

Canoe News



Fall 2019 Vol. 52 No. 3



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From the Editor:

Those of us in the more temperate climates are winding down our race seasons, preparing for colder days, and developing our plans to keep in shape during the off-season. But hopefully this month's coverage of the 2019 USCA Nationals and other events will remind you of the great times we experienced racing this year and give you some motivation in preparing for next season! We had some hard-core racing in Warren, PA this year, coupled with the blessing of simply hanging out with old friends we may only see annually. Even after a number of years of attending the Nationals, I always look forward to being with so many like-minded competitors and friends. Hopefully the photos in this edition will remind you of some of the things that make the USCA—and the Nationals—special.

Keep paddling strong!
Steve

*Front Cover Photo: Greg Lowry & Melissa Swislosky
paddling strong in C2 Mixed at the 2019 Nationals.
John Foreman photo.*

*Back Cover & Centerfold Photos: Shutter Photography
by Kelli*

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VIEW FROM THE BOW

USCA PRESIDENT REBECCA DAVIS

The end of another season is quickly approaching- and with it the bittersweet feelings of change. While I am in need of a break, I can't wait to get back into the swing of training again. The fall season is my favorite, with nice weather and plenty of daylight, but the slowest time of year for my racing schedule. I can really focus on building endurance and strength without worrying about "peaking" for weekend races.

Before I move on to planning for the next year of racing, I like to reflect on where I have been for the past year. The 2019 season had me paddling in 12 States and 2 Canadian Provinces. I hosted 2 clinics, ran meetings, and attended 21 canoe races. I completed my first Triple Crown women's, swept my Nationals classes, and raced with 17 different partners- 7 of which I have never raced with before. With all of the travel, I was able to see friends from far and wide, making some new ones along the way. To celebrate the end of the season, I am going to do some hiking in California, maybe even getting on the water a little bit there, too.

When I look at the accomplishments of the USCA over the past year, there are quite a few successes there as well. We have welcomed the Freestyle paddlers to our organization. We worked with an excellent group of people in Warren,

PA and another group in Bastrop, TX to put on our two Nationals events. We changed our racing classes in order to simplify the registration process for new members. We launched our new website and we refined our relationship with our insurance provider.

We also recognized some pretty special individuals- Hollie Hall as the Outstanding Paddler of the Year, Roxanne Barton and Paul Olney for the Bill Klebe Good Sportsmanship Award, and John Neptune with the Youth Encouragement award.

Going into the 2020 annual meeting we have a few more areas we need to address:

Our budget deficit:

- How do we increase our revenue or cut our spending?
- Are the programs doing what we intend and what should the qualifications be?

The kayak class specifications:

- Are they written in a way that makes sense for someone new to the USCA?



Promotion:

- Who is going to spread the message of the USCA, and encourage event participation among our ranks of volunteers?

These questions and others will be addressed and, while I always go into the meetings a bit apprehensive, I am confident we will head into 2020 open to change and excited to expand the membership and value of the USCA.

Rebecca Davis

PORTAGING PART 2

PETER HEED

The Nuts and Bolts of Portaging Fast

In my previous article on portaging, we examined one of the great ironies in Marathon Canoe Racing. Some of the most crucial moments in a race occur when the competitors are **not paddling** but **carrying** their canoes overland! **Portaging!** We also saw how much more can go wrong during a portage than can go right. Potential problems lurk at every point.

Preparation is the key to fast portaging. Any properly trained team can portage quickly and efficiently, whether or not they are fast runners. If you want to turn portaging from a negative to a positive aspect of your canoe racing experience, you will need to prepare and practice.

During Part 1 of my previous article on portaging, we took a close look at how to set up a canoe or kayak for portaging. We also focused on the fact that any portage is, in essence, a series of complex **transitions**. These transitions include:

- 1) getting to the portage from the main course in the river or lake in the most advantageous position;

- 2) getting out of the canoe without flipping over, filling the canoe with water, swimming, or losing a partner;

- 3) getting the boat on the shoulders or in hand and beginning to run without dropping paddles, water jugs, or other equipment;
- 4) getting back in the boat at the end of the portage again without flipping over or taking on water; and finally,

- 5) getting underway as fast as possible, all without going into cardiac arrest!

Keep in mind that running with a canoe or kayak is a great equalizer. Even if running is not your strong suit, take heart. Running while carrying a boat is significantly different than pure running. Somehow the awkwardness of carrying a canoe or kayak greatly reduces the difference between the fastest and the slowest. If you are a fast runner, then you will want to be sure that your portaging skills are honed so that you can maximize every possible advantage from your natural foot speed. On the other hand, if you are an average or relatively slow runner, then you will want to pay particular attention to mastering all of the other crucial portaging skills. In doing so, you will portage efficiently, and you will

squeeze every ounce of speed available from whatever natural foot speed you possess. For slower runners, it becomes particularly critical to master the transitions at the beginning and the end of any portage.

The Portage Approach

All good racing portages usually begin long before the boats are pulled out of the water. When you are within several minutes of an upcoming portage, the first thing to keep in mind is to fight the natural urge to get over-excited. Keep a cool head and communicate calmly with your partner. It does no harm to verbally review the upcoming portage and the particular unique aspects of that portage with your partner as you paddle toward the take out. During the approach, you should begin to loosen, bend, and pump your legs, so that they will not be so stiff once on dry land. This is particularly crucial for the bow person whose legs may have been cramped and jammed for a lengthy period of time. Do not hesitate to slide the seat back a bit and really get the blood flowing to the legs.

You will also need to give advanced thought to the nature of the take out. If you know that the water at the takeout is shallow and the bottom is sandy or gravel, then you can paddle straight in with both racers jumping out at approximately the last moment. If the takeout is rocky and/or deep, a sideways approach is dictated. In this way, the bow of the boat will not be smashed into the rocks, and the stern paddler will not have to jump out into deep water. A quick post or high brace by the bow paddler, in conjunction with a simultaneous sweep or draw from the stern person, should bring your canoe in sideways without great effort. The paddles you are using must be stowed securely just as you jump out, unless the portage is so short that you will be able to carry the paddle in your “off hand.”

On a normal approach, the bow person should be able to stow the paddle away first, while the stern paddler gets in one or two final strokes. Always be sure that your paddles are secured several yards prior to the take out. There is simply no advantage to throwing in a few last-second strokes, only to then have to “slam on the brakes” and fumble with your paddle, while your competitors smoothly pass you. If you intend to jettison your drink jugs, so that you are running as light and empty as possible, they should be thrown out toward the shore just as you make your approach. Another alternative is to let the jugs drop out by them-

selves by momentarily turning the canoe upside down. If you are portaging with the canoe right side up, also remember to open the bailer just prior to jumping out, so that you can drain out unwanted water while on the run.

Getting Out

Exiting from your canoe or kayak is the most important transition of any portage. More teams make mistakes while getting out of their boats than at any other time. If mistakes are going to be made, they will often happen here - at the beginning of the portage. If you have been paddling for more than an hour or so, your legs will be stiff. The footing at the beginning of most portages is likely to be muddy. The excitement of the moment will be high. This is a volatile mix. The best way to avoid problems is with a calm and methodical approach to getting out of your canoe. Learn to run through a mental checklist and try to follow the same procedure at every portage.

If the take out area is relatively shallow and the bottom is sandy/muddy, you

will probably come directly into the portage, and both bow and stern paddlers can exit the canoe at roughly the same time. Be sure to place one or both of your hands on the gunnels as you swing your legs out of the canoe. This method helps to give you support and already places your hands in contact with the boat. Keep at least one of them there! A mistake that many paddlers make is to let go of the canoe as they get out, and then try to grab the carrying thwarts or straps on either end of the boat. By letting go of the canoe, the boat immediately becomes unsteady and the likelihood of a flip over or quick dump increases. Moreover, it is easier to miss when you lunge for the bow or stern. It is far better to lift the canoe by the gunnel or a portion of the seat support which is right next to your body as you jump out. Both paddlers should then try to swing the boat up to their shoulders in one smooth motion as they exit the water.



If the approach is rocky and/or deep, you will be trying to arrive in a sideways position and both paddlers are going to need to get out from the same side of the boat - the shallow water side. Similar guidelines now apply with regard to grasping the canoe near your seat and smoothly swinging the boat up to the shoulders. Bow paddlers, if able to get out first, should **not** under any circumstances simply pick up the bow and take off. This is the telltale and oft-repeated mistake of a novice team. The result is to dump the stern person out of the canoe, simultaneously filling the boat with water. Such a portage will not go well. Attempting to gain a fraction of a second, the bow person ends up costing the team a substantial time loss.

If the portage take out is extremely deep, so that it does not permit standing in the water, it becomes critically important that both paddlers get out onto the dock/dam or the embankment in a coordinated manner. One paddler can hold onto the dock or dam, steadying the boat, while the other paddler climbs out. Once you have the canoe parallel to shore and both paddlers are out, turn back and lift the canoe up out of the water at the same time, keeping it as level as possible. You can then stand, shoulder the canoe, and take off!

Remember that being overly excited at the take out will only cause you to make massive errors. Paddlers will end up in the water,

paddles will end up falling out, or you may end up carrying a heavy boat load of water across the portage trail. None of these possibilities fosters a fast portage.

The next time you have the opportunity to watch a top team portage, take careful note. You will see that the take out is handled in a methodical, almost mechanical, fashion. Once both paddlers are out of the water cleanly and the boat is on the shoulders or in the hands, then the racers take off running at full speed. No motion is wasted.

Running With The Canoe

Once you are up on dry land and the canoe is comfortably on your shoulders, then run as fast a pace as you can while staying within your aerobic capabilities. You will want to strike a balance between running as rapidly as possible without going into such oxygen debt that you will not be able to paddle fast once you put back in the water.

As quickly as possible, try to settle into a running pace which is comfortable for both paddlers.

Teamwork and communication are key.

The need to communicate is particularly crucial for the stern person, who is observing the bow person and attempting to match

the pace. If the pace is too fast, too slow, or just about right, it's important for the stern person to let the bow person know. Things will go smoother if the stern paddler can synchronize the striking of the right foot with the left of the bow person, or vice versa. Another method is to attempt to have both paddlers left (or right) feet striking simultaneously. Depending on relative stride length, one of these two approaches will result in a smooth feeling and efficient portage.

From the beginning of a portage to the end of a portage, try to keep at least one hand on your canoe. Before your feet hit the water, make sure one of your hands is grasping the gunnel, a seat support, or the seat itself. Lift the canoe to your shoulder in one smooth motion. At the put in, simply reverse the procedure. Keeping a hand on the boat at all times will help eliminate major problems at both the take out and put in.

When running with the canoe, it is important that you hold it as nearly upright and as comfortably as possible. The best way to do this is to lean the boat slightly in toward your head and neck. This will create a comfortable pocket formed by your shoulder and the side of your head in which the canoe will sit nicely. This has the added benefit of allowing your upper arm, which is holding onto the gunnel, to hang in a more relaxed position. If the boat starts to roll significantly

away from your head, it will become necessary to push the boat up with your outside arm. This action becomes exhausting very quickly, and it will slow your running speed in dramatic fashion.

Most teams also find that it is least awkward to carry the canoe on opposite shoulders. That is, if the bow person has the boat on the left shoulder, the stern person should be carrying it on the right. This is a general rule, but it is not hard and fast, as many teams portage with the boat riding on the same shoulders. This is workable, so long as both paddlers consciously keep the boat snug against the sides of their head and neck, thus enabling their outside arms to hang lightly on the canoe. While running along the portage, particularly when it is lengthy, most paddlers will shift the canoe from shoulder to shoulder every so often. This can be handled by one or the other paddler calling a "hut," just as in the water.

A simple but significant concept to keep in mind is the fact that most portages naturally begin with an uphill climb out of the river or lake. During this initial uphill stage of the portage, it is best to keep a conservative pace. Your feet will be wet and legs stiff, so accelerate slowly. Once you have proceeded for a distance, and found your "running legs," the pace can be increased. When the uphill section is crested and you begin running on more level ground or the

eventual downhill slope to the put in, both paddlers should now run at the fastest pace possible.

If you overtake a slower team on the portage trail, yell "track" or perhaps "on your right" (or left), or some similar polite warning, Then go on by. When you do pass, do so decisively -- two canoes side-by-side take up a lot of room! Banging into each other will not help either team. It is in your best interest from both a position and psychological standpoint to pass quickly. If you are the slower team, you must not impede a faster team trying to get by you. However, you also do not have to run into the trees or completely off the path on a narrow trail; the team behind will simply have to wait for an appropriate spot to pass. If a team does go past you on the portage, try to use them as incentive to pick up your own pace.

