Sportsmanship Award or the Youth Encouragement Award. The procedure for each award is listed along with the previous recipients. Nominations will be accepted by the USCA Secretary, **Barbara Bradley**, or the USCA President, **Rebecca Davis** until Saturday, **August 11, 2018** prior to the Awards Ceremony or as listed in the write-up. ***All nominations must be in writing*** and provide sufficient information of why you feel this person is worthy of being nominated for the award.

*Nominations are now open. Who would you like to nominate?*

### **Outstanding Paddler of the Year Award**

***Eligibility:*** Any USCA member who has made a significant contribution toward the sport of canoeing/kayaking through USCA *within the current year*. Also, the selection will be based on the individual's mental attitude, fellowship, spirit, sportsmanship, compassionate understanding and contribution to the promotion and growth of the amateur canoeing cause either on a competitive and/or non-competitive basis. It is suggested that this award not be given to anyone posthumously. There is no limit to the number of times a USCA member may receive this award.

***When awarded:*** USCA Nationals, Sunday, during awards presentations by the USCA President.

***Procedure:*** The Outstanding Paddler (formerly "Canoeist") of the Year Award is placed on the Semi-Annual Meeting Agenda under New Business. The Secretary of the Association announces to the Delegates that nominations will be accepted by the Secretary of the Association, **Barbara Bradley**, ***in writing***, until the start of the Awards presentation on Saturday. Any USCA member may submit a nominee.

***Selection Committee*** is the USCA Executive Committee and the USCA Executive Director.

***Background:*** This award was conceived by members of P.A.C.K. and the Tiadaghton Elm Classic at Jersey Shore, PA in 1982. Along with the USCA Executive Committee, the rules for eligibility and the selection process were developed. In 2007, the award was renamed from Canoeist to Paddler of the Year.



## Previous Canoeists/Paddlers of the Year

1982	Norman Ludwig, PA	2004	Joan & Harold Theiss, FL
1983	Willis Hackett, NY	2005	Gustave Lamperez, IL
1984	Valerie Fons, IA/Verlen Kruger, MI	2006	Gareth Stevens, WI
1985	Gene Jensen, MN/FL	2007	Tom Walton, NH
1986	Patty & Jim Mack, OH	2008	Ken Gerg, PA
1987	Richard Rankinen, PA	2009	John Edwards, FL
1988	Phil Cole, NH	2010	Glen Green, NJ
1989	Nick Lyesiuk, MA	2011	Bob & Janet Bradford, MI
1990	Larry Latta, OH	2012	No nominations
1991	Mike Cichanowski, MN	2013	Bob & Janet Bradford, MI
1992	Armond Bassett, NY	2014	No nominations
1993	Jay Behling, PA	2015	Kitty and Jerry Patton, PA
1994	Jan Whitaker, NY	2016	David Thomas, MA
1995	Mary Ann Pontius, IN	2017	No eligible nominations
1997	Kathy Manizza, CT	2018	Who will it be?
1998	Priscilla Reinertsen, NH		
1999	Patricia & Peter Heed, NH		
2000	Everett Crozier, WI		
2001	Earl Brimeyer, IA		
2002	Chris Wilson & Marc Lessard, VT		
2003	Jan Whitaker, NY		

## Bill Klebe Good Sportsmanship Award

***PERSON WHO ENCOURAGES GOOD WILL DURING OUR EVENTS! LOOK OUT FOR THE GOOD GUYS DURING NATIONALS AND LET THEM KNOW THEIR KIND AND BRAVE DEEDS ARE APPRECIATED BY EVERYONE!***

***Eligibility:*** Any USCA member who has shown outstanding sportsmanship during the week of the USCA National Canoe and Kayak Championships is eligible to receive this award. The award can be given to any competitor or non-competitor of the events.

***When Awarded:*** USCA Nationals, Sunday, during the awards presentations by the USCA President.

***Procedure:*** The USCA Annual Bill Klebe Good Sportsmanship Awards is to be announced in the *Canoe News'* Nationals issue and placed on the semi-annual meeting agenda under New Business. ***The written nominations*** for this award are to be received by the USCA Secretary, **Barbara Bradley** or the USCA President, **Rebecca Davis**, until the start of the awards presentation, Saturday. Nominations must describe the

sportsmanship act that qualifies for this award. (If an outstanding act of sportsmanship occurs during Sunday's events, this person or persons will be considered.)

**Selection Committee** consists of the USCA Executive Committee, the USCA Executive Director and a representative from the St. Charles Canoe Club.

**Background:** *Bill Klebe was an active member of the St Charles Canoe Club, St Charles, IL (a USCA Club Affiliate). Bill and his wife Jean were very active racers, and good sportsmanship was one of his outstanding characteristics. It is only fitting that an award of this nature be given to a person who shows outstanding sportsmanship during the week of the National Championships. At the January 10, 1999 Annual meeting, the St. Charles Canoe Club proposed that they would like to sponsor an annual award in honor of Bill Klebe. The traveling trophy was donated to the USCA along with a fund to maintain this award.*

**Past recipients of this award are listed below with the Site of the Nationals in parentheses.**

- 1999 none
- 2000 Tom Yarosh, NY and Jim Mallory, NY (Lafayette, IN)
- 2001 none
- 2002 none
- 2003 Don Stoneman, ON and Craig Creighton, ON (Warren, PA)
- 2004 Teresa Stout, PA and Ray Quick, MI (Oscoda, MI)
- 2005 John Edwards, FL (Warren, PA)
- 2006 Guy Gilman, IN (Peshtigo, WI)
- 2007 none
- 2008 Tom Thomas, IN (Bristol, IN)
- 2009 Linda Charles, PA (Warren, PA)
- 2010 none
- 2011 Lindsey Stone, MI (Newaygo, MI)
- 2012 Brian Ammon, PA (Warren, PA)
- 2013 Sebashton Carpenter, MI (Newaygo, MI)
- 2014 none
- 2015 Briana Fitzgerald, JoAnn Olney, Ariel Sayger, Savanna Herbert, Lindsey Stone (Warren, PA)
- 2016 Linda Bruno (Northfield, MA)
- 2017 Ashley Diget, Briana Fitzgerald, and River McDuffie (Dubuque, IA)
- 2018 Who will it be?

## Youth Encouragement Award

**Eligibility:** Any USCA member who has made an outstanding contribution to encourage youth into competition canoe paddling.

**When Awarded:** The recipient will be announced at the Sunday awards ceremony and will receive the *Youth Encouragement Award* traveling trophy.

The recipient also has the privilege to designate a youth paddler to receive a free USCA junior membership for the following year.

**Procedure:** Any USCA member may submit a nomination. **Nominations must be submitted in writing, to the YEA Committee Co-Chairs, Phoebe Reese or Teresa Stout**, no later than the end of the awards ceremony on Saturday of the USCA Nationals. The YEA Committee members will make their decision based on the information it receives on the person or persons nominated to determine who has done the most during the year to encourage, develop, and promote youth participation in the sport of competitive marathon paddling.

The YEA recipient should inform the Committee of his/her choice of a youth paddler who will receive the free junior membership to USCA for 2019, supplying name, parent's name, address, phone number, and email address.

