

Canoe News



Winter 2019 Vol. 52 No. 4

**Aluminum Nationals
Special Edition**





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From the Editor:

Those of us in more northerly climates are likely withheld from paddling at the present time due to a phase change in our paddle-able H₂O, but hopefully this month's issue will remind you of the joy we experienced this past year competing with our waterborne craft. All too often the USCA Aluminum Nationals seems to get limited coverage in comparison to the USCA Nationals, but thanks to Sandy Yonley and her willingness to share so many terrific photos of the event, we've made it a focal piece of this edition. Be sure to check out stroke tips from Rebecca Davis and a unique triathlon option as reported by Peter Heed, as well as write-ups on some of our grant-award paddlers. Then stay warm and keep in shape for next season!

Keep paddling strong!

Steve

*Front, Back, & Inside Front Cover Photos
by Sandy Yonley*

Cover Photo: Brad Mynatt & Bruce Beall

*Inside Front Cover Photo: Joy Emshoff & Teddy Gray
2019 USCA Aluminum Nationals*

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VIEW FROM THE BOW

USCA PRESIDENT REBECCA DAVIS

TIPS TO IMPROVE YOUR STROKE

Spring training is just around the corner, and while I don't relish the 40 degree, windy, rainy paddles of the spring, I am happy not to be so concerned about frostbite. March and April are the two months where most of my training hours are centered. It is the early season time to get a solid base, begin to time trial, and fine tune my technique.

I have paddled countless styles of canoes, from large voyagers to outriggers to solo trippers to ICF spec C-2s, and the same basic technique has served me well in each. Most major technique problems come from the same five areas. The difference between a good paddler and a great paddler often lies in technique and strategy, not in general fitness or strength. By analyzing our technique and making adjustments, we can make improvements in our paddling without having to develop additional strength.

First up, let's talk about the legs. Good leg drive allows for better rotation and more power on the stroke. Engaging your legs will also give you more stability. If you are out paddling and notice that your legs aren't moving at all,

start by pushing into the ball of the foot at the start of the stroke on the opposite side- left leg is pushing while reaching for the stroke on the right side. As you move through your stroke, you will start to push through with your right leg, relaxing the left. When pushing, your leg should be almost straight, but definitely not locked out- I would say similar to the leg extension you get when riding a bike. This will encourage use of the core and set you up for good rotation.

Second, but maybe most important, is rotation to get reach. When paddlers start out they are often told to "reach" and gain a longer stroke. The intuitive way to gain reach is to lean forward, and bring the chest closer to the knees- don't do that! Instead, use your leg drive as a starting point and rotate your torso to extend reach. If paddling on the left side, rotate the torso slightly to the right before putting the blade in the water. If focusing on the shoulders, the left one will be turned forward with the right one



pushed back. When putting the blade in the water you should notice that your stroke now starts in front of your toes.

Now that we have good leg drive and rotation, we need to make sure we aren't pushing the boat sideways with each stroke. This tends to happen when paddlers have good leg drive and rotation, but the arms are not positioned to take a forward stroke. The arms need to be fairly open, not tight towards the body. I think of this posture as similar to when giving a hug. The top arm elbow specifically needs to be "up" and not tucked into the body. The line from the knuckles-wrist-forearm and elbow should be straight at the point where your paddle is perpendicular to the water. I think of the top arm in a falconer's

stance- strong and horizontal as a sort of “perch.”

If your arm positioning seems right, but you still feel like the boat is being pushed to one side or the other, make sure the paddle is being held straight in the water. This often isn't when the grip is center in the hand, and it can change between different brands of paddles. This is an easy thing to watch as you evaluate your stroke. Try different hand angles that still allow your wrist to be comfortable and the blade to enter the water square. It will feel weird to grip the paddle differently, and the first few longer paddles may cause some irritation in the elbow as you adjust and relax your grip, however it will make every stroke more effective when paddling forward. Once you are comfortable with your new grip, any elbow tension should disappear.

Finally, don't create any extra drag at the end of the stroke. This happens most often one of two ways: 1) either paddling far behind the body, or 2) turning the paddle in the water during the take out. The stroke in the water should end by about the hip, further behind than that will create a braking effect be-

cause of the blade angle in the water. If you notice that your regular forward stroke goes behind you more than a couple of inches, focus on your rotation, which should move the stroke more forward while keeping it the same length.

To eliminate the “J” at the end of your stroke, pay attention to any wrist rotations in the bottom hand. If you often get wrist problems or tendonitis while paddling, it is a sign that the takeout isn't clean. If the wrist isn't really rotating, but a J-stroke is still a problem, try dropping your top hand down as you take the blade out of the water at the end of the stroke, instead of lifting the blade up. This may seem like it is the same thing, but playing with how we think about the different stroke elements can give us subtle

improvements. Both the j-stroke and pulling back through the stroke have a place in the paddler's tool bag, but they shouldn't be utilized in basic forward paddling.

