

Decade of effort pays off as Marathon NCCP Coaching program made final!



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Summer 2015



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April 24, 2015

Casey Wade and Peter Niedre
CanoeKayak Canada
700 - 2197 Riverside Drive
Ottawa, ON K1H 7X3

Dear CanoeKayak Canada,

Congratulations on behalf of the CAC and the NCCP partnership for the development of your CanoeKayak Canada – Marathon, Competition-Introduction NCCP Program. Based upon the latest submission of your program, the availability of all resources in both English and French, and the availability of Learning Facilitators and Evaluators across Canada, I am pleased to inform you that you have met the requirements for FINAL APPROVAL for this program.

I encourage you to continue to evaluate the effectiveness of this program and make necessary modifications and improvements in an ongoing 4 year cycle.

We look forward to monitoring the successful full implementation of this program, and all of our other future work together. If in the process of implementation, you identify areas of support the CAC could provide to strengthen this program, please don't hesitate to contact us.

Congratulations again on achieving FINAL APPROVAL.

Sincerely,

Lorraine Lafrenière
CEO, Coaching Association of Canada

cc. Kathy Brook, CAC; A. Roy, CAC; N. Rumscheidt, CAC; J. Lavoie-Copeland, CAC

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President's Message



2015 Executive

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Cold and dry April and May. Where is the water? Argh!!!! Wet June; Lots of water in the south!!!! Smilier faces where I live. Who knows what July and August will offer to paddlers?

Regardless of weather, we will find places to paddle,

somewhere.....

Some news for OMCKRA members. First, OMCKRA is proud to hold its **Provincial Championships** in Bracebridge on Saturday, Oct. 10, 2015 in conjunction with the **Great Muskoka Paddling Experience** and the team put together by **Sandy and Pat Schofield**. Stay tuned to the OMCKRA website and also the GMPE site for more details. Yes, that is the Thanksgiving Weekend. Yes, it is late in the season. Cross your fingers that the weather will be good, but remember that regardless of rain or shine, paddlers always have a good "experience" at that event.

New races and new dates: The beginning of July heralds the second half of the summer's paddling season.

The **York River Paddle Challenge** is back in Bancroft after a year's hiatus. That is July 11 and 12. The long race is the same course as the old Baptiste to Bancroft race enjoyed in the late 1980s.

Ray Dallaire, formerly of Kapuskasing and now of the Ottawa area, is organizing races in eastern Ontario. The first was on July 15 in Almonte. The second race is on **Aug. 1 in Burnstown**. Ray, sorry we couldn't do more to publicize your July 1 event.

The **Wai Nui Why Not outrigger and SUP race** has a new date this year, **July 18**. Lakefront Promenade Park, Mississauga.

The 200 km **Kingston to Ottawa (K20)** race is scheduled for Saturday, **Aug. 8**, a week earlier than last year. There is a shorter class for those who only feel the need to go half way. Good luck to all on this challenging waterway.

As if the 130 km (Classic) **Muskoka River X** was not enough of a challenge, there is now an additional expanded course. The **Coureur des Bois** class starts in Whitney on Friday morning, **Sept. 11** and paddlers proceed for 89 km, including a gawdawful portage, to Oxtongue Lake where they will stay overnight, before being shuttled in the morning to Dwight Beach where they will merge with the MRX class teams. Makes for a long two days. The winner of last year's Classic SUP class is already signed up for this longer version. (Pass the Advil).

Enough for now. I feel the need to paddle.

Don Stoneman, President OMCKRA

OMCKRA Provincials 2015

October 10, 2015

In conjunction with the
Great Muskoka Paddling Event

MARATHON NCCP COACHING CERTIFICATION TRAINING OBTAINS FINAL STATUS

CanoeKayak Canada (CKC) update

After 10 years of dedicated efforts from many; Fiona and Mike Vincent of the Marathon Canoe Racing Council (MCRC) of CKC credited with final push for accreditation

Late on the afternoon of Friday, April 24, a most remarkable thing happened. Canoe Kayak Canada received a letter from the Coaching Association of Canada. Here is an excerpt:

*"Congratulations on behalf of the CAC and the NCCP partnership for the development of your CanoeKayak Canada – Marathon, Competition-Introduction NCCP Program. Based upon the latest submission of your program, the availability of all resources in both English and French, and the availability of Learning Facilitators and Evaluators across Canada, I am pleased to inform you that you have met the requirements for **FINAL APPROVAL** for this program."*

This was remarkable because it was the culmination of a process that began in 2001 or 2002 and involved representatives from every province in Canada where marathon paddling as we know it exists as a sport. The final part of the approval process involved translation into Canada's other official language.

