

Canoe News



Return of the USCA Nationals!

Spring / Summer 2021 Vol. 54 No. 1



FOR SALE

BELL MORNINGSTAR ROYALEX CANOE

Length: 15' 6"
Width: 36"
Weight: Approx 55 lbs.
Mfg. year: 2006
Condition: AS NEW
Price: \$995.00
Delivery: TBD

From MORNINGSTAR REVIEWS on line: “...fairly fast for its length, good initial stability and very good secondary, turns well especially if you heel it a little, paddles well solo or tandem...” from paddler.com

This true Royale boat has only been in the water two or three times. It is “As New” with no scratches, in or out. It has the optional aluminum rails (not vinyl). A third seat is factory installed. The Morningstar was designed by David Yost of DY Designs, perhaps the most prolific canoe designer.

Located in Anderson SC Contact: Roy Ivey at 864-314-3341 or iveycma@bellsouth.net

Enjoy exciting scenes throughout this issue from past Nationals! This 2019 photo is courtesy of Shutter Photography by Kelli





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From the Editor:

A new paddling / racing season is once again upon us, with the good news that many places have reopened and most races are scheduled to resume in 2021! Among those races is the very classic USCA Nationals. Warren, PA has stepped up to host the 2021 Nationals with a full schedule of racing. Be sure to mark your calendars, get your lodging in order, and get ready to demonstrate your skills "nationally"! See the registration info in this edition of Canoe News.

Keep paddling strong!

Steve

Front cover: Paul Gruber and daughter Miranda Kibbey paddling C2 Mixed at the 2019 USCA Nationals in Warren, PA. Photo courtesy of Shutter Photography by Kelli.

Back Cover: Incredible sprays at the Kinsua Dam at the 2019 USCA Nationals in Warren, PA. Photo courtesy of Shutter Photography by Kelli

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

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VIEW FROM THE STERN

USCA PRESIDENT

Hi everyone! I am Weston Willoughby, the newly elected president of the USCA. I would like to make use of my first column in Canoe News to introduce myself to the membership.

I was born and raised in Grayling, Michigan, which many of the readers will recognize as home to one of the larger paddling communities. I grew up watching my brother and sister race in the AuSable River Canoe Marathon and I was eventually enlisted to pit for them once I was old enough. I fished for them as well as some of my racing friends for several years before I decided to attempt racing for myself. I had dabbled in and out of canoes while I was growing up, but my first year of serious training and racing was 2013. After I finished my first long distance race I decided that it was a lot easier to just race the boat than follow a team down the river as a support crew; I haven't looked back since.

In early 2015 I moved to Homer, Michigan to work at the world famous Barton Farms. I was able to train with Bruce and

Roxanne Barton, as well as Mike and Rebecca Davis during my time at the farm. It was a good opportunity to push ourselves and improve our canoe racing abilities together. While I was on the farm I was also introduced to canoe camping and different kinds of canoe races like the Adirondack 90 miler. I came to appreciate spending time in boats whether it was competitively or recreationally.

I have served as a representative on the Michigan Canoe Racing Association (MCRA) board since 2014, where I currently serve as timing secretary. I represented the MCRA as a delegate to the USCA for 2 years before I was elected president. Volunteering as a board member for the MCRA has given me the opportunity to meet and work with some great people and I enjoy being given the chance to contribute to a great canoeing organization.

In late 2018 I decided to pursue a new career, and sadly that meant that my time at Barton farms had to come to an end. I spent the spring and summer of

2019 getting my education and certification as a firefighter and EMT in Lansing, Michigan, where I was hosted by another Barton family connection. Tom and Connie Cannon were very generous and allowed me to stay with them while I completed my education. Staying with them got me involved in many fun adventures, including some cool log jam parties on the Red Cedar River. After I finished school, I found work in Traverse City, Michigan with Grand Traverse Metro Fire Department.

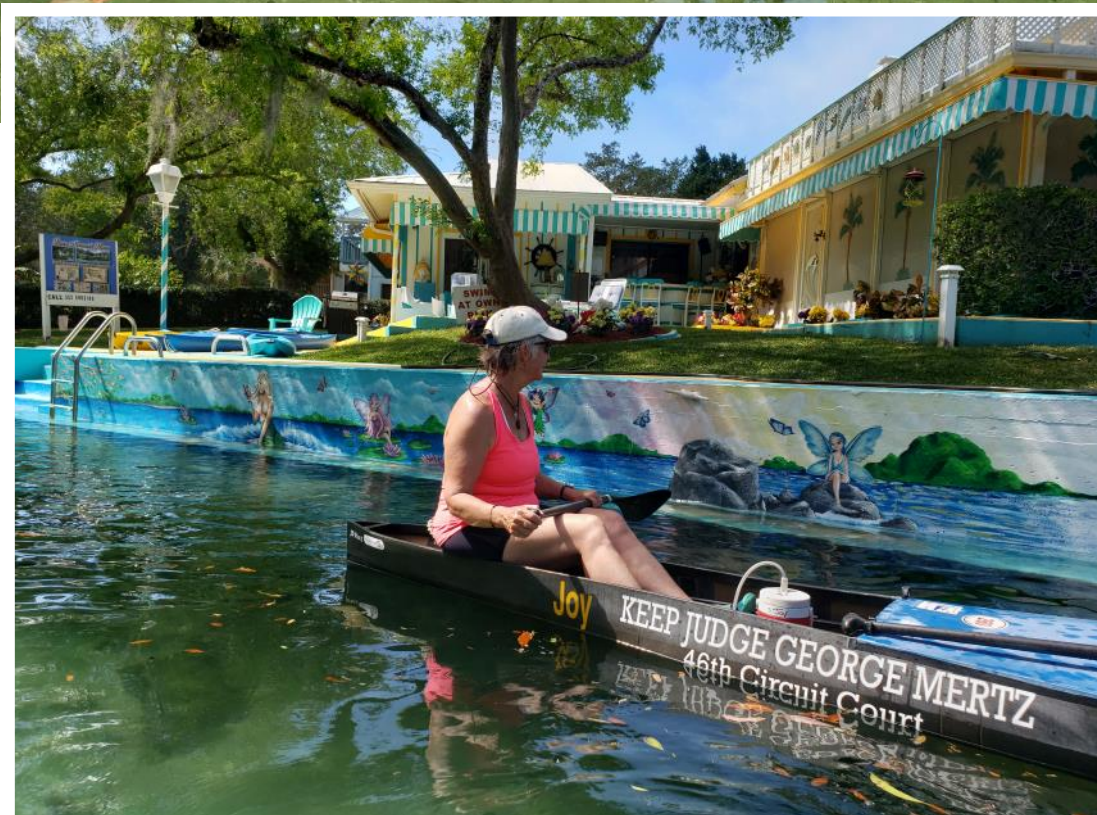
I have been working and living in Traverse City and enjoying my time here since the winter of 2019. I was elected the new president of the USCA at the 2021 annual meeting after Rebecca Davis completed her final term and stepped down as USCA president. I look forward to working with Rebecca and following in her footsteps, and to getting to know the rest of the USCA membership.

Weston Willoughby

FLORIDA TRAINING CAMP 2021

PETER HEED

Photos from the Florida Training Camp 2021!





FREESTYLE: SIDE SLIPS

PAUL KLONOWSKI

To the casual observer, a side slip is simply magic. A couple of years ago Lynn Dominguez held a FreeStyle Demonstration in the Pool at Canoecopia (a huge paddle sports trade show), showing the basics of how to perform several maneuvers and drawing applause every time. When she did a side slip, though, a lot of OOHs and AAHs rumbled through the crowd... How in the world do you make a canoe go forward and sideways at the same time???

It's not magic, really... it's physics! Side slipping can be a useful skill in daily paddling when, for instance, one wishes to maneuver around obstructions in a river, such as rocks, without turning broadside to the current. It's also handy for approaching a dock, or making slight adjustments to how far the canoe is to

be from the dock as it slides into landing position. And for the more sporting paddlers, it's quite fun when playing "Chicken," where two canoes are moving directly toward each other until one veers away. Then the other canoe has to move such that the two canoes will not collide... a real crowd-pleaser!

First of all, the boat has to have momentum. Note that side slips work in both forward and reverse directions, but this article will only address forward, onside side slips, on flat, calm water as a primer. Also note the canoe needs to be going STRAIGHT! As in, not turning (Figure 1).

If the canoe is turning or yawing, even just a little when the side slip is initiated, the turn will continue. A properly executed side slip does NOT turn the

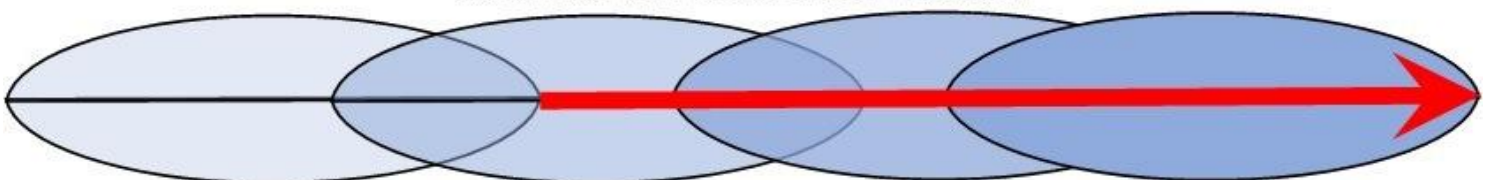
canoe; it moves the canoe diagonally (Figure 2).

The diagonal travel is created by placing the paddle in the proper location and at the correct angle. The canoe already has forward momentum, but the correct paddle placement adds the sideways momentum while the canoe is still moving forward. Let's take a close look at how this is done.

One important building block for side slips is understanding how to place the paddle in the water in what's called a "neutral" position. This is done by slicing the paddle into the water parallel to the keel line. Also note the paddler's torso is rotated a bit, so the paddler is facing somewhat toward the paddle (Figure 3).