Getting Back In The Canoe

Just like the take out, the put in at the end of a portage is a spot where disaster can strike. You are tired; your lungs are screaming; your heart is pounding out of your chest; and all you want to do is sit back down in the canoe and start paddling. As before, take it easy, and follow a well-planned process. You must resist the temptation to jump wildly into the canoe. Novice racers will sometimes literally belly flop headfirst into their race boat in

an ill- conceived attempt to save a few seconds. The end result is often a quick flip over, a cold swim, and the long procedure of emptying the water out of the canoe before getting underway.

If there are several put in options at the end of a portage, it is usually best to take the option furthest down the course. If a canoe is putting in right in front of you, try to place your canoe, if possible, in front of this canoe (downriver on the course) so that even if the team and gets started paddling first, you have a chance of jumping on the wake as they come by. If you place your canoe behind, and the team takes off, you will probably be dropped off the wave, and have to grind back on your own.

Once back to the water's edge at the end of a portage, revert to a methodical and calm entry procedure. Get the boat down smoothly, with both paddlers putting their respective ends down at roughly the same time. It is often best for one paddler, usually the bow person, to get back in the canoe first, while the other paddler steadies the boat. The bow paddler can then begin drawing the bow out onto the course, as the stern racer gets settled. If you're in the bow, don't simply take off as soon as you are seated. If you do, you may end up paddling C1 rather than C2, with your stern partner left back in the water or on the beach.

When getting back in the boat where the water is shallow, both

paddlers should either straddle the canoe, sit, and swing legs in, or sit down with both legs on the same side of the boat, followed with a quick swivel up into position. On the other hand, if the water is deep, hold the gunnels and, with one foot, step carefully into the center of the canoe directly in front of the seat. Sit down, swing the other leg in, and start paddling!

Getting Underway

As soon as both racers are seated with paddles in hand, and the canoe feels stabilized, start paddling immediately. It is usually most effective to begin leaving the portage put in with the bow racer paddling on the deep-water side of the canoe while the stern racer starts paddling on the shallow side (nearest the shore). This will get your canoe angled out into the current in the most efficient manner. This is not the time to be adjusting drink jugs, eating, or fiddling with your feeding tube. Wait until you are away from the portage and the boat is back up to top cruising speed. Once things have settled down, then put your drink tube in order, arrange food, or handle any other "housekeeping" tasks.

After the put in, try to jump back into the fastest paddling rhythm possible. This is often a time when canoe racers who are out of breath after running, take this opportunity to recover. It is

very tempting to paddle easy for a while, waiting for the heart rate to drop and the lungs to come back to you. Resist this temptation! Try to take advantage of the natural inclination of your competitors to recover after a portage. Instead, attack! If you are trying to drop a team, the put in is a great place to do it. Likewise, if you have been trying to catch a team, now is a good time to jump on their stern waves aggressively and attempt to move up. Attacking while other teams may be taking it easy, is an ideal way to put distance on your competition.

C 1 Portaging

The basic concepts of portaging a C 2 apply equally to a C1 (or K 1). Yet there are naturally a few technical differences that cannot be neglected. Clearly, you are now down to one person who must somehow carry a 14' to 18.6' canoe or kayak with efficiency - a task most C2 paddlers find challenging.

When taking on a short portage, it is possible to simply grab a gunnel or cockpit edge and run with the boat in one hand while you carry the paddle in the other. On portages of substantial length, however, the paddle should be stowed, and the boat must usually go up on the shoulder. Some C1 racers have had success by flipping the boat completely over and running with their head up inside the canoe. This technique is often

difficult because the seat set up on most C1's hinders a comfortable and balanced position. The best approach is to carry the C1 or K-1 upright on one shoulder, with the midpoint of the boat resting in the pocket created by the shoulder, neck, and head. The boat should be angled at approximately 45°, so that the hard chine of the hull tucks in above your elbow.

You can switch sides simply by ducking your head and rolling the hull across to the opposite shoulder. This technique also helps in dealing with a C1's (or K 1's) greatest portage enemy - wind. As much as possible, keep the bottom of the hull (not the open side) into the wind.

Practice, Practice, Practice

Even considering all of the points above, only constant practice will turn you into an efficient and swift portager. Make a habit of running a portage during many of your workouts. Find an appropriate beach and practice approaching, taking out, running with the boat, putting back in, and getting underway. Then paddle a loop and do it again, until the transitions of a portage become second nature to you. Before long, you might find yourself actually looking forward to portaging during a race!

Peter Heed

IN MEMORANDUM: JIM MACK

PRISCILLA REINERTSEN

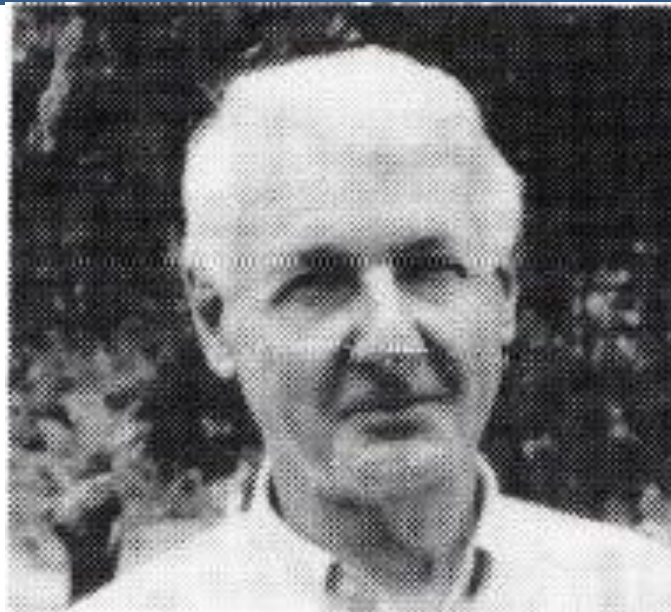
If you were a paddler attending USCA Nationals between 1989 and 1999, you know the name Jim Mack. If you were not paddling during this time period, then let me and several others introduce you to Jim, former *Executive Director of the USCA Extraordinaire*.

Jim was born in 1927 in Kansas City, graduated from De LaSalle Military Academy, served as a Marine in both WWII and the Korean War, and received a BS in Education and a Masters in Speech Pathology/Audiology from Indiana University. Jim became an educator at the University and public school level, published in his field, and was married to Patty Mack with whom he raised 7 children. Volunteering in a host of organizations, Jim's life was one of dedication to country and community. Jim was a man of many interests, and among them was an intense focus on leadership for the United States Canoe Association.

"Jim Mack has passed away and the USCA Family will never be quite the same", writes Peter Heed and his wife Tricia.

"Jim loved the USCA and devoted much of his adult life to supporting and advancing our organization. More than that, he sincerely cared about everyone in the paddling community. His generous spirit and enthusiasm for life carried over into everything he did."

"Tricia and I had the great fortune of working closely with Jim on numerous projects while I served as USCA President during the 90's. There was never a moment when Jim was not coming up with a plan or suggesting a new approach to promote and support the USCA and paddle sports in general. Jim would call us at all hours of the day or night to talk about new ideas he had to improve the USCA. And he was a man of action. He knew how to work with people in a collaborative and tactful manner to get things done - and done well. He always followed through and made sure things got accomplished, whether it was working with the host of



Jim Mack, 1927 - 2019

our National Championships to insure a top notch event or making sure articles got written and submitted to the editor of Canoe News."

"Jim adored special projects which brought attention to the USCA. One of our favorite memories involved Jim's plan to break the Guinness Book of Records for having the most paddlers and canoes/kayaks linked together in one location. Jim single handedly took on the task of arranging for many hundreds of paddlers to converge at a location and time in coordination with one of our Nationals (Oregon, Illinois, 1996 - Tave Lamperez, Nationals Coordinator). He had to personally

contact local paddlers, service clubs, boy and girl scout troops, and any one with a canoe or kayak within 100 miles of our location. Additionally, he had to arrange for a private plane with a pilot and photographer (this was the pre-drone era) to fly over and document this ‘happening’ at just the right time! Somehow Jim made it all work. The record was set and recognized in the *Guinness Book of World Records!*”

“For many years Jim literally carried the USCA forward on his shoulders. He embodied all that is good and positive about our organization. Always a true gentleman, Jim was a man of character, compassion and caring. He will be missed by all. No one individual has had a greater impact on the USCA and the sport he adored.”

The membership of the USCA is used to seeing the organization perform well for its members and provide strong support for the hosts for each years’ Nationals, both Marathon and Aluminum. We perhaps take for granted Jim’s legacy of leadership that brought USCA in to its current stable situation. Many recall that the organization was not always as secure. In the 80’s there were some years when it was touch and go to find a host for the USCA Nationals. Jim Mack stepped in to ease the burden of hosting Nationals and

encourage hosts to bid, when he became our first Executive Director in January of 1989.

Tave Lamperez was the Nationals Coordinator for the 1996 Marathon Nationals in Oregon, IL. “Jim was quite a wonderful influence in my life. He helped me and prompted, pushed, and reminded me to get the USCA Instructor Program going based on his program for the YMCA. Jim is responsible for that. With his help I was the Nationals Coordinator for about 10 years. He set the stage and instructions for the ‘process’ of running the USCA Nationals. He was a master organizer and task assigner. Jim made me a better paddler, race host, and all-around better USCA leader and member.”

And, Tave adds: “Yes, the 1996 Nationals was the year of the record breaking paddler float. Oh how Jim did that was remarkable! I was putting on the Nationals and then we had this huge side event in addition. I remember showing up just in time to get my feet muddy and me and my C-1 in the group picture for the record. What an amazing but exhausting week. Jim was there the whole time showing us how to host a USCA event: I used that knowledge and tried to write things down, and with the help of Jim and Joan Theiss and others, we

wrote the *Hosting the USCA Manual.*”

Somewhere there is a photograph of this record breaking event that Jim was responsible for, somewhere in the annals of the *Guinness Book of World Records*, no doubt. My remembrance of the event was that, as I sat out on this expanse of water, tightly surrounded by multitudes of paddlers (and you had to be touching the hand of a paddler beside you so that this was truly a raft), I noticed that I did not know any one around me, for as far as I could see. There were many, many USCA paddlers in the float, but we were totally outnumbered by all the others who were eager to participate in this exciting event, the event that Jim Mack made possible.

Mentor, mentor. Jim was a mentor to so many. Joan Theiss, USCA Historian, former Secretary, Membership Chair with her husband Harold, Treasurer, Insurance chair and more, relates that Jim “remained my mentor until he became seriously ill only a few years ago. He worked in the background and his ideas and guidance were always a help to me. Jim also served as Membership Chair from 1977 - 79 and served as Treasurer from 1976 - 78.” Jim was one busy guy!

Peter was not the only one to have late night phone conversations with Jim. I served as his assistant for Awards and Trophies in the early 90's. We spent countless hours on the phone (no email then), making the lists of awards that would need labels for the Nationals Championships. There are hundreds of them, but it was fun. Little did I realize that Jim was just grooming me to take over this ever-expanding task. Seventeen years later I had learned the ropes from Jim.

Bob Allen was a friend of Jim's and I asked him for a remembrance. He wrote: "I don't remember the year, but I traded cost/participation thoughts of the introduction of Kevlar into the downriver race boats with Jim....probably late 70's. A New York downriver guy, Monte Smith, I, and others had been making our own boats in wood strip and in e-glass fabric. Anyone could buy a We-no-nah, Mad River, Ranger, etc. commercially built 18'6" racer for between \$700 and \$900. Kevlar knocked that up to between \$1,400 and \$1,600 for a boat less easily repairable. We both agreed that flat water racing wouldn't suffer much from Kevlar, but differed on the downriver issue. The point? Jim was always totally willing to weigh both sides of any issue, and he was a total treasure for our

USCA. He loved our members and our sport. He was sorely missed when he retired. And all who knew Jim are saddened by his passing, but gladdened knowing he had such a full and joyful life."

Jim amazed me with what he could accomplish, whether in print communications, on the phone, through leadership at meetings, contacts with a multitude of potentially interested parties, setting up collaborations, good will, diplomacy and friendship with all. Jim was wonderful and the USCA is indebted to his power of personality, generosity, kindness and ability to make things happen. His dedication and boundless energy lifted the organization from the minor leagues into a vibrant canoe and kayak organization worthy of its name.

Jim Mack was not only devoted to his wife, and children, grandchildren, and to special needs children, but he was also a photographer, painter, border collie trainer and cook. One of his cooking specialties was chili. Jim would make up huge pots of chili that were in such demand that he had his recipe copyrighted. Jim's fire-eating chili is included

in this article, for your culinary delights. Be forewarned, it will take you quite a while to procure all the ingredients and quite a while longer to assemble them. But the results are fabulous. *Canoe News* may never have printed a recipe before. Here is a very special first. Enjoy!

For all of you who knew Jim Mack, and for all of you who never had the pleasure, there is a very special place for Jim in the history of USCA. His legacy, to echo Peter Heed, is that

"no one individual has had a greater impact on the USCA and the sport he adored."



