



HUT!

Spring 2014



!!! Membership renewal time !!!!

~~ Race schedule inside ~~

Executive.....2
Message from President.....2
Marathon
World Championships 2014.....2

Race Schedule 2014 ,
Descriptions of races3 - 11
OMCKRA safety policy..... 12 - 13
Summarized race listings.....14
Renew your membership!!15

MESSAGE FROM THE PRESIDENT



2014 Executive

Marathon Canoe Racing Council (MCRC) Rep
Craig Creighton

Canoe Kayak Ontario (CKO) Reps:
Don Stoneman, Kim Snell

Members at Large

Wendy Perkins
wendypaddle@gmail.com

Greg Johnston
greg-j@sympatico.ca

Jacob (Jack) Van Dorp
jvandorp@brucecounty.on.ca

Rodney Ruddock
rodney@cyg.net

Christoph Kesting
ckesting@gmail.com

Recording Secretary
Stacey Ferris
519-749-2008
sferris@regionofwaterloo.ca

Race Secretary
TBD info@omcra.com

Vice President,
Craig Creighton
(705) 878-9020
crpaddler@yahoo.ca

Past President
Mike Devine
chasingtheshore@gmail.com

President, Don Stoneman
(519) 654-9106
dstoneman@betterfarming.com

Administration
(Treasurer, Membership)
Kim Snell
(519) 651-0289
omckra@gmail.com

Web: <http://omckra.com/>
Phone: 519 651-0289
Email: info@omckra.com



In late February, I called John Rapski in Swastika to get some information about his High Water Run, scheduled for the day before Mother's Day. "It's -32 up here," John informed me, he didn't need to add if that was Fahrenheit or Celsius; at that temperature the scales collide. If you don't know where Swastika is, flip your Ontario road map over and look near Kirkland Lake. Naturally John hasn't been doing much paddling lately, and neither have we southwestern Ontarians. The Thames froze over in late November, and thawed for one weekend in January before frosting over again. On Friday Mar. 7, I watched ice fishermen set their augurs to the thick coating on the millpond behind our house in Hespeler. First time I've seen that in

22 years here. By Sunday at midnight there was a puddle of open water, even before the temperature turned up. Polar vortexes come and go. You can't fight the power of the sun.

For those of you with lots of free time, I hope you've been out skiing and snowshoeing and hitting the gym. We have been working on race sanctioning and scheduling for 2014. The results of our labours so far are on the pages following.

Yukon River Quest veteran Gaetan Plourde is taken the torch from long-time organizer John Hiley Sr., so the Jock River Race shall continue. We are considering sanctioning another race that Gaetan organizes, dubbed the K2O, a 200 km Kingston to Ottawa paddle, non-stop, in mid-August. Finishing times should be in the neighbourhood of 20 hours or more. Yes, "3X27" canoes will be allowed in this race.

Alas, we haven't been able to contact the organizers of The York River Race in Bancroft, 2013's Race of the Year. Perhaps they will pop up when a thaw comes their way?

Keep an eye on the OMCKRA website for race updates. We will post notifications if scheduled races are postponed. Conservation authorities in southern Ontario warn that the danger of flooding is at its highest in nearly 40 years because of the accumulated snow pack and possible ice jams. As usual, we at the Ontario Marathon Canoe and Kayak Racing Association are determined that sanctioned events will be safe for all participants.

Special thanks are in order to my wife Kim who is doing triple duty as treasurer, membership secretary, and also assembling this newsletter. We have been acting as "Race Secretary" so far. The sanctioning committee is myself, Kim, Craig Creighton, Greg Johnston and sometimes Mike Devine.

See you on the water!
Don Stoneman, President OMCKRA



Marathon World Championships 2014 The 2014 ICF Canoe Marathon World Championships are taking place in Oklahoma City, USA from September 26 to 28. Athletes interested in competing on the Canadian team have already submitted their Expressions of interest to their provincial associations. Provincial association representatives are working with these athletes, reviewing their applications and will forward their nominations to the MCRC by **April 15**.

The Ontario provincial qualifier for the 2014 Marathon World Championships is the Marsh Mash Race, May 10 in Bradford on the Holland Canal.

RACE SCHEDULE 2014

Thames River Classic

Contact: Stephen Tait; 519-485-5457
staitod@hotmail.com

Location: Pemberton Street bridge in Ingersoll
Portages: 0 Registration Fees: TBD

Registration is from 9-9:45am. Race starts at 10:00 am.
Recreational canoes are welcome.

Pemberton Street bridge in Ingersoll ---- This race is traditionally the kick off for the new season and the long course is very technical with lots of twists and turns. The river for the short course is relatively straight but skills in paddling upstream will be tested.

Water levels vary, but a certain level of confidence in moving water is recommended. There are several bridges where observers can watch and cheer. It is highly recommended you be sure you have warm dry clothes waiting at the finish line. Personal Floatation Devices MUST be worn. Only single blade paddles for canoe classes. ALL CRAFT MUST CARRY A BAILER, WHISTLE AND 50 FT OF FLOATING ROPE as per Canadian Coast Guard rules. To



get to the start from Hwy 401, Take the Hwy 19/119 of 401 exit straight north (don't take the curve left past the variety store) to Harris Street, and then past two stop signs to the bridge. The course will be a loop to the buoy turn at Meatherall bridge and back about 10k with 5k upstream including the navigation of one rapid and several swifts.