FIGURE 1

Normal Direction of Travel



Sideslip Direction of Travel

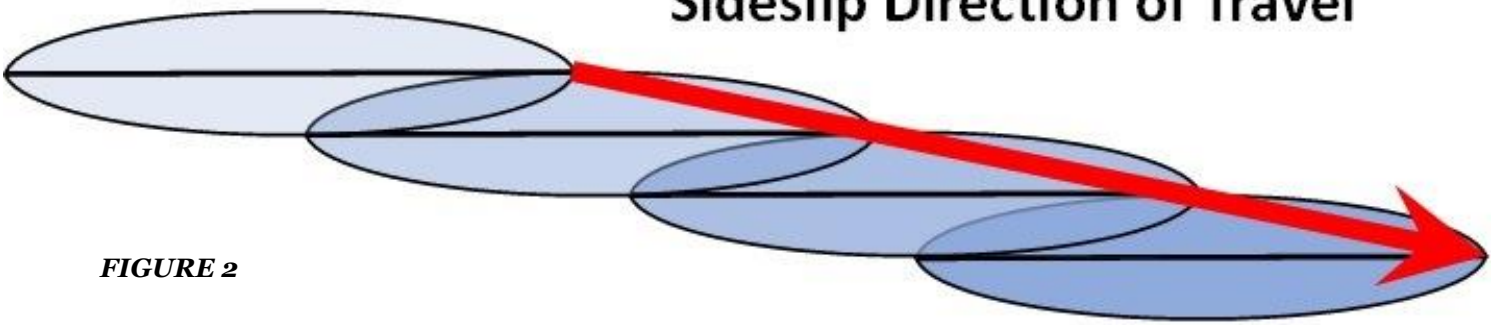


FIGURE 2

If the canoe is moving forward, and the paddle is truly neutral, water neutrally to the placement location. This takes a bit of prac-

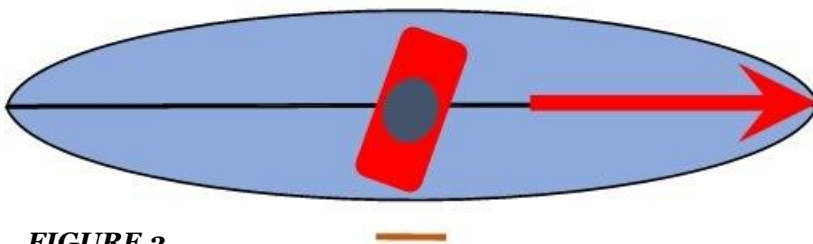


FIGURE 3

Neutral Paddle Position

tral, the paddle slices through the water cleanly, neither being pulled toward nor away from the canoe.

This neutral orientation can be accomplished from the end of a J Stroke, once the canoe is moving straight forward, by slicing the paddle through the

tice, but is the key to side slips. If the slice to the neutral orientation is causing the canoe to turn or lose momentum, the paddle may be taken out of the water at the end of the J stroke, moved into position, and then re-inserted into the water in the neutral position.

From this neutral position it's time to learn where the paddle should be placed and how the blade is turned to get the sideslip moving. For a drawing side slip, in which the canoe is drawn toward the paddle side, the paddle must be placed near or a bit behind the paddler, and then turned outward just a little bit so the leading edge of the blade is slightly further away from the hull than the trailing edge (Figure 4).

Note the angle at which the paddle blade is situated: the blade's leading (forward) edge points toward the intended direction of the sideslip.

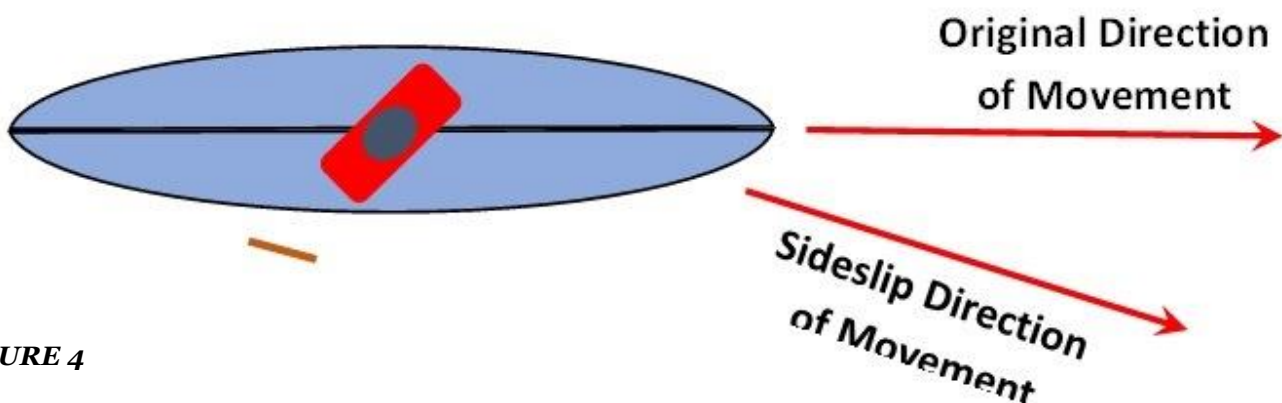


FIGURE 4

Drawing Sideslip pulls the canoe toward the paddle side

Remember to keep the paddle shaft as nearly vertical as you can, and the blade angle fairly small, not more than 15°. If the angle is too great, it will begin to act as a brake and disrupt the canoe's momentum.

The first few times most people try this, the canoe is likely to turn one way or the other. The key is paddle placement, as described above. If the canoe turns toward the paddle side, it's too far forward and needs to be placed further back. If the canoe turns away from the paddle side, it's too far back and needs to be placed further forward. There's a combination of location and blade angle that come into play for this and it will vary slightly from paddler to paddler and boat

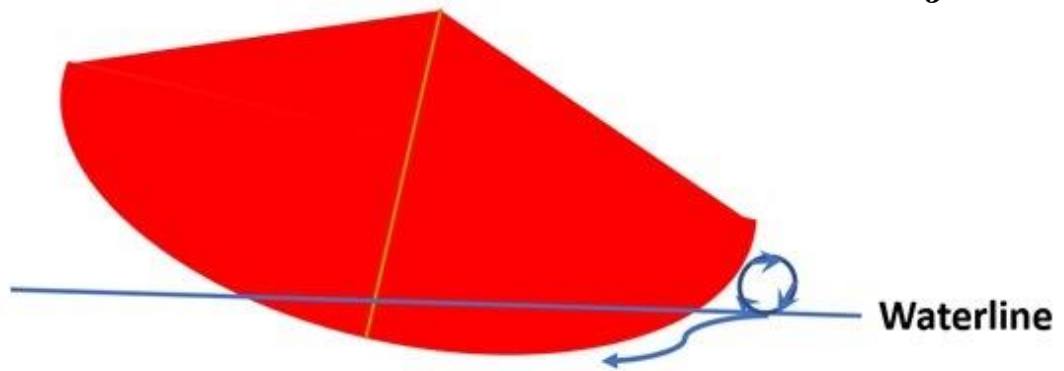
to boat. Only experimentation will teach anyone the right combination of location and angle for the paddler and the canoe.

Imagine an arrow pointing straight out of the paddle blade face. It should be pointing somewhere between the canoeist's tailbone and belly button. Torso ro-

tation is very important for this activity to avoid shoulder injuries! Note how much the paddler is turned in the illustration above. If the torso isn't this flexible, the offside knee should be moved toward the keel line, maybe even to the on side, to affect this torso position. However this may cause

Sideslip is moving this direction →

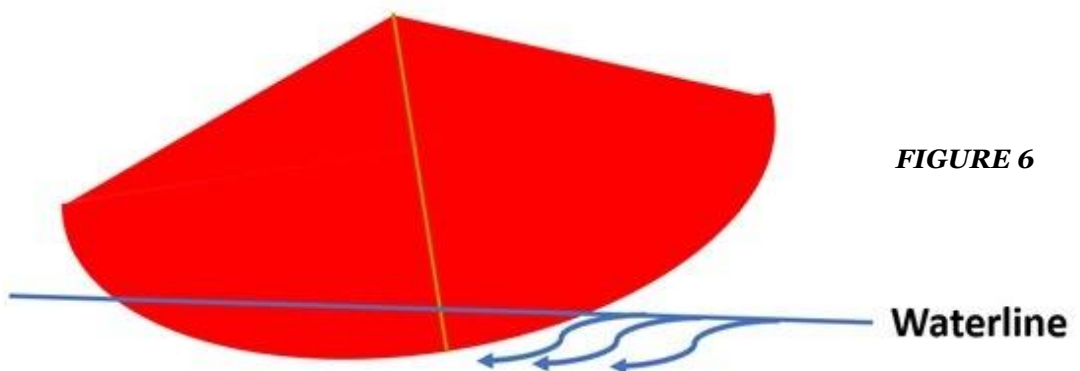
FIGURE 5



**End view: Heeling Toward a SideSlip:
Some water goes under the canoe,
while some water piles up into the side of the hull**

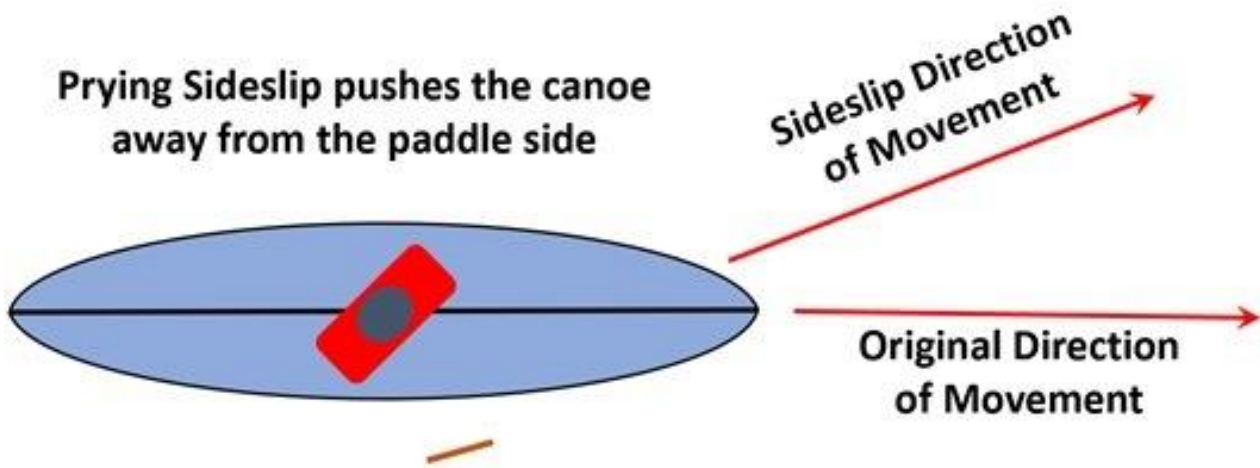
Sideslip is moving this direction →

FIGURE 6



**End view: Heeling Away From a SideSlip:
Much more water goes under the canoe,
while less water piles up into the side of the hull**

FIGURE 7



the canoe to be heeled to the on-side, which is not desirable; it causes the low side of the hull to create a snowplow effect, in essence trying to push the water in front of it (Figure 5).