JIM MACK'S CHILI RECIPE

Jim Mack's All American Chili ©

Step #1

3 lb. meat (2 lb. chuck, 1 lb. ground round); 1 tbsp. Italian olive oil, 2 med. onions; 1 tsp salt/pepper; 5 cloves crushed garlic; 1 can beef broth; 2 tsp instant beef bouillon; 1/2 can chicken broth.

Step #2: Seasonings

5-6 tbsp. Gephardt chili powder (8 tbsp. if you like it hot)

1 tsp oregano flakes

4 tsp cumin

2 tsp basal leaves

1/2 tsp allspice

1/4 tsp bay leaf, ground

1 tbsp. cider vinegar

1 tbsp. Worcestershire sauce

4 oz. V-8 juice

Step #3

1/8 tsp each: marjoram powder, fennel seed, cilantro, dill, tarragon

1/4 tsp thyme

1 tsp Lawry's seasoned salt (no MSG)

Directions:

Step #1

In skillet add 1 tbsp. olive oil. Cook meat until grey color appears, and drain off all fat. Next add the salt/pepper and cook onions until translucent with crushed garlic. Add the can of beef broth, the beef bouillon, the 1/2 can chicken broth and cook for 15 min. with lid on the skillet.

Step #2

Mix contents of Step #2 ingredients above (seasonings), and cook for 30 min. with lid on.

Step #3

Add the remaining seasonings in Step #3 above and cook for 30 min with the lid on. Next, cook for 10 min. with the lid off.

Turn off the heat and let simmer for 20 min and it's ready to eat. Place in refrigerator over night and the chili will taste better the next day. There's nothing like a good bowl of "red." Will Rogers said, "Any man who likes chili can't be all bad."

IN MEMORANDUM: MARY ANN PONTIUS

TERRY PONTIUS

Mary Ann Pontius passed away completely unexpectedly on August 8, 2019; she just went to sleep the night before and did not wake up. Mary Ann was born in Niles, Michigan and graduated from Niles High School. She married Terry Pontius in Niles on Aug. 21, 1973.

In the summer of 1972 Mary Ann went on her first canoe trip on the Pine River in Michigan. The water was low and it was a hot July day, so we did a lot of swimming—some on purpose, and some otherwise. She got sun burnt, lost her beverages, her lunch, and if I remember correctly one pair of sun glasses. In other words she did not have much fun on the river!

Mary Ann's second time in a canoe came in 1978 on the Tippecanoe River in Indiana, when she was talked into a canoe race. This was not just any canoe race, but we raced in what was then called a war canoe race: a race where 4 people got in a 18 1/2 foot canoe and raced a short distance of approximately 1/2 mile. There were about 8 canoes in the race and they were of all different varieties: aluminum, fiberglass, plastic, (Kevlar was not invented yet). Trying to control one was far from easy! The race featured a turn in the middle, making it an upstream, turn, and return layout. The race was going great until the turn, where Mary Ann was so scared of tipping that she dropped her paddle and

grabbed the gunwales and just hung on for the rest of the race. I do not remember in what position she finished, but that was her 1st and last race. She continued to paddle socially some but not a lot.

She got involved in the USCA because her husband loved to race. She would follow him to the races and eventually got involved in just about everything. She would run the bank with the best. In 1981 she and Chuck Weis hosted the USCA Nationals in Lafayette, IN. She enjoyed it so much she did it again in 1985. She was also membership chairman for a few years for the USCA. She was voted Paddler of the Year once for all her work that she had done off the river. She also hosted the 2000 Nationals back in Lafayette, IN.

Mary Ann was membership chairman and secretary for many years in the Indiana division. She was the one who picked up the mail from the USCA national P.O. Box.

In addition, she held down a job as a floral designer at Jan's Alley flowers in Lafayette, IN. She held a degree in floral design; she really loved flowers! She thoroughly enjoyed working with the soon to be brides and helping them decide what they really wanted in the wedding. She actually went from helping run canoe races every weekend to helping the brides get married every weekend.

When she passed away she was the President of the American Legion Auxiliary at the American Legion Post 11, in Lafayette. There was a celebration of life held at the American Legion on Aug 14th in which over 500 people came from 5 different states to pay their respects. If there is a canoe race in heaven she will be watching and in the mean time keeping all the flowers watered.

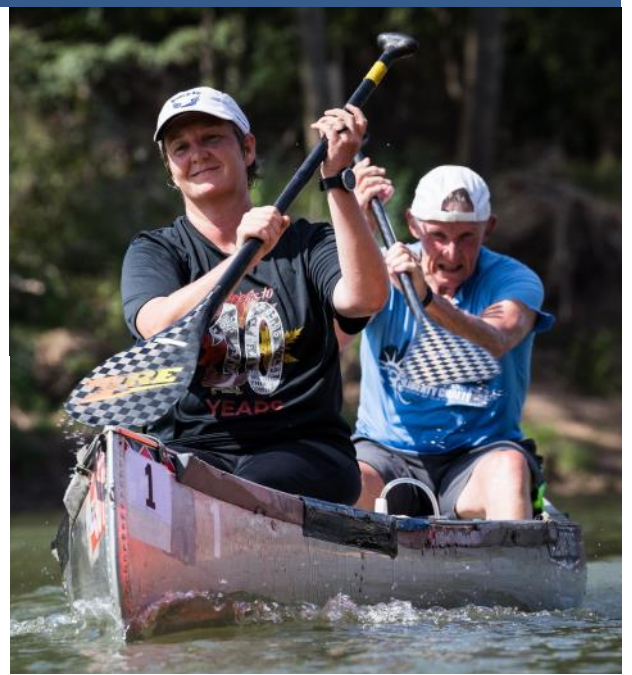
Before she passed, Mary Ann left a note that read as follows:

To my Dearest Friends: Please remember me with smiles and laughter for that is how I will remember you. If you can not remember me in this way, then please don't remember me at all. I love you, Mary Ann.



ALUMINUM NATIONALS 2019

JUST A TASTE WITH MORE TO FOLLOW NEXT ISSUE



Photos by Sandy Yonly



FreeStyle Canoeing...

It's not all about the song & dance!

The functional side of FreeStyle Canoeing is often overlooked. FreeStyle is a set of strokes, maneuvers, and skills that any paddler can use in any paddling situation, from calm lakes to moving water. Using FreeStyle techniques, you'll learn to "feel" the canoe and paddle, and become a better partner with them. You'll learn to love every paddling experience!

Join us at these events in 2019!



Wisconsin Canoe Symposium
Pine Lake Camp, Westfield, WI June 14 – 16

Adirondack Canoe Symposium
Paul Smith's College, Paul Smith's, NY July 18 – 21

Midwest Canoe Symposium
Camp Butler, Peninsula, OH Sept 6 – 8

Pine Barrens Functional Canoe Workshop
Camp Ockanickon, Medford, NJ Oct 18 – 20

Visit us at www.freestylecanoeing.com

THE 90 MILER

REBECCA DAVIS



The 90 Miler

(or -- the most fun 4 people can have in a canoe!)

For the last 4 years, I have traveled to Newport Beach, California the second weekend of September in order to race against the best women paddlers in the country in the Catalina Crossing from Newport Beach to Catalina Island. The race is an outrigger championship event, and while ocean paddling isn't my native discipline, the lure of competition is enough to entice me to make

the leap and try my hand among 70 women's teams. However, the trip is long, the paddle is somewhat boring as the women travel upwind, and sometimes I feel the pull of the Adirondack "90 miler" calling me back to my paddling roots.

This year I set a goal to return to the 90, but I was without a team. I preferred to go C4, but with my parents tackling the Muskoka River X, and Mike firm that he wanted a rest weekend (something I don't understand), I was in the market for some eager paddlers. I luck-

ily stumbled into a perfect opportunity when I ran into some car trouble on the way out to a wedding in Lake Placid, NY. After driving nearly through the night to make it to the wedding, I called up Paul Olney, begging for a place to rest before completing the drive. Paul graciously gave us his daughter Jo's bedroom for the night and booted her to the couch; it is nice to have friends in all places when having trouble!

After a few hours of sleep, we woke up for breakfast, and asked Jo and Paul about

their 90 plans. Usually they race on a team with friend Mike Fries and Paul's brother Mark. To my surprise, Jo had been put on the bench this year due to her school schedule and replaced by Joe Manns. After losing her spot on the team, she realized she would be able to go, and was working hard to convince her dad to also jump ship. I saw my opportunity to exploit the situation and offered to put a C4 team together with Paul, Jo, and Mike; he was in a weak spot to say no as Paul and Jo had taken us in for the night. Before we left we agreed to form a new team and to challenge the Delta Lake Crew of Mike, Joe, Mark, and new 4th member Dana Henry.

Fast forward a couple of months and the race weekend arrives. We assemble our team, with coordinated matching T-shirts for each day of racing, and decide which seats to claim. Then we came upon the challenge of how to trim our boat properly; it wouldn't trim with Jo or me in the stern, and neither Mike nor Paul are traditional stern paddlers. Having an inexperienced stern paddler isn't the best when navigating the technical Brown's Tract in a 25-foot canoe. Ultimately Paul decides to take the stern, as he has 20 years paddling experience on the rest of us and we set off on our way: Mike in seat 1, Jo in seat 2, and myself in seat 3.

The first day of racing has the most portages: 4 carries with over 3 miles of running - and the longest distance, along with the most technical stretch of river on Brown's Tract. We felt that as the younger team we could use the portaging to our advantage. As soon as the race starts it is immediately clear we are in a two boat race for the win - a race between ourselves and the Delta Lake Crew. We take turns riding and pulling into the first carry - a long uphill on the road, with a short down at the end. We plan to use our wheels on the portage and execute putting them on just like we practiced; we are a well-oiled machine, even with only a few minutes of practice. Our team takes off and we gain about 5 seconds over the portage, but we quickly lose it on the water. Our two teams continued to paddle together to the second carry - the approximately 1 mile sprint through Eighth Lake Campground. We take off again, Mike being determined to beat Dana and company to the water. We sprint at about a 6 minute mile for absolutely no reason other than testosterone, and wait 5 minutes at the end of the portage for the rest of both teams to catch up. Our slowest runners reach the boats within seconds of each other, so it looks like the next carry on a trail and the twisting Brown's

tract to come may decide the race.

Brown's carry is about as long as the Eighth Lake carry, but it is on a trail instead of road. The wheels are helpful, but the runners have to be aware of rocks and roots, avoiding them to minimize the risk of bending a rim, breaking a strap, or damaging the boat. Mike is our best runner and takes off with the boat, while I try to keep up with the stern in order to lift the boat over rocks when needed. Paul and Jo take off ahead down the trail. But the Delta Lake crew is hot on our heels, quite literally, as I could feel the bow of their boat on my back anytime we had to slow down around an obstacle. Towards the end of the carry the terrain gets more precarious, and our team has a cart casualty: we broke the strap, rendering the cart useless. Delta Lake speeds by, their wheels still intact. We quickly pull the cart off, and Jo sprints ahead carrying it, while Mike and I shoulder the boat. We can run faster this way, but it is taxing. We grind down the competition and speed by as they stop to remove their cart prior to the boardwalk - they are not happy about our slick move, but we are smiling with delight.

Now we paddle the fabled Brown's Tract. The hairpin turns are difficult to navigate, and the hard portage has us

feeling a little low, but we quickly start to pull ahead. This is the first separation between the teams for the whole race! Paul navigates the course with confidence and ease that only a true stern paddler can possess. By the time we reach the end of the 40 minute section, we have a 1 minute lead. Our team tries to paddle hard across the next lake and into the Marion River, but we can tell we are worn out. Delta catches us as we start to go upstream on the river. We now know they are faster than us, but we have a little bit better skill- it will be a tight race for all three days, and hopefully we can hang on.

We reach a beaver dam that has to be portaged just before the Marion Carry, and take off again. Getting out to stretch our legs was just the spark we needed. Delta is scrambling, trying not let go in the neck deep water, and we paddle away to the Marion Carry. This portage is much shorter but also a trail- we have no choice but to shoulder the boat again. Mike and I take off running, with Paul in reserve to switch off with me as I tire. We build on our gap running- success(!) - and hustle into the boat paddling away as fast as we can. The last hour was at breakneck speed- the wind was starting to pick up, and the other team was better in the wind earlier in the day. We didn't look back until we round-

ed the final corner- and to our surprise, Delta was just a tiny spec in the distance- we put nearly 3 minutes on them!

Going into Day 2, the fatigue was really starting to set in. Our whole team had just raced the Classique the weekend before, and this late in the season we just aren't sure what we have left. The second leg is fairly straightforward: paddle a couple of hours across Long Lake and then a couple more down the Raquette River. The Raquette Falls carry, about two thirds of the way down the course, is the toughest of the race. At over a mile long and through the technical boulders, roots, and small creeks near Raquette Falls, it is the bane of all racers. We knew the portage would be the strategic point of the day, so our team decided we - gasp- wouldn't use the wheels (which we had fixed), instead shouldering the boat, and carrying the cart. This would allow us to hopefully pass more nimbly over the toughest sections of terrain, and also save us from near certain cart disaster.