The best thing to do in analyzing your stroke is to take some videos and assess your weaknesses. Then focus on one small area at a time, for a minimum of 5 hours on the water, before moving on to the next element of focus. Some areas may take much longer than that to change, so have patience with yourself. If you focus on technique in the spring, you won't have to think about it nearly as much while racing, cruising, or exploring later in the summer.



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2019 USCA ALUMINUM NATIONALS (TEXAS STYLE)

BOB SPAIN & JOY EMSHOFF



Juniors Brandon Gibson and Bryce Nichols charging hard in boat number 1876.

On September 14th and 15th the USCA Aluminum Nationals were held in Texas. While the temperatures were the highest ever recorded for September, the temperature on race day was only in the 90's with scattered clouds. Since the Central Texas area had experienced little rain for several months, the river was low and the flow was minimal. The 14.5-Mile course was on a stretch of the Colorado River near Bastrop, Texas, where the race has been held in the past. Returning again

to race were perennial Masters Aluminum Champs Dale Burris and Don Walls. Not wanting to miss the race, Don, whose home is in Arkansas, was on work assignment in Abu Dhabi. On September 12th Don boarded a plane in Abu Dhabi, flew in, jumped off the plane and traveled directly to the race. While he had not trained in a canoe in months, nevertheless he and Dale once again won their class, leading from start to finish in 2:07:14. Finishing a close second were Texans Curt

Slaten and Joe Geisinger, only 26 seconds back. Peter Heed and I (Bob Spain) finished third, while Luis Briones and Craig Ahlhorn finished fourth in the Masters Class.

Only four teams raced the Men's Class and, while the field was small, the race was extremely competitive. Chris Issendorf, fresh off a 3rd place overall finish two months earlier at the Au Sable River Canoe Marathon, was teamed with Zach Elkins; and Kyle Mynar, a six-time Texas

Water Safari (TWS) winner was teamed with Tommy Yonley, a four-time winner of the TWS. Tommy, one of the most consistent competitors in the Safari, has established an amazing record by completing the Safari, "World's Toughest Canoe Race", 23 times in a row-truly an incredible string of finishes.

Once the gun went off, the Issendorf/Elkins team took the early lead with the Yonley/Mynar team in hot pursuit. While the Issendorf/Elkins team lead for the majority of the race, they chose a bad line in the river, near the finish, which gave the Mynar/Yonley team a chance to take the lead. With both teams in an all-out sprint to the finish, the Mynar/Yonley team held off the other team, finishing 3 seconds ahead in a time of 2:02:15. They averaged 7.11 miles an hour for the 14.5 mile race, which given the low flows, was an outstanding effort.

Only three women teams entered the race. Two of the fastest women in Texas, Kaitlin Jiral and Morgan Kuhut, were entered in the open class. They were the obvious favorites, since only 3 months earlier they were part of a four-woman team that finished 4th overall in the Texas Water Safari and set a new women's record of 37 hours and 31 minutes. The other team of Rhonda Patterson and Anne Gwinnett were strong OC-1 and dragonboat racers that are relatively new to marathon canoe racing. As expected the Ji-

ral/Kohut took the lead early and finished in 2:15:06. The Patterson/Gwinnett team were second in 2:16:36. The only entry in the Women's Masters Class was Teddy Gray and Joy Emshoff. While they had no competition, they paddled hard, finishing in 2:20:26 and winning the class for the 6th time.

With no public access points along the entire 14.5 mile course, the planning team had a difficult time selecting an appropriate race course for the juniors. Historically, the junior's course is shorter than the men's and women's course. While the planning team made several visits to the area, with no success, Visit Bastrop, one of the race sponsors, was able to get private access to a site a few miles upstream of the finish line, which would be ideal for the juniors race.

On race day two junior teams entered the race- one from Texas and one from Arkansas. Once the gun went off, the two teams ran neck and neck all the way to the finish. In fact, only 1/2 second separated the canoes at the finish line. Finishing 1st in a time of 53:08.99 were Texans Brandon Gibson and Bryce Nichols, and finishing second were the boys from Arkansas, Julian Hennedy and Samuel Aylor, in 53:09.46

Also on Saturday, a 3.2-mile youth race was held for all boys and girls too young to race in the Junior Class. Finishing 1st in a time of 36:51 were Mathew (9 years old) and William (11 years

old) Orr; finishing 2nd were Robert Nichols and Kyle Issendorf in 44:26; Mayne Stone and Lucious Youngs finished 3rd in one hour and 6 minutes.

All racers were greeted with a noon-time meal courtesy of Ginsie Stauss. Ginsie, an adopted Texan with her roots still in Louisiana, treated the competitors with a delicious home-cooked meal of Cajun stewed chicken, rice and salad. Boy that food was good!

As a fitting end to the first day's racing, several teams and officials met in Bastrop at a local riverside restaurant called "Neighbors Kitchen and Yard". After a peaceful evening of good food, liquid refreshment, and tall tales, the group turned in early with one more day of racing ahead.