By heeling the opposite way, to the offside, the hull creates more of a “planing” effect (Figure 6).

These two illustrations are views from behind the canoe, as it’s moving away from the viewer. In the first illustration, the canoe is side slipping to the right while heeled to the right, and the steeper attitude of the canoe’s hull creates the “snowplow” effect, pushing water in front of the hull. In the second illustration, the canoe is also side slipping to the right, but the shallower angle of the hull creates more of a “planing” effect, moving the canoe over the water more efficiently.

A prying side slip causes the canoe to move *away* from the paddle side. The differences between a drawing and a prying side slip are the paddle *position* and paddle *angle*, and the direction of the *heel*. The paddle is placed just a bit *forward* of the paddler’s hip, closer to the paddler’s knee, and the leading edge is angled *in*, again not more than 15 degrees (Figure 7).

Once again, note the angle at which the paddle blade is situated: the blade’s leading (forward) edge points toward the intended direction of the sideslip.

Remember that “arrow” pointing straight out of the paddle blade face? It still has to be pointed between the paddler’s tailbone and belly button. And it still takes some experimentation to find the right placement position to make it work, without

turning. Practice, practice, practice...

Of course, these same side slips can be applied as cross maneuvers, reverse maneuvers, and cross reverse maneuvers, but get the onside forward side slips working before you even think of the other applications. Remember that side slips only work if the canoe is moving. If you’re on a river, the canoe must be moving *faster than the water*. This skill is best learned on flat water first.

Tandem side slips take a bit of coordination between the tandem paddlers, but are actually easier—although that’s another article...

STRENGTH TRAINING

MOLLY TRIFFIN / LIVESTRONG

Official guidelines recommend doing muscle-strengthening activities at least two times per week. But only about a quarter of adults meet those requirements.

That's nearly half as many people who have a regular cardio workout, according to the Centers for Disease Control and Prevention.

"Some people don't know how to resistance train and are worried they might get injured, while others have an injury or condition that doesn't allow them to weight train to a full capacity," says Araceli De Leon, CPT, a certified personal trainer, kinesiologist and spokesperson for the American Council on Exercise.

"In addition, there is a misconception around weight training among some females, who think they might get too bulky or gain too much muscle," she says.

Another common barrier is "gym-timidation," a lack of knowledge about how to use weight-lifting equipment and the intimidation that can come with it. Women, in particular, reported lower comfort using gym facilities, including strength machines and free weights, according to a November 2020 study from Penn State University.

But hey, as long as you're exercising regularly, does skipping out on pumping iron actually matter that much? Is strength training mandatory?

Cardio bunnies, consider this your wake-up call.

Why Doing Cardio Alone Isn't Enough

Let's be clear: We're not knocking a heart-pumping aerobic workout, which is amazing for your health in so many ways. But if you don't also incorporate resistance work, your body will pay the price.

"Your muscles might atrophy — you will lose muscle mass and endurance because you're not using your muscles as much," De Leon says. "Your ligaments and tendons can also weaken."

Skipping out on strengthening is also bad for your bones. "Weight training puts stress on your bones, which nudges bone-forming cells into action," De Leon says. "If you don't do resistance exercises, your bones may get weaker and lose some mineral content."

This is especially important for older adults — primarily those who are postmenopausal, as the decline in estrogen levels leads to bone loss, increasing your risk of fractures.

In fact, resistance exercise alone or in combination with other forms of physical activity is the ideal training for improving bone mass in postmenopausal women, middle-aged men and older adults, according to a December 2018 review in *Endocrinology and Metabolism*.

Finally, if weight loss is your goal, you won't torch nearly as many calories without resistance training, says A. Brion Gardner, MD, an orthopedic surgeon specializing in sports medicine at the Centers for Advanced Orthopedics in Manassas, Virginia.

"When you do a 30-minute cardio session, you are burning calories for that 30 minutes," he says. "But a 30-minute weight-lifting session will have you burning calories for the rest of the day, an effect known as excess post-exercise oxygen consumption." That's because strength training, by causing microscopic stress to your muscles, triggers your body to enter a recovery state. That muscle recovery uses calories for energy.

Plus, the more lean muscle you have, the more you'll increase your basal metabolic rate, the number of calories you burn each day just to maintain normal biological function. Muscle is metabolically active,

meaning it burns more calories at rest than body fat, he says.

The Benefits of Strength Training

Not convinced yet? “There are so many benefits to resistance training, even if you already have an aerobic program,” De Leon says. “Because everything in the body is connected, having a solid muscular foundation is important in the way one’s body moves, heals and interacts with other body systems.”

Just check out all these major pay-offs.

You’ll Prevent Injury and Promote Healing

Increasing your strength training volume and intensity are associated with a reduced risk in sports injury risks, according to an August 2018 meta-analysis in the *British Journal of Sports Medicine*.

A 2017 report from the American College of Sports Medicine also shows that following a resistance-training program is associated with a lower incidence of stress fractures, falls and low-back injuries in people who are physically active.

And if you do get hurt? You’ll bounce back more quickly and efficiently if you’ve been sculpting muscles.

“Resistance training strengthens your tendons and ligaments, which can help you recover from injuries, like a sprained ankle or dislocated shoulder,” De Leon says. “It will also improve your balance and posture by

strengthening the small stabilizers that keep you erect.”

It Will Enhance Your Athletic Performance

Runners with a strength-training practice significantly improve their speed and endurance, according to a September 2019 study in the *British Journal of Medicine*. “Increased muscle fiber size and contractile strength lead to greater physical capacity,” De Leon says.

She explains that her own resistance workouts have helped her become stronger in other pursuits. “I’m a long-distance runner, and targeting my leg, core and glute muscles helps me have longer, more successful runs,” she says.

Her strength-training routine also allows her to be a more powerful rock climber, stabilizes her in yoga practice and prepares her for snowboarding days.

You May Reduce Your Risk of Disease

A November 2017 study in the *Journal of the American Heart Association* found that moderate strength training (between 100 to 145 minutes per week) is associated with a lower all-cause mortality risk in older women.

In fact, older adults age 65 and over who followed recommended guidelines to strength train at least twice per week had 46 percent lower odds of all-cause mortality than those who didn’t, in a February 2016 study in *Preventative Medicine*.

But that’s not all — research shows that women who focus on strengthening their muscles reduce their risk of type 2 diabetes by 30 percent and cardiovascular disease by 17 percent compared with those who don’t strength train, according to a January 2017 study in *Medicine & Science in Sports & Exercise*.

The bottom line: Combining strength training with aerobic exercise is linked to an even lower risk of type 2 diabetes, cardiovascular disease and early death than doing cardio alone.

It Can Help Boost Your Mood

According to a June 2018 meta-analysis in *JAMA Psychiatry*, resistance training reduces symptoms of mild to moderate depression.

“Resistance training regulates your blood flow and heart rate, which clears away brain fog and pumps you full of feel-good endorphins,” De Leon says.

As you perform new feats of strength, your mental strength and confidence will also improve.

You’ll Reduce Low-Back Pain

A small May 2020 study in *BMC Sports Science, Medicine and Rehabilitation* found that people with lower back pain experienced significantly less discomfort and saw improvements in pain-related disability when they followed a strength-training program. (A randomized clinical trial looking at this effect is currently underway.)

De Leon explains that [strengthening your core via](#) resistance work lends support to your lumbar spine (lower back), relieving pressure and pain. Bonus: The study participants also reported an increase in energy levels.

You Might Sleep Better at Night

Building muscle may even improve shuteye, according to a small May 2015 study in the *Journal of Strength and Conditioning Research*, in which people fell asleep faster and had fewer nighttime awakenings on days when they engaged in resistance training.

Which Kind of Strength Training Is Best?

There are many different ways to strength train, but the best modality for you depends on your abilities, goals and needs. Here's the 101.

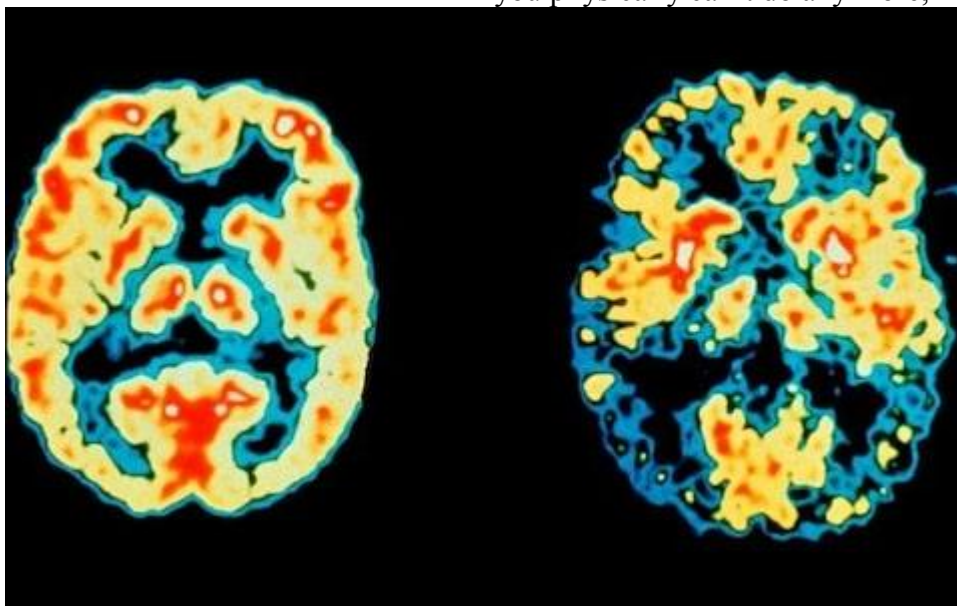
Free Weights

“Although both machines and free weights, such as dumbbells and kettlebells, allow you to gain a similar amount of muscle size and strength, free weights require more core engagement and activate more muscle groups than a machine,” De Leon says. Without the support of a machine to hold you in the proper position, your body is forced to work harder to maintain your posture.