**Background:** *At the 2004 USCA Annual Meeting, the delegates approved the establishment of this annual award in order to recognize the USCA member who is found to have made the most outstanding contribution to encourage youth into competitive paddling. The proposal was made by Larry Liquori, a delegate for the New York Division/USCA, who was appointed to oversee this project. He arranged to have a traveling trophy made and it was donated to the USCA. Liquori calls this project "YEA." A YEA committee was formed to develop the rules and criteria (outlined herein) and to act as the selection committee for each year.*

### **Previous Recipients:**

- 2004 Judy Jeanes, PA
- 2005 Stephen Lynn, AR
- 2006 Dave Diget, MI
- 2007 Mac Gillespie, NY
- 2008 Clifton Rickey, AR
- 2009 Marsh Jones, MN
- 2010 Robert Miller, LA
- 2011 Joe Manns, MN
- 2012 Randy Bailey, PA
- 2013 Members of the Kalamazoo Canoe & Kayak Club, MI
- 2014 none
- 2015 Lynne & William McDuffie, NC
- 2016 The Sayger family, AR
- 2017 No nominations
- 2018 Who will it be?



**2018 USCA  
National Canoe & Kayak  
Championships**

**August 9-12, 2018**

**Onondaga Lake and the  
Seneca River  
Syracuse, NY**

**Hosted by  
New York Marathon Canoe Racing  
Association**

For more information go to [www.cnynationals.org](http://www.cnynationals.org)

Or call Race Director Phil Millspaugh at 518-573-3284

# 2018 USCA NATIONAL CANOE & KAYAK CHAMPIONSHIPS

## Syracuse, New York

### Race Schedule

#### Thursday, August 9, 2018

Youth Sprint Championships and Youth Marathon Championships

Adult/Youth Sprint Championships

Paddlers with Physical Disabilities Sprint Championships

Host Event: Paddle for the Pantry, Community Cruise

#### Friday, August 10, 2018

##### *Long Course*

C2 Standard Men Open, Master (40+)

C1 Woman Open, Master (40+), Senior (50+), Veteran 1 (60+), Veteran 2 (65+), Grand Veteran 1 (70+), Grand Veteran 2 (75+)

C1 Stock Woman Open

OC1 Man

K1 Unlimited Woman Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2

K1 ICF Woman Open, Master run with K1 Unlimited Woman

K1 Touring Woman Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2

K1 Touring Man Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2

C2 Men Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2

K2 Unlimited Men

##### *Short Course*

C1 Woman Junior (<18)

K1 Woman Junior (<18)

C2 Men Junior (<18)

#### Saturday, August 11, 2018

##### *Long Course*

C2 Standard Women Open, Master

C2 Women Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2

K1 Unlimited Man Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2

K1 ICF Man Open, Master run with K1 Unlimited Man

C1 Man Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2

C1 Stock Man Open

OC1 Woman

K2 Unlimited Women

##### *Short Course*

C2 Women Junior (<18)

K1 Man Junior (<18)

C1 Man Junior (<18)

#### Sunday, August 12, 2018

##### *Long Course*

K1 Sea Kayak Woman Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2

K1 Sea Kayak Man Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2

C2 Standard Mixed

C2 Mixed, Open, Master, Senior, Veteran (60+)

C2 Man (18+)/ Junior (15-17)

C2 Woman (18+)/ Junior (15-17)

K2 Unlimited Mixed (Trial)

##### *Short Course*

C2 Mixed Junior (<18)

C2 Man (18+)/ Youth (5-14)

C2 Woman (18+)/ Youth (5-14)

SUP Unlimited Woman

SUP Unlimited Man

## Important Information for the 2018 USCA National Championships

### Please Read Carefully

\*\*\*2018 USCA membership is required for all USCA championship and trial events.

Send USCA membership application on or before July 27, 2018 to:

Lynne McDuffie, Membership Chair  
410 Cockman Rd.  
Robbins, NC 27325

Join on line at [www.uscanoe.com](http://www.uscanoe.com) or [uscanoe.info](http://uscanoe.info) by August 1, 2018 or you must join on site.

*Proof of membership is required for event registration. Membership will be verified onsite.*

\*\*\*To Pre-register for races by mail on or before July 13, 2018.

Send the registration forms with personal check made payable to *NYMCRA CNY Nationals* to:

Kim Greiner  
558 Old Hwy 30  
Esperance, NY 12066

For further information please go to [www.enynationals.org](http://www.enynationals.org) or contact Phil Millsbaugh at 518-573-3284

*No day-of-event registration. All races require pre-registration no later than 5 p.m. on the day prior to the event with the exception of the Thursday Youth Sprint /Adult/Youth Sprints, Youth Marathon and Paddlers with Physical Disabilities events.*

Each participant must fill out a participant registration form and submit along with the entry form(s) for the day's event to be entered. Transfer the fees from each page to the Total Fees Form on the Participant Registration Form. A Waiver / Release of Liability form must be completed and signed by each participant at check-in.

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**Important:** Paddlers may elect to "paddle down" to a younger age class in the adult races. Winners will be awarded only in the class in which they register to compete. No duplication of awards except for Special Age Recognition Awards listed on the next page.

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The following age groups will apply for all the classes except for those that are stated otherwise.

<i>Adult Age Groups</i>	<i>Youth/Junior Age Groups as of 1/1/2018</i>
18-39 Men/Women (open)	Youth 5-7 years of age
40-49 Master	Youth 8-10 years of age
50-59 Senior	Youth 11-12 years of age
60-64 Veteran 1	Youth 13-14 years of age
65-69 Veteran 2	Junior 15-17 years of age
70-74 Grand Veteran 1	Adult/Youth – Adult must be 18 or older on race day; Youth must
75-79 Grand Veteran 2	be 5 to 14 years of age
80 + Grand Master Veteran	Adult/Junior - Adult must be 18 or older on race day. Junior (15-17) must
	be 15-17 years of age

In tandem events (C2 or K2), the team's age group is determined by the younger of the two paddlers in adult classes. In youth classes, the team's age group is determined by the older of the two paddlers.

**Remember:** As of 2018: All Canoes and Kayaks should be jiggged prior to Marathon events. A 2018 sticker will be provided to all competitors whose craft has passed inspection. This sticker is to be affixed to his or her boat. Watch the bulletin board for jiggging times and location. In the marathon events, the top 5 finishing boats in all age groups must go immediately to the jiggging area to be measured, or face disqualification. This is done before the awards presentation ceremony begins in order to make sure all boats are legal. Any boat that fails inspection and was not measured prior to the event, the boat and the competitor will be disqualified immediately.

**Trial Events:** This event is a test to determine if the number of entrants in a particular boat class warrants future championship status. It is on a trial (non-championship) basis. It is offered only at Nationals. USCA membership is required to participate in this event. If seven (7) or more boats compete in this trial class, then it will be added to the following Nationals as a Championship class.

## **Important Information for the 2018 USCA National Championships (*continued*)**

**Special Age Recognition Awards for USCA Marathon Events to be awarded to the first in the following:**

1. OC1 Man and Woman, 40-49, 50-59, 60-69
2. K2 Men and Women, 40-49, 50-59, 60-69 team
3. First 70+ teams or individual in any event without a Grand Veteran class.
4. First 80+ team or individual in any event without a Grand Master Veteran (octogenarian) class

**Medals:** Awarded as follows: All adult USCA classes: 3 medals deep.

All Junior (15-17), Adult/Youth (5-14), and Adult/Junior (15-17) classes: 5 deep for sprints and 6 deep for marathon. Trial events awarded 3 medals deep.

A special medal will be awarded to each SUP marathon participant.