The early part of the race unfolded as we expected, with the first three teams riding together across the lake (Gene Newman's team being the third), and pulling most of the way. We hit a shallow stretch at the entrance to the river and our fatigue started to show; we

dropped to the stern wave of Delta. After Paul cut some corners and made some aggressive moves, we finally climbed up to the side wave again, causing Dana to taunt "Is that all you got?" This lit a fire under the whole team and we raced aggressively over the next hour in the river, cutting close to other teams who started earlier in the day. Once we even managed to have a 3-C4 crash. All teams stayed dry and, besides the shock, appeared to be unscathed. We won the sprint into the portage as Delta hit one of the many boulders, and walked quickly up the steep hill. Paul and Mike started with the boat, Jo and I switching off with the cart. Joe and Dana carried the Delta boat, and followed our brisk pace. As we reached the top of the hill, Joe called for the wheels and our team grinned as we took off down the technical downhill, walking or running as fast as we could. Paul and Mike had captured lightening in a bottle, and Jo and I couldn't keep up! We put in at the end of the portage and couldn't even see the competition on the trail. The next hour was a sprint to the finish, and while Delta did gain some time back, we were able to hold on to a minute of lead- putting us at 4 minutes total.

Day 3 and victory was ours if we could stay with Delta! With our

fixed cart we were ready to attack the only road portage early in the race, and Paul's 25 races on the Saranac Lakes would guide us through the boulder fields. We felt confident in our race. The lake paddling which started the day had the first four C4s together, into the first portage. Mike had found a higher gear for Day 3, and flew over the first portage, but the walk zone at the end of the carry put the two teams together again. With Mike's new found energy, for the first time our team could put the hurt into Delta on the shallow corners. Paul even quipped

"Is that all you got?" back at the tired crew. Paul's course knowledge came in handy as hidden boulders littered the whole course. In one spot, Delta found one and flipped over, but fortunately were able to get back in without losing much time.

Our teams went stroke for stroke until the finish line was in sight. Delta started to pick up the pace, and Mike hollered back "not yet, not yet." We were twitchy like race horses at the starting gate, but following our captain's lead we waited for the right moment. 200 yards from the finish Mike start-

ed to go, and we each put in everything we had. Not even looking over, we could feel the boat surging over the bow wave of Delta, and managed to pull ahead by half a boat in the closing feet. After the finish, it was chocolate milk for everyone to celebrate our victory.

The 90 may not be something I can do every year, but the memories from this event are some of my best in the sport - the course, the friendly competition, and the team itching for more!



OBEDIENCE TRAINING FOR YOUR CANOE

SHEILA LEVIE

The Voyage of the Green Argosy: You swapped my boat for one that behaves...

(Photography by Tim Burris and Bruce Kemp)

Here are some musings on the directions that life can take us (notably on the water), along with my deepest thanks to the instructors (especially Tim and Robyn).

I first encountered paddle sports at a scout camp in the fifth grade, sharing an ancient aluminum tandem canoe with a grumpy tent



Sheila Levie

mate and finding out that cooperation, while a worthy ideal, was not going to be a reality in a group of preteen girls. This soured my view of paddle sports for years, until I had to opportunity to try kayaking, and I relearned the joys of heading out on the water on a beautiful day.

After a somewhat rocky start involving many encounters with banks, poison ivy, green briar and poorly positioned trees, I was

able to gain more ability to actually direct my new craft, though I had some suspicions that it was just taking me along for the ride some days. I was still much slower and clumsier than my fellows, and was hard pressed to last for the entire trip each week. Despite

this, I must confess that I was enjoying the challenge overall, and learned that canoeing and kayaking truly had very different vibes.

Several of my regular paddling friends had participated in the FreeStyle workshops in previous years and, seeing with amusement my stubborn struggles, suggested that “working smarter not harder” would allow increased enjoyment. Figuring there was nothing to lose, the Argosy and I headed over to Medford for a long weekend.

The accommodations were comfortable and being in the bunkhouse and sharing meals in the dining hall allowed me to meet many new people with widely variable backgrounds and abilities. Everyone was happy to share a weekend on the water with fellow enthusiasts. I had a great time learning about backgrounds and home waters of people from Canada to southern Vir-



ginia. My bunkhouse-mate and instructor, Robyn, had a background in teaching and we had a thoughtful discussion about learning styles, which came in handy later in the weekend.

The on-water instruction started with a focus on fine tuning the forward stroke while warming up for the weekend. After a couple of hours, Manon’s suggestions on stroke adjustments and addition of a mild heel had already significantly improved our tracking success. The next day, as we rotated instructors and practiced new techniques, I figured out that many small pieces of knowledge from whitewater and sea kayaking were being built into new ways to finely control FreeStyle canoe maneuvers. Despite a brisk breeze building through the day, the canoe was already cooperating better with my wishes. Later in the day, in the less structured practice sessions, Tim kindly added many thoughtful critiques and adjustments to the

new skills that helped adapt them to my physical limitations. Book learning turned into practical demonstrations of exactly what would happen with weight shifts that had never occurred to me. Suddenly my boat and I were actually working cooperatively, rather than wrestling at cross purposes.

The final day in the Pines to apply our new skills in the “real world,” we faced unusually high water levels courtesy of the remnants of Hurricane Michael. My group gathered at Goshen Pond, an area that I had never visited before, despite living in the area for almost 25 years. We had a blast zipping around submerged trees and around hummocks of marsh grass and blueberry bushes, and dancing in and out of the main currents. Amazingly no one went for a swim, despite unusually high water levels.

I headed out to my favorite local river the next several weekends and found that (a) I remembered and could slowly execute the new maneuvers more smoothly, (b) suddenly the river banks and trees stopped jumping into my way, and (c) I could paddle for longer with much less fatigue and pain. The Argosy and I have now come to a new level of partnership and communication, and I can now paddle in more demanding conditions than ever before. I even got compliments on my new boat control from people who have been canoeing the Pineland rivers for decades!

Many thanks to all of you who made the Functional Freestyle Workshop happen. I can now agree that it is well described as “obedience training for your ca-

noe,” and plan to attend again in the future for some further fine-tuning.

With particular thanks for the patience of the instructors, and their willingness to adjust their teaching style to the learning styles and physical limitations of their students. I’m convinced you guys swapped out my boat for a very well-behaved one!



RIVER QUEST!

EMILY MATTHEWS

A New River Quest by NorCal Paddlers for All Paddlers

It was a hot day on the Sacramento River. As we got closer to China Rapids, Jeff and I laughed that the 45 miles we'd paddled were only 10% of the total distance of the Yukon River Quest, which we were training for (again). As the day wore on and the heat intensified, we distracted ourselves recounting past adventures on this piece of the river. We kept coming back to the California 100, the race where we met and became friends. The race only ran for four years, but was beloved by those who participated in it.

We decided that we wanted it back. Well, not exactly. We wanted to get more of our friends and a lot of other paddlers on that stretch of the Sacramento River. For years we'd heard that people wanted to play on the riv-



California River Quest Starting Point

er but were intimidated by the distance. OK, then why not create a new event for both competitive and adventure paddlers with shorter courses to make it more accessible?

For the next 40 miles, Jeff and I talked about it. By the time we reached Woodson Bridge, we were convinced that we could make this happen. Funny what heat and distance do to paddlers' brains...

We decided to make a California River Quest, running the course between Redding and Chico with 25, 50 and 100-mile options for paddlers on a variety of craft: kayaks, surfskis, canoes, outrigger canoes as well as standup and prone paddleboards.

Two weeks later, we announced the event and opened registration for the 2019 California River Quest to be held Memorial Day weekend. *What the hell*, we thought. *It's worth a try*. To our delight, we quickly had excited



River Quest Race Start

paddlers not only signing up for the event, but offering to help.

Our inaugural event drew 120 paddlers from nine U.S. states (Alaska, California, Hawaii, Michigan, North Carolina, Oregon, Texas, Vermont and Washington) as well as from Canada and the United Kingdom. Participants ranged in age from 23 to 75 and included a group of 12 wounded veterans from Team River Runner, who paddled the 100-mile course as a relay team.

The California River Quest is run 100% by volunteers. Profits are donated to organizations that advocate for and protect rivers. This year, the event was supported by more than 30 volunteers from California and Oregon.

Registration is open for 2020 and paddlers have already started signing up for the event. The race will be on May 24, 2020. The celebration lunch will be held the

following day, May 25, 2020 at Sierra Nevada Brewery.

Find more information at:

www.californiariverquest.com



Starting lineup at River Quest



Post-race lunch at Sierra Nevada Brewery



And they're off!

USCA NATIONALS 2019



John Edwards in C1 Man



*Linda Daugherty in
K1 Touring Women*

**Photos pages 24,
25, & 28 by
John Foreman**





Tackling Flame Rapids above are Bruce & Matthew Braman of NY in C2 Adult/Youth and below Steven Horney in SUP





Restricted
No Boats
Here to Dam





USCA NATIONALS 2019

RESULTS

Thursday 250 m Sprints

USCA National Sprint Championships Aug 8, 2019

Code Name	start seq.	Boat No.	Last Name	First Name	State	Age	Partner Last Name	Partner First Name	Partner State	Partner Age	Net time	Place
C1 Youth 5-7	1	4	Josefik	Michael	IL	7					02:45.7	1
	1	2	Reese	Hanna	NY	5					03:47.1	2
	1	1	Williamson	Baeleigh	OK	7					05:19.0	3
C1 Youth 8-10	3	1	Josefik	Luke	IL	9					02:08.1	1
	3	4	Williamson	Brooklyn	OK	8					03:05.6	2
	3	3	Bear	Layla	ME	9					03:01.1	3
	3	2	Bither	Ella	ME	8					02:18.6	4
	3	5	Wheeler	Garrett	OK	10					03:13.7	5
	3	6	Reese	Rachelle	NY	8					03:40.6	6
C1 Youth 11-12	7	5	Bear	Carmella	ME	12					01:27.9	1
	7	2	Francis	Eben	ME	11					02:12.9	2
	7	4	Williamson	Brayden	OK	11					06:29.1	3
	7	1	Sockbeson	Jaxon	ME	11						dnf
C2 Youth 5-7	5	1	Williamson	Baeleigh	OK	7	Reese	Hanna	NY	5	03:18.3	1
C2 Youth 8-10	8	2	Ella	Bither	ME	8	Bear	Layla	ME	10	01:45.6	1
	8	3	Reese	Hanna	NY	5	Williams	Brooklynn	OK	9	01:57.0	2
	8	1	Josefik	Mike	IL	7	Josefik	Luke	IL	9	02:12.4	3
	8	4	Williamson	Baeleigh	OK	7	Reese	Rachelle	NY	8	03:51.7	4
C2 Youth 11-12	2	1	Francis	Eben	ME	12	Sockbeson	Jaxon	ME	11	01:30.9	1
	2	2	Williamson	Brayden	OK	11	Wheeler	Garrett	OK	10	01:58.7	2
K1 Youth 5-7	9	1	Herbein	Levi	PA	5					02:55.5	1
	9	2	Lucas	Haley	PA	5					04:31.2	2
K1 Youth 8-10	6	3	McCracken	Alan	PA	10					01:34.8	1
	6	2	Herbein	Layla	PA	8					01:38.9	2
	6	1	Volpe	Kaylin	PA	10					01:55.8	3
	6	5	Carlo	Charles	PA	8					02:45.8	4
K1 Youth 11-12	4	1	Herbein	Kayli	PA	11					01:48.8	1
	4	2	Francis	Eben	ME	11					01:50.6	2
K2 Youth 8-10			Volpe	Kaylin	PA	10	Linda	Daugherty	PA	68		



Photo courtesy of Shutter Photography by Kelli

USCA National Sprint Championships Aug 8, 2019

Code Name	start seq.	Boat No.	Last Name	First Name	State	Age	Partner Last Name	Partner First Name	Partner State	Partner Age	Net time	Place
K2 Youth 11-12												
C1 Girl Youth 13-14	10	4	Staubach	Samantha	NY	13					01:32.6	1
	10	3	Sapiel	Aliya	ME	14					01:35.9	2
	10	1	Bear	Carmella	ME	12					01:35.0	3
	10	2	Richards	Kassidy	NY	14					03:35.0	4
C1 Woman Junior 15-17	11	12	Kellogg	Natalie	MI	14					01:27.7	1
C1 Boy Youth 13-14	11	1	Sockbeson	Jaxon	ME	11					01:34.2	1
	11	3	Francis	Eben	ME	11					01:49.9	2
C1 Man Junior 15-17	13	1	Galipean	Ben	ME	16					01:13.6	1
	13	2	Santiago	Javier	ME	15						dnf
K1 Girl 13-14	12	r1	Richards	Kassidy	NY	14					01:36.2	1
K1 Boy 13-14	12	b1	Segelson	Anthony	PA	14					01:23.8	1
	12	b2	Mills	Nathan	OH	13					01:25.0	2
K1 Woman Junior 15-17												
K1 Man Junior 15-17												
SUP Unlimited Man JR	15	1	Mills	Nathan	OH	13					01:52.6	1
	15	2	McCracken	Alan	PA	9					02:11.7	2
SUP Unlimited Woman JR	15	6	Richards	Kassidy	NY	14					01:53.1	1
	15	7	Kellogg	Natalie	MI	14					01:58.8	2
	15	4	Herbein	Kayli	PA	11					02:07.0	3
K2 Women/Youth 8-10	16	2	Doughtery	Linda	PA	68	Volpe	Kaylin	PA	10	01:56.3	1
C2 Girls Youth 13-14												
	13	4	Sapiel	Aliya	ME	14	Staubach	Samantha	NY	13	01:23.9	1



Haley Lucas is ready to paddle her K1!