“As a result, free weights are better for building muscle long term, compared to a machine that may only be targeting specific muscles,” De Leon says.

Weight Machines

Because machines provide more support, they can be a good bet for beginners who haven't yet honed their form. “A machine is also great to work on improving your form and range of motion after an injury,” De Leon says.



Resistance Bands

“These [resistance bands] are cheap and portable,” De Leon says.

“Although they do increase muscle size and strength, in the long run, they will become less challenging.”

To make your strength workouts more challenging with resistance bands, you can add them to your dumbbells or kettlebells.

Body-Weight Exercises

“Body-weight workouts use your own weight to provide resistance against gravity,” De Leon says. The best part is that body-weight exercises don't require any special equipment, like weight machines, dumbbells or even resistance bands. You can do them anytime, anywhere, which is especially helpful if you're

avoiding the gym during the COVID-19 pandemic.

“To build muscle using body-weight training, gradually increase the amount of reps or train until failure — for example, by doing squats until you physically can't do any more,”

But it's certainly not ideal. “Over time, it can lead to adverse health effects and the loss of fitness gains,” De Leon says. “People with a strength-training practice have an overall greater quality of life.”

Aim to strength train at least twice per week, and experiment with different types of resistance-training equipment to help you figure out what will help you reach your goals. Because the more you enjoy that activity, the higher the chances you'll stick to a routine.

Ultimately, you'll be better off if you quit resisting resistance training. Now drop and give us 20!

Author: Molly Triffin

Source: Live Strong: How Bad Is It Really to Never Strength Train?

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The Mighty Miss Race is a race or recreational tour open to all forms of human powered craft (canoes, kayaks, paddle boards, etc.) on the Mississippi River. Races/tours can be done solo, tandem or in a relay with numerous paddlers. Three distance options are available: 55 mile, 25 mile, and 12 mile, with prize money for the 55 mile race! Registration Starts May 8th! \$25 per paddler.

For more information see <https://mightymissrace.wordpress.com/> or call Roland Ring-Jarvi at 763-257-2304.



WORLD RECORD CHALLENGE

JENN BROWN

May 19, 2021

A team of paddlers has set a new Guinness World Record for the fastest time to canoe the length of the Mississippi River, completing the quest in 17 days, 19 hours and 46 minutes.

MMZero, made up of father and daughter duo Kirk and Casey Millhone and recognized paddlers Bobby Johnson and Rod Price, set the record after paddling 24 hours a day for over two weeks. The successful attempt means Kirk, aged 62, is now the oldest person to have completed the estimated 2,350-mile journey and hold the record, while daughter Casey, aged 20, is the youngest female to do so.

Casey said: “I was nervous about being a weak link in the team, with Kirk, Rod and Bobby all having accomplished such amazing things. But the further we got along the river, I realized that I was prepared, I was learning, and I was getting stronger each day. It was an amazing feeling to be an equal amongst the greatness of these three established paddlers.” Kirk added: “Casey held us together throughout this journey, which has made me as proud as I can be. A highlight of this trip is



that she now sees herself as I’ve seen her for a long time – as an extraordinary young person who has abilities beyond imagination. The world is a better place having had her in it.”

To ensure the team could obtain the record, they paddled day and night in nine-hour shifts, taking turns sleeping on the canoe for just three hours at a time. During the attempt, which began in Lake Itasca on April 22nd, they battled exhaustion, sleep deprivation, hallucinations, and extreme weather conditions. Rod Price said: “We measured our success based on how many hours we were ahead of the world record

pace, so losing time to tornados and high winds was a huge blow. One night we nearly capsized in a whirlpool; five inches of water soaked into my sleeping bag while I was resting, and I ended up hypothermic. When the weather conditions cause you to lose time you realize there’s no wiggle room at all, but one good night can completely turn circumstances around.” Kirk added: “Mother Nature was our biggest challenge; she is completely indifferent to plans, and we dealt with everything from blizzards to 90-degree heat. Alongside that, we also had to deal with the grueling physical challenges. You can only eat so many calories and work

hard for so long before your body starts to feed on itself and you can't maintain your strength any longer." Rod said: "Riding the Mississippi River is like Mount Everest for paddlers. More than 4,000 people have climbed Everest, but I can guarantee that far fewer than 4,000 people have paddled the Mississippi, and even less have tried to paddle it for a

people who were involved. Every single person on our support team at one time or another was that thread that held things together to allow us to keep going." Bobby Johnson



MMZero team members Rod Price, Casey Millhone, Kirk Millhone and Bobby Johnson.



added: "I want to say thank you to everyone. Every single person involved in this trip was the reason that we finished it and I wouldn't have had this amazing experience without them. It really was the adventure of a lifetime."

To find out more about Team MMZero, visit mmzero.org/

speed record. It's a phenomenal task and you do need to factor in the danger involved."

Team MMZero was followed by a support crew on an RV and pontoon boat, who provided food, took care of laundry and charged equipment during the journey. Kirk said: "This is not a world record of four paddlers, but a world record of a whole team, including the support crew and everyone who helped us along our way. There's no way we could have accomplished this without all of the



NOTICE

2021 USCA Aluminum Nationals Cancelled

The 2021 Aluminum Nationals in Poplar Bluff Missouri has been cancelled due to issues with the Federal access boat ramp at the start and the city park at finish.

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2021 USCA NATIONAL CHAMPIONSHIPS

WARREN, PA

STEVEN HORNEY

2020's pandemic situation threw a wrench into the plans of a lot of people and organizations, not the least of which was the USCA and our annual Nationals races. Thankfully many of the lockdowns and restrictions are lifting, but the impacts are still being felt. Impacts extending even to our Nationals and this publication.

You may have noticed that Canoe New is coming out later than usual and is now a Spring/Summer edition. Most of that has to do with the Nationals conundrum and the need to place the Nationals registration information in this issue. Originally re-scheduled to 2021 by Newaygo, MI after being canceled in 2020, Newaygo decided they couldn't meet their state's foreseeable guidelines and still hold the Nationals in proper form, so they deferred to 2022. With no Nationals host, the best we were hoping for was going to be the possibility of some day racing in that area.

Then Jeff and Amy Rankinen came through with an

offer to host the Nationals in Lock Haven, PA. Many of us had fond memories of the last Nationals hosted at Lock Haven, and we were pleased to have the opportunity to compete. Alas, there were still some challenges. Jeff and Amy had to make a number of modifications to the Nationals layout to make it "Covid friendly" in order that local officials would bless the meet and give them the permits for the Nationals. Some of this involved a substantial reduction in youth events and changes to the racing events schedule. Thus a debate within the organization ensued over how to deal with these changes, and concerns over attendance with a reduced schedule.

Then Warren stepped in and offered to host the Nationals with a full schedule. Warren has been very supportive of the USCA, having hosted the Nationals on a number of occasions. And while some may lament not having the opportunity to race someplace new, many of us are thankful for Warren's supportiveness and willingness to

step in during a particularly challenging year to put on a full Nationals event. Put to a vote, the delegates decided to take up Warren's offer and shift the Nationals back to Warren.

So after many delays and reroutes, we finally have a settled Nationals event for 2021! Many, many thanks to the Rankinens for all the work they put into planning the Nationals at the last minute and trying to work around Covid restrictions, and many, many thanks to Warren for being willing and able to step in and offer a full event when it wasn't going to be possible at Lock Haven. Also many thanks to the USCA executive board for the long hours they put in working through the challenges of finding a host for the 2021 USCA Nationals.

So come out of hiding this year and once again enjoy some hard-core competition and full-on racing at the USCA Nationals! Let's make it the best ever!

Steve

United States Canoe Association

★ Competition ★ Cruising ★ Conservation ★ Camping ★ Camaraderie

AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY

****READ BEFORE SIGNING****

Name of Event: USCA Nationals Date(s) of Event: August 12-15, 2021

In consideration of being allowed to participate in any way in the UNITED STATES CANOE ASSOCIATION athletic sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death; and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,

I acknowledge that I am aware there are risks to me of exposure to directly or indirectly arising out of, contributed to, by or resulting from an outbreak of any and all communicable disease, including but not limited to, the virus "severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)", which is responsible for Coronavirus Disease (COVID-19) and/or any mutation or variation thereof;

I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releasees or others and assume full responsibility for my participation; and

I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such hazard to the attention of the nearest official immediately; and,

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS the UNITED STATES CANOE ASSOCIATION and

Warren County Chamber, PA Fish and Boat Commision, US Army Corps of Engineers, Chapman

(name of club, affiliate or sponsor), their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I acknowledge that I am aware of the safety rules and regulations applicable to this event including the use of life jackets and lightning safety, and that I have read the USCA sanctioning guidelines and will attend the pre-event/pre-race meeting.

I also acknowledge that photographs and video may be taken of me in my participation in and attendance at this event, and hereby freely agree to allow without restriction all uses of such photos and videos in the reporting of this race, and/or in the promotion of this event, its location, other sporting events, sport in general, and/or related purposes.

I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement. And, to the best of my knowledge I do not have a fever, cough, or loss of taste (symptoms of COVID-19).

(All participants are to sign and completely fill in the information numbered 1-7 including emergency contact.)

(Please print legibly)

X _____ 1. Address: _____
(Participant's Signature) 2. City: _____
3. State/Zip Code: _____
5. _____ 4. Date signed: _____

(Participant's full name, Please PRINT)

6. Emergency Contact Person for this participant: _____
7. Emergency contact Phone Number: Cell: _____ Home: _____



EMERGENCY CONTACT PERSON CANNOT BE A PARTICIPANT IN THE RACE OR EVENT.

Fill in form above for participants under age 18. Parent/Guardian is to sign and complete the form below.