**Barton Youth Award:** The USCA offers the Barton Youth Award to encourage youth participation in solo kayak (K1) or solo canoe (C1). Participation is open to all paddlers ages 9-17. The award goes to the fastest female and the fastest male in K1 and C1. The winners will each receive a new paddle.

**Important Information for the Paddlers with Physical Disabilities:** *New for 2018.* Athletes entering the National Championship Sprints for Paddlers with Physical Disabilities must send ICF Paracanoe Athlete Diagnosis Form and ICF Paracanoe Athlete Certificate of Diagnosis Form or USCA Adaptive Paddler Vision Qualification Form to Jan Whitaker at 560 Shore Drive, West Henrietta, NY 14586 or to [redacted] by July 1, 2018 for eligibility assessment. Phone: 585-292-6107 (See Event Application for information to links to ICF forms.)

**Traveling Trophies** may be delivered to Race Headquarters upon arrival to check-in or register for the week's events. Please make sure these trophies are checked in by a USCA official. Trophies will be securely stored until distribution.

**Friday Catered Buffet Dinner:** Friday August 10, 2018 - 5 p.m. to 7 p.m. at Elks Lodge at 3730 Cold Springs Rd, Baldwinsville, NY 13027. Cost is \$17.00 per person for Adults and youth 5-17 years old. Youth under 5 years of age - free. Pay with race registration, at check-in or at the door.

**USCA Semiannual Meeting:** Friday, August 10, 2018 at 7 p.m. at Elks Lodge. All members are encouraged to attend.

### **Safety Information**

Failure to observe the following safety requirements will result in a disqualification in that event or a time penalty may be assessed to the violators' finish time as determined by the Competition Chair.

**Safety Rules:** Attendance at pre-race meetings is mandatory. A *US Coast Guard* approved PFD must be in the possession of each contestant, and properly worn if wearing it is required in accordance with the *PFDs Owner's Manual* and what is stated on the label attached to the PFD (if there is not a manufacturer's instruction label on the PFD then the PFD is not *US Coast Guard* approved). If there are any questions pertaining to PFDs consult with the Nationals Coordinator or Competition Chair **BEFORE YOU ARE ON THE START LINE**. A sound producing device, such as a pealess whistle which meets USCG requirements, must be carried in each boat, either securely affixed to a PFD or the boat in a manner which allows quick access in a personal emergency. A *US Coast Guard* approved PFD must be worn by all non-swimmers and by persons ages 5 through 14 at all times on the water, and by all contestants in Youth (13-14) and younger classes. Inflatable PFDs shall NOT be worn by non-swimmers and by all persons under the age of 16. Competitors must wear the ISO 12402-5 compliant PFD securely to be legal.

**Lightning Safety:** Before a race has started, if thunder is heard and/or lightning is seen, or a lightning detector indicates an approaching thunderstorm, the racers, race helpers, and spectators shall take proper shelter and wait at least 30 minutes after hearing the last thunder. Once a race has started, if lightning is seen, you count the time until you hear thunder. If this time is 30 seconds (6 miles) or less, or if you do not see the lightning, but hear loud thunder, get off the water immediately and seek proper shelter. The race is considered officially stopped at that moment in time. **This is a weather emergency and race clocks will be stopped.** The order of the paddlers on the race course at that instance will be considered their placement in the finishing order, based upon discussion with the racers and race officials at the finishing area. Thirty minutes after hearing the last thunder the racers may proceed down the race course. Detailed information will be provided at the pre-race meeting.

## **2018 USCA National Canoe & Kayak Championships**

### *Schedule of Events*

**Race Starts:** In the Schedule of Events for the marathon races, the start time each day for the first race in the sequence of events is 9:00 am. The remaining events will follow about every 10 minutes. The number of race entries may require some classes to be split into separate heats. Specific heats will be announced and posted. The USCA race starter is in control.

**Race HQ Location:** Onondaga Lake Park, adjacent to Syracuse University Boathouse, 3820 Long Branch Rd, Liverpool, NY 13090 from **Thursday, August 9 to Sunday, Aug. 12**

### **Thursday, August 9, 2018**

**Check In:** 10:00 am - 5:00 pm. Pre-registered entrants must check in. Open registration at **Race HQ.**

#### **Race Registration / USCA Memberships / Waiver – Release of Liability**

- Thursday Sprint participants must check in or register between 10:00 am and 1:00 pm.
- On-site registration accepted for all Marathon events for Friday through Sunday.
- Anyone who pre-registered by mail or online and plans to participate in a Friday event, you **must be checked in** and make any changes to the pre-registration forms by 5:00 pm Thursday.
- USCA membership verification / memberships accepted. Current USCA membership is required to enter any Championship or Trial Event.
- Each competitor must sign a Waiver of Release of Liability form at check-in. One form per participant.

**Boat Jigging Available** near Race Headquarters. (See bulletin board at **Race HQ** for times for the week.)

**Host event:** Paddle for the Pantry Community Cruise – Registration: 4:00 pm – 5:50 pm at Race HQ.  
Fee: Donation of non-perishable food items. (All racers, family members and community members invited.)  
Cruise starts after Youth Awards and Opening Ceremony – approximately at 6:00 pm. All cruise participants must sign a waiver form when registering for the cruise. The cruise is on the Nationals course which is a six mile loop with optional shorter distances for participants by only doing part of the course.

### **Thursday, August 9, 2018**

#### **Youth Sprint and Adult/Youth Sprint Championships, Youth Marathon Championships, and Paddlers with Physical Disabilities Championships**

**Event Location:** To be held along the straight away by the boat houses. Exact location to be posted.

**Race HQ** – Onondaga Lake Park, adjacent to the Syracuse University Boathouse.

**10:00 am – 1:00 pm** – Check-in, registration, membership verified, and waivers signed at **Race HQ.** Waivers must be signed by each participant and parent or guardian for each youth under the age of 18.

**1:00 pm** – National Anthem – **MANDATORY** pre-race meeting at **Race HQ**

**2:00 pm** – Racing Begins

**5:00 pm** - Awards will be at Race Headquarters.



## Thursday, August 9, 2018 (continued)

A youth paddler may enter one of each of C1, C2, C2 Mixed, K1 and SUP for a total of five (5) events.

### USCA Youth Sprint Championship Sequence of Events

#### 250 Meters

1	C1 Youth (5-7)	4	K1 Youth (11-12)	7	C1 Youth (11-12)
2	C2 Youth (11-12)	5	C2 Youth (5-7)	8	C2 Youth (8-10)
3	C1 Youth (8-10)	6	K1 Youth (8-10)	9	K1 Youth (5-7)

#### 500 Meters

1	C1 Girl Youth (13-14)	6	K1 Woman Jr (15-17)	11	C1 Man Junior (15-17)
2	K1 Man Junior (15-17)	7	C2 Men Junior (15-17)	12	C2 Girls Youth (13-14)
3	C2 Women Junior (15-17)	8	C1 Woman Junior (15-17)	13	C2 Mixed Open (5-17)
4	K1 Girl Youth (13-14)	9	C2 Boys Youth (13-14)	14	SUP Unlimited Man (5-17)
5	C1 Boy Youth (13-14)	10	K1 Boy Youth (13-14)	15	SUP Unlimited Woman (5-17)

Effective in 2010: In Youth (5-7), Youth (8-10) and Youth (11-12) events, any boat may be used. The sole requirement is that the boat is propelled by a USCA-legal canoe paddle in canoe events and a USCA-legal kayak paddle in kayak events. Rudders, outriggers and multi-hull designs are allowed.