April 5, 2014
Register 9-9:45am

Classes and Distances

class	distance	class	distance
Women C2	10 km	Women Kayak	10 km
Men C2	10 km	Men Kayak	10 km
Mixed C2	10 km	Junior Kayak	10 km
		Women Recreational	4 km
		Men Recreational	4 km
		Adult – Junior	4 km

Upper Jock River Race

Contact: Gaeten Plourde 613-617-0237
twofourblue@yahoo.com www.jockriverrace.ca

Location: Richmond Ontario
(20 minutes south west of Ottawa)

Registration Fees: \$20
(\$5 discount for OMCKRA members)

The Upper Jock River Canoe Race is a fun and interesting 12 kilometer canoe race run each April, sanctioned by OMCKRA. The race has a long history dating back to the late 1960s when it was a down-river (white water) course run on the lower Jock River. The current course on the upper Jock is far more tame and many families and recreational paddlers use it as a first opportunity to get on the water. The course runs through the beautiful Richmond fen which is a highly significant Ontario wet land. Most of the course is quite shallow and there are several swifts or Class I rapids (depending on the water level) towards the end of the race. There are generally no portages however there are usually some constricted areas in the fen where canoe traffic can bunch up. Current is a factor the entire distance so the end comes quickly but not too soon for some that are making it their season opener.



Richmond Ontario (20 minutes south west of Ottawa). The course itself starts 12 kms west of Richmond at the Munster Road bridge. Organizers provide a shuttle service back to the start line.

April 12, 2014

Start: noon

Register on race day

Classes and Distances

class	distance	class	distance
Men C2	12.6 km	Women Kayak	12.6 km
Men C1	12.6 Km	Men Kayak	12.6 km
		Women Recreational	12.6 km
		Men Recreational	12.6 km
		Adult – Junior	12.6 km
17' open	12.6 km	Sit on top	12.6 km
Family	12.6 km	High school	12.6 km

Sydenham River Race

Contact: Sharon Nethercott 519-882-2399
 snethercott@scrca.ca
<http://www.scrca.on.ca>
 Location: Alvinston Ontario
 Registration Fees: \$5

April 13, 2014

Register 10:00 to 11:00 am;
 race start 11:20

Classes and Distances

class	distance	class	distance
Men C2	16 km	Men Kayak	16 km
Mixed C2	16 Km	Bantam Kayak	7 km
		Mixed Recreational	7 km

The race starts south of Alvinston and north of Bothwell, on the Mossie Line Road, 3 Kms west of Nauvoo Road. The race ends at the Shetland Conservation Area.

With 7 and 16 km courses, the Sydenham River Canoe Race has something for every level of paddler. The race is run in April by the St. Clair Conservation Authority and is used as fund raiser for the Conservation Authority. The race is well attended with up to 80 canoes and kayaks participating in recent years. Note the race is not insured by OMCRA. All canoes must have a whistle, bailer, 50 feet of floating rope and an approved life jacket for each paddler.



That Dam Hespeler Race

Contact: Don Stoneman (519) 654-9106
 dstoneman@kw.igs.net -- www.damhespeler.com
 Location: Hespeler Dam, Cambridge, Ontario
 Portages: 0
 Registration Fees: \$20 (\$5 discount for OMCKRA members)

April 27, 2014

Register 9-9:45am



Classes and Distances

class	distance	class	distance
Men C2	15 km	Women K1	20 km
Mixed C2	15 km	Men K1	20 km
		Men Recreational	5 km
Kayak short (<14ft)	5 km	Mixed Recreational	5 km
Kayak long (14ft+)	10 km	Adult – Junior	5 km

Onsite registration and sign-in from 8:30 – 9:45 AM. First race starts at 10:30 AM. Sign in and awards will take place in the Crossfit Cambridge gym located at 54 Guelph Avenue at Milling Street near Jacob's Landing.

The race is 5, 10, 15 or 20 km by class with no portages and runs from Jacob's Landing side of the Hespeler Mill Pond, with loops up and down the natural and beautiful Speed River. The course features with shallows and buoy turns.

There is no whitewater. The purpose of the race is to promote water safety, the sport of flat water paddling and engage the community in the recreational use of the Hespeler Mill Pond and Speed River. Costs of the event are primarily covered by Don Stoneman and Kim Snell as an investment

to a sport they love and a community they wish to give back to. The race is sanctioned through OMCKRA with insurance provided through Canoe Kayak Ontario. Organizers and participants must adhere to the OMCKRA safety policy. Various classes will paddle a single 5km loop or multiple loops to make up the **10K, 15K and 20K**

Note: class designation for K1 will be based on ICF specifications; canoes on OMCKRA specifications; short and long Kayaks as shown above.