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION) This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law. I further agree to the photographic and video release set forth above.

X _____
(Parent/Guardian Signature) (Date signed by parent/guardian)



**2021 USCA
National Canoe & Kayak
Championships**

August 12-15, 2021

Chapman Lake & Allegheny River, Warren, PA

**Hosted by
Warren County Chamber of Business and
Industry**

For more information go to www.wccbi.org or
Contact John Papalia, Race Director, at 814-723-3050 or by email at jpapalia@wccbi.org

Welcome Back Paddlers!

Warren County Pennsylvania is proud of our heritage of serving as Host for the USCA National Canoe and Kayak Championships dating back to 2003 and we are looking forward to welcoming back USCA members to our community in 2021! While much has changed over the past year, several key elements of our outdoor recreational assets remain available to provide exceptional venues for the USCA Nationals! These include Chapman State Park, an ideal venue for the Sprint Events and the Allegheny River, with water control available through the Kinzua Dam, providing a challenging course for Marathon Races.

For the 2021 running of the USCA National Canoe and Kayak Marathon Championship events we will be utilizing the Allegheny River Course like in years past. The course starts at the Tailwaters of the Kinzua Dam and finishes at the Western end of the City of Warren at Betts Park. Two upstream paddles sections will be included in the Adult Marathon course, the first at Shipman's Eddy and the second within the City of Warren itself. These upstream paddles provide additional challenge to participants as well as overall distance to the racecourse needed to meet the overall course completion time parameters set by USCA. Junior racers will NOT complete the upstream portions of the course.

Warren County will again be working closely with the US Army Corps of Engineers to monitor the water levels in the Allegheny River to ensure to the greatest extent possible optimum level for all marathon competition days. We will also strive to have level controls in place for a designated time on Wednesday, August 11th to support practice running of the course at "race levels". The ability to adjust water levels is completely at the discretion of the Corps of Engineers and is provided only if adjustments to the outflow of the Kinzua Dam has no deleterious impact on the reservoir or downstream activities.

One section of rough water exists on this course at the western end of the United Refining Company facility. This section is approximately 100 yards long and will actively monitored by Glade Volunteer Fire Department Swift-water rescue personnel.

Appropriate and convenient boat jiggling and impound areas will be established and maintained throughout the Marathon portion of the event adjacent to the finish line boat launch area of Betts Park.

Please see the included Important Information for the USCA Nationals

See you in August!

Warren County Chamber Staff

NOTICE TO 2019 TROPHY RECIPIENTS

Please return your trophies to Warren for the 2021 Nationals.

If you are unable to attend, please have someone attending bring your trophy. Or mail your trophy to:

Warren County Chamber of Business and Industry
308 Market St,
Warren, PA 16365

Important Information for the 2021 USCA National Championships

1. 2021 USCA membership is required to participate in all USCA Nationals Events.

- a. Send USCA membership application to Lynne McDuffie, Membership Chair
410 Cockman Road, Robbins, NC 27325
- b. Membership information available at www.uscanoe.com
- c. **Proof of membership is required for event registration.**

2. Event Registration

- a. By mail on or before **FRIDAY, JULY 23RD, 2021** with check payable to:
Warren County Chamber of Business and Industry (WCCBI)
308 Market Street
Warren, PA 16365
- b. No day-of-event registration, except for the sprint races on Thursday.
- c. **Payment may be made via credit card by calling 814-723-3050 or emailing szimmerman@wccbi.org**

3. Waiver / Release of Liability form must be completed and signed by each participant at check-in. Form can be downloaded from website prior to event registration.

4. Age Groups-The following age groups will apply for all the classes except for those that are stated otherwise. In tandem events (C2 or K2), the team's age is determined by the younger of the two paddlers in adult classes. In youth classes, the team's age is determined by the older of the two paddlers.

Adult (Age on Race Day)	Youth & Junior (Age on 1/1/2021)
18-39 Open	Youth 5-7
40-49 Master	Youth 8-10
50-59 Senior	Youth 11-12
60-64 Veteran 1	Youth 13-14
65-69 Veteran 2	Junior 15-17
70-74 Grand Veteran 1	Adult (18+)/Youth (5-14)
75-79 Grand Veteran 2	Adult (18+)/Junior (15-17)
80+ Grand Master Veteran	

- 5. Open Class:** New this year, you will be scored by your age in each division you enter, as well as in the overall standings. The overall winner does not qualify for age group awards and will be recognized as the overall National Champion. In the event of a start with multiple heats, paddlers can waive their age group awards to start in the open heat to compete for the overall championship.
- 6. Youth Sprints-** All Youth/Junior Sprint events will be 250 meters. A youth paddler may enter one of each of C1, C2, Mixed, K1 and SUP for a total of five (5) events. Adult paddlers in the Adult & Youth/Junior Sprints must be 18+ years of age as of race day. Adults may paddle in more than one age group of Adult & Youth/Junior events.
- 7. Life Jackets-** PFD's must ALWAYS be worn while on Corps of Engineers waters which lie between the Kinzua Dam and the upstream tip of the first island downstream of the marathon starting line. This is the first portion of the course, after that, standard USCA competition rules apply.

8. **Jigging:** All Canoes and Kayaks should be jugged prior to Marathon events. A 2021 sticker will be provided and affixed to crafts that have passed inspection. Watch the bulletin board for jugging times and location. In the marathon events, the top 5 finishing boats in all age groups must go immediately to the jugging area to be measured, or face disqualification. Any boat that fails inspection and was not measured prior to the event will be disqualified immediately.

9. **Medals:**

- a. Adult USCA classes receive age group medals 3 deep. If a participant waives their age recognition, the next competitor will receive the medal.
- b. Junior and Youth Classes are 3 medals deep for sprints and 3 medals deep for marathon.

10. **Barton Youth Award:** Participation is open to all paddlers ages 9-17. The award goes to the fastest female and the fastest male in K1 and C1. The winners will each receive a new paddle.

11. **Paddlers with Physical Disabilities:** All sprint events are 500 meters. Athletes entering the National Championship Sprints for Paddlers with Physical Disabilities must send ICF Paracanoe Athlete Diagnosis Form and ICF Paracanoe Athlete Certificate of Diagnosis Form or USCA Adaptive Paddler Vision Qualification Form to Jan Whitaker by email (janwhitaker@twc.com) or by postal mail (560 Shore Drive, West Henrietta, NY. 14586).

Documents MUST be received by July 15th, 2021. Links to the necessary documents may be found by visiting:

https://www.canoeicf.com/sites/default/files/paracanoe_athletes_diagnosis_form_2020.pdf

https://www.canoeicf.com/sites/default/files/paracanoe_athletes_certificate_of_diagnosis_2020.pdf

12. **Friday Buffet Dinner:** Friday August 13th, 2021

- a. Picnic dinner provided at Betts Park at 5 PM. MUST RSVP ahead of time.
- b. \$15 per person if paid for before July 23rd, 2021.
- c. \$20 per person if paid for on August 11th, 2021.

13. **USCA Semiannual Meeting:** Friday, August 13th, 2021 at 7 PM.

- a. Location for meeting: Conewango Club, 201 Market Street, Warren, PA 16365

14. **Safety:** 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.

- a. Attendance at pre-race meetings is mandatory.
- b. 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 are any questions pertaining to PFDs consult with the Safety Chair (Glen Green).
- c. A sound producing device, such as a pea-less whistle which meets USCG requirements, must be carried in each boat, either securely affixed to a PFD or the boat in a manner which allows quick access in a personal emergency.
- d. A *US Coast Guard* approved PFD must always be worn by all non-swimmers and by persons ages 5-14 on the water, and by all contestants in Youth classes.
- e. Inflatable PFDs shall NOT be worn by non-swimmers and by all persons under the age of 16.
- f. Competitors must wear the ISO 12402-5 compliant PFD securely to be legal.
- g. **Lightning:** Before a race has started, if thunder is heard and/or lightning is seen, or a lightning detector indicates an approaching thunderstorm, the race will be delayed at least 30 minutes after hearing the last thunder. If the time between thunder time is 30 seconds 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. The order of the paddlers on the racecourse 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 racecourse.

15. Hotel Rooms for USCA Nationals/ Lodging

- a. Days Inn of Warren: 814-726-3000
- b. Hampton Inn and Suites: 814-723-2722 or www.warrensuites.hamptoninn.com
- c. Quality Inn and Suites: 814-723-3050

Schedule of Events

Wednesday, August 11th, 2021

Betts Park 100 Ludlow St. Warren, PA 16365

2:00-5:00 pm- Check-in and late registration

- On-site registration accepted for all events for Thursday through Sunday.
- Instructor Training
- **Call-in option for last day of registration available by calling 814-723-3050 from 8 AM until 5 PM.**

Thursday, August 12th, 2021

Betts Park 100 Ludlow St. Warren, PA 16365

10:00 am-5:00 pm Check-in registered entrants.

Boat Jigging available after sprints are complete.

Chapman Lake, 4790 Chapman Dam Road, Clarendon, PA 16313

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

8:30 am –9:30 am – Check-in, registration, membership verified, and waivers signed. Waivers must be signed by each participant and parent or guardian. **9:30 am** –MANDATORY pre-race meeting at Chapman Lake **10:00 am** – Racing Begins- Sequence of events listed below.

1. C1 Youth (5-7)	15. K1 Woman Junior (15-17)	29. K1 Man w/ Disabilities
2. C2 Youth (11-12)	16. C2 Men Junior (15-17)	30. C2/K2 Man/Youth (13-14)
3. C1 Youth (8-10)	17. C1 Woman Junior (15-17)	31. C2/K2 Man/Junior (15-17)
4. K1 Youth (11-12)	18. C2 Boys Youth (13-14)	32. C2/K2 Woman/Youth (5-7)
5. C2 Youth (5-7)	19. K1 Boy Youth (13-14)	33. V1 Man w/ Disabilities
6. K1 Youth (8-10)	20. C1 Man Junior (15-17)	34. C2/K2 Woman/Youth (8-10)
7. C1 Youth (11-12)	21. C2 Girls Youth (13-14)	35. C2/K2 Woman/Youth (11-12)
8. C2 Youth (8-10)	22. C2/K2 Mixed Junior (5-17)	36. V1 Woman w/ Disabilities
9. K1 Youth (5-7)	23. SUP Unlimited Man (5-17)	37. C2/K2 Woman/Youth (13-14)
10. C1 Girl Youth (13-14)	24. SUP Unlimited Woman (5-17)	38. C2/K2 woman/Junior (15-17)
11. K1 Man Junior (15-17)	25. C2/K2 Man/Youth (5-7)	Youth Marathon
12. C2 Women Junior (15-17)	26. K1 Woman w/ Disabilities	C1 Youth 5-7, 8-10, 11-12
13. K1 Girl Youth (13-14)	27. C2/K2 Man/Youth (8-10)	K1 Youth 5-7, 8-10, 11-12
14. C1 Boy Youth (13-14)	28. C2/K2 Man/Youth (11-12)	

Awards- immediately following the Conclusion of sprints.