The Sunday morning Mixed Class and Mixed Masters Classes followed the same course as The Saturday races, and a non-championship solo race was also held in order to increase attendance and offer a class for those with no partner with whom to race in the Mixed Championship Classes.

Leading the field in the Mixed Class was long, tall Joel Truitt and Gwen Hills in 2:11:40. Joel, a Houstonite and Gwen, originally from Michigan but now living in Houston, led the race from start to finish. Finishing second in a time of 2:15:12 were Amy Boyd and New Hampshire's own Peter Heed. Returning for a second day

and winning yet another Championship were Teddy Gray and Don Walls in a time of 2:13:57. Newcomers Anne Gwinett and Steve Dawson were second in 2:24:03.

Nine competitors raced the non-championship solo race: 6 men and three women. Returning after posting the fastest time in the Men's Aluminum Class on Saturday, Tommy Yonley again led the field in the men's solo class in a blistering time of 1:47:51. Will Leeds finished 2nd in 2:04:55 and one minute back was Trab Seyn in third place.

The women's solo class had three contestants. Since the class was open to any type of C-1 or K-1, Michelle Waterman chose to paddle her sleek Epic kayak and Debbie and Tina Sackett would both paddle their USCA C-1's. Once the gun went off, Ms. Waterman, with double-blade in hand took the early lead and held it all the way; she finished in 2:20:24. Meanwhile the two Sacketts duked it out with Tina finishing 2nd and Debbie finishing 3rd in



2:45:55 and 2:48:57 respectively. Good job ladies!

Obviously the race could not be held without the generous supports of all our volunteers, officials, the cook, and race sponsors: Visit Bastrop, Rising Phoenix Canoe Livery, and St. Arnold's Brewery. Next year's USCA Stock Aluminum Championships will be held in Popular Bluff, Missouri. Watch future issues of *Canoe News* for the details.



Gwen Hill and Joel Truitt racing Mixed on Sunday.

*All Aluminum Nationals
Photos by Sandy Yonley*























2019 USCA ALUMINUM NATIONALS

RESULTS

Saturday, September 14

Men's

- 1st Tommy Yonley, Kyle Mynar 2:02:15 #12
2nd Chris Issendorf, Zach Elkins 2:02:18 #58
3rd Ron Popp, Trey Golden 2:25:56 #898
4th Brad Mynatt, Bruce Beall 2:31:00 #006

Men's Masters

- 1st Don Walls, Dale Burris 2:07:14 #A1
2nd Joe Geisinger, Curt Slaten 2:07:40 #5
3rd Bob Spain, Peter Heed 2:13:13 #1
4th Luis Briones, Craig Ahlhorn 2:14:32 #482

Women's

- 1st Kaitlin Jiral, Morgan Kohut 2:15:06 #6
2nd Rhonda Patterson, Anne Ginnett 2:16:36 #11

Women's Masters

- 1st Teddy Gray, Joy Emshoff 2:20:26 #C25

Juniors

- 1st Brandon Gibson, Bryce Nichols 53:08:99
#1876
2nd Julian Henneidy, Samuel Aylor 53:09:46 #9

Youth (Not a Championship Race)

- 1st Mathew Orr, William Orr 36:51 #357
2nd Robert Nichols, Kyle Issendorf 44:26 #10
3rd Mayne Stone, Lucious Youngs 1:06 #13

Sunday, September 15

Mixed

- 1st Gwen Hill, Joel Truitt 2:11:40 #16
2nd Amy Boyd, Peter Heed 2:15:12 #1

Mixed Masters

- 1st Teddy Gray, Don Walls 2:13:57 #C25
2nd Anne Gwinnett, Steve Dawson 2:24:03 #3

Solo Race (Not a Championship Race)

Men's

- 1st Tommy Yonley 1:47:51 #18
2nd Will Leeds 2:04:55 #1116
3rd Trab Seyn 2:05:57 #17
4th Bruce Beall 2:28:09 #006
5th Trey Golden 2:43:18 #1912
6th Matt Jabaut 3:17:21 #14

Women's

- 1st Michelle Waterman 2:20:24 #1137
2nd Tina Sackett 2:45:55 #15
3rd Debbie Sackett 2:48:57 #102



THE MARSHALTON TRIATHLON

PETER HEED



Photo courtesy of Susan Bedwell—MLR Images Photography

The Marshalton Triathlon 47 years and still going strong!

One of the greatest challenges facing all organizations which promote and support marathon canoe/kayak racing is how to attract new people to the sport we love. Just making people aware that our sport exists - that there

is such a thing as canoe/kayak/paddleboard racing and that it is fun - is the initial hurdle. Our sport simply does not get much media coverage. The result is that when the vast majority of people think of canoeing or kayaking, what usually comes to mind is a leisurely paced experience in a heavy plastic (boring) hull. But how do we “get the word out” and expose people to

the fun, fast, and healthy world of race and fitness paddling?