Ontario Youth Canoe Race Championship

Contact: Michael Kennedy 905 852-2160
 michael.kennedy@tcdsb.org
 Location: Springdale Christian Reform Church,
 1466 Sideroad 5, Bradford ON
 On Canal Rd, 3 km west of Highway 400.
 Portages: 0 Registration Fees: \$25

May 9, 2014
Register 10:30am

Classes and Distances

class	distance
Junior Women	4 km
Junior Men	4 km
Junior Mixed	4 km
North Canoe	various

The Ontario Marathon Canoe and Kayak Race Association, OMCKRA, will be hosting the Sixth Annual Ontario Youth Canoe Race Championship in 2014. The race is open to any youth 19 years or younger and who is a full time student. We are offering paddling clinics, where the marathon paddling technique will be demonstrated throughout the race day. School clinics may also be arranged prior to the race event.

It is a fun day for everyone. Come by to help out as a volunteer or to cheer on the youth. Get your junior paddler to come out to the race and to tell their friends as well! Contact Mike if you know of a school interested in arranging for a group to come participate.

Message from
 Mike Kennedy

With the upcoming Youth race I am once again seeking the assistance of OMCKRA paddlers to help with the safety aspects of the race. If you know you can free yourself on May 9th please confirm that you will assist with the Youth race by contacting me, Mike Kennedy. Thank you"



High Water Run - Kirkland Lake

Since 1990 ...day before Mothers Day every year....
 2014 sanctioning is expected though pending completion

contact: John Rapski 705 642 3629
 jrapski@hotmail.com
 Location: River Runs Resort
 501 Resort Road, Swastika ON P0K 1T0.
 Portages: 2-3
 Registration Fees: \$30 (\$5 discount for OMCKRA members)
 Register 11:30 am day of race at River Runs Resort 501 Resort Road, Swastika ON P0K 1T0.

May 10, 2014
Register 11:30am

Classes and Distances

class	distance
Women Recreational	15.5 km
Men Recreational	15.5 km
Mixed Recreational	15.5 km

The 36th Annual Marsh Mash Canoe Race

Contact: Iain Craig 905-893-1323
 craigers@rogers.com
 www.marshmash.ca
 Location: Springdale Christian Reform Church,
 1466 Sideroad 5, Bradford ON
 On Canal Rd, 3 km west of Highway 400.
 Portages: 0
 Registration Fees: \$20 adult; \$10 Junior
 Add \$5 insurance fee for non-OMCKRA members

The Marsh Mash is an OMCKRA sanctioned race run on the north branch of the canal that surrounds the well-known Holland Marsh and on the scenic Fraser Creek. The course is well suited to new paddlers as it is protected and safe. Voted "race of the year" in 2008.

The Marsh Mash is also the Ontario Qualifier for paddlers wishing to attend the Marathon World Championships in Oklahoma City, Oklahoma USA in September, 2014.



Iain Craig, centre, receives the Syl Apps volunteer award from Michael Chan, Minister of Tourism, Culture and Sport, left, and Cameron Grace, grandson of Syl Apps, the pole vaulting Olympian and legendary Toronto Maple Leafs player and Hockey Hall of Fame member.

Race organizer Iain Craig was a 'Syl Apps' volunteer award winner in 2013.



Marsh Mash calm before the race

May 10, 2014
 Register 8:00am or online

Classes and Distances

class	distance	class	distance
Men C2	22 km	Women Kayak	9 Km
Mixed C2	22 km	Men Kayak	9 Km
Junior C2	9 Km	Junior Kayak	9 Km
Bantam C2	5 Km	Bantam Kayak	5 Km
Men C1	16 Km	Men Recreational	9 Km
OC1	9 Km	Mixed Recreational	9 Km
		SUP(several classes)	9 Km

ICF World Team Qualifiers

class	distance	class	distance
ICF Men's K1, K2, C1, C2	22 Km	ICF Women K1, K2	22 Km
ICF Under 23 men K1, C1	22 Km	ICF Under 23 women K1	22 Km
ICF Junior Men's K1, K2, C1, C2	22 Km	ICF Junior Women's K1, K2	22 Km



Exciting K1 start at a Marathon Worlds

Saugeen Paddlers Canoe Club Annual Voyageur Canoe Race Weekend

2014 sanctioning is expected though pending completion

Contact: <https://sites.google.com/site/saugeenpaddlers/>

Location: 440 Inkerman Street, Paisley, ON, Canada

Portages: 0

Registration Fees: \$25/adult, \$10/student paddler

June 7 & 8 noon

Classes and Distances

class	distance
North Canoe corporate	100-150 m
North Canoe Student	10-15 min
Open Voyageur	10-15 min

North Canoes are 26 feet long birch bark canoes crewed with either 6 or 8 paddlers. These canoes traditionally used by the North West Company transported furs from the interior to rendezvous points such as Fort William. At Rendezvous, their cargoes of fur were transferred to Montreal

Canoes 34 feet long, for shipment east. The North Canoes in turn, would take the goods from the east back to the interior for trade. Land Games: This event is a timed event where teams participate in games of skill (some traditional, some with a little more modern influence). North Canoe Races and Pioneer Games: Each Canoe Race has 2 components, a traditional canoe race and a bobber race. A Bobber race is when canoes race to pickup a number of colored bobbers in the water. The trick is, the colored part of the bobber is submerged and not immediately visible. While good canoe skills and teamwork are important, luck plays a large role. (Teams of 6-8)

Corporate Class - This is a short downstream sprint of a 100 - 150 meters with no turns.