IMMEDIATLEY following the races, a free style demo event will be held.

Friday, August 13th, 2021

Kinzua Tailwaters Boat Ramp, Powerhouse Drive, Warren, PA 16365

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

8:30 am –MANDATORY pre-race meeting

9:00 am –Races Begin- Sequence Listed Below. Listen to pre-race meeting for potential wave breaks and changes.

1. C1 Woman	4. C2 Men Open	7. K1 ManTouring
2. C1 Women - Stock	5. C2 Standard Men	8. K2 Unlimited Men
3. OC1 Man	6. K1 Unlimited Woman	9. C1 Woman Junior & Barton Youth Award, K1 Woman Junior Unlimited & Barton Youth Award, C2 Men Junior * (Short Course)

Betts Park 100 Ludlow St. Warren, PA 16365

Awards- immediately following the Conclusion events at Betts Park.

5 PM: Picnic style dinner provided.

7:00 PM: USCA Semi-Annual Meeting at Conewango Club of Warren, PA

Saturday, August 14th, 2021

Kinzua Tailwaters Boat Ramp, Powerhouse Drive, Warren, PA 16365

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

8:30 am –MANDATORY pre-race meeting

9:00 am –Races Begin- Sequence Listed Below. Listen to pre-race meeting for potential wave breaks and changes.

1. K1 Touring Woman & K1 Sea Kayak Man	4. C2 Man/Junior & C2 Woman Junior	7. C2 Woman/Youth * (Short Course)
2. C2 Standard Mixed	5. K2 Unlimited Mixed	8. C2 Mixed Junior
3. C2 Mixed	6. C2 Man/Youth * (Short Course)	9. SUP Unlimited Man & Woman * (Short Course)

Betts Park 100 Ludlow St. Warren, PA 16365

Awards- immediately following the Conclusion events.

Sunday, August 15th, 2021

Kinzua Tailwaters Boat Ramp, Powerhouse Drive, Warren, PA 16365

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

8:30 am –MANDATORY pre-race meeting

9:00 am –Races Begin- Sequence Listed Below. Listen to pre-race meeting for potential wave breaks and changes.

1. C2 Standard Woman & C2 Woman	4. C1 Man & C1 Man Stock	7. K1 Unlimited Man Junior & Barton Youth Award * (Short Course)
2. K1 Unlimited Man	5. OC1 Woman	8. C1 Man Junior & Barton Youth Award * (Short Course)
3. K1 Sea Kayak Woman	6. K2 Unlimited Woman	9. C2 Woman Junior * (Short Course)

Betts Park 100 Ludlow St. Warren, PA 16365

Awards- immediately following the Conclusion events.

2021 USCA National Canoe & Kayak Championships
August 12th – 15th, 2021 / Warren, PA
Participant Registration Form Continued

To register, please complete this form for EACH participant by checking the box(es) next to the class name you are registering for.
 Pre-registration deadline is FRIDAY, JULY 23RD, 2021.

A paddler may enter one each of C1, C2, C2 Mixed, K1, K2, and SUP for a maximum of six. Team's age is determined by the older of the two paddlers. Youth/Junior team's age is determined by the older of the two. Adult/Junior & Adult/Youth: ADULTS may paddle with more than one age group. Youth/Junior may enter no more than one event AND must be in your own age group.

Thursday, August 12th, 2021: Chapman Lake, 4790 Chapman Dam Rd., Clarendon, PA 16313
8:30 am –9:30 am – Check-in, registration, membership verified, and waivers signed.
9:30 am –MANDATORY pre-race meeting / **10:00 am** – Racing Begins.

Paddlers entering in the physical disabilities MUST submit the necessary documents including ICF Paracanoe Athlete Diagnosis Form and ICF Paracanoe Athlete Certificate of Diagnosis Form or USCA Adaptive Paddler Vision Qualification Form to Jan Whitaker by July 15th, 2021. Links to the necessary documents may be found at:

https://www.canoeicf.com/sites/default/files/paracanoe_athletes_diagnosis_form_2020.pdf

https://www.canoeicf.com/sites/default/files/paracanoe_athletes_certificate_of_diagnosis_2020.pdf

NAME: _____ AGE: _____ STATE: _____

Please designate which event you will be utilizing a partner for by the number next to the event.

EVENT: ___ PARTNER'S NAME: _____ AGE: _____ STATE: _____

EVENT: ___ PARTNER'S NAME: _____ AGE: _____ STATE: _____

EVENT: ___ PARTNER'S NAME: _____ AGE: _____ STATE: _____

EVENT: ___ PARTNER'S NAME: _____ AGE: _____ STATE: _____

1. C1 Youth (5-7)	15. K1 Woman Junior (15-17)	29. K1 Man w/ Disabilities
2. C2 Youth (11-12)	16. C2 Men Junior (15-17)	30. C2/K2 Man/Youth (13-14)
3. C1 Youth (8-10)	17. C1 Woman Junior (15-17)	31. C2/K2 Man/Junior (15-17)
4. K1 Youth (11-12)	18. C2 Boys Youth (13-14)	32. C2/K2 Woman/Youth (5-7)
5. C2 Youth (5-7)	19. K1 Boy Youth (13-14)	33. V1 Man w/ Disabilities
6. K1 Youth (8-10)	20. C1 Man Junior (15-17)	34. C2/K2 Woman/Youth (8-10)
7. C1 Youth (11-12)	21. C2 Girls Youth (13-14)	35. C2/K2 Woman/Youth (11-12)
8. C2 Youth (8-10)	22. C2/K2 Mixed Junior (5-17)	36. V1 Woman w/ Disabilities
9. K1 Youth (5-7)	23. SUP Unlimited Man (5-17)	37. C2/K2 Woman/Youth (13-14)
10. C1 Girl Youth (13-14)	24. SUP Unlimited Woman (5-17)	38. C2/K2 Woman/Junior (15-17)
11. K1 Man Junior (15-17)	25. C2/K2 Man/Youth (5-7)	Youth Marathon
12. C2 Women Junior (15-17)	26. K1 Woman w/ Disabilities	* 39. C1 Youth 5-7, 8-10, 11-12
13. K1 Girl Youth (13-14)	27. C2/K2 Man/Youth (8-10)	* 40. K1 Youth 5-7, 8-10, 11-12
14. C1 Boy Youth (13-14)	28. C2/K2 Man/Youth (11-12)	*Please circle appropriate age group

2021 USCA National Canoe & Kayak Championships
August 12th – 15th, 2021 / Warren, PA
Participant Registration Form Continued

Age Groups: The following age groups will apply for all the classes except for those that are stated otherwise. In tandem events (C2 or K2), the team's age is determined by the younger of the two paddlers in adult classes. In youth classes, the team's age is determined by the older of the two paddlers.

Adult (Age on Race Day)

Youth (Age on 1/1/2021)

18-39 Open / Youth 5-7 / 40-49 Master / Youth 8-10 / 50-59 Senior / Youth 11-12 /

60-64 Veteran 1 / Youth 13-14 / 65-69 Veteran 2 / Junior 15-17 / 70-74 Grand Veteran 1

Adult (18+) / Youth (5-14) / 75-79 Grand Veteran 2 / Adult (18+) / Junior (15-17)

80+ Grand Master Veteran

Friday, August 13th, 2021: Kinzua Tailwaters

7:30 am – 8:30 am – Boat Number Pick-up & MANDATORY pre-race meeting

9:00 am – Races Begin- Sequence Listed Below.

NAME: _____ AGE: _____ STATE: _____

Please designate which event you will be utilizing a partner for by the number next to the event.

EVENT: ___ PARTNER'S NAME: _____ AGE: _____ STATE: _____

1. C1 Woman	7. K1 Man Touring
2. C1 Women - Stock	8. K2 Unlimited Men
3. OC1 Man	9a. C1 Woman Junior & Barton Youth Award *(Short Course)
4. C2 Men Open	9b. K1 Woman Junior Unlimited & Barton Youth Award *(Short Course)
5. C2 Standard Men	9c. C2 Men Junior *(Short Course)
6. K1 Unlimited Woman	

**2021 USCA National Canoe & Kayak Championships
August 12th – 15th, 2021 / Warren, PA
Participant Registration Form Continued**

Saturday, August 14th, 2021: Kinzua Tailwaters

7:30 am – 8:30 am – Boat Number Pick-up & MANDATORY pre-race meeting

9:00 am – Races Begin- Sequence Listed Below.

NAME: _____ **AGE:** _____ **STATE:** _____

Please designate which event you will be utilizing a partner for by the number next to the event.

EVENT: ___ **PARTNER'S NAME:** _____ **AGE:** _____ **STATE:** _____

1a. K1 Touring Woman	5. K2 Unlimited Mixed
1b. K1 Sea Kayak Man	6. C2 Man/Youth * (Short Course)
2. C2 Standard Mix	7. C2 Woman/Youth * (Short Course)
3. C2 Mixed	8. C2 Mixed Junior
4a. C2 Man/Junior	9. SUP Unlimited Man & Woman * (Short Course)
4b. C2 Woman/Junior	

Sunday, August 15th, 2021: Kinzua Tailwaters

7:30 am – 8:30 am – Boat Number Pick-up & MANDATORY pre-race meeting

9:00 am – Races Begin- Sequence Listed Below.

NAME: _____ **AGE:** _____ **STATE:** _____

Please designate which event you will be utilizing a partner for by the number next to the event.