There are many alternative answers to this vexing question, but one of the best is the canoe/kayak “Triathlon” - which really means any multisport event with canoeing/kayaking as one of the legs. These run, bike, and canoe/kayak events (not always in that order) enjoyed a huge upsurge in

popularity during the 1980s and 1990s. These intriguing events, which mixed road running, biking, and paddling (and sometimes skiing!) in an exciting Ironman or relay team format, drew huge crowds of spectators as well as participants. In many parts of the country there was not a weekend that would go by during the warmer months without a canoe/kayak triathlon being held within easy driving distance. For many years, the USCA included a canoe/kayak triathlon as part of our National Championship Events.

These exciting multisport races, which included a paddlesport leg, turned out to be a particular draw for endurance runners, cyclists, and other fitness enthusiasts. More often than not, runners and cyclists needed racing paddlers on their relay teams. The athletes that preferred the challenge of being an Ironman or Ironwoman would often buy a racing boat and learn the basics of race-type canoeing or kayaking. Either way, endurance athletes all across the fitness spectrum were introduced to the sport of marathon canoe/kayak racing. The end result was that many new paddlers found their way into our sport.

Unfortunately, the majority of these great multisport events are now a thing of the past. A number of the smaller and medium size races fell victim to the extensive organization and vast number of volunteers needed to host such a complex event, while



others had difficulties funding the necessary liability insurance costs. This was especially true with the cycling legs of most of the events, requiring the closing of public roads and the total cooperation of local law enforcement agencies. The burdens proved to be too much for many organizations including the USCA and many canoe/kayak triathlons fell by the wayside.

The good news is that a significant number of the biggest and best multisport races which included paddling, have survived the hard times and indeed flourished. All of these major multisport events are characterized by top-notch organizational commitments and dedicated volunteers. They have also found a way to work together in a collaborative manner with local officials and law enforcement agencies. Two

of the best examples of these large and thriving multisport extravaganzas on the West Coast include Eppie's Great Race in Sacramento, Calif., as well as the fabulous Ski To Sea Race in the Bellingham area of Washington State. Both of these events continue to attract thousands of participants and spectators. In Minnesota, you can still take on the challenge of the 4 day Border To Border Race. And speaking of several thousand participants, East Coast folks can get in on The Great Race, held every August in Auburn, NY, or the fabulous Josh Billings Runaround, held annually in mid-September on the beautiful grounds of Tanglewood in Lenox, Mass. Both The Great Race and The Josh Billings typically have 500 to 600 four-person teams participating, as well as Ironmen and Ironwomen. All of



these well-run races have adapted over the years to changes in the competitive paddle sport world by adding classes which include surf skis and standup paddle boards. The long term success of these huge races has encouraged local organizers to once again consider hosting smaller multi-sport events in their communities.

Paddlesport triathlons are making a comeback!

One of the oldest and most successful canoe triathlons has taken place annually since 1973 in the Amish farm country region of southeast Pennsylvania. This spectacularly successful multi-sport race features a unique format - one that encourages people of all ages, shapes, sizes, and varying degrees of athletic ability to come out and give triathlon a try.

And most uniquely of all, everybody paddles a canoe. Everybody! Of course I am referring to the wonderful, wild, and spectacular Marshalton Triathlon!

Set against the beautiful and historical backdrop of the Brandywine Creek Valley, between West Chester and Downingtown Pa., this canoe triathlon starts and finishes in the tiny village of Marshalton. The race originally began 47 years ago as a fundraiser for the local volunteer fire department and has raised thousands of dollars over the years. Funds have been donated to support that much needed volunteer organization, as well as other local charities. Just as importantly, The Marshalton Triathlon has reinforced its reputation as being an incredibly fun and challenging multisport event which encourages everyone to participate. Every year approximately 1500 “triathletes” participate - including hundreds of school-age children! The Marshalton Triathlon is so popular that the field of entries has to be limited (similar to The Adirondack 90 Miler). Many participants - including entire families - make the Marshalton

Triathlon an annual tradition, coming back year after year to race and enjoy the special ambience and camaraderie.

For a period of time of more than 20 years, from the late 70s to mid 90s, I never missed a Marshalton. A growing family and other obligations then came between me and my favorite fun triathlon, until my friend and fellow paddling enthusiast, Dale Kraph, decided that we would team up and give it a try a few years ago. Dale lives in the area and loves the Brandywine even more than I do and he has always been a generous supporter of the Marshalton Triathlon. We had a blast together and did well; the experience rekindled my desire to make the trip to Pennsylvania for the race. This year I returned to race





again but I wanted to introduce someone new to this fabulous event. I found someone who did not take too much convincing to try something crazy, my longtime paddling buddy Nick Lyesiuk from Athol, MA. What's more, we both qualified for the "oldest" age division in the race!