According to a list compiled in January, Ontario currently has nine National Coaching Certification Program (NCCP) certified Marathon Competition Entry coaches. They have been trained over several years in a pilot project and are located mostly in western Ontario locations such as Dorchester, London, Sarnia, Cambridge, and somewhat north such as Washago, Huntsville, Parry Sound and Bracebridge. We think there is a need for certified marathon coaches in eastern Ontario as well.

Regardless of where you live, if you are an experienced marathon paddler who wants to share your experience and enhance the sport please contact us at info@omckra.com or leave a message at [519-651-0289](tel:519-651-0289). When sufficient candidates express interest we can run a certification weekend.

Fiona Vincent in Saskatchewan adds: Please note, getting this certification requires several steps as well as ongoing professional development. More specifically, over a 5yr certification period, 20 professional development credits (PDC) will be required. Work continues on defining the point allocation and will be available over the next year on the CKC web site. For those currently certified, it is important to keep track of any activity which you feel might be considered a PDC so it can be capture and recorded when the database is up and running.

Looking forward to hearing from you.

Round Robin training event

Reil Carrier coordinates a fun and challenging Saskatchewan training technique then cooks breakfast!!!

A round robin is generally a Marathon C2 canoe event with paddlers racing in short events, quickly switching partners, and eventually competing with everyone else who signed up.



Real Carriere put together an informal round robin in Port Credit (Mississauga) on June 11. The participants were mostly local marathoners, including Karen Simpson, Liz Loek, Dean Brown, Real Carriere, Keir Johnston and also Peter Harbocian, who came from Bracebridge, and Don Stoneman from Cambridge. Real's acquaintance from Ryerson, Davide, who is a dragonboater and an SUP paddler, rounded out the numbers, paddling in a C2 for the first time and acquitting himself well. Every paddler got a number and Real had a sheet of paper with the numbers and names on it, so as to assure that everyone raced with everyone else. Races were about 10 minutes long and there was an approximate 10 minute break between whilst partners switched up. As might be imagined, the races were rather ... er intense. There were a

few cases of "dry heaves." After about race five the starts were somewhat tempered. We were switching partners on the Mississauga Canoe Club's dragonboat dock, which was not being used.

The many paddlers and rowers from the Don Rowing Club, the Mississauga Canoe Club and the many standup paddlers on the river undoubtedly wondered what the heck we were doing. The course started and finished at the railroad bridge, paddlers turned around a buoy somewhat short of the QEW, and returned, going to the left of an island just to keep things interesting by throwing in a narrow, suck water passage for good measure.

Generally round robin races are five to eight minutes long. All the of the canoes need to be more equal (ie 3X 27 "pro" boats were used for this race.) If there are 30 paddlers, for example, as in a woman's round robin in Minnesota, these events can go on all day or perhaps over two days, says Karen Simpson. If it is done officially, every competitor has a bib with a number, there is a either a place recorder or a time keeper and awards are announced. In the case of the



Port Credit event, no times or places were officially kept. We were all declared winners (all stayed dry other than for the pelting rain that was an additional feature of the last race or two) and we went to Karen Simpson's house nearby and emptied her fridge. Real proved he can whip up a wicked omelet for a large group of people.

Don Stoneman

Brainstorming Session report

Sat., March 7, 2015 Canoe Kayak Ontario (CKO) Update

Meeting took place Saturday, March 7, 2015 at the Bradford West Gwillimbury (BWG) Public Library, Multi-purpose room. Fourteen people attended in person, including the consultant. Two additional participants were using a combination of Skype and conference line and had to drop off as they were not able to participate or hear the discussions.