EVENT: ___ **PARTNER'S NAME:** _____ **AGE:** _____ **STATE:** _____

1a. C2 Standard Woman	5. OC1 Woman
1b. C2 Woman	6. K2 Unlimited Woman
2. K1 Unlimited Man	7. K1 Unlimited Man Junior & Barton Youth Award * (Short Course)
3. K1 Sea Kayak Woman	8. C1 Man Junior & Barton Youth Award * (Short Course)
4a. C1 Man	9. C2 Woman Junior * (Short Course)
4b. C1 Man Stock	

Overview of Proposed Marathon and Sprint Courses

The 2021 USCA National Canoe and Kayak Marathon Championships on the Allegheny River here in Warren County, PA.

As with all previous running's of this event in Warren the marathon course will begin at the tailwaters of the Kinzua Dam located along Route 59 approximately 9 miles east of the City of Warren. The start line will be situated at a Corps. of Engineers boat launch with ample river accessibility both upstream and downstream of the start line. Adequate warm up area exists between the start line and the dam restriction area to allow for pre-race warm up paddling.

The 2021 adult marathon course will cover approximately 12.5 miles of the Allegheny River between the Kinzua Dam and Betts Park in Warren, PA. Two upstream portions will be included, one in Shipmen's Eddie and is approximately .5 miles in length and the other within the City of Warren utilizing railroad and roadway bridges as turn demarcation points. This section, approximately .5 mile in length, has been utilized in all prior Nationals in Warren and provides excellent spectator viewing opportunities as well as challenging upstream paddling for competitors.

One section of rough water is involved on this course, adjacent to the United Refining Company. This section is approximately 100 yards long and will be actively monitored by Glade Volunteer Swift-water rescue squad.

Management of the water level for the 2021 Nationals will again be coordinated with the U.S. Army Corps of Engineers. While weather conditions will dictate the Corps ability to provide additional discharge through the dam or restrict such discharge to reach optimum race conditions along the course we have experienced in the past and have every confidence that we will again receive the utmost in cooperation from the Corps in meeting the needs of the USCA for all 3 marathon days.

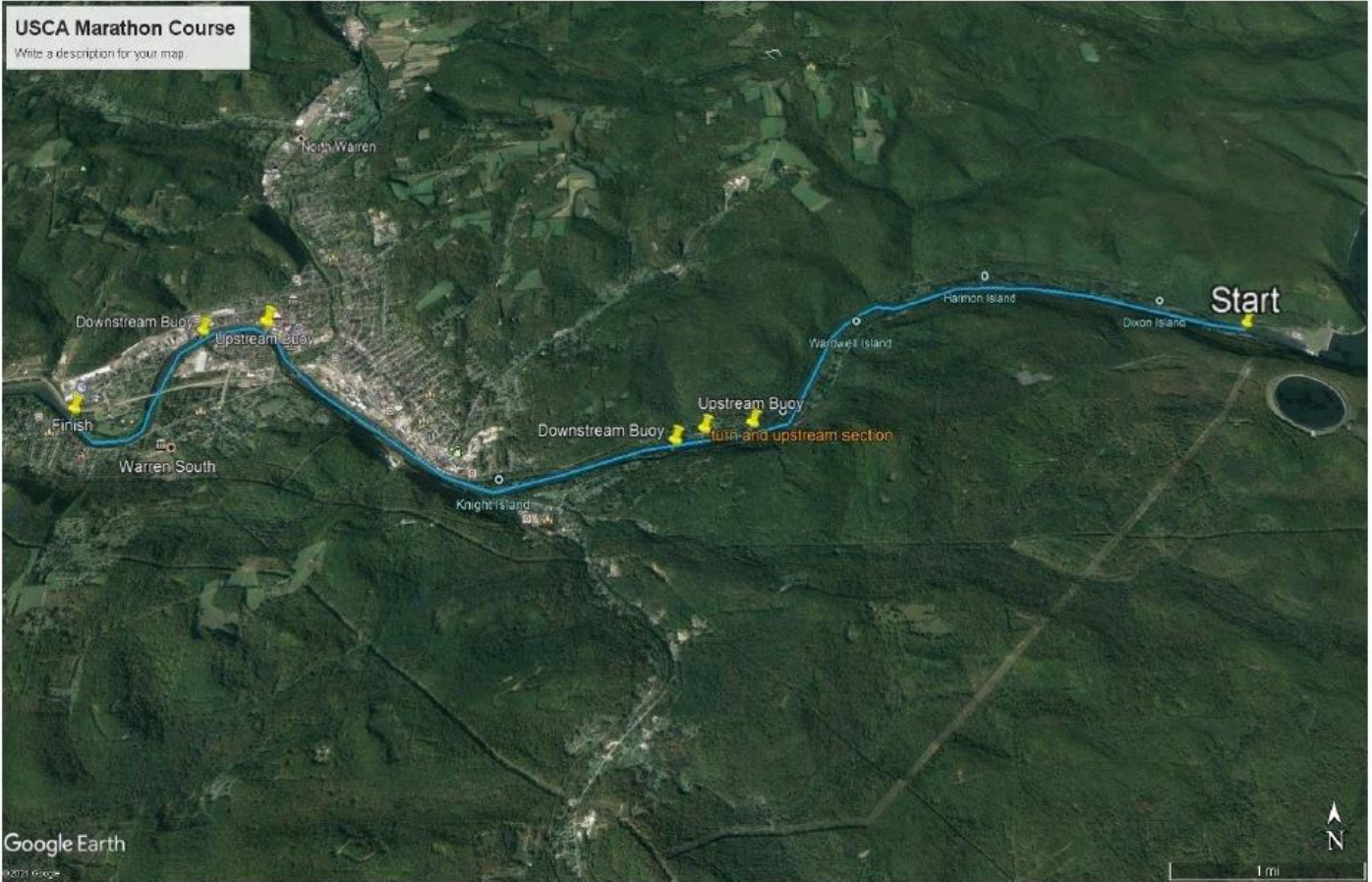
The marathon course for the Youth divisions will start at the tailwaters at the Kinzua Dam and will run to Betts Park in Warren. Youth paddlers will run a straight course and not complete the upstream portions of the course.

The Sprint competitions will be held on Chapman Lake located within Chapman State Park. The lake offers flat water for the competition and easily accessible viewing areas. The park has ample amounts of parking and easy access for paddlers to get in and out of the water.

USCA MARATHON COURSE

USCA Marathon Course

Write a description for your map



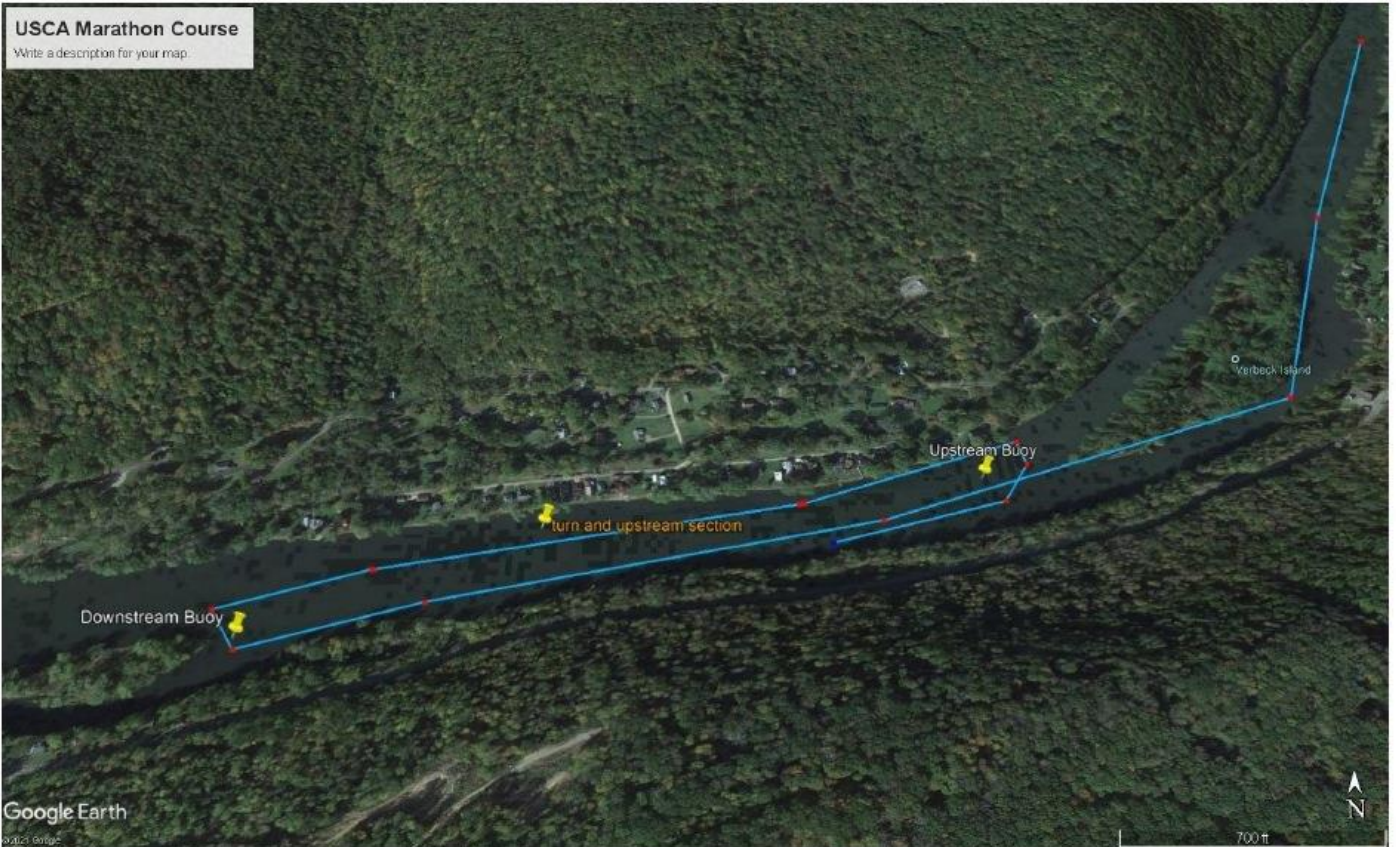
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SHIPMAN'S EDDIE TURN