Nick and I were immediately impressed by the race organization and the vast number of participants. Cars kept pulling into the numerous parking lots and it got to the point that folks had to ride shuttle buses to get to the start finish area. We quickly began to understand some of the reasons why this triathlon has been so successful. First, everybody gets to be an Ironman or Ironwoman! There are no teams. "This ain't no relay race," one of the organizers explained. However the distances of each leg are relatively short and "doable." One of the other unique aspects of this race which sets it apart from the vast majority of triath-

lons is that the "run" leg is not a run at all. Rather it is a walk! Yes, you must WALK! You may walk fast *but you are not allowed to run!* There are race officials on the course and you will be disqualified if you run! The walk is not as technical as you might see in the Olympics. There are only two rules in play: 1) The front foot must hit the ground before the rear foot comes up and 2) you may not "run!" They call it "pacing." Anybody can walk and

it surely results in a lot of funny looking people trying to "pace walk" without running.

The second unique aspect to this race is that, even though everyone competes as individual Ironmen or Ironwomen, everyone must paddle a C2 Canoe! You read that correctly. No C1's and no K1's or K2's! Everybody paddles the same type of recreational C2 Canoe. How can this be? This is how the whole thing works. The race starts and finishes in the center of the quaint village of Marshalton, where you will find a great announcer, loud music (live bands), and plenty of food/drink (including some local craft beers) for all to enjoy. Keep in mind that even though you are competing as an individual Ironman or Ironwoman, you have to arrange to team up with somebody for the paddling leg. The race organizers will help find you a paddling partner if you don't have one.



The first leg is a 3 mile bike primarily downhill toward the Brandywine Creek. You go off in heats of 40 to 60 at a time, and you want to make sure your paddling partner is in your heat! The starts are wild, with racers encountering several sharp turns before the major downhill run to the river. Then you grab a recreational canoe and paddles which await you at the transition area on the riverbank where you begin the 3 mile paddle down the twisty and shallow Brandywine Creek. This works because all of the canoes and paddles are supplied by a local outfitter who has a fleet of over 200 canoes! The heats of racers come in throughout the day and the outfitter continuously shuttles canoes from the finish back to the canoe start for reuse in the later heats. With all competitors in the exact same type of recreational canoe, it levels the playing field, while still rewarding racers who know how to paddle. Once the paddling leg is complete, competitors are on their own again, this time doing the “pace walking” leg back to the bicycle area. Participants then jump on their bikes and pedal back up the 3 mile hill to the finish area in the village where it all started. Time to rest, refresh, and celebrate!

Now you can understand why the Marshalton Triathlon Is so successful. Just about everybody believes they can walk, bike, and paddle a few miles! No special or expensive equipment required. It is particularly gratify-



Photo courtesy of Susan Bedwell—MLR Images Photography

ing to see so many people experience the fun of paddling a classic C2 recreational canoe down a beautiful little river. Spectators go wild, participants love it, and it raises much needed funds for local charities. For so many years, the Marshalton Triathlon organizers have figured out a unique and wonderful way to encourage people to take part in an event that is hugely positive and successful. Over 1500 men, women, and children (many together as families) come out for a glorious day of paddling, biking, and race walking!! It is a celebration of activity and fun fitness. The Marshalton Triathlon is certainly an example of a unique and special event that has gotten it right. There are good things

here to be learned by all of us who want to see our sport and our events grow and flourish. So if you ever have the opportunity to be in the area of Southeast Pennsylvania during the first weekend of October, think about joining the fun and having a go at the Marshalton Triathlon!

Peter

All photos courtesy of M. Redmond, MLR Images Photography, unless otherwise noted





Charles River Watershed Association

**SUNDAY
APRIL 26
2020**

Run of the Charles

Kick off the paddling season with the 38th Annual *Run of the Charles*: Boston's Premier Paddling Race this spring! Each year, over 1,000 paddlers and spectators gather to compete on the Charles River in New England's largest flat-bottomed boat race. Founded as an initiative to get people out on the river and celebrate the clean up of Boston's infamous "Dirty Water," today's *Run of the Charles* continues this legacy with new courses and a Finishline Festival at DCR's Artesani/Herter Park. Courses include a 14-mile relay and 12-mile, 6-mile, and 3-mile races. Each race finishes by the Finishline Festival, which hosts a live band, food trucks, raffle, vendors, award ceremony, and a beer garden.

Registration opens in January. Don't miss your chance to sponsor or enter Boston's Premier Paddling Race.

Charles River Watershed Association
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OLD TOWN CANOE—NEW TRICKS!

JOHN & BARB KERSEY



Midwest Canoe Symposium, 2019

We aren't exactly new to canoeing. We've been successfully navigating streams, rivers and lakes for about 40 years and we can competently get to where we want to go. But on a windy afternoon in mid-August at the USCA National Canoe Races in Warren, PA, we were treated to some exhibitions of FreeStyle Canoeing. Now that looked interesting and worth exploring further! Upon finding out there was a symposium in Ohio coming up the first weekend of September, we signed up for our first lessons: Building Blocks of Free Style.