People arrived for the 10am start and the meeting proper began at 10:30am with Don Stoneman, OMCKRA President, welcoming all, described board direction for 2015 season and introduced Paul Jurbala who would be facilitating the brainstorming. Paul is a consultant made available to Marathon through the Trillium grant awarded to CKO for evaluating that organizations structure.

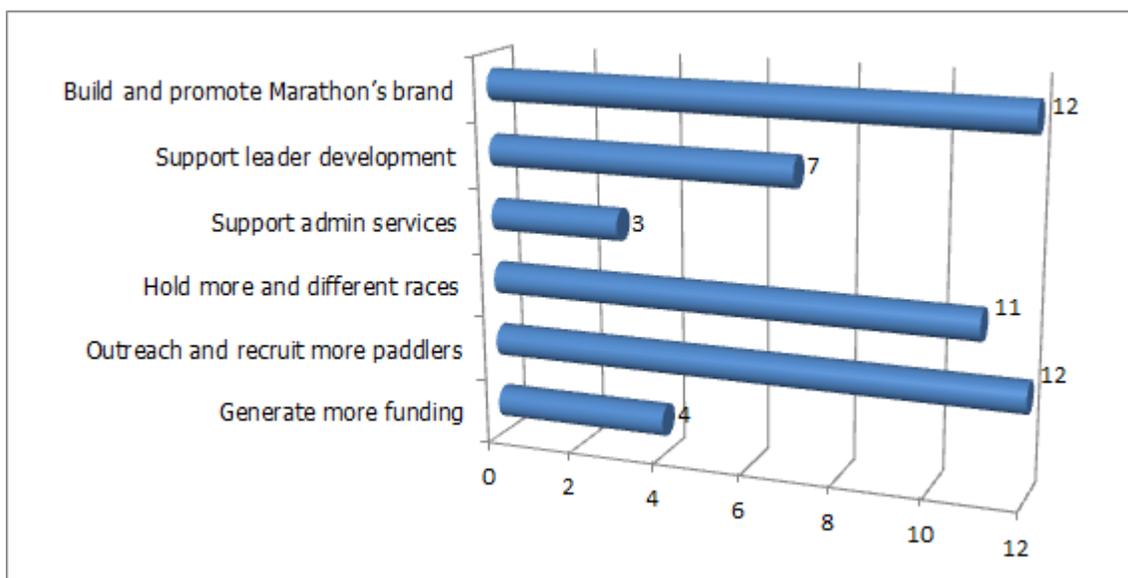
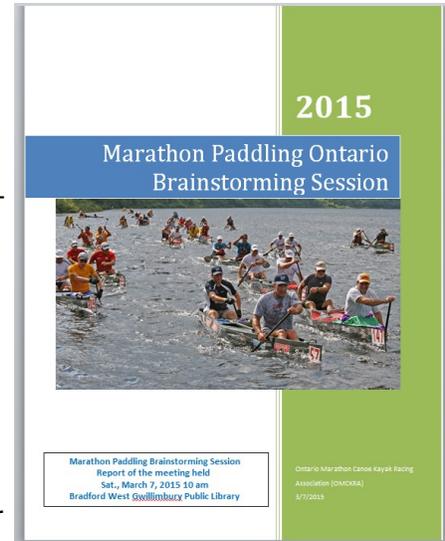
The morning portion of the brainstorming was a retrospective of what participants considered building blocks, triumphs, crises, or turning points (BB,T,C,TP) going back 2 to 3 years. Looking at the timeline, participants then described what they foresaw or anticipated for Marathon over the next 3 years.

During the afternoon session Paul led the group in a number of workshops and discussions on opportunities, vision, fantastical and practical directions. Through these various stages post-it notes were put on the wall then categorized into six areas of:

- ⇒ Build and promote Marathon's brand
- ⇒ Support leader development
- ⇒ Support admin services
- ⇒ Hold more and different races (including Provincials)
- ⇒ Outreach and recruit more paddlers
- ⇒ Generate more funding

The group then took a couple these areas to discuss further and elaborate on using a flip-chart and some draft action plans were formed.

Go to omckra.com for full report.



