

CANOE NEWS



USCA Nationals—Information & Registration Forms

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Profile: Greg Barton and Epic Kayaks



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From the Editor:

Welcome to the Summer Edition of Canoe News! Hopefully you're heavily into the race season, having a great time, and preparing for the upcoming USCA Nationals! The gang in New Hampshire, Massachusetts, and surrounding regions have really put forth the effort to create a top-notch Nationals experience this year, so I hope you'll make plans to be a part of it. There's even a K1 Intermediate class as a regional event; bring out those intermediate surf skis and enjoy some fine racing on a first-class river. This promises to be a truly excellent year on the water.

Keep paddling strong!

Steve

Cover Photo: Rebecca Davis (stern) and Mike Davis (bow) turning the buoy on the Au Sable River Canoe Marathon sprint course in 2014.

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VIEW FROM THE STERN

USCA PRESIDENT PETER HEED

NATIONALS TIME OF YEAR

The USCA National Championships are fast approaching, and the excitement is building! Marathon paddlers across the land - from youth to veteran have been training hard with the hopes of performing well. As members of the USCA, we have two top quality National events to look forward to this summer - the **USCA National Stock Aluminum** Canoe Championships on the White River at Batesville, Arkansas and the USCA National Canoe and Kayak Marathon Championships on the Connecticut River at Northfield, Mass. Not only will these events feature spirited competition, but they will also be a chance for many old friends (and new ones!) to come together, reconnect, and enjoy each other's company. Camaraderie!

As a member of the older "veteran" group of paddlers, I always particularly enjoy our National events as a chance to support and cheer on our younger "up and coming" competitors.

This year is shaping up to be an exciting one, with many younger paddlers turning in exceptional performances in some of the early season races. This new generation of talented paddlers includes Rebecca (Barton) Davis and her husband Mike Davis, Andy Triebold, Shane Mac-Dowell, Briana Fitzgerald, Matt Rudnitsky, River McDuffy, Zack Mack, Joann Olney, Trevor Lefever, and all the wonderful Schlimmer family siblings: Mary, Theresa, Ben, Mike, Joe, and Francis just to name a few! All of these terrific young paddlers - and others - have been racing well and constantly improving. They are all fun to watch and cheer on, and most of them plan to come to one of our USCA National Championship events this summer.

To be sure, the racing this summer will be cause for excitement. Sometimes we forget just how thrilling and exciting canoe racing can be, but our younger generation paddlers have been breathing new fire and life into the early season competition. I was reminded again of this at the recent General Clinton 70 Miler in Cooperstown, NY. We all knew that Ben Schlimmer and

Trevor Lefever from Oneonta, NY had been winning big spring races such as The Rat Race and Canton, and many of us veteran paddlers from the Northeast were hoping they might be able to pull off something special - the first win in the Pro Division by a local team at the Clinton in 35 years. When it happened all those years ago, it was indeed something special. At the time, two young and determined paddlers named Bob Zaveral and Jeff Shultis accomplished the feat, and it created a sensation along the banks of the Susquehanna! I was lucky enough to be there, and it still is fresh in my memory.

The year was 1981. I had only been paddling for a few seasons at the time, and like most locals, my partner and I were entered in the "Amateur Division" as it was called during that era (now referred to at the General Clinton as the Competition Cruiser Division). We began on Lake Otsego in Cooperstown an hour ahead of the Pros, much as today, except that we were actually started along a rope strung between motor boats way out in the lake. I recall the fog being thick that year, and it was difficult to

even find the narrow mouth of the Jeff are coming!" But I looked Susquehanna. We then faced the usual tangle of log jams in the wanted to see if it were swamp and got our first pit at Index. I do not recall much unusual boys beat the best? I couldn't about the way the race was unfolding, until we approached the Oneonta portage. There was a larger crowd than usual at the dam and along the portage. Our pit team let us know that back upstream, a front pack of pro teams had come through Milford with Zaveral and Shultis right in the thick of things - and they "were coming down on us" fast! From that point on, every bridge was packed with spectators.

The excitement kept building as the lead pro teams got closer and closer to us. By Otego, fans along the banks were yelling at us, "Zaveral and Shultis have the lead!" My partner and I wondered if they could really do it - could they hang tough in the shallows of the lower river? Could they pull off the upset?

Going by the 12 Mile Sprint start area at Unadilla, the road along the river was jammed with

cars honking and people yelling. "Zaveral and Shultis have dropped everyone!" "They've got the lead and they are coming down on you!" The river bank by the old Unadilla dam drop was packed. Somebody velled at us, "Don't look back, Bob and

back. I couldn't help myself. I true. Could the local New York see anything, and we almost flipped over at the drop. I decided that I better pay more attention to my paddling.

The biggest crowd was waiting at Sidney. Race fans overwhelmed the bridge and the "Sidney Beach" on river left as you approach town. As my partner and I came in view of the bridge, the crowd started shouting and cheering - and we knew it wasn't for us. We felt half dead, just trying to finish. When I looked back this time, I could see the cause of the excitement. Zaveral and Shultis were emerging from Green Acres and coming down on us fast! Still sprinting hard. No other top teams to be seen! The crowd noise washed over us - and so did Bob and Jeff's wake, as they went by us like we were standing still.

You may know the rest. Zaveral and Shultis went on to

win. No other local NY team has matched this feat since. This year, Ben Schlimmer and Trevor Lefever almost pulled it off. They battled all the way down the Susquehanna, back and forth with two other top young teams -Mathieu Pellerin and Guillame Blais from Quebec, and Steve Lajoie from Quebec with partner Matt Rudnitsky from Gilbertsville, NY. In the end, the local boys finished a close third, but they gave the fans an exciting race, and they served notice to the future. A new generation of young paddlers is stepping for\ward. Most of these young and talented paddlers - along with our great senior and veteran racers - are planning to come to our **USCA National Championship** events this summer. So make plans now to come and participate, and also cheer on our youth! Exciting times ahead for all! I look forward to seeing you this summer at Batesville, Arkansas or at Northfield, Massachusetts!

Best regards, Peter



TRICIA'S TRAVELS

TRICIA HEED

TRICIA'S TRAVEL TIPS #4: SPECIAL EVENTS

Are you a long term planner? Then you probably have your Nationals' itinerary all set. If you are a last minute planner, then you should check this out! There is plenty to do in the Pioneer Valley without much lead time. A regional group called The Northfield Area Tourism and Business Association will be available on site at Nationals beginning on Wednesday, Aug. 10th to answer questions and assist you with planning. They can recommend places to eat, shop, explore, and visit. They will have maps and brochures available. They may even be able to set up private tours for our group at Historic Deerfield and the Museum of Industrial Heritage. Look for them in the HQ building and down by the river under their NATABA canopy.

By the way, we are not the only show in town! There are numerous events scheduled for the first three weeks in August. So, if you are arriving early or staying late, here are some other exciting events you may wish to check out.

Greenfield, MA

Annual Greenfield Lightlife Triath-

August 7 Situated in the heart of Franklin County, the Greenfield Lightlife Triathlon course meanders through the back roads of Greenfield, passes through the Historic Eunice Williams Covered Bridge, and features swimming in our very own Green River. The Greenfield, Lightlife Triathlon features both international and sprint distances for individual athletes as well as two and three person teams. In Greenfield, our motto is "To Finish Is To Win!"

Old Sturbridge Village, Sturbridge, MA

Old Sturbridge Village Presents Redcoats & Rebels

August 6-7 See the largest military re-enactment in New England with nearly 1,000 soldiers portraying British, Irish, Spanish, Scottish, French and Colonial troops. The Village is transformed into a military camp from the time of the War for Independence, as it was known in early New England. Come see what it was really like for those who fought to win America's freedoms.

Mount Sunapee Resort, 1398 Route 103, Newbury, NH

League of New Hampshire Craftsmen Craftsmen's Fair 2016 - Newbury, NH

Aug 6, 2016 - Aug 14, 2016

The Craftsmen's Fair showcases the work of 300 of the finest craftspeople in the country. See and shop for one-of-a-kind fine craft that is both beautiful and functional. The fair offers shopping for handmade crafts, daily craft demonstrations, workshops for all ages, including all-day pottery classes and Tools for Kids, fashions and accessories at the CraftWear Exhibition, a Sculpture Garden, strolling performers like puppets, magicians, mind readers, and musicians.

Turners Falls, MA

Turners Falls Farmers Market 2:00 PM to 6:00 PM. Free. The Great Falls Farmers Market is held every Wednesday, (May-October) on the corner of Avenue A and 2nd Street, in historic downtown Turners Falls. Vendors may change weekly and include local meats, in-season produce, flowers, soaps, crafts, jewelry, breads, baked goods, and much, much more!