Student Race - This race is open to primary & secondary students. This race course would be about a 10 to 15 minute paddle. Starting upstream and looping around 2 turns before returning to the start / finish line.

Voyageur Class - This race is similar to the Student event and is open to anyone.

Canoe The Nonquon

Contact: Shannon Kelly 905-985-8698 x 103

skelly@scugog.ca

www.scugogshoresmuseum.com

Location: Port Perry Ontario

Portages: 0

Registration Fees: \$50 per canoe / kayak

June 7, 2014

Register June 6&7 ; start as you like from 7:00 am until 9:30 am.

Classes and Distances

class	distance	class	distance
Women C2	26 km	Women Kayak	26 km
Men C2	26 km	Men Kayak	26 km
Women C1	26 km	Junior Kayak	18 km
Men C1	26 km	Women Recreational	26 km
North Canoe	Lake only	Men Recreational	26 km
River only (TBC)	18 km	Mixed Recreational	26 km

Start line is a few kilometers north of town at the bridge where Old Scugog Road crosses the river and the finish line is at the marina in down town Port Perry. Organizers provide a shuttle service back to the start line.

Billed as the longest continually running canoe race in Ontario, Canoe The Nonquon is an old favorite. The event is run by the Scugog Historical Society and is a fund raiser for the Society. The race is sanctioned by OMCRA with multiple classes and a nice awards ceremony in the afternoon. The race attracts a good number of racers and recreational paddlers. The race is run as a time trial with each boat starting individually. There is no pressure to make a mass start like most races. You can start any time you like from 7:00 am until 9:30 am.

The course starts on the twisty Nonquon River although it is more of a creek with little flow most years. For the first few kilometers, there are lots of tight turns to practice your rudder turns. There are also some dead end channels along the river section (when in doubt keep right!). There are no portages but you may have to push over one or two beaver dams. The river section is about 14 kms in distance and then it is out on to lake Scugog for the final 9 km slug to the finish line. The lake is sizable so keep safety in mind. On windy days it is recommended to keep to the right (west) shore of the lake.



Big East X Canoe Race

Contact: Mike Varieur: mike@muskokariverx.com;
 Rob Horton: rob@muskokariverx.com
www.MuskokaRiverX.com

Location: Algonquin Outfitter's Huntsville store
 River Mill Park, Huntsville, Ontario

Portages: 0

Registration Fees: \$40 (\$5 discount for OMCKRA members)

Located in the heart of Muskoka, this event starts and finishes behind Algonquin Outfitter's Huntsville store, at the River Mill Park, Huntsville, Ontario. The Family-Rec race will have teams paddling from Huntsville into Lake Vernon and back, along the Muskoka River. The Marathon race will have teams paddle from Huntsville into Lake Vernon and upriver on the Big East River. Teams will make their ways to the 20km point, just past the Hwy 11 bridge and return along an out-and-back route to River Mill Park in Huntsville.

Description

A great day for families and recreational paddlers to get out on the water and have a great time, enjoying some friendly competition along a safe and sheltered route.

For competitive marathon paddlers looking for a longer early season race, look no further than the Big East X. Teams will be challenged by the winding Big East river and exposure along Lake Vernon: Check out the Google map on our web site. This is the perfect event for paddlers looking for longer distances and preparing for the Muskoka River X. In addition to a great day of paddling, you will also enjoy a Paddling Expo, hosted by Algonquin Outfitters, our local leader in paddling sports and wilderness expeditions.

June 21, 2014

Register June 20/21

Classes and Distances Marathon 8am start

class	distance	class	distance
C2 Open male, female, co-ed	40 km	K1 Open male, female	40 km
SUP Open	40 km	C2 Stock male, female, co-ed	40 Km

Classes and Distances Family 9am start

class	distance	class	distance
C2 Rec male, female, co-ed	9 km	C2 Family (Adult + Bantam)	9 km
C2 Junior (14-17yrs)	9 km		
SUP male, female	9 km	K1 male, female	9 km
SUP Junior (14-17yrs)	9 km	K1 Junior (14-17yrs)	9 km

Specifications follow the OMCKRA boat specifications: omckra.ca

Sudbury Canoe Club Canoe Marathon

2014 sanctioning is expected though pending completion

Contact: Robert Marcolini 705 523-0500

Marco.renout@eastline.ca

Location: 50 Elizabeth Street,
 Sudbury ON P3E 2X7

Portages: 2

The Sudbury Canoe Club Canoe Marathon has run for 30 plus years. The course is on Ramsay Lake, the largest lake within a city in North America. There are two portages in and out of the lake one being 200m the other being 500m. The event is run out of their club house which has all the amenities. This group has much experience with racing situations and this should be an interesting race.