### Adult/Youth Sprint Championships and Paddlers with Physical Disabilities Championships

Adult paddlers in the Adult/Youth Sprints must be 18+ years of age as of race day. Adults may paddle in more than one age group of Adult/Youth events. *New for 2018: Athletes entering the National Sprint Championships for Paddlers with Physical Disabilities must meet certain International Canoe Federation Para canoe (Para kayak and Para va'a) eligibility requirements or have a loss of 10% vision or a visual field constricted to a diameter of less than 40 degrees to qualify as an athlete who is blind or visually impaired. See information on Event application form.*

#### 500 Meters - Sequence of Events

1	C2 Man/Youth (5-7);	8	C2 Woman/Youth (5-7)
2	K1 Paddler w/a Physical Disability Woman;	9	V1 Paddler w/a Physical Disability Man
3	C2 Man/Youth (8-10);	10	C2 Woman/Youth (8-10)
4	C2 Man/Youth (11-12);	11	C2 Woman/Youth (11-12)
5	K1 Paddler w/a Physical Disability Man;	12	V1 Paddler w/a Physical Disability Woman
6	C2 Man/Youth (13-14);	13	C2 Woman/Youth (13-14)
7	C2 Man/Junior (15-17);	14	C2 Woman/Junior (15-17)

### Rules and Regulations Governing Canoe and Kayak Sprint Championships

If heats are required, the winner from each heat is guaranteed to advance to the final round. Balance of remaining positions in the final round will be based upon fastest heat times of remaining boats, with a maximum of 12 boats in the final round. If there are 2 heats, two winners advance, plus next 10 fastest times. Any blatant obstruction of other competitors may result in disqualification of the offending boat. In the event of severe, inclement weather or circumstances beyond the control of the event organizer, the decision to cancel, postpone or delay will be decided by the following committees. Event Organizer (host), Sprint Chair, Competition Chair, Safety Chair and USCA President. If the decision is made to cancel the event, awards will be given on fastest heat times to all completed classes.

### Youth C1 and K1 Marathon Championships for 5-12 Year Olds

The course (multiple loops of the 500 meter sprint course) will be determined and posted at Race Headquarters. Start time will be after the Sprints. Age groups for C1 and K1 are the following:

C1 (5-7)	C1 (8-10)	C1 (11-12)
K1 (5-7)	K1 (8-10)	K1 (11-12)

**Friday, August 10, 2018  
(Marathon Day 1)**

**Note:** Marathon Day 1, Day 2 and Day 3 events will be held on the Seneca River.

**Race HQ** will be located at Onondaga Lake Park, adjacent to the Syracuse University Boathouse

**7:30am – 8:00 am – Boat Number Pick-up at Race HQ**

**8:30 am – National Anthem – MANDATORY pre-race meeting at Race HQ**

**9:00 am – USCA Championship Races Begin**

**USCA MARATHON SEQUENCE OF EVENTS**

C2 Standard Men Open, Master (40+)

C1 Woman Open, Master (40+), Senior (50+), Veteran 1 (60+), Veteran 2 (65+), Grand Veteran 1 (70+), Grand Veteran 2 (75+)

C1 Stock Woman Open

OC1 Man

K1 Unlimited Woman Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2

    K1 ICF Woman Open, Master run with K1 Unlimited Woman

K1 Touring Woman Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2

K1 Touring Man Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2

C2 Men Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2

K2 Unlimited Men

**USCA SHORT COURSE EVENTS**

C1 Woman Junior (<18)

K1 Woman Junior (<18)

C2 Men Junior (<18)

**Post-Race Jigging:** Top 5 boats in each event age group **MUST** go immediately to jigging, and be measured or face disqualification. Additional jigging for weekend and marathon events will be available prior to awards ceremony.

**Awards:** The awards ceremony will be held at Race HQ as soon as possible after races.

**Registration:** 3:00 pm – 4:30 pm for all Saturday and Sunday events at Race HQ - All pre-registered entrants must be checked in or be registered on-site by 4:30 pm for Saturday's events. USCA membership must be verified. New memberships accepted. Waiver / Release of Liability forms must be signed by each participant. Pre-registered entrants may pick up T-shirts and goodie bags. (Registration may be open earlier, please check the bulletin board for any changes.)

**Catered Buffet Dinner:** 5:00 pm - to 7:00 pm at Elks Lodge, 3730 Cold Springs Rd, Baldwinsville, NY 13027.

Dinner Fees: \$17.00 for Adults and youth 5-17; free for children under age 5. Payment in advance is encouraged with pre-registration at check-in or registration onsite or paid at the door.

**USCA Semi-Annual Meeting:** 7:00 pm following Pasta Dinner at Elks Lodge. All USCA members are encouraged to attend.

**Saturday, August 11, 2018  
(Marathon Day 2)**

**7:30 am – 8:30 am – Boat Number Pick-up at Race HQ**

**8:30 am – National Anthem – MANDATORY pre-race meeting at Race HQ**

**9:00 am – USCA Championship Races Begin**

C2 Standard Women Open, Master  
C2 Women Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2  
K1 Unlimited Man Open, Master, Senior, Veteran 1, Veteran 1, Grand Veteran 1, Grand Veteran 2  
    K1 ICF Man Open, Master run with K1 Unlimited Man  
C1 Man Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2  
C1 Stock Man Open  
OC1 Woman  
K2 Unlimited Women

**USCA SHORT COURSE EVENTS**

C2 Women Junior (<18)  
K1 Man Junior (<18)  
C1 Man Junior (<18)

**USCA MARATHON SEQUENCE OF EVENTS**

**Post-Race Jigging:** Top 5 boats in each age group **MUST** go immediately to jigging, and be measured or face disqualification. Additional jigging for Sunday marathon events will be available prior to awards ceremony.

**Awards:** The awards ceremony will be held at Race HQ as soon as possible after races.

**Registration: 3:00 – 5:00 pm.** On-site registrations and pre-registered participants for all Sunday events at Race HQ. **Must be registered by 5:00 pm to compete.** USCA membership must be verified. New memberships accepted. Waiver / Release of liability forms must be signed by each participant. Pre-registered entrants may pick up T-shirts and swag bags. (Registration may be open earlier, please check the bulletin board for any changes.)

**1:00 pm or after awards. Free Style Canoeing – Demonstration and Workshop**

Location to be determined. Check at Race Headquarters.

Presented by Marc Omstein, a member of the FreeStyle Group, a USCA Affiliated Club. Marc will be assisted by at least five others who will demonstrate this type of canoe paddling. There will be a workshop conducted and suitable boats will be available for folks to use at the workshop.

If you would like more information on FreeStyle Canoe Paddling, please contact Marc at 585-698-5778.