Three County Fairgrounds, Northampton, MA

Three County Fairgrounds Presents Northampton Hunter/ Jumper Horse Show

August 11-14 Northampton Hunter/ Jumper Horse Show Monument Mountain Regional High School, Great Barrington, MA

Annual Berkshire Crafts Fair

August 12-14 The Berkshire Crafts Fair is a juried show of master artisans offering traditional and contemporary jewelry, furniture, ceramics, textiles, glassware, woodwork, and more. Proceeds benefit innovative initiatives and programs at Monument Mountain Regional High School.

Shelburne Falls, MA

Annual Bridge of Flowers 10k Road Race

August 13 38th Annual Bridge of Flowers 10k Road Race. The first 2 mile loop is mostly shaded & flat that starts in the center of the village on the iron bridge next to the Bridge of Flowers. On the second loop the first 1/2 mile is pretty steep, but shaded uphill, it starts as a pavement surface turning to a dirt country lane. This is followed by 70% shaded flats

and downhills on pavement to the finish line on Bridge Street. It's a great spectator course!

Lenox, MA

Tanglewood Concerts for 2016

August 13 8PM. John Williams' *Film Night* has long been established as one of the Tanglewood calendar's most consistently appreciated evenings. Join Mr. Williams as he presents this year's celebration of the

music of Hollywood, and beyond, featuring the Boston Pops and special guests. The 2016 Tanglewood schedule includes appearances by an exciting list of guest artists. Almost every day there is something going on at Tanglewood.

Historic Deerfield, MA

Historic Deerfield Presents Rainbow in a Pot

Making Dye with Natural Materials. July 1-August 14 Daily, 12 p.m.-4:30 p.m., **History Workshop.** Join us to explore the remarkable process of making dye. In Colonial times as well as today, plant parts from roots to leaves, stems to flowers were used for some pigments; other colors came from mushrooms and even insects! Come have fun as you help us prepare the dye pot by gathering dye plants from our garden and nearby fields, or preparing imported dye materials like indigo or cochineal. You will leave with lots of

information and a hand-dyed project you have made.

Eric Carle Museum, Amherst MA Eric Carle Museum Every Day Art Program

Animals Abound July 20 - August 16, all day. Free with Museum Admission. Whether you've only read one or all 81 of Eric Carle's picture books, his colorful characters are quite memorable! Use cut paper and drawing tools to create your own colorful critter like your favorite Eric Carle picture book character.

Even if the only reason you are coming to Northfield, MA this summer is for the challenge of racing against some of the best canoe and kayak racers in North America, we are sure you will not be disappointed. The grounds are beautiful and the Connecticut River is a spectacular venue for Nationals.



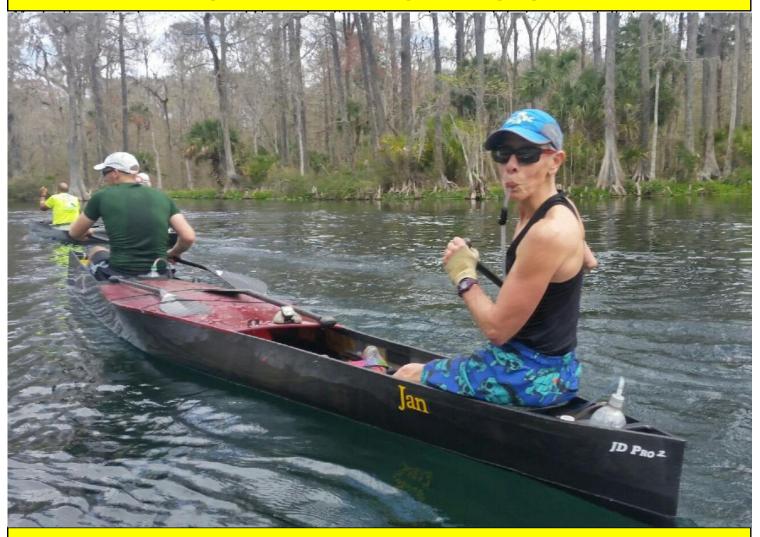
Loaded for Nationals...sort of!

NATIONALS ALERT!

Make your motel or campsite reservations ASAP! This is a very popular tourism area during summer months.

Places will fill up quickly.

Go to newenglandnationals.org for lodging information.



NATIONALS ALERT!

Register early for your races! We are offering an early registration discount and the first 300 entrants will receive a t-shirt and goodie bag. (You can always make adjustments when you arrive.)

Forms are available at newenglandnationals.org and inside this issue!

EATING CROW

PRIDE GOES BEFORE A FALL—STEVEN HORNEY

Nearly all of us seem to have a humorous/embarrassing story related to our start in canoe & kayak racing, and I'm no different. I've long been a water bug, playing with sailboats, ski boats, etc. from the time I was 13 or so, but I didn't have any real canoe paddling experience. A move to Fort Wayne, Indiana in 1995 was about to change all that...

In 1995 Dale Johnson, a friend from church, invited me to join him paddling C2 Rec in the local Fort Wayne Three Rivers Festival Canoe & Kayak Races. Dale had raced in the recreational class about 20 years prior and with his partner had finished 2nd overall at a time when there were close to 100 boats in that class. Now he wanted to do it again, and seeing that I was fairly fit Dale figured that I would be a good partner. Dale had an old fiberglass canoe; it may have been a composite, but light it wasn't! At 16 ft. long, it was probably a good fit for the rec class but not a performance standout. And we were using the classic aluminum shaft/plastic blade rec paddles. We didn't know much about canoes (or paddling), but in our ignorance we figured with plenty of effort we

could have a strong showing. Paddling is simple, right?

On the day of the race Dale started his prep by downing an entire bottle of Gatorade. I wondered if he had some deep insight into race prep, but I just opted to carry some water and drink a bit prior to the start. Next to us at the start was a tandem canoe powered by two female paddlers with a bit of extra...uh...stabilizing mass. I thought to myself "at least we should be able to beat those two." Well, the gun went off and we laid down the power, only to watch the two gals next to us paddle past us like we were going backwards! This wasn't starting well... We persevered, laying down lots of inefficient power in an effort to make up some time. Getting tangled up with some of the other boats at the start didn't help our efforts any.

A couple of miles into the race I felt like I was dying, but I persevered, not wanting to let my friend down and crush his hopes for a repeat of his performance 20 years prior. My fears were unfounded; it turned out Dale wasn't doing too well either. Dale (in the bow) turned to me and said "sorry, Steve, but I need to stop

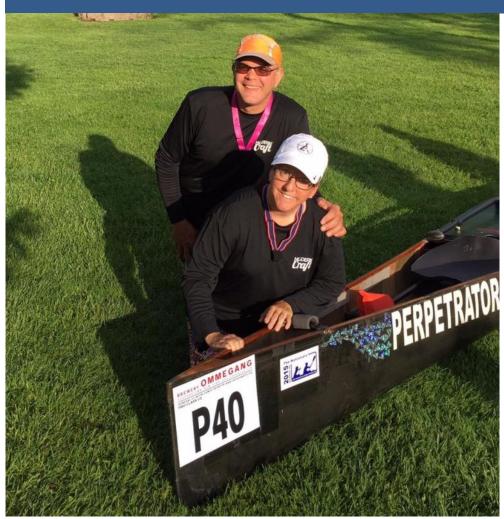
for a moment," and turning to the side he promptly returned the entire bottle of Gatorade to the river. Lime Gatorade, the color of which nicely matched the greenish hue of the silty St. Joe River. I don't recall much that happened after that point, other than remembering that we did somehow make it to the end and we actually had a pretty good portage around the dam. (We had scouted out the portage earlier and found that going a bit further down before jumping back in the water was a faster option.)

Somehow that race started what would become a passion lasting to this day. A few months later I bought a canoe for our family to use (an Old Town Discovery 169 – it would hold all 6 of us with snap-in seats) and I raced the parent-child division the next 6 or so years with each of my 4 kids in turn. Later I purchased a solo kayak and progressed into USCA racing followed by a seemingly continuous boat improvement plan. But I'll never forget that first humbling race!

Have a great story for the *Eating Crow* column? Send it to the Editor for consideration!

SURVIVING THE GENERAL CLINTON

BY SUSAN WILLIAMS



Susan and Justin post-race—with the canoe that (barely) made it!

The good news: Nobody died. The bad news: I easily could have. (Mom, I strongly suggest you stop reading right here.)

The 2016 General Clinton 70-Miler started off well and we headed out toward the official turn pontoon boat in Lake Otsego. As we got there we had plenty of room to go around it and make our turn back to shore. What happened next is a mystery.

All I know is that the pontoon boat moved and the next thing I hear is the horrible crunching sound carbon fiber

makes when it breaks. I see the pointy metal part of the pontoon spear our canoe dead on the center right side, tear a huge hole in it, tear all the rear ribs from the right side of the boat, and slice the side clear down into the foam core under the canoe.