We arrived at Camp Butler on a sunny Friday afternoon and were warmly greeted by Elaine and Bob Mravetz. Our first class was to begin at 1:30 with Lynn and Ron. We were their only students and they got right down to business. They assessed our abilities and began showing us some moves. Each new move was followed by practice time and questions.

It was interesting to note that the bow paddler has a greatly expanded role in FreeStyling. The

biggest challenge for the bow paddler in our previous experience was looking for obstacles under the water and giving plenty of warning. Not so with FreeStyle; we learned the side-slip, axel, wedge, post, cross wedge – oh, so much new terminology, so much to think about! By the end of our first lesson we were looking for a special dictionary with the terminology spelled out.

Back at camp we had a communal dinner where we sat with all the other paddlers and instructors and discussed the day's events. A common question directed to us newbies was "Do you have any questions?" It was fairly apparent to us that we didn't know enough to even ask a question. Evening saw us at a community sing and then off to our tent for some well-deserved rest.

Saturday started with a warm breakfast, and then two new instructors for the morning class. Plenty of practice time, a filling lunch, and then back to the water for our afternoon class. Each class session gave us a different perspective from experienced paddlers in FreeStyle technique. Saturday afternoon was also a time to try out different boats; we enjoyed the opportuni-

ty to try out other paddlers' canoes. John Diller, founder of Savage River Canoes, brought a number of boats for demo purposes as well. In the evening John presented a program about canoe racing, and how he designs boats for that purpose.

During the communal meals we were able to discuss the days' lessons with others and get tips on techniques. By Saturday afternoon the terminology was becoming more familiar and we were comfortable asking questions with our tablemates. Saturday evening we were back at the lake for some exhibitions of FreeStyle paddling to music. Our instructors make each move so graceful it looks like they are dancing with the boat.

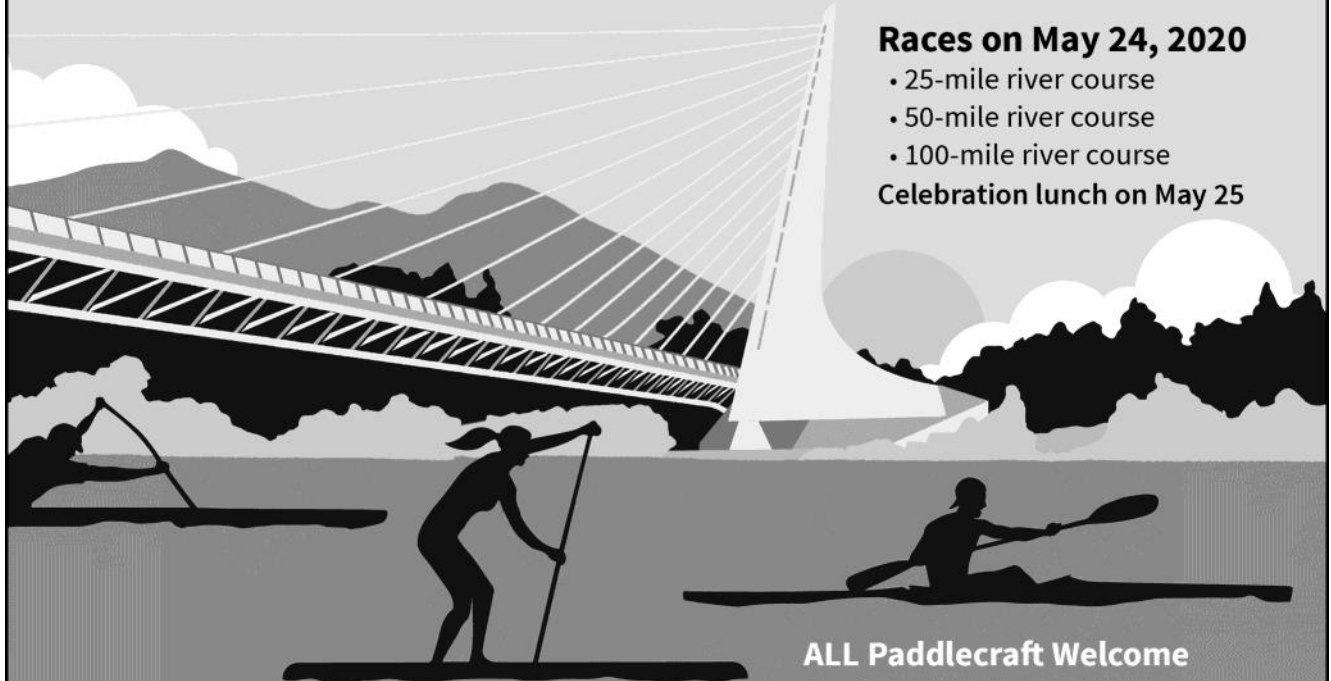
Sunday came all too soon with our final class and packing up after lunch. Everyone was extremely welcoming and willing to share their knowledge and expertise. We had a great time and learned much; we're looking forward to once again sharing good times with this welcoming group of people in a future Symposia!