Coaching clinics reports

Dorchester most weekends Bob Vincent .

Most weekends on the technically challenging Thames River.

Huntsville May 3 Bob Vincent, Gwyn Hayman, Chris Near, Don Stoneman

On May 3, a number of local paddlers attended an upstream paddling clinic in the Big East River near Huntsville.

There were 14 paddlers in attendance, plus four NCCP Marathon coaches; Chris Near, Gwyn Hayman, Don Stoneman and Bob Vincent with Kim Snell provided administrative support. The goal was to provide hands on advice on how to make the best time in a race situation travelling upstream on a twisty river with sand bars and current. This advice is useful in both the Big East River X in June and the upstream section of the Muskoka River X race in September.

Huntsville May 9 Peter Harbocian.

NCCP certified coach Peter Harbocian, an experienced marathon racer and a craftsman, held a clinic about setting your boat up right for comfortable seating, food trays and drink bottles that can easily be swapped, while increasing weight minimally This is what you need when racing the Mattawa River Race, or the K20 for that matter!!

Huntsville June 21 Bob Vincent, Gwyn

Hayman, Chris Near, A second paddling clinic was held on the north branch of the Muskoka River on June 21, the day after the Big East Race. It was specifically to help paddlers negotiate the challenging Duck Chute. It was not as well attended (Were paddlers maybe tired after the 40 km Big East race?)

General Clinton

General Clinton Canoe Regatta 2015

Mixed CC Endurance Monday May 25

1st Carlyn Johnston & Dave Johnston 8:58:34
2nd Dean Brown & Liz Loek 8:59:30
7th Gord Cole & Karen Simpson 9:08:54
10th Bob Vincent & Gwyn Hayman 9:35:29
11th Rene Boogemans & Sharilyn Johnston 9:37:49

Mens NYMCRA Stock Endurance

1st Gaetan Plourde & Jeff Brainard 9:28:11
11th Desmond Fan & Matthew Mokanski 10:50:27

Open 50 & Over C1-70

6th Stan Anusiewicz 9:58:10

Open Endurance

7th Pierre Pinard 11:35:44

Pro Class (For comparison)

1st Andy Triebold & Steve Lajoie 7:42:53
2nd Ryan Halstead & Steve Corlew 7:53:16
11th Graham Smith & Edith Machattie 8:16:41
(first mixed)
19th Bruce Lee & John Partridge Mens 8:31:31
(First 50 & over)

Mens C1 Sprint Under 50 (10 miles on Sunday May 24)

4th Dean Coulson 2:30:38

Mens 50 & Over C1 Sprint

3rd Dragan Olajdzija 2:17:02

Thames River Classic report

Steve Tait, April 4, 2015 27 participants

Thames Classic Canoe Race 2015

Dean Brown predicted it. Cold fingers and nippy toes. But the water was higher than expected and the air calm which made the race quick and interesting. Seven pro boats, a recreational canoe and a kayak started the race at the top end of the course. We did a halting flotilla start with most of the canoes nosing up on the imaginary line drawn in the current.

Someone like Stan A, I think, said "go" and Dean Brown and Liz really did, rocketing out to an early lead. The rest of the boats packed up together and politely spread single file according to the river flow and width for a couple of kilometers to the point where the channel ends and the meanders begin. At that first innocent looking hard right turn

Bob and Gwyn rode sidewash with Karen and Stan with Steve and Chris and Dave and Carlyn on stern wash. Don and Dean C., close behind, had to swivel quickly to avoid a crash as Chris, paddling bow in his debut race, drew into a stick hidden in the water and the boys flipped broadside in the deep water. They would never catch up. Bob and Gwyn sprinted into the first shortcut and were lucky to make it through that stricture with the rest of the pack necessarily stringing out a few lengths behind.

Don and Dean C., leading the men's division, displaced a lot of water through the first shortcut but with their competition literally underwater behind them they needed only to stay upright and out of trouble. Dean and Liz, who had ignored the first shortcut, were well around the next bend by then and headed for the Metherall bridge via surging shortcut number two (whee!)