After that, things went black for a moment. When I opened my eyes, it was dark and wet. I was under water, I couldn't breathe, and I couldn't see anything. I reached my hands up and felt metal. I instantly knew I was under the pontoon boat and I had no idea how to get out.

Still under the water, I literally clawed my way along the bottom of the boat, increasingly feeling very desperate to be able to breathe. I saw light, and reached my hand toward it.

Now I know why they call it the "Hand of God" rescue. When I reached my hand into the light, I felt someone take hold of it and pull hard. I came up to the surface gasping and coughing. I had swallowed a lot of water. I was thankful to see Justin hanging onto the pontoon. I coughed and sputtered and asked "Are you ok?" I was relieved when he said yes.

Several men grabbed me and pulled me onto the pontoon boat. Oddly, I didn't feel cold, even though I know the water was cold. I didn't feel much of anything but shock, I was still coughing and feeling like I was going to throw up the water I had swallowed.

The men on the pontoon boat pulled my canoe up. I quickly looked at the damage. All I could think was, no, we trained for this, I'm not quitting 5 minutes into the race, bring on the duct tape.

The pontoon boat slowly brought us to shore. Cliff, our pit crew, was waiting there. We yelled for duct tape; he went running to the car.

Cliff took his shirt and dried the boat as best he could. Carol was also there offering help. One of the men from the pontoon boat helped too. We took piece after piece of duct tape and covered the hull and sides as best we could. All I could think of was how long this was taking. We had wanted to do an under 10 hour race.

Once we taped all that we could tape, we got back on the water and began our race again. We agreed we would go as far as we could go, as far as the duct tape would allow us to go.

We came to the first portage, a mile into the race, and found that we had a cheering section. Enough time had passed that people already knew what happened and were cheering for us.

Into the "Swamp" we go. It's twisty and has its share of hazards and swift current. On the first turn we instinctually leaned the canoe to make the turn. "Don't lean! Don't lean!" I screamed, "The boat is torqueing, it's twisting!"

Unable to lean, fearing the boat would fully break in half, we went to plan B, and hoped that draw strokes, sweeps, and rudders would get us though.

The creaking and cracking was loud. When Justin spoke, I could not hear him because of the noise the boat was making. I now had time to more fully assess the damage. I realized that the center thwart was no longer connected to the gunnel. This is because the gunnel was broken in 4 places, and two sections were fully removed from the boat. I watched the duct tape through the big hole in the deck cover. It was stretched as far as it could stretch. The damage was more extensive than I thought, and the bow and stern were hanging down low. It felt like the boat would fold in half.

I was a bit spooked and was fearful of hitting the right side of the boat on anything knowing there was no way we could sustain another hit and stay afloat. I said to Justin, "if we finish this it will be because of the greatest teamwork ever and we'll have an awe-some story to tell."

Carol, Dick, and Cliff were waiting for us at Index. They looked at the damage again, also realized the extent of it, and seemed surprised that we wanted to continue. Creaking and cracking, on we went. Things were loud, but as uneventful as things could be with a canoe held together by duct tape, rainbows, and unicorns. Goodyear portage was our next challenge.

We were playing tag with a Schlimmer team. We first saw them under the Milford Bridge, on shore. We were surprised to see them and asked if they were ok. They said yes. At Portland-ville they passed us, we watched them run like gazelles over Goodyear Dam.

The portage is steep, rocky, and a bit long when you're carrying a canoe that flexes every time you move. I didn't want the tape to dislodge, given the

swift water that awaited us after the portage.

At Emmons I commented that we were half way there. We were surprised and excited that we made it this far. A few more challenges were ahead. The turn with the concrete block before Oneonta Dam, Oneonta Dam portage with the boat flexing even more this time, then the 205 ledge.

The Oteogo suck waters only served to exacerbate the sound of the boat straining not to come apart with each stroke. The sound seemed to echo down the river. We were still playing tag with the Schlimmer canoe. We



drafted each other for several miles and chatted each time one passed the other. It helped to pass the time for all of us.

Each set of riffles, each rocky ledge, each shallow area, they all had us concerned with whether or not the boat would hold together. The closer we got to the finish, the more we wanted the finish.

"It's the concrete steps," I said, "about 18 miles to go!" We took a pit stop at Wells Bridge and flipped the boat over to empty out the water. This began a series of stops to empty the boat. The break was getting worse, and we were taking on water. We alternated running with the bailer open as much as possible and stopping to turn the boat over to empty it. The rain that was now pouring down in buckets wasn't helping the bailing situation either.

Each time I'd get back in, I was reminded just how fragile the canoe was and how precarious our situation was. We decided at Sydney that if we had to carry the boat in pieces and walk down the riverbed, we were going to finish.

All along the river, many people seemed to know us and know of the situation. They cheered us loudly as we went by. This gave us a boost each time.

I was curious as to what time it was. I wondered if we'd make it in less than 11 or 12 hours. I was sure we didn't make our 10 hour goal.

Rounding the corner to the finish line, we heard our names on the loudspeaker. The announcer was telling everyone our story, telling people how much duct tape was on the boat, and we heard him say how remarkable it was that we finished. He asked everyone to applaud us and they did!

We were very excited to hear the cheers and clapping.

Our total time? 10:14:43. But ... our moving time ... 9:44. Despite being in

a canoe that should have been sponsored by the good people at 3M Duct Tape, our moving time was below our 10 hour goal!

It could have been a disaster, but instead it was a good day.





PROFILE: GREG BARTON & EPIC KAYAKS

BY STEVEN HORNEY



It's doubtful anyone involved in the sports of marathon kayak racing or surf ski paddling hasn't heard of Epic Kayaks – and most likely they've seen a lot of them and probably even owned a few. Even most sea kayakers are aware of Epic's boats. And most kayak racers are equally aware of the famous founder and owner of Epic Kayaks: double-gold medal Olympian Greg Barton. It was great to touch base with Greg Barton for this month's combined

Builder / Paddler Profile article and to learn more about Greg and Olympic accomplishments. Tell Epic Kayaks. During this interview I found out Greg Barton and I are both the same age, both have our degree in mechanical engineering, both have some Midwestern roots, and we both like to paddle. But that's about where it ends; read on to learn more about one of the more interesting personalities and companies in paddle sports today.

CN: Many of us are aware of your us a bit about how you became involved in paddle sports and what led you to Olympic competition?

Greg: My parents did a lot of canoeing growing up. As we became old enough we sort of naturally got involved with paddling as well. My older brother Bruce was the first to take up canoeing and then the rest of us followed. Later we took up paddling kayaks.

Marcia Smoke, Olympic Bronze medalist in kayaking in the 1964 Olympics, really stoked our inwith Bruce and with a few others who were local. When there were no kayak races around I re-



Greg Barton paddling K1 in 1972

volvement in kayak competition. We met her at some canoe races shortly after we started paddling canoes, and she invited Bruce and me to start kayaking. She had a group of kids she was training in Buchanan, MI; we would go up to her camp for a few weeks of training, then return home and continue practicing.

I had my first canoe race at age 10 – and also my first kayak race. At age 11 I went to the Kayak National Championships in Illinois in 1971 and competed in my age group. Then at age 12 I watched my brother Bruce compete in the Olympic trials, and from that point it became my dream and a driving passion to become an Olympian.

In the early years we didn't have a broad program for Olympic training; I practiced on my own, sorted to racing canoes. In 1975 at age 15 I qualified for the Junior World Championship team, which raced in Italy that year. I was still young and small, and found myself competing against people up

to age 18 in K4. But by age 17 I had matured a lot and was just barely edged out of making the finals in France in 1977. At age 18 I raced K2 with Bruce at the Senior Worlds in Yugoslavia, and I managed to get on the Olympic Team in 1980. Unfortunately, that was the year we boycotted the Olympics in Russia so I didn't have a chance to compete. In 1984 I raced K1 in the Los Angeles Olympics and picked up the Bronze medal. Finally everything really came together at the 1988 Seoul Olympics, where I won two gold medals back-to-back in K1 and in K2 (with Norm Bellingham).

CN: I know that you were working on your mechanical engineering degree while you were preparing for the Olympics and that you graduated with straight A's. How did you pull that off?



Greg Barton (stern) in the Des Plaines Canoe Race, 1977.

Greg: It was definitely a challenge. I graduated from the University of Michigan Summa Cum Laude, but I essentially gave up any social life while I was there. During the winter months I would lift weights to keep in shape, and during the summer months I engaged in intense practice sessions along with competitions. During the warmer months I would arrange my practice schedule around my classes.

CN: Did you have any additional advantages, like wing paddles, coming into the 1988 Olympics? Where did you go beyond the 1988 Olympics?

Greg: I spent a lot more time practicing before the 1988 Olympics and I had 4 other teammates who were internationally ranked who helped push each other. We had new boats designed by Ted Van Dusen in 1988, which benefitted our team. In 1984 everyone had flat-bladed paddles. Wing blades came out in 1985, and by 1988 all the competitors were using wing bladed paddles.