Or you may visit: [www.FreeStyleCanoeing.com](http://www.FreeStyleCanoeing.com)

## Sunday, August 12, 2018 (Marathon Day 3)

7:30 am – 8:30 am – Boat Number Pick-up Race HQ

8:30 am – National Anthem – MANDATORY pre-race meeting at Race HQ

9:00 am – USCA Championship Races Begin

### USCA MARATHON SEQUENCE OF EVENTS

K1 Sea Kayak Woman Open, Master (40+), Senior (50+), Veteran 1 (60+), Veteran 2 (65+), Grand Veteran 1 (70+), Grand Veteran 2 (75+)

K1 Sea Kayak Man Open, Master (40+), Senior (50+), Veteran 1 (60+), Veteran 2 (65+), Grand Veteran 1 (70+), Grand Veteran 2 (75+)

C2 Standard Mixed

C2 Mixed Open, Mixed Master (40+), Mixed Senior (50+), Mixed Veteran (60+)

C2 Man (18+)/Junior (15-17)

C2 Woman (18+)/Junior (15-17)

K2 Unlimited Mixed (*Trial Event*)

### USCA SHORT COURSE EVENTS

C2 Mixed Junior (<18)

C2 Man (18+) / Youth (5-14)

C2 Women (18+) / Youth (5-14)

SUP Unlimited Woman

SUP Unlimited Man

**Post-Race Jigging:** Top 5 boats in each age group MUST go immediately to jigging, and be measured or face disqualification. Additional jigging for Sunday marathon events will be available prior to awards ceremony.

**Awards:** The awards ceremony will be held at Race HQ as soon as possible after races.

**Closing Ceremony**

Have a Safe Trip Home.

Thank you for participating at the

2018 USCA National Canoe and Kayak Marathon Championships.



**2018 USCA National Canoe & Kayak Championships**  
**Syracuse, NY – Thursday – Sunday, August 9-12, 2018**



**Participant Registration Form**

<p><b>To Pre-register by mail, send to:</b></p> <p>Kim Greiner          558 Old Hwy 30          Esperance, NY 12066</p> <p>with check made payable to: <b>NYMCRA CNY Nationals on or before July 13, 2018</b></p> <p>For further information, go to <a href="http://cynationals.org">cynationals.org</a> Any changes to pre-registration forms must be done by 5 p.m. on the day prior to event at Race Headquarters.</p>	<p><b><u>2018 USCA membership is required for all races.</u></b></p> <p>Send USCA membership application form to:          Lynne McDuffie, Membership Chair          410 Cockman Rd.          Robbins, NC 27325</p> <p>Apply on or before July 27, 2018 or onsite at Nationals or apply online at <a href="http://www.uscanoe.com">www.uscanoe.com</a> by August 1, 2018. Proof of membership is required for event registration. <b>No day-of-event memberships will be taken except for Thursday's events. Please plan accordingly.</b></p>
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**To register, please fill out form COMPLETELY for EACH participant. Print legibly. Mail with check by 7/13/18 or register on-site and check in one day or more before event. No day-of-race event registration except for Thursday's events.**

_____	_____	_____
Last Name	First Name	USCA # (2018 or applied for)
_____	_____	_____
Home Phone	Cell Phone	DOB (mm/dd/yyyy)
_____	_____	
Address		
_____	_____	_____
City	State	Zip
_____	_____	
Country		
_____		
Email Address		
_____	_____	_____
Emergency Contact	Phone	Relationship

AGE: Adults as of race day; Youth and Juniors as of January 1, 2018 \_\_\_\_\_

**Race fees: Free T-shirt and goodie bag to first 300 marathon entrants**

Adult Marathon	\$30.00 per paddler early registration (must be received by 7/13/18) \$40.00 per paddler after 7/13/18 or on site \$5.00 per paddler for each additional race
Youth (5-14) Marathon	\$5.00 per paddler for first race; \$5.00 for each additional race
Junior (15-17) Marathon	\$10.00 per paddler for first race; \$5.00 for each additional race
Sprint Championships for paddlers with Physical Disabilities (Thursday)	\$10.00 per paddler for first race; \$5.00 for each additional race <b>Paddler must meet minimum eligibility requirements. See Event Application, Page 4</b>
Youth Sprints (Thursday)	\$5.00 per paddler for up to 5 events
Adult/Youth Sprints (Thursday)	\$5.00 per youth paddler; NO charge for the adult

Please transfer all fees from pages of forms to below: T-shirt Size S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

Day 1	Thursday (2-4)	\$
Day 2	Friday (5)	\$
Day 3	Saturday (6)	\$
Day 4	Sunday (7)	\$
	<b>Total</b>	\$

**Friday night BBQ Buffet: Elks Lodge**  
 Adults & Youth 5-17; \$17/person \_\_\_\_\_  
 Youth – Under 5 years old - Free  
 Pay with registration, check-in or at door.

Official Use Only
Date Received

Last name	First name	Age	State	Fees this page \$ _____	Thursday Youth Sprints Day 1
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Thursday, August 9, 2018

**USCA National Canoe & Kayak Youth Sprint Championships**

A paddler may enter one each of C1, C2, C2 Mixed, K1, and SUP for a maximum of five (5) Sprint events.

Medals to the top 5 places in each event.

Team's age is determined by the older of the two paddlers  
Youth & Junior ages are as of January 1, 2018

250 Meter Event


C1 Youth (5-7)  
K1 Youth (5-7)


C1 Youth (8-10)  
K1 Youth (8-10)


C1 Youth (11-12)  
K1 Youth (11-12)


C2 Youth (5-7)  
C2 Youth (8-10)  
C2 Youth (11-12)

Partner: Last name, First name

Age

State

_____	_____	_____
_____	_____	_____
_____	_____	_____

500 Meter Event


C1 Girl Youth (13-14)  
C1 Boy Youth (13-14)  
SUP Unlimited Man Jr  
SUP Unlimited Woman Jr


C1 Woman Junior (15-17)  
C1 Man Junior (15-17)


K1 Girl (13-14)  
K1 Boy (13-14)  
K1 Woman Jr (15-17)  
K1 Man Jr (15-17)


C2 Girls Youth (13-14)  
C2 Boys Youth (13-14)  
C2 Women Jr (15-17)  
C2 Men Jr (15-17)  
C2 Mixed Open

Partner: Last name, First name

Age

State

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Last name	First name	Age	State	Fees this page \$ _____	Thursday - Youth Sprints Day 1
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Thursday, August 9, 2018

### USCA National Canoe & Kayak Adult/Youth Sprint Championships

Adult paddlers must be 18+ years of age as of race day. Adults may paddle with more than one age group for Adult/Youth events. A Youth may enter no more than one event and must be in their own age group. Ages of Youth and Junior paddlers are as of January 1, 2018.

#### 500 Meter Event

	Partner: Last Name, First Name	Age	State
<input type="checkbox"/> C2 Woman (18+)/Youth (5-7)	_____	_____	_____
<input type="checkbox"/> C2 Woman (18+)/Youth (8-10)	_____	_____	_____
<input type="checkbox"/> C2 Woman (18+)/Youth (11-12)	_____	_____	_____
<input type="checkbox"/> C2 Woman (18+)/Youth (13-14)	_____	_____	_____
<input type="checkbox"/> C2 Woman (18+)/Youth (15-17)	_____	_____	_____
<input type="checkbox"/> C2 Man (18+)/youth (5-7)	_____	_____	_____
<input type="checkbox"/> C2 Man (18+)/Youth (8-10)	_____	_____	_____
<input type="checkbox"/> C2 Man (18+)/Youth (11-12)	_____	_____	_____
<input type="checkbox"/> C2 Man (18+)/Youth (13-14)	_____	_____	_____
<input type="checkbox"/> C2 Man (18+)/Youth (15-17)	_____	_____	_____

#### Youth Marathon Championships

The Youth Marathon race (3 miles or less) is for ages 5 to 12 in C1 and K1. To encourage more youth participation in longer races than a sprint. This Championship event will be held after the sprint events and before the awards presentation. Medals will be awarded to the top six finishers in each age group for C1 and K1 classes.