The racecourse, which was made longer this year, took the paddlers to that little island beyond the bridge and near the railway tracks...you all know the spot (it changes every year with erosion). Well anyway the stories, later told, about plying the boats around this devilishly located island were a confession of sins and forgiveness forced by the surging currents. Be that as it may, this reporter saw Dean and Liz come around a corner, pulling upstream, dry

and still ahead, but followed more closely by Bob and Gwyn, Karen and Stan and Dave and Carlyn, which is pretty much how the mixed lineup finished.

Don and Dean C. hoarsely whispered some faintly encouraging words to Chris and this reporter as we met them. I can witness that our intern racer Chris pried, drew and carved his bow around that island with deft surgical precision despite the clenched instructions of his bracing sternman. Guess he'd had enough swimming. Next year we'll assign a videographer to that island. I think we'll name the spot "Bob's appendix".

The recreational boats proudly completed the race. The Listers were still speaking to each other at the end their first Thames Classic. Kayaker Rob Scott looked as fresh as a daisy as he plowed into lunch. Don and Andrew Locke finally got warm and dry after a pre-race ritual submersion. Dean and Liz were the class of the field this year, hands down. Training in Florida seems to have helped a few paddlers. The rest of us have some catching up to do. We had lunch back at the Tait's where Debbie and Val had prepared a spread for us.

Bob, those beautiful blue London Canoe Club shirts are going to be hard to see underwater. Enjoy the jam folks. I'll deliver one to our spotter, Walter. Thanks to Stan A for keeping his cold fingers on the timer. See you next year.

Recreational Class 12 k

Rob Scott (Kayak) 1:38.28

Jodi and Marti Lister (Canoe) 1:48.10

Mixed C2 15k Bridge Split Total

Liz Loek and Dean Brown 26.39 Final Time 1:32.51

Gwyn Hayman and Bob Vincent 27.40 1:34.05

Karen Simpson and Stan Machacek 27.58 1:35.20

Carlyn and Dave Johnson 28.00 1:37.30

Men C2 15km

Dean Coulson and Don Stoneman 28.41 1:43.19

Chris Prater and Steve Tait 1:45.06

Don and Andrew Locke DNF

North Canoe Leadership Training

Paddle Canada, July 4, 2015 six trainees

Do you know what "drop skeg" means? Can you effectively control the direction of a North Canoe safely and efficiently without help from the bowman? Can you pivot a North Canoe in a distance of little more than the canoe's length? Can you safely "dock" without taking out the dock, or injuring the paddlers?

When a North Canoe is swamped or tipped, can you empty the water in the middle of the lake, get the paddlers back in, and proceed on your trip or race without outside aid?

If you took part in a Big Canoe Leader course on Pittock Lake near Woodstock on Saturday July 4, you would know these things. There are now six OMCKRA coaches/paddlers who are certified by Paddle Canada as Big Canoe Leaders. They are Brian Beech, (Saugeen Paddlers Club) Paisley, Craig Creighton, Mike Kennedy, Rodney Ruddock, Frank Stepien and Don Stoneman. Jaye Morrison of Wakefield Quebec and Max Finkelstein of Ottawa were the course conductors. The purpose of the Big Canoe Leader

course is to equip competent paddlers with the skills and knowledge to crew a North Canoe or Montreal Canoe with inexperienced paddlers and take them through a day of paddling safely and achieve a positive experience.

"Big Canoe" is the brand for Paddle Canada's skills and safety leadership course provided by the certifying body Paddle

Canada.

(Not to be confused with the term "Voyageur," used by ORCKA, a separate certifying body.)

Yes, there are any number of OMCKRA members who feel they can competently stern a North Canoe. Now OMCKRA has members who are certified to do this and certification is a good thing. By the way, have you figured out "drop skeg" yet? It is a means of safely maintaining stability in the big canoe when it is not underway, despite waves coming from the bow, stern or side. If you want to know how to "drop skeg," ask one of the newly certified leaders.

six OMCKRA coaches/paddlers certified by Paddle Canada as "Big Canoe" Leaders



OMCKRAs North Canoe and trailer was used for this leadership training event.