I did continue in competition during that time frame, with some other notable wins. I took gold in the 1987 World Championships in 1000m K1 and won the 10,000m K1 in the 1985, 1987, and 1991 World Championships. I took Silver in the 10,000m K1 in 1990 and Bronze in the 1000m K1 in 1991. I also took Bronze in the 1992 Olympics in K1. After that I retired from Olympic-style paddling, but I continued enjoying

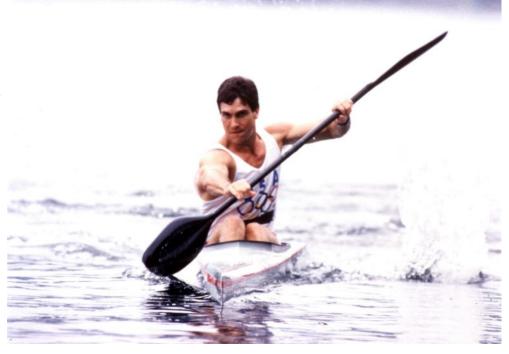
other forms of paddle racing even ak required an hour and a half to this day.

commute each way. Initially E

CN: How did Epic come about?

Greg: After graduating from college in 1983 I began making canoe paddles under the name Bar-

ak required an hour and a half commute each way. Initially Epic Paddles started with the production of light carbon touring paddles, because the sea kayak market was substantially larger than the competition market. Later on



Greg Barton training for the Olympics in 1988.

ton Paddle Company until 1986. At that point I moved to Southern California to take an engineering job, but in 1989 I moved to Washington State to work for Ocean Kayak. Designing and building rotational molding machines, boat components, and plastic recreational boats and sit-on-tops was fun and the job gave me the opportunity to see how the industry worked.

In 1997 I started Epic Paddles to make kayak paddles. A big part of the impetus to create my own company was the elimination of my drive time; I had married and moved to Seattle with my wife Justine and my job at Ocean Kay-

I introduced wing paddles to the line.

Boat production had links back to the end of my Olympic racing days. I had been to Hawaii during my Olympic racing years for 6 -man outrigger races and became fascinated by surf ski races, including the Hawaii Molokai race. In 1989 I met Oscar Chalupsky at the Hawaiian Molokai Race following the 1988 Olympics. Oscar heard an Olympic gold medalist was racing that year, striking some fear into his heart, but I quickly found out ocean racing is a little different than flat water racing... Over the years we developed a friendship and in 2001

I partnered with Oscar to start producing paddles and sea kayaks in Oscar's home country of South Africa.

CN: Why the initial focus on sea kayaks, if you were fascinated by surf ski racing?

Greg: The market for sea kayaks seemed to be larger at the time than the market for surf skis. Our plan was to infuse racing technology into both racing and touring kayaks, using composite materials and advanced hull designs. We started with the Cruiser 16, then the 18 Endurance, followed by the shorter (roughly 13 ft.) GPX.

CN: Did you design your own boats, or did you hire others to design them?

Greg: I designed my own boats. Engineering classes in college gave me some design experience and I learned some from working with Ted Van Dusen and working for Ocean Kayak. Many of the form factors and drag coefficients were relatively easy to calculate. I did develop some software to help with the drag calculations. The trick in boat design is balancing stability against drag. For greater efficiency we focused on keeping longer waterlines and creating more efficient hull shapes.

CN: When did you begin to focus on surf skis? And what innovations did you bring to the market?

Greg: Oscar and I both enjoyed surf skis, so we decided to create

a new surf ski with some advancements over the boats then available. Our initial boat design was the first generation V10: a competition boat that we brought out in 2004. Later we branched out into surf skis that were more stable and some that were faster. These boats were oriented towards paddling longer distances on big water. The V10 became popular because it was fast and surfed well, but was also easy to handle and had a single foot well with adjustable pedals - a combination that was an Epic innovation. Most of the boats at the time had divided foot wells and/or non-adjustable pedals. With a fixed-length cockpit, selling a boat becomes a challenge because you have to find someone your same size who wants the same boat. Our initial bailer was a venturi design but we've created a new bailer for our 2nd generation boats that's modeled off the Andersen bailer. Our new bailer has an improved handle that allows hand or foot operation and it has more drain area than the Andersen design, allowing the bailer to drain six times faster than a standard Andersen bailer. It's also adjustable so you can dial in the exact amount of bailing needed while adding minimal drag.

Our Epic V8 was the first really successful entry level surf ski. As a surf ski based on a sea kayak hull, it boasted the stability and user-friendliness of a sea kayak, but with the ergonomics and functional advantages of a surf ski.

Recently we've expanded into plastic surf skis (V7 and V5), expanding the market in terms of price point and ruggedness. Working with 1992 Olympic gold medal winner Clint Robinson (also winner of most of the surf ski competitions in Australia), our newest project is a life guard ski oriented towards the highly popular (in Australia) surf lifesaving competitions.

Our ultra-light GT series of surf skis was created by very careful material choices throughout the boat. We can't mold the skis in one piece like the outrigger manufacturers have been doing because the wider, shallower surf skis need a stiffener down the center of the boat. With the GT series we have the lightest surf skis available on the market.

CN: Epic has relocated its factory a couple of times and you've relocated from South Carolina to Washington. What's behind the moves and what's in the future of Epic?

Greg: Our initial factory in South Africa had some quality issues; I heard others saying we should build in China, so we shifted our production to China and the quality of our boats improved. We ran into some disagreements with the first manufacturer and it took us 3 years with a lawsuit in Chinese courts to retrieve our molds and completed inventory. We registered our own company in China, leased factory space, and hired our own workers. It's working out

well and has a lot of rewards, although running a factory in a foreign country comes with its own set of challenges.

Our family relocated to South Carolina and established the headquarters for Epic in the state because it was easier to import into South Carolina from South Africa than it was into Washington State. As it turned out, it's also a good location for the big East Coast market. Although the West Coast has the reputation for surf and water sports, the market is actually bigger along the East Coast where there are more people and the waters are easier to

paddle. After five years our family returned to Washington State, but the headquarters for Epic is still in South Carolina.

At the current time, the United States is still the biggest market for Epic products but sales are expanding around the world. We've been very excited to bring out a lot of new products lately, such as the V5, V8 Pro, and the new spec ski. We're constantly working to stay innovative and create leading-edge products.

CN: Now just a side question: It seems like a lot of the Barton clan have passed down their love of

paddling and racing to succeeding generations. Do your wife and daughters have the same interest in paddling that you've exhibited all these years?

Greg: My wife and both of my daughters paddle, but they don't have a lot of interest in racing. At least as of now they tend to prefer more recreational paddling.

CN: Thank you for your time and for some insights into your history and the Epic story. It looks like an awesome future for Epic!



Greg Barton paddling the recently redesigned Epic V10L

RACING TIPS

PETER HEED

Wake Riding and Strategy in

Shallow Water

The challenges encountered when racing marathon canoes and kayaks through shallow water are many, and the impact on a race can be dramatic. In my last article we focused on basic techniques and approaches to paddling fast through shallow water. But what happens when you are with other boats? How do you handle those shallow water waves when you are in the middle or the back of a pack? What happens when the water is extremely shallow and you are hitting the river bottom with your paddle blade? Glad you asked! And do not get discouraged, as there are definitely techniques and strategies that will help when you are racing in these conditions.

Wake Riding in Shallow Water

Shallow water causes major difficulties for wake riding canoes. Because of the shortened wave length and larger wave

size, it is nearly impossible to ride these shallow water wakes in the usual manner. This is particularly true of the stern wake — if you are back on the stern wake, you will find that with the shortened wave lengths, it is difficult to find a wave you can ride. You continuously feel as if you are plowing into the wave in front of you and being forced into an uphill position.

Side waking presents more options, although because of the large size of the wake, you can encounter some severe control problems. It's not uncommon to see canoes end up sideways on a big wake or beached up on the shore. When trying to ride on the side wake in shallow water, try sliding your wake-riding canoe slightly away from the other canoe and backwards on the side wake, finding a position where the wave size is not so huge. This will reduce control problems and help your canoe from being shot sideways. In the alternative, you can also move your wake riding canoe to a more forward position relative to the other canoe. This position can be more forgiving and allow you more

time to react if the other canoe team sprints.

If you find yourself behind other canoes in shallow water, try to move ten to twenty feet on either side of the lead boat while staying within the wave train. The waves here are more easily handled, and it is a simpler chore to control the boat, moving forward or backward relative to the other canoes.

Because of the difficulties inherited with waking in shallow water, the best solution is to be the lead boat. If you can get to shallow water first, you are going to cause the waking canoes a great deal of problems. This is why upcoming stretches of shallow water invariably cause massive sprints.

Jumping Shallow Water Waves

You are certainly not always going to be the lead boat in shallow water. Nor are you always going to be able to get in front of the shallow water waves. What do you do then when confronted

with what looks to be a wall of water in front of your bow?