June 22, 2014

Register 7:30am

Start: 9:00am

Classes and Distances

class	distance	class	distance
Women C2	9/18 km	Women Kayak	9/18 km
Men C2	9/18 km	Men Kayak	9/18 km
Mixed C2	9/18 km	Women Recreational	4/9/18 km
		Men Recreational	4/9/18 km
		Mixed Recreational	4/9/18 km

Wai Nui Why Not

2014 sanctioning is expected though pending completion

Contact: Wendy Perkins
wendypaddle@gmail.com

Location: Lakefront Promenade Park Mississauga Sailing Club
Portages: 0

Registration Fees: \$40 + \$6 insurance for non-OMCKRA members; kids free

Open / Masters 35+ /Senior Masters 45+ / Golden Masters 55+

OPEN: 12 Kilometers on Lake Ontario ~ Kapunas (seniors) 5 Kilometers

SUP 5 Kilometers/10 Kilometers ~ FREE Keiki (children's) SUP fun relay race in the lagoon to follow the race, demo's during the race; registration: **8:30 am & coaches/competitors meeting at 9:30 am; Start 10:00 AM sharp**

July 12, 2014

Register 8:30

Start 10:00am sharp

Classes and Distances (TBC)

class	distance	class	distance
Open OC1	5, 10, 12 km	Open Kayak	5, 10, 12 km
Open OC2	5, 10, 12 km	Suftski	12 km
Open OC6	5, 10, 12 km	SUP	5, 10 km

Mattawa River Canoe Race

Contact: Paula Loranger 705-474-5420
paulal@nbmca.on.ca www.nbmca.on.ca

Location: North Bay Ontario

Portages: 10

Registration Fees: \$15-\$20 (youth & family)
\$35-\$45 per paddler

The race is Located in North Bay Ontario and starts at Armstrong beach on Trout lake. The finish line is at the municipal beach in Mattawa on the North side of the Mattawa river.

The North Bay to Mattawa canoe race is the highlight of the OMCKRA race schedule. The race is sanctioned by OMCKRA and is run by the North Bay / Mattawa Conservation Authority. The race was originally a multi-day affair that started in Ville Marie and headed south to Mattawa then up river to North Bay. The race course has since been shortened and now runs down the Mattawa valley from North Bay and ends in Mattawa. The race coincides with the Mattawa Lumber Jack Festival so there is lots to see and do at the finish line. The race organizers put on a banquet Saturday night where racers can enjoy a well earned meal and share war stories.

The race is a special event as the race both celebrates the history of the river and is somewhat of a re-enactment of, and homage to the Voyageur days. There is a tremendous sense of history as you portage over the same trails worn into the rocks by countless generations of first nations people over thousands of years. Race participants will experience first hand the pain felt by Voyagers as they portage through Talon Chutes; a portage famous for killing and maiming early travelers. Talk about fun!

The course features long lake crossings, multiple portages, dams and rapids so a close inspection is required prior to the race. The race is also unsupported so safety is a key issue. This event requires training, careful preparation of food, fluids and equipment. The organizers recommend pre-running the entire course.

Over the years many of North America's top marathon paddlers have competed in this race. It is also interesting to note that legendary canoe tripper Hap Wilson has completed the event on several occasions. Perhaps you are a canoe tripper as well and would like to up the ante and truly test your abilities. In this case OMCKRA invites you to join the elite club of paddlers that complete this event each year.

July 26, 2014

Register July 25&26

Start 7am

Classes and Distances

class	distance	class	distance
Open C2	64 km	Open Kayak	64 km
Mixed C2	64 km	Women Recreational	64 km
Open C1	64 Km	Men Recreational	64 km
Junior Recreational	13 km	Mixed Recreational	64 km
Junior Rec Racer	13 Km	Adult – Junior	13 km

Kingston to Ottawa 200

2014 sanctioning is expected though pending completion

Contact: Gaeten Plourde 613-617-0237
 twofourblue@yahoo.com www.jockriverrace.ca
 Location: Douglas Flubrer Park, Kingston
 Registration Fees: TBC
 Portages: 22 (2875m total)

August 16-17 2014
 Register online from Jun 10th
 Race starts at 6, 8 and 10 am

“A simple vision. A great race.” ~Gaetan Plourde ~

A couple years ago Gaeten contacted OMCKRA with the idea of launching a new race in Ontario – from Kingston to Ottawa along the Rideau canal. Plans were unfortunately forced to be put the plan on hold as he moved to Australia and it would’ve been too difficult to organize from out there. Gaeten has now returned to Canada and revived the idea. The vision is simple, a great race that mostly caters to adventure racers for all types of non-fixed blade crafts from Kingston to Ottawa following the Rideau River, one of the UNESCO World Heritage sites. The race is to be non-stop, but supported.