Photos pages 30 & 31 from Shutter Photography by Kelli

USCA National Sprint Championships Aug 8, 2019

Code Name	start seq.	Boat No.	Last Name	First Name	State	Age	Partner Last Name	First Name	State	Age	Net time	Place
C2 Boys Youth 13-14												
C2 Woman JR 15-17												
C2 Men JR 15-17	11	1	Galipeau	Ben	ME	16	Alicia-Santiago	Javier	ME	15	01:10.3	1
C2 Mixed Open												
	14	5	Staubach	Samantha	NY	13	Alicia-Santiago	Javier	ME	15	01:12.0	1
	14	1	Galipeau	Bem	ME	16	Sapiel	Aliya	ME	14	01:17.1	2
	14	6	Kellogg	Natalie	MI	14	Francis	Eben	ME	11	01:29.0	3
	14	4	Richards	Kassidy	PA	14	McCracken	Alan	PA	10	01:44.0	4
	14	3	Williamson	Brooklyn	OK	9	Williamson	Brayden	OK	11	02:14.6	5
	14	2	Wheeler	Garrett	OK	10	Williamson	Baeleigh	OK	7	02:42.1	6
K2 WOMAN YOUTH 13-14			Hall	Hollie	OH	35	Mills	Nathan	OH	13		
K2 MAN YOUTH 13-14			Hall	George	OH	58	Mills	Nathan	OH	13		
C2 WOMAN YOUTH 8-10			Reese	Rachelle	NY	9	Reese	Phoebe	NY	39		
			McCracken	Dawn	PA	36	McCracken	Alan	PA	10		
C2 WOMAN YOUTH 5-7			Reese	Phoebe	NY	39	Reese	Hanna	NY	6		
K2 MAN YOUTH 5-7			Lucas	Haley	PA	5	Lucas	Hansel	PA	35		
			Maryanski	Thomas	PA	44	Wylie	Isabella	PA	7		
K2 MAN YOUTH 8-10			Maryanski	Thomas	PA	44	Carlo	Charles	PA	8		
C2 WOMAN YOUTH 13-14			Kopta	Lauraellen	NY	61	Richards	Kassidy	PA	14		
C2 MAN YOUTH 13-14			Staubach	Chad	NY	44	Samantha	Staubach	NY	13		
			Josefik	Ben	IL	46	Josefik	Luke	IL	9		
			Pennington	Doug	MO	62	Josefik	Luke	IL	9		
C2 MAN JUNIOR 15-17												
K1 Paddler w/ Disability Woman	16	1	Marcuccilli	Deborah	NY	64					01:59.4	1

Thursday 500 m sprints canceled due to rain.



*Aliya Sapiel
in C1*

Friday Marathon Results

USCA National Championship 8-9-2019																	
CLASS	Code	BOAT #	LAST NAME	FIRST NAME	STATE	AGE	PARTNER INFORMATION			Start time	End time	Penalty	Net	Place	Age Group	Age Place	
C1 Man Junior, short course																	
	C1MJ	J3	Galipeau	Bem	ME	16				0:30:16	1:52:33		1:22:17	1	15-17		
	C1MJ	J2	Alicia-Santiago	Javier	ME	15				0:30:16	1:58:55		1:28:39	2	15-17		
	C1MJ	J4	Walley	Lucas	NY	16				0:30:16	2:04:24		1:34:08	3	15-17		
	C1MJ	J1	Williamson	Brayden	OK	11				0:30:16	2:28:05		1:57:49	4	15-17		
C1 Man Stock																	
	C1MS	B3	Gustin	David	PA	56				0:17:54	2:07:08		1:49:14	1	Senior	1	
	C1MS	B5	Gruber	Paul	PA	61				0:17:54	2:07:32		1:49:38	2	Vet 1	1	
	C1MS	B4	Bechtel	Greg	OH	57				0:17:54	2:12:47		1:54:53	3	Senior	1	
	C1MS	B1	Staubach	Chad	NY	43				0:17:54	2:13:34		1:55:40	4	Master	1	
	C1MS	B2	Walley	Bill	NY	52				0:17:54	2:20:22		2:02:28	5	Senior	2	
	C1MS	B6	Thiel	Ray	CT	67				0:17:54	2:25:33		2:07:39	6	Vet 2	1	
	C1MS	B7	Huber	Ruchard	OH	77				0:17:54	2:41:47		2:23:53	7	G Vet 2	1	
C1 Man <60																	
	C1MU	A1	Davis	Mike	MI	28				0:08:25	1:43:09		1:34:44	1	Open	1	
	C1MU	A8	Hassel	Calvin	NE	55				0:08:25	1:43:25		1:35:00	2	Senior	1	
	C1MU	A3	Lowry	Gregory	NJ	39				0:08:25	1:48:02		1:39:37	3	Open	2	
	C1MU	A7	Miller	Stephen	MA	54				0:08:25	1:49:50		1:41:25	4	Senior	2	
	C1MU	A4	Kopta	Fran	NY	46				0:08:25	1:52:48		1:44:23	5	Master	1	
	C1MU	A5	Kellogg	Mike	MI	50				0:08:25	1:54:19		1:45:54	6	Senior	3	
	C1MU	A10	Pederson	Jeff	NY	58				0:08:25	1:57:48		1:49:23	7	Senior	4	
	C1MU	A6	Corbett	Steve	MD	52				0:08:25	2:00:06		1:51:41	8	Senior	5	
	C1MU	A2	Steuer	Adam	MI	35				0:08:25	2:05:44		1:57:19	9	Open	3	
	C1MU	A9	Olney	Paul	NY	56								SCR			
USCA National Championship 8-9-2019																	
CLASS	Code	BOAT #	LAST NAME	FIRST NAME	STATE	AGE	PARTNER INFORMATION			Start time	End time	Penalty	Net	Place	Age Group	Age Place	
C1 Man >60																	
	C1MV	M4	Linberg	Allen	WI	62				0:12:50	1:53:36		1:40:46	1	Vet 1	1	
	C1MV	M8	Fries	Michael	NY	66				0:12:50	1:55:19		1:42:29	2	Vet 2	1	
	C1MV	M14	Edwards	John	FL	70				0:12:50	1:58:09		1:45:19	3	G Vet 1	1	
	C1MV	M15	Bruno	Charlie	PA	72				0:12:50	1:58:38		1:45:48	4	G Vet 1	2	
	C1MV	M13	Casale	John	MA	70				0:12:50	1:59:03		1:46:13	5	G Vet 1	3	
	C1MV	M2	Young	John	NY	61				0:12:50	1:59:20		1:46:30	6	Vet 1	2	
	C1MV	M5	Martin	Steve	PA	63				0:12:50	1:59:27		1:46:37	7	Vet 1	3	
	C1MV	M18	Thomas	Tom	IN	74				0:12:50	1:59:59		1:47:09	8	G Vet 1	4	
	C1MV	M29	Finnen	John	PA	60				0:12:50	2:00:09		1:47:19	9	Vet 1	4	
	C1MV	M9	Kostra	Bill	PA	67				0:12:50	2:00:10		1:47:20	10	Vet 2	2	
	C1MV	M28	Kopta	Mark	NY	62				0:12:50	2:00:54		1:48:04	11	Vet 1	5	
	C1MV	M20	Muhlen	Roland	OH	76				0:12:50	2:01:03		1:48:13	12	G Vet 2	1	
	C1MV	M21	Rankinen	Richard	PA	77				0:12:50	2:02:06		1:49:16	13	G Vet 2	2	
	C1MV	M3	Bauer	Ray	OH	62				0:12:50	2:02:07		1:49:17	14	Vet 1	6	
	C1MV	M30	Bond	Tony	AUST.	65				0:12:50	2:02:09		1:49:19	15	Vet 2	3	
	C1MV	M19	Lyesluk	Nick	MA	75				0:12:50	2:03:11		1:50:21	16	G Vet 2	3	
	C1MV	M22	MacQueen	Jon	FL	78				0:12:50	2:04:06		1:51:16	17	G Vet 2	4	
	C1MV	M23	Williams	Ron	Canada	78				0:12:50	2:06:22		1:53:32	18	G Vet 2	5	
	C1MV	M1	Gillings	Rick	MI	61				0:12:50	2:06:23		1:53:33	19	Vet 1	7	
	C1MV	M10	Moller	Bernie	OH	67				0:12:50	2:07:44		1:54:54	20	Vet 2	4	
	C1MV	M27	Young	Laverne	FL	83				0:12:50	2:13:05		2:00:15	21	GM Vet	1	
	C1MV	M24	Davis	Alec	NY	79				0:12:50	2:16:35		2:03:45	22	G Vet 2	6	
	C1MV	M16	Hill	William	MI	73				0:12:50	2:23:20		2:10:30	23	G Vet 1	5	
	C1MV	M25	Vandewinckel	Glen	NY	82				0:12:50	2:25:13		2:12:23	24	GM Vet	2	
	C1MV	M26	Gerg	Ken	PA	83				0:12:50	2:30:53		2:18:03	25	GM Vet	3	
	C1MV	M12	Frederick	Larry	FL	69				0:12:50	DNF			DNF	Vet 2		
	C1MV	M17	Sayre	Edward	PA	74				0:12:50	1:54:10		1:41:20	DNF	G Vet 1		
	C1MV	M6	Leet	Dana	PA	64								SCR	Vet 1		
	C1MV	M7	Haas	David	PA	65								SCR	Vet 2		
	C1MV	M11	Dyka	Paul	CT	68								SCR	Vet 2		
C2 Woman																	
	C2W	F1	Olney	JoAnn	NY	18	Davis	Rebecca	MI	29	0:03:26	1:45:50		1:42:24	1	Open	1
	C2W	F2	Fitzgerald	Pam	NY	50	Faloon	Joanna	Canada	64	0:03:26	1:48:29		1:45:03	2	Senior	1
	C2W	F6	Schluter	Elizabeth	WI	75	Simpson	Karen	Canada	60	0:03:26	1:48:54		1:45:28	3	Vet 1	1
	C2W	F4	Stout	Teresa	PA	65	Bradley	Barb	WI	62	0:03:26	1:52:02		1:48:36	4	Vet 1	2
	C2W	F3	Olney	Joann	NY	82	Davis	Rebecca	MI	99				0:00:00	SCR		
	C2W	F5	Burris	Rebecca	AR	68	Emsoff	Joy	TX	66				0:00:00	SCR		
K1 Sea Kayak Woman																	
	K1SK	D2	Hall	Hollie	OH	35				0:00:00							
	K1SK	D1	Herbert	Savanna	AR	22				0:00:00	1:42:06		1:42:06	1	Open	1	
	K1SK	D4	Mitrovich	Julie	VA	45				0:00:00	1:48:14		1:48:14	3	Master	1	
	K1SK	D5	Spang	Edna	PA	51				0:00:00	1:51:34		1:51:34	4	Senior	1	
	K1SK	D3	Segelson	Teresa	PA	40				0:00:00	1:57:41		1:57:41	5	Master	2	
	K1SK	D6	Daugherty	Linda	PA	68								0:00:00	SCR		
K1 Unlimited Man																	
	K1UM	C25	Lawrence	Vadim	Ontario	44				0:27:30	1:51:04		1:23:34	1	Master	1	