High Water Run Results report

Tony Janssen, May 9, 2015 Kirkland Lake

The awards dinner at the River Runs Resort was complete with an awesome cake donated by Eileen Rapski, a draw was held to give away two \$100 cash prizes and two lifejackets donated by Kenogami Marine. Medallions were handed out and everyone got a T-shirt. Speaking of generous donors, the local mining and exploration companies are the ones that donated the cash to allow this event to happen. Kirkland Lake Gold, St Andrews Goldfields, McIntyre & Associates, GAR inc., Blackstone

Development, Canadian Malartic, Kasner group, Jodi Gavin Contracting, River Runs Resort, Creative D-signs, and Homestead Camp all stepped up to the plate when asked.

The 2015 High Water Run was a joint effort by the Local Services Board of Maisonville Twp. and the Northern Prospectors Association. The principal organizers were Tony Janssen for the LSB and Ron Hilgren for the NPA, numerous local Sesekinika residents volunteered to help out to keep the competitors safe

and they deserve a lot of credit. There's a couple of folks who definitely benefitted from less wet time because of them. The \$1500 in cash prizes were donated directly by the Northern Prospector's Association (\$500) and the Janssen family (\$1000) in memory of their parents, Harry & Johanna Janssen, who recently passed away and had always enjoyed watching this event. The River Runs Resort was awesome in hosting this event and catered to our every need in the nicest possible setting.

Here are the winners for each category

Mens

1st - Tyler Williams and Dan Pajunen (2 hrs 7 min.)

2nd - Michel and Alex Gadory (2hrs 29 min.) (father and son team)

3rd - Mike Sutton and Ron Hilgren (2hr 41min) - Mike and Ron lost a quite bit of time helping others get on top of the water, many thanks for being such great sportsmen!

Womens

1st - Jen Elder and Jess Darling (2hrs 36 min 53sec) Jen and Jess also showed what troopers they were in helping the second place finishers get right side up again, awesome sportsmanship.

2nd - Jenn Cross and Courtney Spratt from Ottawa (2hrs 36min 54sec) Jenn and Courtney showed how well they could swim and also what great sportswomen they were by conceding defeat to the #1 team who had stopped to save them when they took a corner too sharp. They said they were coming back stronger and wiser next year and therefore more likely to stay upright.

3rd - Lori Gavin and Trish Adair (2hrs 51 min)

Mixed

1st - Husband and wife team of Christine and James McBean (2hrs 4 min)

2nd - Father & daughter team of Eric and Kirsten Janssen (2hrs 44min)

3rd - Jess Janssen and Steve Pullen (2hrs 46min) very wet but still smiling!

Kayak / Solo canoe

1st - Terry Link (1hr 56min) unbeatable!

2nd - Jack Ford ((2 hrs 14 min) not everyone can smoke a pipe while making such great time!

3rd - Lois Smith (3hrs 2 min) Lois proved that a kayak could do it no matter how difficult!

22nd Annual Voyageur Canoe Race

Brian Beech, June 6, 2015 30 + participants

The Saugeen Paddlers was formed in 1993 and is an OMCKRA sanctioned Canoe Club. The Saugeen Paddlers mandate is to promote Paddlesport Activities in the Saugeen Watershed and the Grey Bruce area. Their Annual Voyageur Weekends are attended by many in period costume of the Voyageurs. These evocative photographs and story are submitted by Brian Beech of Saugeen Paddlers.



Starting line

We had another good Voyageur Canoe Race Weekend. The weather was good. We had an encampment of eight period tents set up by re-enactors, for the weekend. We had four canoe teams on Saturday. They participated in a two-lap race, plus a bobber race, within sight of

the Paisley canoe dock. Additionally we had canoe teams of four paddlers each, compete in a blind man race, where three paddlers are blind folded and one seeing eye team mate gave the blind paddlers instructions as to how to power the canoe through a short obstacle course.

At 12:00 noon, all participants enjoyed a BBQ lunch. Period games were played by enthusiastic entries after lunch. After a quiet mid afternoon authentic camp



Burger & hotdog time

Trophy accept



Lloyd, Ed, Brian



River Rats and Ted Horton

experience, all enjoyed a potluck supper. An evening campfire was well attended. Some local talent supplied musical entertainment with voice and a variety of instruments. Many re-counts of exciting adventures that may or may not have been true, were told around the fire.