<input type="checkbox"/>	C1 Youth (5-7)
<input type="checkbox"/>	K1 Youth (5-7)

<input type="checkbox"/>	C1 Youth (8-10)
<input type="checkbox"/>	K1 Youth (8-10)

<input type="checkbox"/>	C1 Youth (11-12)
<input type="checkbox"/>	K1 Youth (11-12)

Last name	First name	Age	State	Fees this page \$ _____	Thursday – Day 1 Paddlers with Physical Disabilities
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**Thursday, August 9, 2018**

**USCA Nationals Sprint Championships for Paddlers with Physical Disabilities**

- K1\* Paddler with Physical Disability Woman
- K1\* Paddler with Physical Disability Man
- V1/OC1\*\* Paddler with Physical Disability Woman
- V1/OC1\*\* Paddler with Physical Disability Man

\* Any kayak/surfski propelled with a kayak paddle (may have stabilizing floats and may have rudder)  
 \*\* Any Va'a/Outrigger canoe propelled with a canoe paddle (may have stabilizing floats and/or a rudder)

**PLEASE NOTE THE ELIGIBILITY REQUIREMENTS FOR PADDLERS TO PARTICIPATE IN THE ABOVE EVENTS**

Athletes with physical disabilities intending to compete in USCA National Sprint Championships must submit the International Canoe Federation Paracanoe Athlete Diagnosis Form and the ICF Paracanoe Athlete Certificate of Diagnosis/Medical Diagnostics Form with necessary supportive medical diagnostic information completed by a medical doctor to USCA Adaptive Paddling Chairman by July 1 of the year of competition. USCA's Adaptive Paddling Chairman will forward the athlete diagnosis form to an ICF medical classifier who will make a determination regarding eligibility based upon the information provided. The athlete will be notified as soon as possible after a determination regarding eligibility had been made.

Paddlers who are blind or have a visual impairment should have the USCA Adaptive Paddler Vision Qualification Form completed by an ophthalmologist and submit it to USCA Adaptive Paddling Chairman by July 1 of the year of competition.

ICF Forms may be found at:

[www.canoeicf.com/sites/default/files/2\\_1\\_icf\\_paracanoe\\_athlete\\_diagnosis\\_form\\_-\\_2015\\_0.pdf](http://www.canoeicf.com/sites/default/files/2_1_icf_paracanoe_athlete_diagnosis_form_-_2015_0.pdf)  
[www.canoeicf.com/sites/default/files/2\\_2\\_icf\\_paracanoe\\_doctors\\_certificate\\_form-2015.docx](http://www.canoeicf.com/sites/default/files/2_2_icf_paracanoe_doctors_certificate_form-2015.docx)

The USCA Vision Qualification form (for use by athletes who are blind or visually impaired) may be requested by contacting the Adaptive Paddling Chair, Jan Whitaker at [janwhitaker@twc.com](mailto:janwhitaker@twc.com) or call 585-292-6107.

**Thursday, August 9, 2018**

**A Host Event - Community Cruise**  
**"Paddle for the Pantry"**  
 (Requested entry "fee" – non-perishable food items)

**Registration:** 4:00-5:50 pm (all racers, families, community members welcome) at Race Headquarters

**Cruise starts** 6:00 pm or immediately after the Opening Ceremony and awards



Last name	First name	Age	State	Fees this page \$ _____	Day 2 – Friday Marathon Day 1
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**Friday, August 10, 2018  
USCA National Canoe & Kayak Marathon Championships**

Teams are determined by the age of the younger paddler.  
All adult ages are as of race day. Youth & Junior ages are as of January 1, 2018.


- C1 Woman Open
- C1 Woman Master (40+)
- C1 Woman Senior (50+)
- C1 Woman Veteran 1 (60+)
- C1 Woman Veteran 2 (65+)


- C1 Woman Grand Veteran 1 (70+)
- C1 Woman Grand Veteran 2 (75+)
- C1 Woman Stock Open
- OC1 Man

Partner: Last Name, First Name                      Age      State


- C2 Men Open
- C2 Men Master (40+)
- C2 Men Senior (50+)
- C2 Men Veteran 1 (60+)
- C2 Men Veteran 2 (65+)
- C2 Men Grand Veteran 1 (70+)
- C2 Men Grand Veteran 2 (75+)
- C2 Standard Men Open
- C2 Standard Men Master (40+)
- K2 Unlimited Men Open

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____


- K1 Touring Woman Open
- K1 Touring Woman Master (40+)
- K1 Touring Woman Senior (50+)
- K1 Touring Woman Veteran 1 (60+)
- K1 Touring Woman Veteran 2 (65+)
- K1 Touring Woman Grand Veteran 1 (70+)
- K1 Touring Woman Grand Veteran 2 (75+)
- K1 ICF W (*check this box & Open or Master below*)
- K1 Unlimited Woman Open
- K1 Unlimited Woman Master (40+)
- K1 Unlimited Woman Senior (50+)


- K1 Touring Man Open
- K1 Touring Man Master (40+)
- K1 Touring Man Senior (50+)
- K1 Touring Man Veteran 1 (60+)
- K1 Touring Man Veteran 2 (65+)
- K1 Touring Man Grand Veteran 1 (70+)
- K1 Touring Man Grand Veteran 2 (75+)
- K1 Unlimited Woman Veteran 1 (60+)
- K1 Unlimited Woman Veteran 2 (65+)
- K1 Unlimited Woman Grand Veteran 1 (70+)
- K1 Unlimited Woman Grand Veteran 2 (75+)

**Short Course**

Partner: Last Name, First Name                      Age      State


- C2 Men Junior (<18)
- C1 Woman Junior (<18)
- K1 Woman Junior (<18)

_____	_____	_____
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Last name	First name	Age	State	Fees this page \$ _____	Day 3 – Saturday Marathon Day 2
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**Saturday, August 11, 2018  
USCA National Canoe & Kayak Marathon Championships**

Teams are determined by the age of the younger paddler.  
All adult ages are as of race day. Youth & Junior ages are as of January 1, 2018.

<input type="checkbox"/>	C1 Man Open	<input type="checkbox"/>	K1 Unlimited Man Open
<input type="checkbox"/>	C1 Man Master (40+)	<input type="checkbox"/>	K1 Unlimited Man Master (40+)
<input type="checkbox"/>	C1 Man Senior (50+)	<input type="checkbox"/>	K1 Unlimited Man Senior (50+)
<input type="checkbox"/>	C1 Man Veteran 1 (60+)	<input type="checkbox"/>	K1 Unlimited Man Veteran 1 (60+)
<input type="checkbox"/>	C1 Man Veteran 2 (65+)	<input type="checkbox"/>	K1 Unlimited Man Veteran 2 (65+)
<input type="checkbox"/>	C1 Man Grand Veteran 1 (70+)	<input type="checkbox"/>	K1 Unlimited Man Grand Veteran 1 (70+)
<input type="checkbox"/>	C1 Man Grand Veteran 2 (75+)	<input type="checkbox"/>	K1 Unlimited Man Grand Veteran 2 (75+)
<input type="checkbox"/>	C1 Stock Man Open	<input type="checkbox"/>	K1 ICF Man ( <i>check this box &amp; Open or Master above</i> )
<input type="checkbox"/>	OC1 Woman		