USCA National Championship 8-9-2019																
CLASS	Code	BOAT #	LAST NAME	FIRST NAME	STATE	AGE	PARTNER INFORMATION			Start time	End time	Penalty	Net	Place	Age Group	Age Place
K1UM	C9		Leshner	Greg	MA	52				0:27:30	1:54:12		1:26:42	2	Senior	1
K1UM	C12		Herbert	Mike	AR	58				0:27:30	1:54:46		1:27:16	3	Senior	2
K1UM	C26		Henry	Dana	MI	44				0:27:30	1:57:00		1:29:30	4	Master	1
K1UM	C15		Florov	Kiri	IL	61				0:27:30	1:57:40		1:30:10	5	Vet 1	1
K1UM	C1		Lamb	Alan	NJ	33				0:27:30	1:58:05		1:30:35	6	Open	1
K1UM	C2		White	Joe	OH	36				0:27:30	2:00:37		1:33:07	7	Open	2
K1UM	C7		Wade	Gary	Canada	49				0:27:30	2:00:44		1:33:14	8	Master	2
K1UM	C5		Glover	Dale	PA	48				0:27:30	2:04:37		1:37:07	9	Master	3
K1UM	C11		Kaiser	Ron	PA	56				0:27:30	2:05:34		1:38:04	10	Senior	3
K1UM	C20		Ort	Robert	PA	70				0:27:30	2:08:36		1:41:06	11	G Vet 1	1
K1UM	C17		Harmon	Daniel	PA	66				0:27:30	2:08:51		1:41:21	12	Vet 2	1
K1UM	C8		Dunkelberger	John	PA	50				0:27:30	2:10:50		1:43:20	13	Senior	4
K1UM	C23		Scofield	Ralph	MI	76				0:27:30	2:11:47		1:44:17	14	G Vet 2	1
K1UM	C21		Walton	Tom	NH	70				0:27:30	2:14:02		1:46:32	15	G Vet 1	2
K1UM	C19		Woodruff	William	VA	69				0:27:30	2:15:04		1:47:34	16	Vet 2	2
K1UM	C13		Lucas, II	Hansel	PA	59				0:27:30	2:15:29		1:47:59	17	Senior	5
K1UM	C18		Baumert	Daniel	ME	66				0:27:30	2:16:40		1:49:10	18	Vet 2	3
K1UM	C14		Ammon	Brian	PA	61				0:27:30	2:19:37		1:52:07	19	Vet 1	2
K1UM	C27		Stover	John	MI	78				0:27:30	2:19:45		1:52:15	20	G Vet 2	2
K1UM	C22		Green	Glen	NJ	72				0:27:30	2:20:02		1:52:32	21	G Vet 1	3
K1UM	C4		Bradley	Clint	OH	44				0:27:30	2:22:36		1:55:06	22	Master	4
K1UM	C24		Jones	Tom	MA	78				0:27:30	2:29:41		2:02:11	23	G Vet 2	3
K1UM	C3		Thomas	David	MA	41				0:27:30	2:34:44		2:07:14	24	Master	5
K1UM	C6		Hainan	Robert	PA	48								SCR	Master	
K1UM	C10		Clarke	Greg	PA	53								SCR	Senior	
K1UM	C16		Harmon	Daniel	PA	66								SCR	Vet 2	
K2 Unlimited Woma	H1		Lucas	Jody	PA	47	Lucas	Kim	PA	55	0:00:00	1:52:00	1:52:00	1		
OC1 Woma	OC1W	E1	NO ENTERIES													
C2 Woman Standard	G1	NO ENTERIES														
CLASSES J, K & L DO NOT MAKE THE TURNS																

Photo courtesy of Shutter Photography by Kelli



Saturday Marathon Results

USCA National Championship Saturday 8/10/19																	
Code Name	start seq.	Race Code	Age Group	Boat No.	Last Name	First Name	State	Age	Partner Last Name	First Name	State	Age	Start time	End time	Net time	Overall Place	Age Group Place
K1 Touring Wor	K1TW	Open	A1	Hall	Hollie	OH	35						0:00:00.00	1:42:18.49	1:42:18.49	1	1
	K1TW	Master	A4	Gangloff	MaryBeth	MA	51						0:00:00.00	1:45:57.73	1:45:57.73	2	1
	K1TW	Master	A2	Mitrovich	Julie	VA	WAVED AGE						0:00:00.00	1:50:01.67	1:50:01.67	3	2
	K1TW	Senior	A3	Spang	Edna	PA	51						0:00:00.00	1:53:10.80	1:53:10.80	4	2
	K1TW	Vet1	A5	Gass	Pamela	PA	61						0:00:00.00	1:57:25.43	1:57:25.43	5	1
	K1TW	Vet2	A6	Daugherty	Linda	PA	66						0:00:00.00	2:08:54.94	2:08:54.94	6	1
K1 Sea Kayak M	K1SKM	Master	B2	Henry	Dana	MN	40						0:03:45.00	1:40:03.08	1:36:18.06	1	1
	K1SKM	Open	B1	White	Joe	OH	36						0:03:45.00	1:41:45.82	1:38:00.82	2	1
	K1SKM	Vet1	B8	Widman	Rick	OH	60						0:03:45.00	1:44:25.84	1:40:40.84	3	1
	K1SKM	Vet1	B10	Rosenau	Steven	NC	62						0:03:45.00	1:45:52.49	1:42:07.49	4	2
	K1SKM	Senior	B6	Nugent	Bob	ME	WAVED AGE						0:03:45.00	1:49:30.88	1:45:45.88	5	1
	K1SKM	Senior	B3	Dunkelberger	John	PA	50						0:03:45.00	1:50:03.94	1:46:18.94	6	2
	K1SKM	Vet2	B12	Woodruff	William	VA	69						0:03:45.00	1:50:17.84	1:46:32.84	7	1
	K1SKM	Senior	B7	Lucas, II	Hansel	PA	59						0:03:45.00	1:50:24.51	1:46:39.51	8	3
	K1SKM	Grand Vet1	B13	Leszek	Ed	OH	73						0:03:45.00	1:50:46.14	1:47:01.14	9	1
	K1SKM	Senior	B4	Ha	Chung Tae	MD	WAVED AGE						0:03:45.00	1:51:20.86	1:47:36.86	10	4
	K1SKM	Grand Vet2	B17	Scofield	Ralph	MI	76						0:03:45.00	1:51:24.54	1:47:39.54	11	1
	K1SKM	Grand Vet2	B18	Stover	John	MI	78						0:03:45.00	1:52:36.88	1:48:51.88	12	2
	K1SKM	Vet2	B11	Baumert	Daniel	ME	66						0:03:45.00	1:55:26.40	1:51:41.40	13	2
	K1SKM	Vet1	B9	Ammon	Brian	PA	61						0:03:45.00	1:56:46.12	1:53:01.12	14	3
	K1SKM	Senior	B5	Hall	George	OH	58						0:03:45.00	2:01:58.04	1:58:13.04	15	5
	K1SKM	Grand Vet2	B16	Brimeyer	Earl	IOWA	75						0:03:45.00	2:05:33.78	2:01:48.78	16	3
K1SKM	Grand Vet1	B15	Lasley	Jim	OH	74						0:03:45.00	2:08:14.75	2:04:29.75	17	2	
K1SKM	Grand Vet1	B14	Radzevich	Victor	NH	74									SCR	SCR	
C2 Mixed	C2MX	Open	C4	Davis	Rebecca	MI	29	Davis	Mike	MI	28		0:08:32.00	1:42:03.64	1:33:31.64	1	1
	C2MX	Open	C2	Olney	JoAnn	NY	18	Hassel	Calvin	NE	56		0:08:32.00	1:45:58.25	1:37:26.25	2	2
	C2MX	Open	C6	Swislosky	Melissa	NY	47	Lowry	Greg	NJ	39		0:08:32.00	1:46:07.59	1:37:35.59	3	3
	C2MX	Senior	C18	Schluter	Elizabeth	WI	75	Torongo	Bill	MI	51		0:08:32.00	1:47:53.65	1:39:21.65	4	1
	C2MX	Vet1	C12	Bradley	Barb	WI	62	Linberg	Allen	WI	62		0:08:32.00	1:48:07.90	1:39:35.90	5	1
	C2MX	Open	C5	Wisse	Ashley	NY	33	Wisse	Bob	NY	64		0:08:32.00	1:49:13.36	1:40:41.36	6	4
	C2MX	Vet1	C15	Faloon	Joanna	Ontario	64	Heed	Peter	NH	69		0:08:32.00	1:49:15.79	1:40:43.79	7	2
	C2MX	Senior	C7	Horney	Pam	NY	50	Miller	Steve	MA	54		0:08:32.00	1:49:16.65	1:40:44.65	8	2
	C2MX	Vet1	C11	Grimes	Cathy	NY	60	Zaveral	Bob	NY	60		0:08:32.00	1:49:17.67	1:40:45.67	9	3
	C2MX	Vet1	C16	Stout	Teresa	PA	65	Martin	Steve	PA	63		0:08:32.00	1:52:10.90	1:43:38.90	10	4
	C2MX	Vet1	C19	Machacek	Stan	Ontario	75	Kuzmin	Maria	Ontario	62		0:08:32.00	1:52:17.71	1:43:45.71	11	5
	C2MX	Vet1	C17	Edwards	John	FL	70	Simpson	Karen	Canada	64		0:08:32.00	1:53:16.50	1:44:44.50	12	6
	C2MX	Open	C3	Kibbey	Miranda	PA	28	Gruber	Paul	PA	61		0:08:32.00	1:53:22.66	1:44:50.66	13	5
	C2MX	Senior	C9	Olney	Paul	NY	56	Barton	Roxanne	MI	60		0:08:32.00	1:54:54.90	1:46:22.90	14	3
	C2MX	Vet1	C14	Kopta	Mark	NY	62	Kopta	Laura	NY	61		0:08:32.00	1:56:03.79	1:47:31.79	15	7
	C2MX	Senior	C8	Williams	Susan	FL	WAVED AGE	Bond	Tony	Australia	ED		0:08:32.00	2:09:54.45	2:01:22.45	16	4
C2 Mixed Standard			D1	Bechtel	Greg	OH	57	Bechtel	Susan	OH	56		0:08:32.00	2:05:39.60	1:57:07.60	1	1
K2 Unlimited Mixed	K2UM	Open	G1	Herbert	Savanna	AR	22	Herbert	Mike	AR	58		0:13:00.00	1:40:37.64	1:27:37.64	1	1
	K2UM	Open	G2	Lamb	Erin	NJ	31	Lamb	Alan	NJ	33		0:13:00.00	1:51:09.48	1:38:09.48	2	2
	K2UM	Open	G4	Lucas	Jody	PA	47	Lucas	Hansel III	PA	35		0:13:00.00	1:56:52.77	1:43:52.77	3	3
	K2UM	Master	G3	Segelson	Teresa	PA	40	Maryanski	Thomas	PA	40		0:13:00.00	2:25:56.65	2:12:56.65	4	1
SUP Unlimited Man		Senior	K1	Horney	Steven	IN	59						0:15:21.00	2:02:33.21	1:47:12.21	1	1
C2 Mixed Junior, short course		C2MxJr	H2	Galipeau	Bem	ME	15	Sapiel	Aliya	ME	15		0:15:21.00	1:45:10.48	1:29:49.48	1	
USCA National Championship Saturday 8/10/19																	
Code Name	start seq.	Race Code	Age Group	Boat No.	Last Name	First Name	State	Age	Partner Last Name	First Name	State	Age	Start time	End time	Net time	Overall Place	Age Group Place
		C2MxJr		H1	Williamson	Brayden	OK	11	Williamson	Brooklynn	OK	9	0:15:21.00	2:47:40.62	2:32:19.62	2	
C2 Man/Youth, short course																	
C2MY		Y13-14	J4	Staubach	Samantha	NY	13	Staubach	Chad	NY	43		0:15:21.00	1:39:19.72	1:23:58.72	1	1
C2MY		Y13-14	J7	Braman	Mathew	NY	13	Braman	Bruce	NY	58		0:15:21.00	1:40:30.18	1:25:09.18	2	2
C2MY		Y15-17	J8	Kellogg	Natalie	MI	14	Kellogg	Mike	MI	50		0:15:21.00	1:40:34.03	1:25:13.03	3	1
C2MY		Y13-14	J5	Richards	Kassidy	PA	14	Werner	Erik	PA	56		0:15:21.00	1:43:11.91	1:27:50.91	4	3
C2MY		Y5-7	J2	Williamson	Baeleigh	OK	7	Walls	Don	AR	56		0:15:21.00	1:47:33.97	1:32:12.97	5	1
C2MY		Y8-10	J3	Josefik	Luke	IL	9	Pennington	Doug	MO	62		0:15:21.00	1:50:12.32	1:34:51.32	6	1
C2MY		Y5-7	J1	Josefik	Mike	IL	7	Josefik	Ben	IL	46		0:15:21.00	1:50:43.61	1:35:22.61	7	2
C2MY		Y15-17	J6	Alicia-Santiago	Javier	ME	15	Neptune	John	ME	71					SCR	SCR