Classes and Distances

class	distance	class	distance
Women C2	200 km	Women Kayak	200 km
Men C2	200 km	Men Kayak	200 km
Mixed C2	200 km	Touring Kayak	200 km
Women C1	200 km	Women Recreational	200 km
Men C1	200 km	Men Recreational	200 km
North Canoe	200 km	Mixed Recreational	200 km
Montreal Canoe	200 km		

Willie Fast Paddlers Poker Paddle

2014 sanctioning is expected though pending completion

Contact: Jakob Van Dorp 226 668 4568
 Jakob Van Dorp at gmail dot com
 Website: <http://pasacanada.wordpress.com/poker-paddle/>
 Facebook: <https://www.facebook.com/events/474370122686258/?fref=ts>
 Location: Warton Willie Statue in Bluewater Park
 402 William Street) Warton Ontario
 Portages: 0 Registration Fees: \$30 (\$5 discount for OMCKRA members)

September 13, 2014
 2-5pm

Classes and Distances

class	distance
various	8, 16 km

Paddle or hike the Bruce Trail along the shoreline of Colpoys Bay to checkpoints at docks and beaches along the way. Complete 5 miles (8 km) to earn a full hand of cards. Paddle up to 10 miles (16 km) to earn extra cards as you go. Cards are dealt in the order that checkpoints are reached at the conclusion of the event. Prizes include beer and chocolate. Highlights: Afternoon start, Three hour time limit, paddle under cliffs and over shipwrecks, barbecue after.



Muskoka River X Canoe Race

Contact: Mike Varieur: mike@muskokariverx.com;
 Rob Horton: rob@muskokariverx.com
www.MuskokaRiverX.com

Location: Algonquin Outfitter's Huntsville store
 River Mill Park, Huntsville, Ontario

Portages: 20 Registration Fees: see website

130 in 1 day. The longest single-day expedition-paddling race in the world. Located in the heart of Muskoka, this event starts and finishes behind Algonquin Outfitter's Huntsville store, at the River Mill Park, Huntsville, Ontario. Teams will paddle 130 km along the northern lakes



of the Muskoka region, as well as the entire North and South Muskoka River Systems.

September 12 , 2014

8:00am

Classes and Distances

class	distance	class	distance
C2 Stock male, female, mixed	130 km	Kayak male, female	130 km
C1 Stock male, female	130 km	SUP male, female	130 km
K1Relay	130 km	SUP Relay	130 Km
C2 Relay	130 km		



Great Muskoka Paddling Experience

October 11, 2014

Register 8:00am

Classes and Distances

Contact: Charles Schofield

caschofieldstream@cogeco.ca
www.muskokapaddlingexperience.com

Location: Annie Williams Park, Bracebridge, Ontario

Portages: 0

Registration Fees: \$25 Adult; \$15 Junior

Bracebridge, Ontario Thanksgiving Weekend. There are two distances courses 18 km and 10 km. Both are on The Muskoka River. The Muskoka River has no rapids nor dams etc. Good depth for the entire course. Registration starts at 8:00am with first race at 10:30am.

One of our favorite races. Great atmosphere, suitable for many skill levels, well organized and a lovely location.

class	distance	class	distance
Women C2	10 km	Women Kayak	10/18 km
Men C2	10 km	Men Kayak	10/18 km
Mixed C2	10 km	Junior Kayak	10 km
Junior C2	10 km	Touring Kayak	10/18 km
Open C1	18 km	Women Recreational	10/18 km
Open C1	10 km	Men Recreational	10/18 km
North Canoe	18 km	Mixed Recreational	10/18 km
Open Canoe	18 km	Adult – Junior	10 km
Open Kayak	18 km	K1 Men	10 km
		K1 Women	10 km
SUP Men	10 km	SUP Women	10 km

ONTARIO MARATHON CANOE AND KAYAK RACING ASSOCIATION

OMCKRA SAFETY POLICY GENERAL COMPETITOR SAFETY FOR OMCKRA SANCTIONED EVENTS

- 1) A lifejacket or personal floatation device (PFD) must be carried for every competitor in a boat.
- 2) All lifejackets and PFDs must meet federal government approval and be of appropriate size for the paddlers
- 3) All bantam paddlers (age 13 and under as of January 1st of that racing season) must wear a lifejacket or PFD.
- 4) All junior paddlers (age 14 – 17 as of January 1st of that racing year) must wear lifejacket or PFD while in a North Canoe and Montreal Canoe.
- 5) Before May 1st and after October 1st, all paddlers in every class must wear a lifejacket or PFD.
- 6) It is highly recommended that all weak and non-swimmers wear a lifejacket or PFD throughout the entire race.
- 7) It is recommended that all competitors be able to swim, tread water, or be familiar with drown proofing.
- 8) In order to comply with Canadian Coast Guard regulations (April 1, 1999), all racing canoes and racing kayaks must carry a sound signaling device (whistle) in addition to lifejackets or PFDs. When there is poor visibility or a possibility of participants finishing near or after sunset or the race continues after sunset and before sunrise, all craft must also be equipped with a watertight flashlight.
- 9) In addition to the safety equipment in paragraph (8), it is recommended that recreational canoes engaged in competition carry not less than 15 m (50 ft.) of buoyant heaving line and a bailer with a minimum capacity of one litre.
- 10) For events where competing craft may be isolated (out of sight of other craft and race officials) on the course, it is recommended that all safety equipment be carried by all competing craft i.e. lifejackets or PFDs, a sound signaling device (whistle), not less than 15 m (50 ft.) of buoyant heaving line, a bailer with a minimum capacity of one litre, and a watertight flashlight where time of day dictates.
- 11) Where sanctioned/official regatta style events are attended by motorized safety craft in conditions of clear visibility and within view of race officials, the safety equipment described in Paragraphs (8) to (10) does not have to be carried in individual competing craft provided that the motorized safety craft carries a lifejacket or PFD for each crew member of the largest competing craft (most crew members) in addition to its own safety equipment. Nevertheless, it is recommended that North/Voyageur and outrigger OC6 canoes carry bailers of sufficient capacity to bail and refloat the canoe in reasonable time in the event of capsizing.
- 12) Paragraph (11) notwithstanding, bantam age paddlers, spring and fall races and non-swimmers are subject to paragraphs (3) to (6).