Partner: Last Name, First Name                      Age      State

<input type="checkbox"/>	C2 Standard Women Open	_____	_____	_____
<input type="checkbox"/>	C2 Standard Women Master	_____	_____	_____
<input type="checkbox"/>	C2 Women Open	_____	_____	_____
<input type="checkbox"/>	C2 Women Master (40+)	_____	_____	_____
<input type="checkbox"/>	C2 Women Senior (50+)	_____	_____	_____
<input type="checkbox"/>	C2 Women Veteran 1 (60+)	_____	_____	_____
<input type="checkbox"/>	C2 Women Veteran 2 (65+)	_____	_____	_____
<input type="checkbox"/>	C2 Women Grand Veteran 1 (70+)	_____	_____	_____
<input type="checkbox"/>	C2 Women Grand Veteran 2 (75+)	_____	_____	_____
<input type="checkbox"/>	K2 Unlimited Women	_____	_____	_____

**Short Course**

Partner: Last Name, First Name                      Age      State

<input type="checkbox"/>	C2 Women Junior (<18)	_____	_____	_____
<input type="checkbox"/>	K1 Man Junior (<18)			
<input type="checkbox"/>	C1 Man Junior (<18)			

Last name	First name	Age	State	Fees this page \$ _____	Day 4 – Sunday Marathon Day 3
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**Sunday, August 12, 2018  
USCA National Canoe & Kayak Marathon Championships**

Teams are determined by the age of the younger paddler.  
All adult ages are as of race day. Youth & Junior ages are as of January 1, 2018.

<input type="checkbox"/>	K1 Sea Kayak Woman Open (18+)	<input type="checkbox"/>	K1 Sea Kayak Man Open (18+)
<input type="checkbox"/>	K1 Sea Kayak Woman Master (40+)	<input type="checkbox"/>	K1 Sea Kayak Man Master (40+)
<input type="checkbox"/>	K1 Sea Kayak Woman Senior (50+)	<input type="checkbox"/>	K1 Sea Kayak Man Senior (50+)
<input type="checkbox"/>	K1 Sea Kayak Woman Veteran 1 (60+)	<input type="checkbox"/>	K1 Sea Kayak Man Veteran 1 (60+)
<input type="checkbox"/>	K1 Sea Kayak Woman Veteran 2 (65+)	<input type="checkbox"/>	K1 Sea Kayak Man Veteran 2 (65+)
<input type="checkbox"/>	K1 Sea Kayak Woman Grand Veteran 1 (70+)	<input type="checkbox"/>	K1 Sea Kayak Man Grand Veteran 1 (70+)
<input type="checkbox"/>	K1 Sea Kayak Woman Grand Veteran 2 (75+)	<input type="checkbox"/>	K1 Sea Kayak Man Grand Veteran 2 (75+)

	Partner: Last Name, First Name	Age	State
<input type="checkbox"/>	C2 Standard Mixed	_____	_____
<input type="checkbox"/>	C2 Mixed Open	_____	_____
<input type="checkbox"/>	C2 Mixed Master (40+)	_____	_____
<input type="checkbox"/>	C2 Mixed Senior (50+)	_____	_____
<input type="checkbox"/>	C2 Mixed Veteran (60+)	_____	_____
<input type="checkbox"/>	C2 Man (18+)/Junior (15-17)	_____	_____
<input type="checkbox"/>	C2 Woman (18+)/Junior (15-17)	_____	_____
<input type="checkbox"/>	K2 Unlimited Mixed (Trial Event)	_____	_____

**Short Course**

	Partner: Last Name, First Name	Age	State
<input type="checkbox"/>	C2 Mixed Junior (<18)	_____	_____
<input type="checkbox"/>	C2 Man (18+)/Youth (5-14)	_____	_____
<input type="checkbox"/>	C2 Woman (18+)/Youth (5-14)	_____	_____
<input type="checkbox"/>	SUP Unlimited Woman	_____	_____
<input type="checkbox"/>	SUP Unlimited Man	_____	_____

# USCA 2018

## OFFICERS, BOARD OF DIRECTORS, DELEGATES, & COMMITTEE CHAIRS

### USCA Officers

#### Executive Committee

#### President & Chair:

Rebecca Davis

#### Vice President:

Phoebe Reese

#### Secretary:

Barbara Bradley

#### Treasurer:

John Edwards

#### Executive Director

Vacant

#### Delegates

#### Past President

##### **Peter Heed**

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#### Organized State & Regional Divisions

##### *Florida Division/USCA*

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##### **Larry Frederick**

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##### *Indiana Division/USCA*

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##### *New York Division/USCA*

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##### *Ohio Division/USCA*

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##### **Norm Skinner**

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##### *Penn-Jersey Division/USCA*

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##### **Glen Green**

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##### **Norm Ludwig**

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#### Non-Organized Regional Divisions

##### *East South Central Division (AL, KY, MS, TN)*

##### **Fred Tuttle**

2093 Alexandria Dr, Lexington, KY 40504  
270-993-3999; doctuttle@hotmail.com

##### *East North Central Division (IL, MI, WI)*

##### **Roxanne Barton**

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##### **Derek Diget**

131 S Berkley St, Kalamazoo, MI 49006  
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##### **Lynne Witte**

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630-264-6575; kteske213@comcast.net

##### *Mountain Division*

##### *(AZ, CO, ID, MT, NM, NV, UT, WY)*

##### **Lynn Capen**

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##### *New England Division*

##### *(CT, MA, ME, NH, RI, VT)*

##### **Robert Allen**

687 Montgomery Rd, Westfield, MA 01085  
413-568-8832; rangerfiberglass@yahoo.com

##### **Tricia Heed**

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603-209-2299; trilon777@gmail.com

##### **Paula Thiel**

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860-564-2443; prma1@comcast.net

##### *Pacific Division (AK, CA, HI, OR, WA)*

##### **Morgan Brunstrom**

3011 Bennett Dr, Bellingham WA 98225  
360-756-1312

##### *South Atlantic Division*

##### *(DC, DE, GA, MD, NC, SC, VA, WV)*

##### **Lynne McDuffie**

410 Cockman Rd, Robbins, NC 27325  
910-948-3238; llmcduffie@gmail.com

##### **William McDuffie**

410 Cockman Rd, Robbins, NC 27325  
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##### *West North Central Division*

##### *(IA, KS, MN, MO, NE, ND, SD)*

##### **Earl Brimeyer**

2595 Rhomberg Ave, Dubuque, IA 52001-1445  
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1735 County Rd 421, Poplar Bluff, MO 63901  
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265 Ashford Place, Iowa City, IA 55545  
319-354-1936; Richardlarae.hill@gmail.com