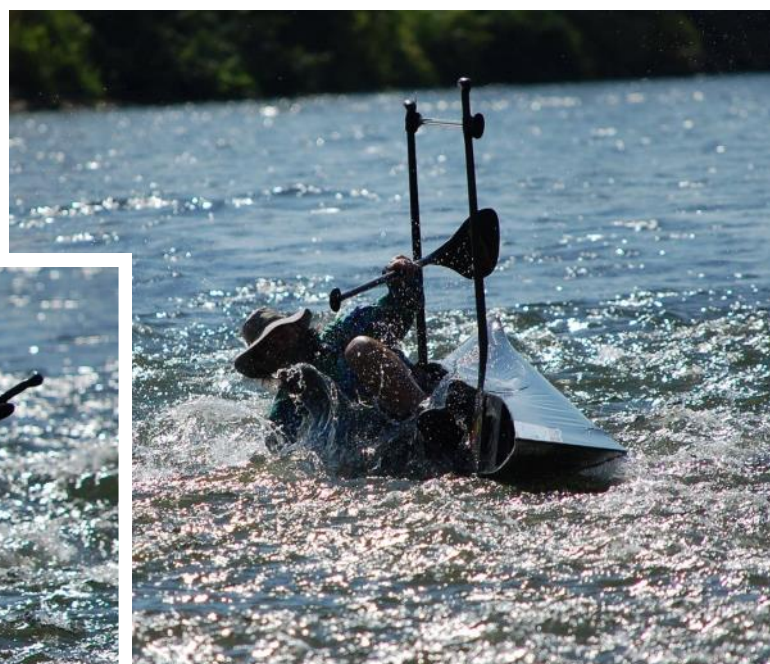
Sunday Marathon Results

USCA National Championship Sunday, 8/11/19																
Code Name	Race Code	Boat No.	Last Name	First Name	State	Age	Partner Last Name	First Name	State	Age	Start time	End time	Net time	Place	Age Group	Age Group Place
C1 Woman	C1W	A3	Davis	Rebecca	MI	29					0:00:00.00	1:46:44.35	1:46:44.35	1	Open	1
	C1W	A1	Fitzgerald	Pam	NY	50					0:00:00.00	1:50:25.20	1:50:25.20	2	Senior	1
	C1W	A4	Schluter	Elizabeth	WI	75					0:00:00.00	1:55:32.84	1:55:32.84	3	GVet2	1
C1 Woman Stock	C1WS	B1	Kopta	Laura	NY	60					0:00:00.00	2:04:44.51	2:04:44.51	1		
K1 Unlimited Woman	K1UW	C1	Hall	Hollie	OH	35					0:03:27.00	1:41:10.09	1:37:43.09	1	Open	1
	K1UW	C5	Herbert	Savanna	AR	22					0:03:27.00	1:46:49.87	1:43:22.87	2	Open	2
	K1UW	C3	Mitrawich	Julie	VA	45					0:03:27.00	1:49:42.21	1:46:15.21	3	Master	1
	K1UW	C7	Spang	Edna	PA	51					0:03:27.00	1:52:01.45	1:48:34.45	4	Senior	1
	K1UW	C6	Segelson	Teresa	PA	40					0:03:27.00	1:55:52.84	1:52:25.84	5	Master	2
	K1UW	C9	Walborn	Taylor	PA	26					0:03:27.00	1:59:30.24	1:56:03.24	6	Open	3
	K1UW	C10	Ferguson	Carolyn	PA	56					0:03:27.00	1:59:37.27	1:56:10.27	7	Senior	2
	K1UW	C2	Lamb	Erin	NJ	31					0:03:27.00	2:00:31.87	1:57:04.87	8	Open	4
K1 Touring Man	K1TM	D11	Herbert	Mike	AR	58					0:08:40.00	1:37:42.71	1:29:02.71	1	Senior	1
	K1TM	D10	Willey	David	NY	62					0:08:40.00	1:46:43.02	1:38:03.02	2	Vet1	1
	K1TM	D6	Rosenau	Steven	NC	62					0:08:40.00	1:49:19.34	1:40:39.34	3	Vet1	2
	K1TM	D13	Dunkelberger	John	PA	50					0:08:40.00	1:51:32.18	1:42:52.18	4	Senior	1
	K1TM	D5	Raymonda	Robert	NY	60					0:08:40.00	1:51:39.78	1:42:59.78	5	Vet1	3
	K1TM	D14	Hainan	Robert	PA	48					0:08:40.00	1:52:06.25	1:43:26.25	6	Master	1
	K1TM	D7	Scotfield	Ralph	MI	76					0:08:40.00	1:52:39.91	1:43:59.91	7	GVet2	1
	K1TM	D3	Leszek	Edward	OH	73					0:08:40.00	1:53:51.50	1:45:11.50	8	GVet1	1
	K1TM	D21	Ha	ChungTae	MD	57					0:08:40.00	1:54:54.72	1:46:14.72	9	Senior	2
	K1TM	D12	Woodruff	William	VA	69					0:08:40.00	1:55:10.35	1:46:30.35	10	Vet2	1
	K1TM	D15	Baumert	Daniel	ME	66					0:08:40.00	1:56:21.13	1:47:41.13	11	Vet2	2
	K1TM	D16	Thomas	David	MA	41					0:08:40.00	1:56:45.03	1:48:05.03	12	Master	2
	K1TM	D9	Walton	Tom	NH	70					0:08:40.00	1:58:48.90	1:50:08.90	13	GVet1	2
	K1TM	D18	Mullen	Gary	PA	67					0:08:40.00	1:58:53.40	1:50:13.40	14	Vet2	3
	K1TM	D1	Frechette	Chris	NY	72					0:08:40.00	1:59:03.26	1:50:23.26	15	GVet1	3
	K1TM	D17	Maryanski	Thomas	PA	44					0:08:40.00	2:08:36.92	1:59:56.92	16	Master	3
OC1 Man	OC1M	E1	Dyka	Paul	CT	68					0:00:00.00	1:43:33.00	1:43:33.00	1	Vet2	1
	OC1M	E3	Bond	Tony	Australia	66					0:00:00.00	1:56:23.05	1:56:23.05	2	Vet2	2
C2 Men	C2M	F1	Davis	Mike	MI	28	Henry	Dana	MN	40	0:13:25.00	1:44:06.83	1:30:41.83	1	Open	1
	C2M	F5	Hassel	Calvin	NE	55	Torongo	Bill	MI	57	0:13:25.00	1:44:24.32	1:30:59.32	2	Senior	1
	C2M	F11	Fries	Michael	NY	66	Olney	Paul	NY	56	0:13:25.00	1:49:39.23	1:36:14.23	3	Senior	2
	C2M	F3	Lowry	Greg	NJ	39	Werner	Erik	PA	56	0:13:25.00	1:51:47.79	1:38:22.79	4	Open	2
	C2M	F4	Kopta	Fran	NY	45	Mecklenberg	Dan	OH	58	0:13:25.00	1:52:15.33	1:38:50.33	5	Master	1
	C2M	F8	Gruber	Paul	PA	61	Martin	Steve	PA	63	0:13:25.00	1:52:53.09	1:39:28.09	6	Vet1	1
	C2M	F21	Harrison	Larry	NY	60	Nichols	Allen	NY	69	0:13:25.00	1:53:21.58	1:39:56.58	7	Vet1	2
	C2M	F13	Casale	John	MA	70	Bruno	Charlie	MA	72	0:13:25.00	1:53:53.76	1:40:28.76	8	GVet1	1
	C2M	F15	Lyesliuk	Nick	MA	75	Head	Peter	NH	69	0:13:25.00	1:55:04.41	1:41:39.41	9	Vet2	1
	C2M	F6	Pederson	Jeff	NY	58	Young	John	NY	61	0:13:25.00	1:55:05.33	1:41:40.33	10	Senior	3
	C2M	F10	Kopta	Mark	NY	62	Kostrza	Bill	PA	67	0:13:25.00	1:55:06.72	1:41:41.72	11	Vet1	3
	C2M	F9	Bauer	Ray	OH	62	Merriman	Doug	WV	63	0:13:25.00	1:55:18.79	1:41:53.79	12	Vet1	4
	C2M	F14	Edwards	John	FL	70	Frederick	Larry	FL	69	0:13:25.00	1:55:27.14	1:42:02.14	13	Vet2	2
	C2M	F2	Steuer	Adam	MI	35	Kellogg	Mike	MI	50	0:13:25.00	1:56:54.76	1:43:29.76	14	Open	3
	C2M	F16	Muhlen	Roland	OH	76	MacQueen	Jon	FL	78	0:13:25.00	1:57:01.35	1:43:36.35	15	GVet2	1
	C2M	F17	Henry	Roger	NY	77	Davis	Alec	NY	79	0:13:25.00	1:57:58.97	1:44:33.97	16	GVet2	2
	C2M	F7	Finnen	John	PA	60	Gustin	Dave	PA	56	0:13:25.00	1:58:38.85	1:45:13.85	17	Senior	4
	C2M	F18	Rankinen	Richard	PA	77	Williams	Ron	Canada	78	0:13:25.00	1:59:33.32	1:46:08.32	18	GVet2	3
	C2M	F20	Gerg	Ken	PA	83	Young	Laverne	FL	83	0:13:25.00	2:07:06.26	1:53:41.26	19	GmasterVet	1

USCA National Championship Sunday, 8/11/19																
Code Name	Race Code	Boat No.	Last Name	First Name	State	Age	Partner Last Name	First Name	State	Age	Start time	End time	Net time	Place	Age Group	Age Group Place
C2 Men Standard	C2MS	G1	Haas	David	IN	74	Thomas	Tom	IN	74	0:17:34.00	1:58:46.05	1:41:12.05	1	GVet1	1
	C2MS	G2	Bechtel	Greg	OH	57	Moller	Bernie	OH	67	0:17:34.00	2:01:47.93	1:44:13.93	2	Senior	1
	C2MS	G8	Newman	Jeff	NY	57	Brooks	Reed	NY	47	0:17:34.00	2:03:08.42	1:45:34.42	3	Master	1
	C2MS	G6	Pennington	Doug	MO	62	Josefik	Ben	IL	46	0:17:34.00	2:03:17.54	1:45:43.54	4	Master	2
	C2MS	G4	Buchholz	Geroge	NY	65	Sanhamary	Amy	NY	47	0:17:34.00	2:18:47.17	2:01:13.17	5	Master	3
K2 Unlimited Men	K2UM	H2	Lucas, III	Hansel	PA	35	White	Joe	PA	37	0:17:34.00	1:46:07.34	1:28:33.34	1	Open	1
	K2UM	H1	Glover	Dale	PA	48	Kaiser	Ron	PA	54	0:17:34.00	1:48:27.97	1:30:53.97	2	Master	1
C1 Woman Junior, sh	C1WJr	J3	Stanbach	Samantha	NY	13					0:21:26.00	1:58:16.74	1:36:50.74	1		
	C1WJr	J1	Kellogg	Natalie	MI	14					0:21:26.00	1:59:09.02	1:37:43.02	2		
	C1WJr	J4	Williamson	Brooklyn	AR	9					0:21:26.00	2:38:58.59	2:17:32.59	3		
K1 Woman Junior, sh	K1WJr	K1	Diget	Ashley	MI	16					0:21:26.00	1:48:53.53	1:25:27.53	1		
	K1WJr	K2	Bradley	Christine	OH	16					0:21:26.00	2:19:08.09	1:57:42.09	2		
C2 Men Junior, short	C2MJr	L1	Galipeau	Bem	ME	16	Alicea-Santiago	Javier	ME	15	0:21:26.00	1:41:49.04	1:20:23.04	1		

FLAME RAPIDS WIPEOUTS!!!

USCA NATIONALS 2019



Photos by John Foreman

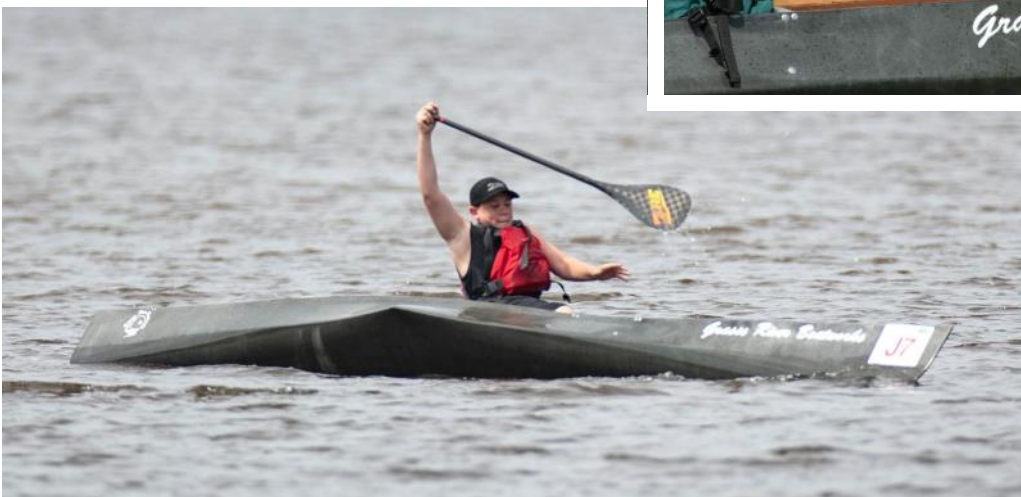


Photos by John Foreman

NEXT GEN PADDLERS

THURSDAY SPRINTS





*Next gen photos courtesy of
Shutter Photography by Kelli*

FRIDAY MARATHON

USCA NATIONALS 2019



Paul Gruber paddling C1 Man Stock



Roland Muhlen—still a C1 powerhouse at age 76!