BANTAM RACES:

- 1) All bantam races must be supervised by one safety boat for three teams. The safety boat can be a canoe or a motorized craft.
- 2) The recommended maximum distance is 5 Km. Distance is at the discretion of the race organizer.
- 3) A bantam race should be postponed or canceled in the event of poor weather or water conditions. This is also at the discretion of the race organizer.

INSTRUCTIONS FOR RACERS

- 1) If you come across competitors who have tipped, or are in trouble, you should ask them if they need help and whether they can swim. Provide assistance if needed. Racers should be able to perform a canoe over canoe rescue.
- 2) If a racer pulls out of a race before the finish, he/she must inform the race organizer as soon as possible. Failure to do so may result in suspension of OMCKRA membership.
- 3) Race competitors and officials may not use alcohol or illegal drugs before, or during the race. Failure to comply will result in disqualification and local authorities will be informed.

INSTRUCTIONS FOR RACE ORGANIZERS:

- 1) If the person responsible for running the race (the Race Chairman) is a competitor, a non-competitor must be designated to be the acting Race Chairman during the race.
- 2) If a change in the race course is required, the Race Chairman must be available and be prepared to make changes. If poor weather conditions or water conditions threaten the safety of racers an alternate route should be available.
- 3) No race shall start in a thunderstorm.
- 4) The OMCKRA Safety Policy must be posted at each race site.

Continued next page...

OMCKRA SAFETY POLICY GENERAL COMPETITOR SAFETY FOR OMCKRA SANCTIONED EVENTS

continued

- 1) An emergency action plan (EAP) must be implemented. The EAP consists of appointing an "in charge" person to make decisions in the event of an emergency; a "call" person to arrange for medical assistance and transport to medical facilities; and the preparation of an EAP outline that contains phone/contact numbers for medical facilities (hospitals and clinics, St. John Ambulance, etc.), police, fire department, doctors (e.g. 911 services if available). Routes to the site for access by the various outside medical assistance teams should be described in the EAP outline. The EAP outline must be posted with the Safety Policy in a readily accessible location at the race site start.
- 2) Waivers must be signed by all competitors; competitors under 18 years of age require the signature of a parent or guardian (respective team or club coach). Waivers must inform the participants of the potential dangers and personal risks involved with canoe and kayak racing. Waivers must be retained for at least one year after the event or returned to the OMCKRA race secretary.
- 3) The entire race course, including portages, must be inspected for hazards before the race with these removed where possible. Where hazards cannot be removed, they should be clearly marked and the participants informed as to the nature and locations of the hazards during a pre-race briefing. Where hazards exist on the course, there must be safe routes to by-pass them.
- 4) All portages should be clearly marked, groomed, and if possible supervised and clear of spectators. Portages on roads should be closely supervised, by local police if necessary, with traffic controlled.
- 5) Motorized patrol boats must be used for lake portions of races, unless the entire race is within view of the race organizers, and the course is never more than 200 meters from the nearest accessible shore line. If possible, contact the Ontario Provincial Police for assistance. On rivers, provide a patrol boat if possible. If this is not possible, use a check point system.
- 6) A map of the course should be posted at each race site. A briefing before the race should describe the course and refer to the map.
- 7) Race organizers must ensure that all racers have finished the course safely and are off the course after a predetermined posted time.
- 8) A sweep boat or a tally system must be used to ensure that all competitors have been accounted for.
- 9) First aid kits must be available at the race. It is recommended that personnel with St. John's ambulance or equivalent first aid training be available at the race.
- 10) At least one vehicle at the race site should be designated and be available for emergency medical transportation.

INSTRUCTIONS FOR COACHES

- 1) All coaches must be familiar with, and enforce, this OMCKRA Safety Policy.
- 2) Before coaching at a site, a coach shall familiarize him/herself with the site and water conditions and be aware of hazards or obstacles.
- 3) Coaches are responsible for inspection of canoeing/kayaking equipment to ensure it is safe and that it is appropriate for the participants and racing/training conditions at the site.
- 4) It is recommended that all coaches be able to swim the equivalent of the Canadian Red Cross Society Level 9 or above, or must, when on the water, wear a lifejacket or PFD.
- 5) It is recommended that coaches be trained in First Aid and Cardio-Pulmonary Resuscitation (CPR), water safety and life-saving.
- 6) It is recommended that all coaches in charge of, or supervising, on-water activities have, as a minimum, NCCP Level 1 Certification.