When behind a large shallow water wave, the first thing to remember is what <u>not</u> to do: do not simply slug forward at 80 to 90% effort, continuously driving your bow up into the wave, causing your canoe to take an even more exaggerated stern down position. This is one of the most common errors novice canoe racers make. When racing you will notice so many teams in the wrong position, plowing forward with their bows up on a wave.

The proper strategy is either to let the canoe slide back, so that the stern is picked up from behind by the next wave, or better yet, punch over the wave in front. This has to be done quickly with a sprint. Laboring along with your bow riding high up on a shallow water wave is exhausting and ineffective.

The first option to consider is blasting over the top of the wave so that you can place your canoe on the downhill face of the wave. This will enable you to reap the benefits of all that wave energy. Jumping a wave requires total commitment by both paddlers - an all out, coordinated, explosive sprint. The canoe needs to be accelerated quickly so that it can be jumped up and over the wave. If you are not successful in getting over the wave within a few

seconds, then drop back, rest, and try again later. Be alert for the next opportunity to jump the wave.

Practice "jumps" during training. That is, practice accelerating the canoe sharply to maximum speed from a normal race pace and hold that maximum speed up to twenty seconds. Changing speeds quickly is a skill that every competitive paddler needs to develop.

simply let your canoe drop back until your stern is picked up by the next following wave. Ride this wave until you have rested. Then attack again.

Remember that if you are going to jump up and over a wave, do so with maximum speed, acceleration, and commitment. You should only have to sustain this high level of energy output for a few seconds to successfully put the wave behind you.



Excitement at the start of the AuSable River Canoe Marathon

The second option to consider is to slide your canoe further off to the side from the canoe that you are riding. In doing this, the wave will gradually lesson in height, and you should be able to find a point at which your boat speed will allow you to jump over it. If you are unable to punch over the waves at any location, then

Paddle "Poling"

In water that is extremely shallow – that is less than 4 inches deep – many experienced races are able to utilize their paddle effectively in a "poling" technique. In this procedure, both racers actually drive their paddle blades

into the bottom of the river or lake and push the boat forward with a downward action of the upper arm. Naturally, this technique usually requires a relatively sandy bottom. It also requires both paddlers to work together. The stroke rate must be slowed down substantially. Yet in comparison to the paddlers who are flailing away with their paddles in just a few inches of water, this technique can be surprisingly fast.

When "poling" be sure to emphasize the downward thrust of your upper arm. Try not to rake your paddle blade backwards on the river bottom, as this will often result in a broken blade. Drive down, planting the paddle slightly behind you. This will thrust the canoe forward without shattering your paddle.

Don't attempt this for the first

time in a race – first find a sandy bottom river and practice. Improper coordination between bow and stern partner can end with a quick swim and an overturned boat. Recovery will obviously not be a problem in two or three inches of water but any spill should be avoided if at all possible.

Weight and the Shallow Water Paddler

It is a common misconception that you have to be a light team in order to paddle fast in shallow water. While being lightweight definitely has certain advantages in shallow water, it is just as clearly not a necessity. Bruce Barton, Serge Corbin, Al Rudquist, Andy Triebold, and Trevor Lefever are all superb shallow water paddlers. None of them are lightweights. The reason they are fast in shallow water is because they have perfected their technique and developed their sprint speed. They are able to quickly accelerate their boats to maximum hull speed. They can get in front of any shallow water wave and stay there. Dieting is not the answer to shallow water. Explosive and sustainable speed is.

Shallow water can be advantageous whether you are at the front or behind. You should not have to dread shallow water sections of a race. The best way to learn the various techniques involved with riding shallow water waves is to practice with other boats. Even if you live some distance away from other paddlers, try to make a point of getting together with some other teams at least once a week. Take turns pulling and riding. Take turns jumping over shallow water waves and finding the best riding positions. Once you master these techniques, shallow water becomes fun. You will look forward to the shallow water sections of race courses.

In my next article, we will take a look at various shallow water strategy considerations. See you on the river.

Best regards, Peter



CROSSBOW CROSSWORD

JUDY JEANES

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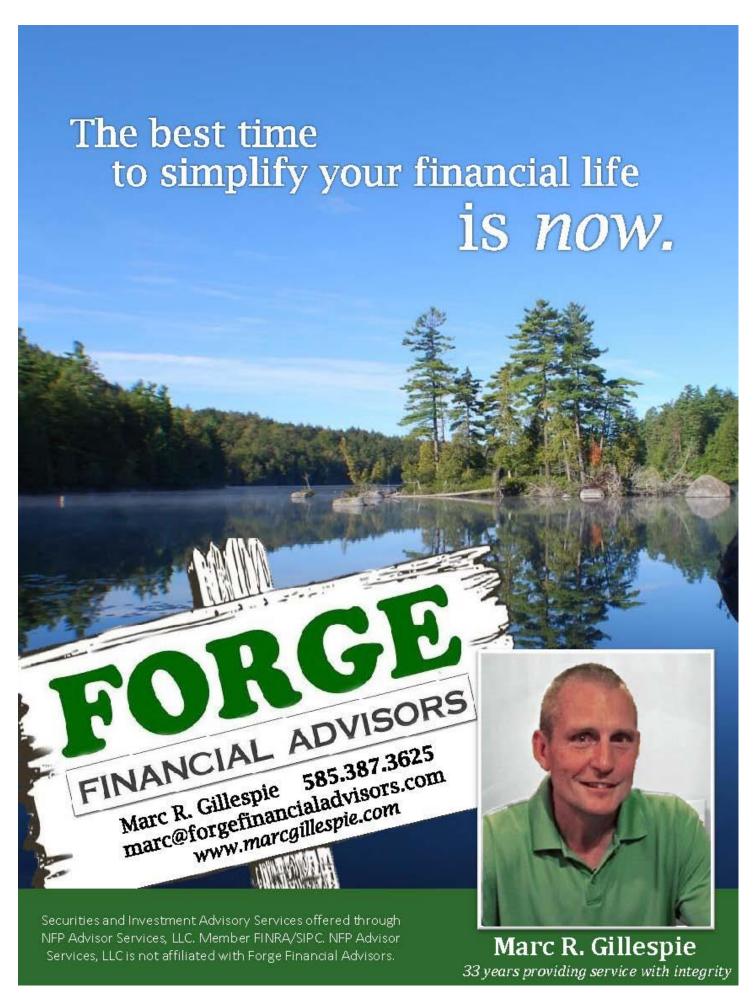
- 1. SCOUT
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- 13. SEALED AIR
- 16. SPECIAL APPOINTMENT
- 20. SWIM
- 23. FIN
- 24. OLYMPIC K-1 PADDLER
- 25. DIRECTION
- 26. HAVEN
- 27. DROP
- 28. ARC
- 29. 1st RACE SITE

Down

- 2. LINE
- 3. CROSSING
- 4. 1968 PRESIDENT
- 6. BILL KLEBE
- 9. O CODE FOR CHAMPIONSHIP EVENTS

Created with TheTeachersCorner.net Crossword Puzzle Generator

- 10. CARRY
- 12. INCOPORATION SITE
- 14. SLOW
- 15. CHUTE
- 17. STANDARD MEASURE
- 18. QUARTERLY PUBLICATION
- 19. OPENING
- 21. MEASURED
- 22. RIFFLES





Membership Application Form

Or Join on-line at www.uscanoe.com

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USCA CANOE INSTRUCTOR TRAINING CERTIFICATION COURSE

BOB SPAIN

This year at the USCA Nationals in Northfield, Mass., we will be offering the USCA Instructor Certification Course. If you would like to become a certified canoe instructor in order to teach canoeing, please join us. The course is one day of instruction that includes classroom and on the water technique. All participants must have a sound knowledge of basic canoe strokes and on the water experience. The course will be taught by Bob Spain, Certified Instructor Trainer and Joy Emshoff Certified Instructor.

Participants must have a tandem canoe, PFDs and paddles. Participants will pair up with others in the class.

Participants will need to complete a 1st Aid/ CPR course to be certified. It is not required to take the course, but you must submit proof of completing the course before you can receive your certificate.

Fee: \$125 (if you are a USCA member, the fee is \$100)

Date: August 11, 2016, 8-5

Place: Northfield, Mass/ Nationals Race Headquarters

Deadline for preregistration: July 13, 2016 (in order to guarantee T shirt)

Mail to: Bob Spain

803 Arroweye Trail Austin, Tx 78733

You may register after the deadline date by emailing:

Bob Spain rws0987@yahoo.com (512-296-5544) or Joy Emshoff jle4321@yahoo.com (512-626-3741)

The registration form is available on the USCA website.

Class size is limited to 10, minimum of 4 to hold the course. Please register ASAP.

If you have any questions, please contact Bob or Joy at the above contacts.