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USCA ICF WORLD GRANTS CHAMPIONSHIP (SCHOLARSHIP) PROGRAM

JESSE LISHCHUK



With Eastern European roots and a family hailing from Ukraine, I grew up as a happy child of first generation immigrants. We spoke predominantly Russian in my home, a culturally hardworking and aspirational environment. As an only child until thirteen, it was easy for me to fall in love with nature. I found my muse outdoors; symbiotically, I found myself in a kayak. For recreation, paddle sports found a special place in my heart. Little did I know where this would take me. At the age of 14 I began paddling with Holm Schmidt (a former German National team kayaker and renown Sprint Coach). During this time the youthful bliss of discovering my passion for a

sport overshadowed any grand goals. After just a few years of grit and focus, however, I qualified for a spot on the U.S.A Sprint Development team in 2011. That same year, supported by my family, I flew out with the U.S. National team to Poland for the *Olympic Hopes Regatta*. And two years later I competed in my first World Championship.

Reflecting back over the last several years and the rewards of my determined paddling efforts, it's emotional-

ly gratifying to see where I've won multiple National titles and World Championships in both Sprint and Marathon kayak competition.

In September 2018, I moved from my hometown of Philadelphia to San Diego, California to pursue my Olympic vision with the San Diego Canoe & Kayak Team. I chose to work with Sprint Kayak Olympian Chris Barlow and a group of dedicated American athletes to capitalize on their talent and work ethic.

For more info on my paddling, see: jessepaddle.org.

Thank you,

Jesse Lishchuk

10x National Champion
5x Sprint/Marathon Kayak World
Championship Athlete



USCA ICF WORLD GRANTS CHAMPIONSHIP (SCHOLARSHIP) PROGRAM

KAITLYN MCELROY

The Westfield River Canoe race in western Massachusetts was my first race in a canoe. I think I was 10 years old. I remember waiting in a long line of boats to start the amateur race with my dad, and at some point, I laid down on a rock with poison ivy. By the time we finished the race my back was covered! This experience did not deter me from paddling and 24 years later I am still racing. My paddling career has progressed over the years from local and national marathon canoe races to racing on the world stage in the discipline of sprint and marathon kayaking. My international career would never have been possible without the support of countless paddlers giving up spare bedrooms, setting a place at the dinner table, taking me to races, and spending hours to train with me as a kid/teenager/college student and now doctoral student. Not only have numerous individual paddlers supported my dreams but the USCA stepped in as an organization to help. USCA International Competition Travel Scholarships support athletes competing for the US National Canoe/Kayak Team. These grants have helped defray costs and have been instrumental in allowing me to represent our country in international competitions.

Ten years ago I moved to Oklahoma to work with the US

National Team coach for sprint kayaking. These years on the National team have been filled with lots of successes, including 5 World Cup medals in the K2 1000m, multiple Pan American medals in the K2 500m and 1000m, and several top ten performances at Marathon Worlds. I also had several surgeries during this time, including a successful spinal fusion for a broken back. After six painful but determined months, I was able to try paddling again. Within the year I was back on the World Circuit. Three years later I am finally finding my top form and hope to bring home some more international medals for the USA.

In 2016, myself and a group of paddlers age 15-50 in OKC came together to start a new canoe/kayak club at Lake Overholser. Our club has been fortunate to find equipment and a place to put a shipping container by the water. In the summer we partnered with a local church which hosts a large sports camp. As part of the camp we teach kayaking, canoeing, and SUP free of charge. In the fall we do the same thing for a weekly outdoors program. In addition, we provide low cost (covers gas) coaching for kids who are interested in racing.

Unfortunately, the US Olympic and Paralympic Committee does not pay for travel ex-



penses for its athletes on the National canoe/kayak team, making it a self-funded endeavor to compete for our country. Expenses easily total \$8,000-\$10,000 dollars per racing season, which only includes the essential races for trying to qualify for the Olympics. Knowing that there is an organization that is helping the current and future of the sport of paddling is amazing. Not only can I compete now, but the young athletes I coach will one day have the same chance to compete for the USA no matter their family's income.



PARACANOE GRANTS (SCHOLARSHIP) PROGRAM

JACK WALLACE



Hello, my name is Jack Wallace and I'm one of the newest members of the US Paracanoe team. This is not, however, my first venture into international paralympic sports. I am currently in my 4th season as a member of the US National Sled Hockey team. I was a part of the team that won gold at the 2018 Winter Paralympic Games in South Korea, as well as the 2019 World Championship in the Czech Republic.

While I compete in hockey, I am also a senior in college at The College of New Jersey. As if that wasn't challenging enough, I picked the Major of Biomedical

Engineering. At this point in my athletic career, I know the dedication and sacrifice it takes to be the best in the world.