Javier Santiago paddling C1 Youth



John MacQueen, age 78, sampling the waters with one foot.



*Jody Lucas
& Kim
Lucas
paddling K1
Unlimited
Woman*



*Hollie Hall,
Outstanding
Paddler of the
Year, at the start
of the K1 Sea Kay-
ak Race*

**Friday marathon
photos courtesy of
Shutter
Photography
by Kelli**

Barb Bradley & Teresa Stout paddling C2 Woman



Julie Mitravich paddling K1 Sea Kayak Woman



SATURDAY MARATHON

USCA NATIONALS 2019



Stan Machacek & Maria Kuzmin from Ontario paddling C2 Mixed





Steven Horney paddling SUP



Hansel & Jody Lucas paddling K2 Mixed



*Don Walls &
Baeleigh
Williamson
paddling C2
Man/Youth*

**Saturday
marathon
photos cour-
tesy of Shutter
Photography
by Kelli**

*Paul Gruber &
Miranda Kibbey
paddling C2
Mixed.*



SUNDAY MARATHON

USCA NATIONALS 2019



Tony Bond's "built on the fly" OC1 was a brilliant solution to the problem of leaving your ama and iako behind...



Paul Dyka paddling a Riverhawk OC1 Sunday



Tight racing between the boat of Peter Heed & Nick Lyesiuk and the boat of John Young and Jeff Pederson.

Mike Davis & Dana Henry leading Calvin Hassel & Bill Torongo in C2 Man.

John Edwards and Larry Frederick paddling C2 Man





*Sunday
marathon
photos
courtesy of
Shutter
Photog-
raphy by
Kelli*



*Edna
Spang
paddling K1
Unlimited
Woman*

Joe White & Hansel Lucas paddling K2 Man



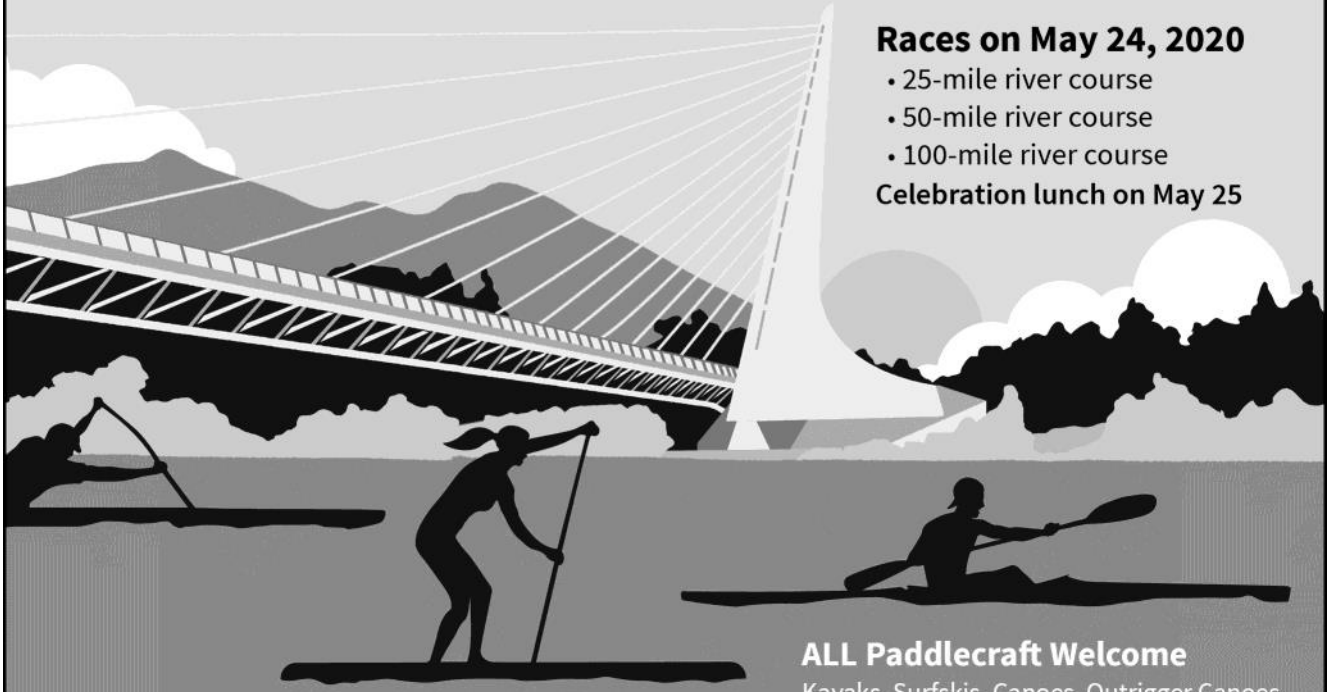
Mike Herbert laying down the power!





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GO-GETTER – EARNED LIFE MEMBERSHIP PROGRAM TO BE DISCONTINUED ON DECEMBER 31, 2019

There have always been three ways a USCA member could obtain a Life Membership. **Paid** (twenty times the dues amount for governing membership); **Earned or Go-Getter** by recruiting at least fifty governing or junior members with no time limit to accumulate this number of recruits and finally be nominated for **Honorary Life**. After December 31, 2019, there will only be two ways to become a Life Member, Paid and Honorary. Why is the Go-Getter program being discontinued?

At the 2018 USCA Annual Meeting, the Delegates approved to amend one of the duties of the Membership Chair in regard to the Go-Getters. The amendment changed the requirement from ‘maintain an accurate list’ of Go-Getters to only ‘maintain a list of Go-Getters to be published in the *Canoe News* annually. However this list will be in every issue until December 31, 2019. After December 31, 2019, the Go-Getter program will cease to exist. Members who have recruited fifty (50) or more new members by 12/31/2019 will be eligible to receive an Earned Life Membership. After that date, all recruit numbers will be deleted from the membership database and the Earned Life Membership will be deleted in the Rules and Regulations as a Membership Classification. The recruit record will be saved in the archives by the Historian.

When the USCA was first organized in 1969, recruitment to USCA was encouraged and rewarded with a ‘free’ Life Membership. Originally the Membership Chair’s duty was to keep a record of the number of members recruited by any member on a file card and include a running number with the name of the person recruited to prevent duplication. These file cards were maintained in a Rolodex file box until the early 1990’s. At that time, the hard copy data was transferred to a separate database. The number of recruits by each member was recorded, but not the names of those who had been recruited by each member. If a member didn’t renew for several years, they could be recruited again, even by the same person. Each Membership Chair has done their best to make sure accurate records were kept. But, it takes a lot of time to search through years and years of records to verify if the new member is truly ‘new’. If this search is not done, the recruit number is not accurate. Due to the time involved to verify whether the member being recruited was ‘new’ or not, it was determined to phase out the Go-Getter program.

There have been a total of 26 members who obtained Earned Life Membership as Go-Getters since 1971. The last Earned Life Membership was awarded in 2014 to Gustave Lamperez who continues to recruit as a Trainer in the Instructor Certification program.

The list of Go-Getters is in the next column. The members who have recruited fifty (50) or more members have already been awarded Earned Life Membership. Those who have not reached the fifty member mark yet and would like to become a Go-Getter list and be awarded Earned Life Membership, you have a less than a year to recruit the additional members. Make copies of the Membership form and hand them out at the races or cruises. Be sure to have your name as a recruiter on the form. **Help the USCA Grow!**

Go-Getter List as of 3/21/19

Last Name	First Name	State	Recn
Cichanowski	Mike	MN	422
Mack	Jim	OH	243
Terrell	Ross	OH	163
Stevens	Gareth	WI	113
Spain	Bob	TX	103
Cichanowski	Heather	MN	95
Cichanowski	Amy	MN	94
Theiss	Joan	FL	89
Theiss	Harold	FL	87
Zellers	John	IN	84
Lamperez	Gustave	LA	78
Whitaker	Jan	NY	78
Pontius	Mary Ann	IN	74
Narramore	Bob	TX	70
Ludwig	Norm	PA	68
Hampel	Larry	WI	64
Latta	Larry	OH	64
Kruger	Dave	WI	61
Foster	Richard	NY	59
Lake	Susan	NY	59
Pontius	Terry	IN	59
Reeves	Lloyd	FL	33
Stout	Teresa	PA	31
Brunstrom*	Morgan	WA	28
Brimeyer	Earl	IA	26
Donner	David	NY	23
Liquori	Larry	NY	13
Kaiser	Ronald	PA	12
Perry	Janet	LA	12
Jeanes	Judy	PA	9
Walter	Ed	PA	9
Thiel	Paula	CT	8
Emshoff	Joy	TX	7

* Paid or Honorary Life Members

Note: Only current 2019 members may recruit new members. Membership applications must have the name of the recruiter on the form. A new member can only be recruited one time. The 2019 Membership year started on 10/1/2018 and new members may be recruited until 12/31/2019.



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Membership Application Form

Or Join on-line at www.uscanoe.com

Date _____

Name of Organization _____

Enter the name of organization only if you join as: (Race Sponsor, Club Affiliate, or Business Affiliate)

Last Name _____ First Name _____ M.I. _____

Address _____ Date of Birth _____ Gender M F

City _____ State _____ Zip _____ Country (Non US) _____

Telephone _____ Email _____

Membership: Renewal New If new, recruited by: _____

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:

Make check payable to:
USCA

Lynne McDuffie, USCA Membership Chair
 410 Cockman Rd
 Robbins, NC 27325
 Phone: (910) 948-3238
 Email: llmcduffie@gmail.com

I prefer to have Canoe News delivered digitally _____ or as a printed copy _____

USCA is a non-profit, educational, charitable and athletic organization. 501 (c) (3). Donations are accepted. USCA has a five star program of Cruising _____ Conservation _____ Camping _____ Competition _____ Camaraderie _____. Check 2 or more that most interest you.

USCA 2019 DELEGATES

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

Organized State & Regional Divisions

Florida Division/USCA

Tim Dodge

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Indiana Division/USCA

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Roger Gocking

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Teresa Stout

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Non-Organized Regional Divisions

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

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270-993-3999; doctuttle@hotmail.com

East North Central Division (IL, MI, WI)

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Derek Diget

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Lynne Witte

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586-201-5695; dogpaddler54@gmail.com

Karl Teske

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630-264-6575; kteske213@comcast.net

Mountain Division

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

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Tricia Heed

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Paula Thiel

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360-756-1312

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William McDuffie

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

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Richard Hill

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

Bob Spain

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Don Walls

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Joanna Faloon

613-447-2655; scootergirl@rogers.com

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Free Style Group

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Michigan Canoe Racing Association

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315-406-4692; owascalake@gmail.com

North Carolina Canoe Racing Association

Steve Rosenau; Mt. Holly, NC
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Pennsylvania Assn of Canoeing and Kayaking

Dale Glover; Montgomery, PA
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St Charles Canoe Club

Ben Josefik; Dwight, IL
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Texas Canoe & Kayak Racing Association

Joy Emshoff; Austin, TX
512-626-3741; jle4321@yahoo.com

Standing Committees for 2019

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 – Open

Competition / Orienteering – Stephen Miller

Competition / Outrigger Canoe – Steven Horney

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 – Bob Spain & Tave Lamperez

Insurance Oversight- Joan Theiss & Scott Stenberg

International - John Edwards

Marketing – Earl Brimeyer

Membership – Lynne McDuffie

Merchandise Sales – Larry Latta

Nationals Coordinator– Teresa Stout

Nominating – Tricia Heed

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 – Teresa Stout

Special Appointments

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

Business Affiliates

American Dragon Boat Association

John Miller; Dubuque, IA
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Great Hollow Nature Preserve

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Performance Kayak, Inc.

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The Paddle Attic

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Western Penn Solo Canoe Rendezvous

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Yadkin Riverkeeper, Inc.

Katie Wilder; Winston-Salem, NC
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Club Affiliates without a Delegate

Birch Hill Canoe Club

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BRD Fishing

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Bridges Athletic Club

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Dayton Canoe Club

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Elderly Paddlers Association

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Friends of the Great Swamp

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Island Paddlers

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Middle Grand River Organization of Watersheds (MGROW)

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River Advocates of South Central CT

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River City Paddlers

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Shark River Paddling

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Symmes Creek Restoration Committee

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Texas Outrigger Canoe Club

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