##### *West South Central Division (AR, LA, OK, TX)*

##### **Bob Spain**

803 Arroweye Tr, Austin, TX 78733  
512-296-5544; rws0987@yahoo.com

##### **Don Walls**

9 Bunker Hill Ln, Russellville, AR 72802  
479-280-1319; donwalls2@netzero.com

#### Non-US Regional Division

Vacant

#### Affiliated Club Delegates for 2018

##### *Florida Competition Paddlers Association*

Kathy Edwards; St. Petersburg, FL  
727-522-3348; ktiae17@aol.com

##### *Michigan Canoe Racing Association*

Chris Hewitt; Lansing, MI  
989-751-4324; hewittc08@gmail.com

##### *New England Canoe & Kayak Racing Assn*

Priscilla Reinertsen; Contoocook, NH  
603-746-6491; prtsten1@comcast.net

##### *New York Marathon Canoe Racing Assn*

Scott Stenberg, Moravia, NY  
315-406-4692; owascalake@gmail.com

##### *North Carolina Canoe Racing Association*

Steve Rosenau; Mt. Holly, NC  
704-483-4130; sar4130@gmail.com

##### *Pennsylvania Assn of Canoeing and*

##### *Kayaking* Dale Glover; Montgomery, PA

570-547-2635; glover1093@msn.com

##### *St Charles Canoe Club*

Ben Josefik; Dwight, IL  
815-674-7472; bjosefik@yahoo.com

##### *Texas Canoe & Kayak Racing Association*

Chris Stevenson; Houston, TX  
713-320-2408; castevenson@gmail.com

### **Standing Committees for 2018**

*Adaptive Paddling* – Jan Whitaker  
*Auditing* – Steve Rosenau  
*Barton Award (Sub-ctee, Youth Activities)* - Phoebe Reese & Teresa Stout  
*Bylaws Review* - Lynne McDuffie  
*Camaraderie* – Open  
*Camping/Cruising* - Bob Allen  
*Competition* – Norm Ludwig  
*Competition / Dragon Boat* - Robert McNamara  
*Competition / Kayak* – Ron Kaiser  
*Competition / Nationals Awards* – Barbara Walls (until 07/29/2018)  
*Competition / Orienteering* – Stephen Miller  
*Competition / Outrigger Canoe* – Hype Mattingly  
*Competition / Adult Sprints* – John Edwards  
*Competition / Youth Sprints* - Open  
*Competition / Standup Paddleboard* - Lloyd Reeves  
*Competition / Swan Boat* - Glen Green  
*Conservation* - Chris Hewitt  
*Education* - Lynne Witte  
*Historian* - Joan Theiss  
*Instructor Certification* – Open  
*Insurance Oversight*- Joan Theiss & Scott Stenberg  
*International* - John Edwards  
*Marketing* – Gerry James  
*Membership* – Lynne McDuffie  
*Merchandise Sales* – Larry Latta  
*Nationals Coordinator* - Don Walls (until 07/29/2018)  
*Nominating* – Appointed at the semi-annual meeting  
*Publications* – Steven Horney  
*Publicity & PR* – Open  
*Safety* – Glen Green  
*Technical Inspection* – Bill Corrigan  
*USCA Bylaws/Rules/Regulations Review & Oversight* – Joan Theiss  
*USCA/ IC F Grants* – Priscilla Reinertsen  
*Youth Activities* – Phoebe Reese & Teresa Stout  
*Webmaster*- Larry Latta  
*Women's Interest* – Open

### **Special Appointments**

*USCA Marathon Coordinator to USACK Marathon Committee* -Kaitlyn McElroy

### **Business Affiliates**

#### **American Dragon Boat Association**

John Miller; Dubuque, IA  
dboatmny@aol.com

#### **Great Hollow Nature Preserve**

John Foley, New Fairchild, CT  
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#### **Housatonic Valley Association**

Alison Dixon; Stockbridge, MA  
adixon@hvatoda.org

#### **Islands Inspired Boards, LLC**

Catherine Sutz, Conway, SC  
catesutz@hotmail.com

#### **Paddle Florida, Inc.**

Bill Richards; Gainesville, FL  
bill@paddleflorida.org

#### **Performance Kayak Inc.**

Hansel Lucas; West Newton, PA  
hansel@performance-kayak.com

#### **The Paddle Attic**

Jeff Stephens; Winter Park, FL  
jeff@thepaddleattic.com

#### **Western Penn Solo Canoe Rendezvous**

Bruce Kemp, Fenelon, PA  
bckjal@yahoo.com

#### **Yadkin Riverkeeper, Inc.**

Katie Wilder; Winston-Salem, NC  
katiew@yadkinriverkeeper.org

### **Club Affiliates without a Delegate**

#### **Birch Hill Canoe Club**

Charley Brackett; Fitzwilliam, NH  
603-585-7167

#### **BRD Fishing**

William Eicher, New York, NY  
info@brdfishing.org

#### **Dayton Canoe Club**

Thomas Tweed, Dayton, OH  
thomasjtweed@yahoo.com

#### **Elderly Paddlers Association**

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#### **Explore Kentucky Initiative**

Gerry James; Frankfort, KY  
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#### **Freestyle Group**

Charlie Wilson; Saranac Lake, NY  
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#### **Friends of the Great Swamp**

Loretta Wallace; Brewster, NY  
laurwally@aol.com

#### **Friends of the Peconica River Foundation**

Lee Butler; Freeport, IL  
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#### **Island Paddlers**

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revdonner@aol.com

#### **Kent Center Athletic Club**

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rhock@kentcenter.org

#### **Middle Grand River Organization of Watersheds**

Loretta Crum, Lansing, MI  
lcrum@mgrow.org

#### **Minnesota Canoe Association**

Emily Broderson, Maple Grove, MN  
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#### **New England Kayak Fishing**

Chris Howie; Rockland, MA  
seahorsech@comcast.net

#### **Outrigger Chicago**

Kristin Flentye, Lake Bluff, IL  
kaflentye@yahoo.com

#### **River City Paddlers**

Peter Rudnick; Folsom, CA  
rudnipe@live.com

#### **Stone Bike and Boat**

Lee Jones; Stoneville, NC  
leesrockviewfarm@yahoo.com

#### **Texas Outrigger Canoe Club**

Kristen Wollard; Shoreacres, TX  
kristenwollard@yahoo.com

#### **Westfield River Watershed Association**

Phillip Sousa; Westfield, MA  
aboveandbelowh2o@verizon.net

#### **Symmes Creek Restoration Committee**

Harry Mayenchein, Chesapeake, OH  
hmanshine@zoominternet.net

#### **Tour du Teche, Inc.**

Trey Snyder, St Martinville, LA  
treysnyder.cpa@gmail.com

## **SPECIAL NOTICE**

**to all**

## **2017 NATIONAL CHAMPIONS**

**Congratulations** to all the 2017 National Champions who were awarded a Traveling trophy. As the winner of a traveling trophy last August, we hope that by now you have had your name and that of your partner, if applicable, engraved on the plate on the trophy. If not, please have this done before the trophy is returned to the 2018 Nationals in NY. Please take the trophy to a trophy shop and have your name(s) engraved on the trophy matching the size and style font and the method used for the previous winners.

Reasonable engraving fees will be reimbursed by sending a receipt to the USCA Treasurer, John Edwards. If you are not able or find anyone to engrave your name(s), please contact the USCA President, Rebecca Davis, for assistance.

We know you are already planning to attend the 2018 Nationals in Syracuse, NY.

See you there!

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Canoe, Kayak and SUP races for youth and adults all over New England

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Make check payable to USCA & mail to:

Lynne McDuffie, Membership Chair

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Phone: 910-948-3238  
E-mail: [llmcduffie@gmail.com](mailto:llmcduffie@gmail.com)

**Change of:** address, email, or phone number?

**Contact:** Lynne McDuffie

*Keep USCA growing—ask a friend to join  
or renew!*

United States Canoe Association, Inc.

410 Cockman Rd,  
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*Tight C4 competition at the General Clinton 70 mile race between the teams of Bruce Barton, Jeff Kolka, Roxanne Barton, & Tim Triebold / Bob Wisse, Bob Zaveral, Larry Harrison, & Jeff Shultis / Gary Aprea, Tim Garland, Del Cummings & Gloria Wesley. Photo courtesy of Josh Schlafer.*