INSTRUCTIONS FOR OMCKRA EXECUTIVE MEMBERS:

- 1) Monitor the Safety Program and act as resource persons for race organizers and new paddlers.
- 2) Compile an updated list of rules and a safety policy that is to be forwarded to all race organizers prior to the racing season.
- 3) Review Safety Policy annually prior to the Annual General Meeting.

Submitted by Wayne Gregory, OMCKRA President.
Revised October 2001.
Revised October 2002.
Revised February 1, 2004
Reviewed February 2007
Reviewed December 2008
Reviewed December 2009
Reviewed March 31, 2013

Races & events (some pending sanctioning see website for confirmation)

Website: <http://omckra.com/>

contact: info@omckra.com

April - November	Thames River Coaching for Paddlers	Dorchester	Bob Vincent bob_liz.vincent@sympatico.ca
April 5	Thames River Classic Canoe Race	Ingersoll	Steve Tait 519-485-5457 staitod@hotmail.com
April 12	Upper Jock River Race	Richmond	Gaeten Plourde 613-617-0237 twofourblue@yahoo.com www.jockriverrace.ca
April 13	Sydenham River Canoe race	Alvinston	Sharon Nethercott 519-882-2399 snethercott@scrca.on.ca
April 27	That Dam Hespeler Race	Cambridge	Don Stoneman (519) 654-9106 dstoneman@kw.igs.net
May 9	Ontario Youth Canoe Championships	Bradford	Michael Kennedy 905 852- 2160 altavista2@powergate.ca
May 10	Marsh Mash Canoe Race	Bradford	Iain Craig 905-893-1323 craigers@rogers.com
May 10	High Water Run Race	Kirkland Lake	John Rapski 705 642 3629 jrapski@hotmail.com
June 7 & 8	Saugeen Paddlers Canoe Club Annual Voyageur Canoe Race Weekend	Paisley	Jack Van Dorp 519-270-9951 jvandorp@brucecounty.on.ca
June 7	Canoe The Nonquon	Port Perry	Shannon Kelly, 905-985-8698 x 103 skelly@scugog.ca
June 21	Big East X Canoe Race	Huntsville	Mike Varieur mike@muskokariverx.com
June 22	Sudbury Canoe Club Canoe Marathon	Sudbury	Robert Marcolini 705 523-0500 Marco.renout@eastline.ca
July 12	Wai Nui Why Not Race	Mississauga	Wendy Perkins wendypaddle@gmail.com
July 26	Mattawa River Canoe Race	North Bay	Paula Loranger 705-474-5420 paulal@nbmca.on.ca
Aug 16- 17	Kingston to Ottawa 200	Kingston—Ottawa	Gaetan Plourde 613-617-0237 twofourblue@yahoo.com
Sept 12-14	Muskoka River X Canoe Race	Huntsville	Mike Varieur mike@muskokariverx.com
Sept 13	Willie Fast Paddlers Poker Paddle	Warton	Jack Van Dorp jvandorp@brucecounty.on.ca
Oct 11	Great Muskoka Paddling Experience	Bracebridge	Charles Schofield caschofieldstream@cogeco.ca



OMCKRA Membership Application / Renewal Form 2014

Please make cheques payable to OMCKRA and mail with application to:
Membership – Kim Snell 87 Queen Street East, Cambridge, ON N3C 2A9
Please print clearly.

Name:			
Address: (include postal code)			
Residence Phone:			
Cell Phone:			
Work Phone/Fax:			
E-Mail:			
Membership	Circle Fee [C\$]	Date of Birth (e.g. Jan. 5, 2000)	Racing Class (C, NC, K, Rec., OC, SUP, etc.)
Racing/Individual	\$40		
Full Time Student	\$30		
Junior <18 yrs as of Jan. 1	\$30		
Bantam <14 yrs as of Jan. 1	\$30		
Race Organizer	\$40		
Newsletter	\$18		
Club Membership	\$25	Please provide spreadsheet listing Club Members	
Club Members /each	\$15		
Family with Children <20 yrs.	\$70		
List Children Paddler Names		Date of Birth (e.g. Jan. 5, 2000)	Racing Class (C, NC, K, Rec., OC, SUP, etc.)

List Special Skills (First Aid/CPR/Medical/NCCP Coaching Certification/Canoe Construction/etc.):

_____.

List other Affiliations: _____.

All members will receive annual meeting notices and the Newsletter via e-mail.

Personal information collected by OMCKRA is used to provide services to our members. These services require administrative responsibilities such as documentation of insured events and instructor registration. A limited information membership list (names and city) is provided to race organizers for insurance purposes. Private information is never given to anyone by OMCKRA for other reasons. People registering for OMCKRA coaching or who have taken part in an insured event may receive membership information from OMCKRA in the next calendar year.

For office use Card provided: _____ DB updated: _____