2016 USCA National Canoe & Kayak Championships

August 11-14, 2016

Connecticut River
Northfield, Massachusetts

Hosted by New England Canoe and Kayak Racing Association

For more information go to newenglandnationals.org

2016 USCA NATIONAL CANOE & KAYAK CHAMPIONSHIPS Northfield, Massachusetts

Race Schedule

Thursday, August 11, 2016

Youth Sprint Races and Youth Marathon Adult / Youth Sprints Sprint Championships for Physical Disabilities (No adult only sprints)

Friday, August 12, 2016

Long Course (13 miles)

- C2 Standard Women Open, Masters
- C2 Women Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2
- K1 Unlimited Man -Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2
- C1 Man Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2
- C1 Man Stock -Open
- OC1 Woman
- **K2** Unlimited Women

Short Course (5.5 miles)

- C1 Man Junior
- K1 Man Junior
- C2 Women Junior

Saturday, August 13, 2016

Long Course (13 miles)

- K1 Sea Kayak Woman -Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2
- K1 Sea Kayak Man -Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2
- C2 Standard Mixed
- C2 Mixed -Open, Master, Senior, Veteran
- K2 Unlimited Mixed (Trial)
- C2 Man/Junior
- C2 Woman/Junior

Short Course (5.5 miles)

- C2 Mixed Junior
- C2 Man/Youth
- C2 Woman/Youth
- C4 (Trial) afternoon race

Sunday, August 14, 2016

Long Course (13 miles)

- C2 Men -Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2
- C2 Standard Men -Open, Master
- C1 Woman -Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2
- C1 Woman Stock -Open
- OC1 Man
- K1 Unlimited Woman Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2
- K1 ICF Woman -Open, Master
- K1 ICF Man -Open, Master
- **K2** Unlimited Men
- K1 Intermediate (Non-Championship Host Sponsored Event)

Short Course (5.5 miles)

- C1 Woman Junior
- K1 Woman Junior
- C2 Men Junior
- SUP Unlimited Woman
- SUP Unlimited Man

2016 USCA National Canoe & Kayak Championships Important Information

Please Read Carefully

*** 2016 USCA membership required for all USCA championship and trial events

Send USCA membership application, on or before July 25, 2016, to:

Harold Theiss, Membership Chair 12802 Lake Jovita Blvd. Dade City, FL 33525

Join on line at www.uscanoe.com or w

*** Pre-register for races by mail on or before July 25, 2016

Send the registration forms with personal check payable to NECRA, Inc., 2016 Nationals, addressed to:

Tricia Heed, Registration Chair 581 West St. Keene, NH 03431 (Cell Phone: 603-398-4945)

No day-of-event registration. All races require pre-registration no later than 6 pm on the prior day with the exception of all Thursday Sprint events. We highly encourage Youth to register by 6pm, Wednesday.

Each participant must fill out a participant registration form and complete a Waiver and Release of Liability form and submit along with your registration form(s) for the different event(s) entered. Transfer the fees from each page to the Total Fees Form on the Participant Registration Form. Waivers will also be available at race HQ.

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

A	dult Age Groups as of race day		Youth/Junior Age Groups as of 1/1/2016
18-39	Men/Women (open)	5-7	Youth
40-49	Master	8-10	Youth
50-59	Senior	11-12	Youth
60-64	Veteran 1	13-14	Youth
65-69	Veteran 2	15-17	Junior
70-74	Grand Veteran 1	Adult	Youth - Adult must be 18+ on race day; Youth must
75-79	Grand Veteran 2		be 5 to 14 years of age on 1/1/2016
80 +	Grand Master Veteran	Adult	Jr Adult must be 18+ on race day. Jr must be 15-17 years of age on 1/1/2016

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

IMPORTANT: Paddlers may elect to "paddle down" (choose a younger age class) to any class in the adult races. Winners will be awarded only in the class in which they register to compete. No duplication of awards except for Special Age Recognition Awards. (See age groups.)

Trial Events: Trials, which require USCA membership, are official USCA non-championship races to test if number of entrants warrant future championship status. Host events are additional non USCA events. If you are racing only in a non USCA event, then USCA membership is not required. Joining the USCA is welcomed and encouraged, as there are other benefits beyond championship participation, such as receiving USCA's Canoe News magazine.

Remember: All Canoes and Kayaks must be jigged prior to Marathon events. A 2016 sticker is required to be eligible to race. Watch bulletin board for jigging times and location. In the marathon events, the top 5 finishing boats in all age groups must go immediately to the jigging area, and be measured or face disqualification. This is done before the awards presentation ceremony begins to make sure all are legal.

Medals:

All Adult USCA classes: 3 medals deep

All Junior (15-17), Adult/Youth (5-14), and Adult/Jr. (15-17) classes:5 deep for sprints and 6 deep for marathon

Trial events: 3 medals deep

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

1. C2 Women, 24 and under team 6. K2 Men and Women, 40-49, 50-59, 60-69 team

C1 Woman, 24 and under
 K1 ICF Man and Woman, 50-59, 60-69

3. C2 Mixed, 24 and under team 8. First 70+ team or individual in any event without a

4. C2 Men, 24 and under team Grand Veteran class

 C1 Man, 24 and under
 First 80+ team or individual in any event without a Grand Master Veteran (octogenarian) class

To be awarded to the <u>first three</u> and partner in the following:

1. C2 Man/Youth (5-14) & C2 Woman/Youth (5-14): 5-7, 8-10, 11-12 and 13-14 (age groups).

2. C2 Men/Junior (15-17) & C2 Woman/Junior (15-17); award to first three Junior women (15-17)

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

Traveling Trophies: Traveling Trophies should be delivered to a USCA official for check-in at Race Headquarters. Trophies will be securely stored until distribution.

Special Events

USCA Canoe Instructor Certification Course: Thursday, August 11, 2016. To be held at race HQ from 8am to 5pm. For more information contact Bob Spain at rws0987@yahoo.com.

Friday Pasta Dinner: August 12, 2016 from 5pm to 7pm at Stoneleigh Burnham School, Northfield, MA. The cost is \$14.00 ages 17 and over; \$7.00 ages 5-16; kids under age 5 eat for free.

USCA Semiannual Meeting: Friday, August 12, 2016 at 7pm at Stoneleigh Burnham School, Northfield, MA.

Safety Information

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

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

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

2016 USCA National Canoe & Kayak Championships Schedule of Events

Race Starts: In the Schedule of Events for the marathon races, the start time for the first race in the sequence of events is 8:30am. *Please note the earlier starting time*. The remaining heats will follow about every 10 minutes. Number of race entries may require some classes to be split into separate heats. Specific heats will be announced and posted. The USCA race starter is in control.

Wednesday, August 10, 2016

Check In: 1:00 pm -6:00 pm. Pre-registered and on-site entrants may check in at Race HQ: Northfield Mountain Recreational and Environmental Center Visitors' Center 99 Millers Falls Road, Northfield, MA 01360

Race Registration / USCA Memberships

On site registrations accepted for all Thursday through Sunday events at race HQ. USCA membership verification / new memberships accepted. USCA membership required for all Championship and Trial events.

All entrants must sign a waiver of release of liability form at check-in.

Boat jigging available at waterfront on Wed. afternoon. (See bulletin board at race HQ for times.)

Thursday, August, 11, 2016

7:30 am to 9:00 am – Check-In, registration and membership for Youth sprint races at Riverfront Picnic Grounds. (Pre-registration at race HQ on, Wed., Aug. 10, is encouraged and recommended.)
9:30 am - National Anthem

10:00 am - Sprints start: Northfield Mt. Riverfront Picnic Grounds

Awards will be at Riverfront Picnic Grounds as soon as possible after races.

Thursday, August, 11, 2016 (continued)

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

Sequence of events: (subject to change / final order will be posted at HQ and Riverfront)

USCA Youth Sprints

250 Meters

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

500 Meters

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

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

Adult/Youth Sprints and Paddlers With Physical Disabilities

Adult paddlers must be 18+ years of age as of race day. Adults may paddle with more than one age group of Adult/Youth events.

500 Meters

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

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

Youth C1 and K1 Marathon Championships for 5-12 Year Olds Age groups: C1(5-7), K1 (5-7),

C 1 (8-10), K1 (8-10), C1 (11-12), and K1 (11-12). Course will be announced and posted. Start time is tentatively at 2:00pm.

<u>USCA Canoe Instructor Certification Course</u>: To be held at race HQ from 8am to 5pm. Registration forms available at www.uscacanoe.org Limited to first 10 registrants.

For more information, contact Bob Spain at: rws0987@yahoo.com or 512-296-5544; or Joy Emshoff at: jle4321@yahoo.com or 512-626-3741.

Jigging: available at the conclusion of the youth sprints until 6 pm. Riverfront Picnic Ground

<u>Registration:</u> 1pm-6:00 pm: On-site pre-registrations for all Friday through Sunday event at Race HQ. USCA membership must be verified. New memberships accepted.