I got involved in paracanoe as a form of cross-training for hockey when ice wasn't available, but quickly I realized that I could actually compete in it as well. I started training in June of 2019 with my goals set at qualifying for the Tokyo 2020 Paralympic Games. I completely understand how lofty that goal is and am reminded of it every time I tell someone and they ask me if I'm crazy, but it's a goal nonetheless. I did get the opportunity to compete at the 2019 ICF World Sprint

& Paracanoe Championships in Szeged, Hungary. It put the sport into a whole new perspective. I am more motivated now than I was beforehand.

I would like to thank the USCA for supporting me in my journey to Hungary. In an attempt to repay for the support I will use my platform as a hopefully successful dual-sport athlete to show people everywhere that it's good to get out and try new things, specifically kayak/canoe. You never know when you will find your next passion.

PARACANOE GRANTS (SCHOLARSHIP) PROGRAM

KAITLYN VERFUERTH

Hi, my name is Kaitlyn Verfuert, I am new to paddling an outrigger canoe. I compete in Paracanoes and race 200m in V1. I just recently competed at the International Canoe Federation Paracanoes World Championships in Szeged, Hungary. Over the last year and a half, I have paddled an outrigger canoe a combined total of about two months. When I heard that Paracanoes was being introduced at the Paralympics in Rio 2016, I was really intrigued; I had just started getting back into recreational kayaking. When I ended up sitting next to the US Paracanoes coach at the opening ceremonies in Rio, it was fate.

Before canoe and kayak, I was a professional wheelchair tennis player. I have a pretty long list of accomplishments in tennis: 3 Paralympic Games; gold, silver, and bronze medals at 3 Pan American games; and over 15 years of competing for team USA at both national and international events. I love tennis! I really do, but I have been wanting to try something new and completely different.

A few months had passed since getting back from the Paralympics in Rio and I finally reached out to US coach, Deborah Page. In July, I went to visit Deb



and had my first experience of getting into a sprint kayak. It's absolutely nothing like getting into a recreational kayak! Deb kept mentioning this other discipline that I could possibly compete in once I got classified. It

took me till the following Spring to paddle an outrigger canoe, or Va'a. I didn't like it. It didn't go fast like the kayak, it was harder to maneuver, and frustrating as all get out to go straight.

Deb kept pushing me to try it, but it didn't happen until we were invited to participate in the International Canoe Federation Talent Identification Program camp this past May. The only boat I could use at this camp was the Va'a. The coaches from the camp really drilled us with proper technique, using crazy props, such as pieces of string you had to keep firmly straight, keeping your top hand strong, eye level, while straddling a gym bench and doing crazy Hungarian arm exercises. The simplicity of it all was extremely effective. After practicing on the bench with a simple piece of string for 30-40 mins, it made putting a canoe paddle in the water feel so natural.

Racing against the best in the world when you've had so little experience is a bit nerve-racking, but I think there is no better way to start. Managing all the side effects that come with racing: the prerace jitters, adrenaline rush, and huge relief after its all over, in such a short amount of time is so exhilarating!

I am really proud of my accomplishments this summer, with such a small amount of time in the V1. In Szeged, I was about 3 seconds shy of getting the USA a quota for Tokyo 2020. I realize, that 3 seconds is a lot of time in a 200m race, but from where I came from at the beginning of the summer, I would have never thought I had a chance.

What I like about canoe and kayak is that when I am in the boat no one knows I am in a wheelchair. Since I have started paddling, muscles that I didn't know I had, post injury are firing again. The other really neat thing about Paracanoe is that it is all inclusive. Paracanoe competes with the sprint athletes, which is like a breath of fresh air. Most adaptive sports are not integrated.

Big thank you to USCA for awarding me with a travel grant. These funds are going to my travel costs. Grants like these are extremely helpful for a lot of para athletes. Thank you for your support.

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GO-GETTER – EARNED LIFE MEMBERSHIP PROGRAM WAS 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; or be nominated for **Honorary Life**. As of December 31, 2019, there are only be two ways to become a Life Member: Paid and Honorary. Why was the Go-Getter program being discontinued?

At the 2018 USCA Annual Meeting, the Delegates approved an amendment to 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. This list was in every issue until December 31, 2019. As of December 31, 2019, the Go-Getter program ceased to exist. Members who have recruited fifty (50) or more new members by 12/31/2019 are 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’. Without this search, the recruit number may 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.

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



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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

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Rebecca Davis

Vice President:

Phoebe Reese

Secretary:

Barbara Bradley

Treasurer:

John Edwards

Executive Director

Vacant

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

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Mountain Division

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Affiliated Club Delegates for 2019

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TBD

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Penn-Jersey Division/USCA

Charlie Bruno

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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
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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
dboatmny@aol.com

Great Hollow Nature Preserve

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Hidden Coast Paddling Inc.

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Yadkin Riverkeeper, Inc.

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BRD Fishing

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River City Paddlers

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Shark River Paddling

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Tour du Teche, Inc.

Trey Snyder; St. Martinville, LA
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Westfield River Watershed Association

Michael Young; Westfield, MA
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