USCA Marathon Course

Write a description for your map



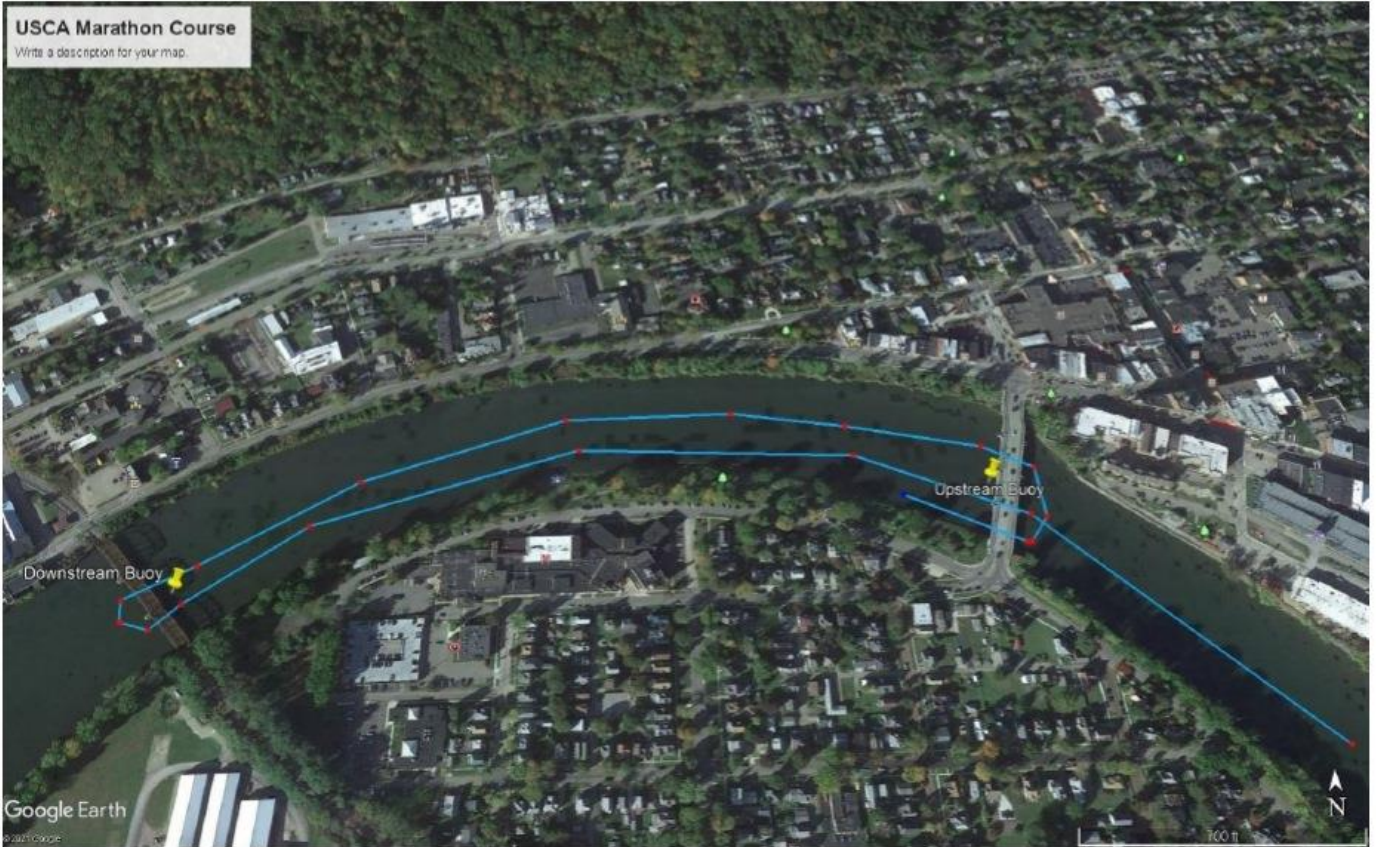
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DOWNTOWN TURN

USCA Marathon Course

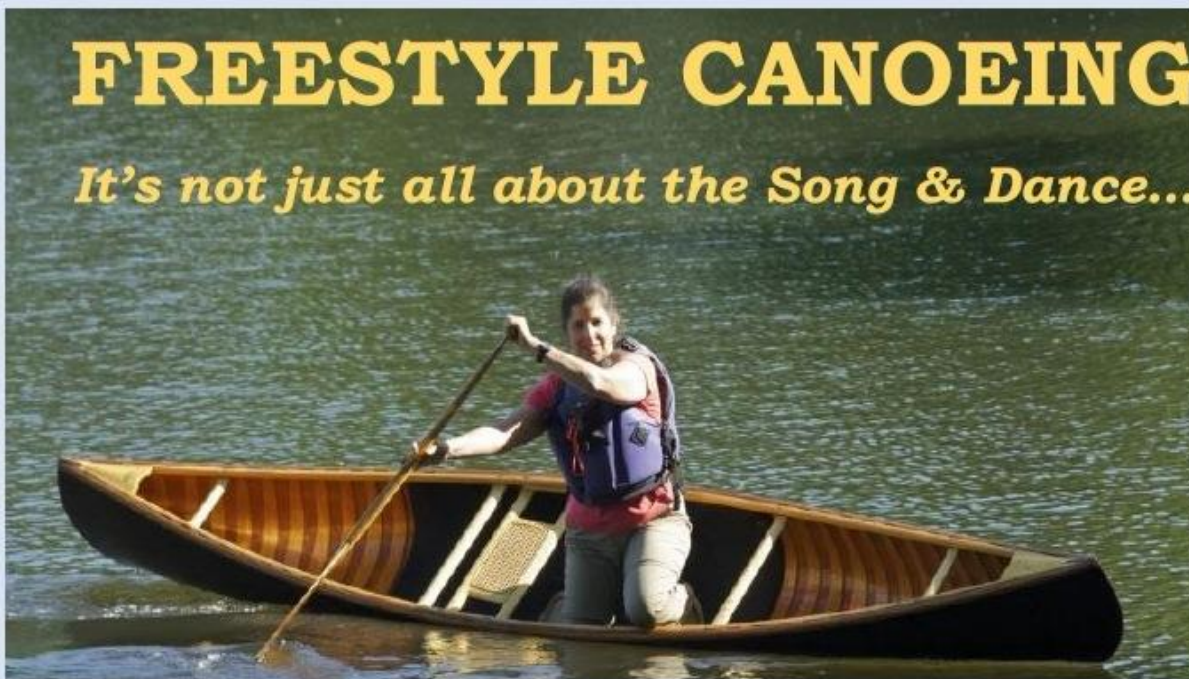
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2016 Nationals photo by Bill Amos

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July 15 - 18

MIDWEST CANOE SYMPOSIUM

Peninsula, OH
September 10 - 12

PINE BARRENS FUNCTIONAL

FREESTYLE CANOEING WORKSHOP
Camp Ockanickon, Medford Lakes, NJ
October 15 - 17



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United States Canoe Association
 Est 1968
 Competition ★ Cruising ★ Conservation ★ Camping ★ Camaraderie ★

Membership Application Form
 Or Join on-line at www.uscanoe.com

Date _____

Name of Organization _____

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

Last Name _____ First Name _____ M.I. _____

Address _____ Date of Birth _____ Gender M F

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

Telephone _____ Email _____

Membership: Renewal New If new, recruited by: _____

Member Type:

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

- Please attach your Club Membership roster with this application.

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

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

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

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

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

Make check payable to:
USCA

Lynne McDuffie, USCA Membership Chair
 410 Cockman Rd
 Robbins, NC 27325
 Phone: (910) 783-5413

Email: lmcduffie@gmail.com

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Executive Committee

President & Chair:

Weston Willoughby

Vice President:

Teresa Stout

Secretary:

Barbara Bradley

Treasurer:

John Edwards

Executive Director

Vacant

John Finnen

18 Ayoub Rd, Pleasant Mt, PA 18453
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Glen Green

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Non-Organized Regional Divisions

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

Fred Tuttle

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

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6201 23 1/2 Mile Rd , Homer, MI 49245
517-568-3702 bartonpigfarm@dmcibb.net

Derek Diget

131 S Berkley St, Kalamazoo, MI 49006
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Mountain Division

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

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

Patricia Heed

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South Atlantic Division

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Don Walls

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Non-US Regional Division

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Affiliated Club Delegates for 2021

Florida Competition Paddlers Association

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Free Style Group

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330-239-1725; rmravet@uakron.edu

Michigan Canoe Racing Association

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New England Canoe & Kayak Racing Assn

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603-746-6491; prtsen1@comcast.net

New York Paddlesport Racing Assn

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North Carolina Canoe Racing Association

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St Charles Canoe Club

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

Texas Canoe & Kayak Racing Association

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

Delegates

Organized State & Regional Divisions

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513-530-9249; wmcorrigan@fuse.net

Larry Latta

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Penn-Jersey Division/USCA

Charlie Bruno

2124 James Way, Saylorsburg, PA 18353
610-381-3780, Brunos@ptd.net

Standing Committees for 2020

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
Conservation - TBD
Education - Lynne Witte
FreeStyle - Molly Gurien
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– Lynne Witte
Nominating – TBD
Publications – Steven Horney
Publicity & PR – Open
Safety – Glen Green
Social Media - Larry Latta
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

California River Quest

Emily Matthews; Burlingame, CA
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Great Hollow Nature Preserve

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Housatonic Valley Association

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The Paddle Attic

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Western Penn Solo Canoe Rendezvous

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Yadkin Riverkeeper

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Dayton Canoe Club

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Friends of the Great Swamp

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Lanier Canoe Kayak Club

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Paddling Anglers in Canoes & Kayaks

Chris Arceneaux; Kingwood, TX
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River City Paddlers

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Symmes Creek Restoration Committee

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Texas Outrigger Canoe Club

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Tour Du Tech, Inc.

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

Westfield River Watershed Association

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413-246-8420; jPELLI@comcast.net



2017 Nationals photo by
Richard Hodgkins

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2018 Nationals photo by Bill Amos

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