Friday, August 12, 2016 (Marathon Day 1)

7:00 am - 8:00 am: Boat number pick up at Riverfront Picnic Pavilion

8:00 am: - National Anthem - MANDATORY pre-race meeting at pavilion

8:30 am: USCA Championship Races begin

USCA MARATHON EVENT

C2 Standard Women Open and Masters

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

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

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

C1 Man Stock Open

OC1 Woman

K2 Unlimited Women

USCA SHORT COURSE EVENTS

C1 Man Junior

K1 Man Junior

C2 Women Junior

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

Awards: The awards ceremony will be held at the picnic pavilion as soon as possible after races.

Registration: 3 pm to 4:30pm - On-site registration for all Saturday and Sunday events at Race HQ (USCA membership verification / new memberships accepted)

Pasta dinner: 5:00 to 7:00 p.m at Stoneleigh Burnham School, 574 Bernardston Road, Greenfield, Massachusetts 01301

Fees: \$14 for Adults 17+; \$7 for Youth ages 5-17; free for children under age 5. Payment in advance is encouraged or may be made upon arriving for dinner.

USCA Semi-Annual Meeting: 7:00 pm at Stoneleigh Burnham School. All USCA members are encouraged to attend.

Saturday, August 13, 2016

(Marathon Day 2)

7:00 am - 8:00 am.: Boat number pick up at Riverfront Picnic Pavilion

8:00 am- National Anthem - MANDATORY pre-race meeting at picnic pavilion

8:30 am: USCA Championship Races begin

USCA MARATHON EVENTS

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

- K1 Sea Kayak Man Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2
- C2 Standard Mixed
- C2 Mixed Open, Master, Senior, Veteran
- K2 Unlimited Mixed (Trial)
- C2 Man/Junior
- C2 Woman/Junior

USCA SHORT COURSE EVENTS

- C2 Mixed Junior
- C2 Man/Youth
- C2 Woman/Youth
- C4 (Trial) -afternoon start

Post-Race Jigging: Top 5 boats in each age group MUST go immediately to jigging, and be measured or face disqualification.

Awards: The awards ceremony will be held at the picnic pavilion as soon as possible after races.

Registration: 3:00 pm to 5:00 pm -On-site registration for all Sunday events at Race HQ

(USCA membership verification / new memberships accepted)

Sunday, August 14, 2016 (Marathon Day 3)

7:00 am - 8:00 am.: Boat number pick up at Riverfront Picnic Pavilion

8:00 am: - National Anthem - MANDATORY pre-race meeting at picnic pavilion

8:30 am: USCA Championship Races begin

USCA MARATHON EVENTS

- C2 Standard Men Open, Master
- C1 Woman Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2
- C1 Stock Woman
- OC1 Man
- K1 Unlimited Woman Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2
- C2 Men Open, Master, Senior, Veteran 1, Veteran 2, Grand Veteran 1, Grand Veteran 2
- K1 ICF Woman Open, Master
- K1 ICF Man Open, Master
- K2 Unlimited Men
- K1 Intermediate (Non- USCA championship Host Sponsored Event)

USCA SHORT COURSE EVENTS

- C1 Woman Junior
- K1 Woman Junior
- C2 Men Junior
- SUP Unlimited Woman
- SUP Unlimited Man

Awards as soon as possible after the races finish and winning 5 boats are jigged in each age group.



Total

2016 USCA National Canoe & Kayak Championships Participant Registration Form

To Pre-register for races by mail: 2016 USCA membership is required for all races. Send the registration forms to: Send USCA membership application form to: Tricia Heed Membership Chair, Harold Theiss 581 West Street Keene, NH 03431 12802 Lake Jovita Blvd. Dade City, FL 33525 with personal check payable to NECKRA, Inc. 2016 Nationals on or before July 25, 2016 or apply on site. Join on line @ on or before July15, 2016. For further information please go to uscanoe.com or uscacanoe.org by August 1, 2016. Proof of newenglandnationals.com. Any changes to pre-registrations membership is required for event registration. No day-of-event must be done by 5 p.m on the prior day at race headquarters. memberships taken except for Youth sprints. Please plan accordingly. No day-of-event registration except for Thursday's Sprint events. All other events require pre-registration no later than 5 p.m. on the prior day. Registration Form Please fill out one form (all information) for each participant. Print Legibly (Mail with Check or register on site a day or more in advance) Last Name First Name 2016 USCA Member # DOB (mm/dd/yr) Home Phone Cell Phone Address City Zip Country (other than US) State Email address **Emergency Contact** Relationship Phone AGE: Adults as of race day, Youth and Juniors as of January 1, 2016 Free t-shirt and goodie bag guaranteed to first 300 marathon entrants RACE FEES: Adult Marathon \$30.00 per paddler early registration (must be received by July 15, 2016) \$40.00 per paddler after July 15, 2016 or on site \$5.00 per paddler for each additional race Youth (5-14) Marathon \$5.00 per paddler for first race; \$5.00 for each additional race Junior (15-17) Marathon \$10.00 per paddler for first race; \$5.00 for each additional race Sprint Championships for paddlers with \$10.00 per adult paddler for first race; \$5.00 for a second race Physical Disabilities (Thursday) Youth Sprints (Thursday) \$5.00 per paddler for up to 5 events Adult/Youth Sprints (Thursday) \$5.00 per youth paddler; NO charge for the adult Please transfer all fees from all forms below: Day 1 Thursday \$ Official Use Only \$ Day 2 Friday \$ Day 3 Saturday Day 4 Sunday \$

Date Received

Last Name	First Name	Age	State	Fees this page \$	Thursday	593
		1000			Youth Sprints	

Thursday, August 11, 2016 USCA National Canoe & Kayak Youth Sprint Championships

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

	250 Meter Event	
C1 Youth (5-7)	C1 Youth (8-10	C1 Youth (11-12)
K1 Youth (5-7)	K1 Youth (8-10)	K1 Youth (11-12)
	Partner Last Name - First Name	Age on 1/1/2016 State
C2 Youth (5-7)		
C2 Youth (8-10)		
C2 Youth (11-12)		
	500 Meter Event	
C1 Girl Youth (13-14)	C1 Woman Junior (15-17)	K1 Girl (13-14)
C1 Boy Youth (13-14)	C1 Man Junior (15-17)	K1 Boy (13-14)
SUP Unlimited Man Jr	SUP Unlimited Woman Jr. (15-17)	K1 Woman Jr (15-17)
	8 <u>1 </u>	K1 Man Jr (15-17)
<u></u>	Partner Last Name - First Name	Age on 1/1/2016 State
C2 Girls Youth (13-14)		
C2 Boys Youth(13-14)		25 27 28 24 25
C2 Women Junior (15-17)		
C2 Men Junior (15-17)		
C2 Mixed Open		

See Schedule of Events for the order of start

Last Name	First Name	Age	State	Fees this page \$	Thursday Youth Sprints
				_	Youth Sprints

Thursday, August 11, 2016 USCA National Canoe & Kayak Youth/ Adult Sprint Championships

Adult paddlers must be 18+ years of age as of race day. Adults may paddle with more than one age group of Adult/Youth events. Youth may enter no more than one event and must be in their own age group.

500 Meter Event

	<u>Partner</u> <u>Last Name - First Name</u>	Age on 1/1/2016	State
C2 Woman (18+) /Youth (5-7)			
C2 Woman (18+)/Youth (8-10)			
C2 Woman (18+)/Youth 11-12)			50-
C2 Woman (18+)/Youth 13-14))			×-
C2 Woman (18+)/Junior (15-17)	\$ 1		Ag
C2Man (18+)/Youth (5-7)			9 5
C2Man (18+)/Youth 8-10)	<u> </u>		***
C2Man (18+)/Youth (11-12)			4.5
C2Man (18+)/Youth 13-14)	-		35
C2Man (18+)/Junior (15-17)		3.1	Ag

Thursday, August 11, 2016 Youth Marathon Championship

The Youth Marathon (3 miles or less) is for ages 5-12 in C1 and K1. To encourage more youth participation in longer races than a sprint, it will be held after the youth sprints and before the medal presentation.

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

Last Name	First Name	Age	State	Fees this page \$	Thursday Paddlers with Physical Disabilities
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Thursday, August 11, 2016 USCA Nationals Sprint Championships for Paddlers with Physical Disabilities

	K1* Paddler with Physical Disability Woman
	K1* Paddler with Physical Disability Man
	V-1/OC-1** Paddler with Physical Disability Woman
	V-1/OC-1** Paddler with Physical Disability Man
l	

^{*} Any Kayak / surfski propelled with a kayak paddle (may have stabilizing floats and may have a rudder)
** Any Va'a/Outrigger Canoe propelled with a canoe paddle (may have stabilizing floats and may have a rudder)

Last Name	First Name	Age	State	Fees this page \$	Marathon Day 1
		8	S		

Friday, August 12, 2016 USCA National Canoe & Kayak Marathon Championships

Teams are determined by the age of the younger paddler.

All adult ages are as of race day. Youth & Junior ages are as of January 1, 2016

	·					
C1 Man Open	K1 Unlimited					
C1 Man Master (40+)	K1 Unlimited Man Master (40+)					
C1 Man Senior (50+)	K1 Unlimited	K1 Unlimited Man Senior (50+) K1 Unlimited Man Veteran 1 (60+)				
C1 Man Veteran 1 (60+)	K1 Unlimited					
C1 Man Veteran 2 (65+)	K1 Unlimited	K1 Unlimited Man Veteran 2 (65+)				
C1 Man Grand Vet 1 (70+)	K1 Unlimited Man Grand Vet 1 (70+) K1 Unlimited Man Grand Vet 2 (75+)					
C1 Man Grand Vet 2 (75+)						
C1 Stock Man Open	OC1 Woman					
C2 Standard Women Open	Last Name - First Name	8/12/2016	**			
	Partner Last Name - First Name	Age on 8/12/2016	Stat			
ye		-0 1	30			
C2 Standard Women Master		_8(2)	8 <u>0</u>			
C2 Women Open						
C2 Women Master		_30 2	82			
C2 Women Senior						
C2 Women Veteran 1		_0 0	20			
C2 Women Veteran 2			83			
C2 Women Grand Veteran 1						
C2 Women Grand Veteran 2						
K2 Unlimited Women		-01	-			
		745 A	177			
hort Course						
C2 Women Junior (<18)						
K1 Man Junior (<18)		TO 24 TO 10	200			
C1 Man Junior (<18)		2	98			

Last Name	First Name	Age	State	Fees this page \$	Marathon Day 2
ga .			8		

Saturday, August 13 2016 USCA National Canoe & Kayak Marathon Championships

	are determined by the ago of raceday. Youth & Ju			
K1 Sea Kayak Woman	Î	K1 Sea Kay	ak Man	
K1 Sea Kayak Woman Master (40+)	₽	K1 Sea Kay	ak Man Master (40+))
K1 Sea Kayak Woman Senior (50+)	S 22	K1 Sea Kay	vak Man Senior (50+)	
K1 Sea Kayak Woman Veteran 1 (60+)	K1 Sea Kay	ak Man Veteran 1 (6	0+)
K1 Sea Kayak Woman Veteran 2 (65+)	K1 Sea Kay	ak Man Veteran 2 (6	5+)
K1 Sea Kayak Woman Grand Vet 1	1 (70+)	K1 Sea Ka	iyak Man Grand Ve	t 1 (70+)
	8	K1 Sea Ka	yak Man Grand Ve	t 2 (75+)
	<u>Part</u> Last Name -		Age as of 8/13/2016	State
C2 Standard Mixed	and Citation	- HotHame	5.10.2010	Otaro
C2 Mixed Open	2.	**	10 To	100 100
C2 Mixed Master (40+)				
C2 Mixed Senior (50+)	2	30	20	XB
C2 Mixed Veteran (60+)				
C2 Man (18+)/Junior (15-17)				
C2 Women (18+)/Junior (15-17)	7			7.3
K2 Unlimited Mixed (Trial Event)			-	-
hort Course				
C2 Mixed Junior (<18)				
C2 Man (18+) / Youth (5-14)			7E 10	98
C2 Woman (18+) / Youth (5-14)	9	-	5 1	
C4 Stock (Trial Event)	1.	200	2.	<i>©</i>
List team members for C4	3.	*	4.	

Last Name	First Name	Age	State	Fees this page \$	Marathon Day 3

Sunday, August 14 2016 USCA National Canoe & Kayak Marathon Championships

Teams are determin All adult ages are as of race day	ned by the age of the younger paddler. y. Youth & Junior ages are as of January 1, 2016
C1 Woman Open	C1 Woman Veteran 2 (65+)
C1 Woman Master (40+)	C1 Woman Grand Veteran (70+)
C1 Woman Senior (50+)	C1 Woman Grand Veteran (75+)
C1 Woman Veteran (60+)	C1 Woman Open Stock
	OC1 Man
1	<u>Partner</u> <u>Age on</u> Last Name - First Name 8/14/2016 State
C2 Men Open	
C2 Men Master	
C2 Men Senior	
C2 Men Veteran (60+)	
C2 Men Veteran 2 (65+)	
C2 Men Grand Veteran 1 (70+)	
C2 Men Grand Veteran 2 (75+)	
C2 Standard Men Open	
C2 Standard Men Master (40+)	
K2 Unlimited Men	
K1 Intermediate (Non-Championship Host Sponsored Eve	
K1 Unlimited Woman Open	K1 Unlimited Woman Grand Vet 2 (75+ K1 ICF Woman Open
K1 Unlimited Woman Master (40+)	K1 ICF Woman Master (40+)
K1 Unlimited Woman Senior (50+)	KTICI Wollan Waster (407)
K1 Unlimited Woman Veteran 1 (60+)	K1 ICF Man Open
K1 Unlimited Woman Veteran 2 (65+)	K1 ICF Man Master (40+)
	IXTIOI Manimaster (40-7)
t Course	
C1 Woman Junior (<18)	SUP Unlimited Woman
K1 Woman Junior (<18)	SUP Unlimited Man
	Inc. Lock Name First Name
C2 Men Junior (<18)	tner Last Name-First Name Age State

USCA 2016 – 2017

List of Officers, Board of Directors (Delegates), & Committee Chairs

USCA Officers

Executive Committee

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Larry Latta

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Standing Committees for 2016

Adaptive Paddling - Jan Whitaker

Auditing - Larry Latta

Barton Cup (Sub-ctee, Youth Activities) - Pam Fitz-

gerald & Teresa Stout

Bylaws Review - Harold Theiss Camaraderie – Judy Jeanes

Camping/Cruising - Bob Allen

 ${\it Competition}-Norm\ Ludwig$

Competition / Dragon Boat - Robert McNamara

Competition / Kayak - Ron Kaiser & Lloyd Reeves

Competition / Nationals Awards - Barbara Walls

Competition / Orienteering – Stephen Miller

Competition / Outrigger Canoe - Hype Mattingly

Competition / Adult Sprints – John Edwards

Competition / Youth Sprints - Lloyd Reeves

 $Competition \, / \, Standup \, Paddleboard \, - \, Lloyd \, Reeves$

Competition / Swan Boat - Glen Green

 ${\it Conservation-Education-Lynne~Witte}$

Historian - Joan Theiss

Instruction Certification -

Insurance / Coordinator- Joan Theiss

Marketing - Bill Gardner

Membership - Harold Theiss

Merchandise Sales -

Nationals Coordinator - Don Walls

Nominating - TBD

Publications - Steven Horney

Publicity & PR -

Safety - Glen Green

Technical Inspection - Jerry Patton

USCA Bylaws/Rules/Regulations Review & Over-

sight - Joan Theiss

USCA/IC F Grants - Priscilla Reinertsen

Youth Activities - Pam Fitzgerald & Teresa Stout

Webmaster- Larry Latta Women's Interest –

Special Appointments

USCA Marathon Coordinator to USACK Marathon Committee - Kaitlyn McElroy

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Symmes Creek Restoration Committee

Westfield River Watershed Association

Symmes Creek K

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2016 USCA National Stock Aluminum Canoe Championships

July 30—31, 2016 on the White River in Batesville, AR

The 2016 USCA National Stock Aluminum Canoe C-2 Marathon Championships will be held on the scenic White River in Batesville, AR on the weekend of July 30-31. There will also be National Championships for K1 Downriver and K1 Touring. The races will be held in conjunction with the 50th Annual Boy Scout White River National Invitational Canoe Race.

Go to the new USCA website at http://www.uscacanoe.org/nationals for race information and/or to register.

For fast answers to questions, contact:

Don Walls, Race Organizer at donwalls2@netzero.com or Peter Heed, USCA President at pheed72@gmail.com or Bill Gardner, USCA Exec. Director at williamg50@al.com.

Come to Arkansas for a great weekend of canoe and kayak racing this summer!

Help Keep USCA Growing

Membership is up 32% over this date (June 1) in 2015

Ask your friends to join or renew if they haven't – they must be a member to race at Nationals or to receive USCA Canoe News

Have them renew online at www.uscanoe.com or fill out form in this issue and mail with check payable to USCA to:

Harold Theiss, Membership Chair, 12802 Lake Jovita Blvd. Dade City, FL 33525

Change of: address, email, or phone number? Contact: Harold Theiss, (above address) Phone 352-588-9877 Email: hapetess@yahoo.com United States Canoe Association, Inc. 12802 Lake Jovita Blvd Dade City, FL 33525-8265

Photo by Michael Quinn via Unsplash