Brian Beech



The turn

Upcoming races & events

NEW RACE!!

April - Nov	Thames River Coaching for Paddlers	Dorchester	Bob Vincent bob_hiz.vincent@sympatico.ca
July 11/12	York River Challenge	Bancroft	Dave Conroy 705 321-3150 j30seeya@hotmail.com
July 18	Wai Nui Why Not Race	Mississauga	Wendy Perkins wendypaddle@gmail.com
July 25	Mattawa River Canoe Race	North Bay	Paula Loranger 705-474-5420 paulal@nbmca.on.ca
Aug. 1	Burnstonwn Canoe Race	Madawaska River, Burnstown Beach	Ray Dallaire 613—256-8422 conoebowhuntery@gmail.com
Aug 8-9	Kingston to Ottawa 200	Kingston—Ottawa	Gaetan Plourde 613-617-0237 twofourblue@yahoo.com
Sept 10– 13	Muskoka River X Coureur des Bois	Huntsville	Mike Varieur mike@muskokariverx.com
Sept 11– 13	Muskoka River X Classic	Huntsville	Mike Varieur mike@muskokariverx.com
Sept 12	Willie Fast Paddlers Poker Paddle	Warton	Jack Van Dorp williefastpaddlers@gmail.com
Oct 10	Great Muskoka Paddling Experience Includes OMCKRA PROVINCIALS	Bracebridge	Charles Schofield caschofieldstream@cogeco.ca

Dam Hespeler Race report

Don Stoneman, April 26, 2015 31 participants

placing	Mixed Rec - 1 lap (5K)	time	placing	OC1, C1, SUP - 2 laps (10 K)	time
1	29 James Gjesing, Tliv Major Gjesing	0:43:52	1	10 Stan Machacek	1:09:48
2	1 Rodney Ruddock, Ivan Ruddock	1:31:01	2	9 Dragan Olajdzija	1:10:43
placing	Kayak Short - 1 lap (5K)	time	3	32 Iain Craig	1:16:40
1	41 Jeff Hefley	0:42:52	4	7 Mike Kennedy,	1:19:11
2	15 Lisa Luyten	0:46:08	placing	Mens C2 - 3 laps (15 K)	time
3	14 Abigail Luyten	0:55:29	1	48 Real Carriere, Stan Anusiewicz	1:33:22
placing	Adult Youth Rec - 2 laps (10K)	time	2	12 Peter Harbocian, Glenn Dawson	1:36:33
1	40 Peter Scheuring, Megan Scheuring	0:41:48	3	28 Dean Coulson, Dan Mallett	1:44:54
2	22 Emma Luyten, Greg Johnston	0:44:51	4	13 Mike Hayes, Cezary Szymczak	1:45:59
3	43 Mark Tanner, Stan Murray	1:00:22	placing	Mixed C2 - 3 laps (15 K)	time
4	36 Janet Scheuring, Joe Scheuring	1:03:20	1	5 Liz Loek, Dean Brown	1:34:08
42	Carolyn Murray, Nick Murray	Did not start	2	2 Karen Simpson, Gord Cole	1:37:22
placing	Kayak Long - 2 laps (10K)	time	3	4 Steve Tait, Gwyn Hayman	1:41:47
1	35 Blaine Dobson	1:14:30	4	6 Rene Boogemans, Sharlyn Johnston	1:44:04
2	26 Robb Scott	1:18:27	5	30 Rama Gilverson, Don Stoneman	1:44:26
3	25 Steffen Roller	1:21:06	6	8 Bob Vincent, Allison Gamble	1:45:56
4	33 Ken Whatmough	1:24:52	7	27 Kren Streb, Debbie Brax	1:48:00
5	34 Roger Dougal	1:27:52	8	11 Elizabeth Edington, Lindsay Ramond	2:02:33
placing	Kayak ICF - 4 laps (20K)	time	1	3 Darryl Bohm	2:04:46



OMCKRA Membership Application / Renewal Form 2015

Please make cheque payable to OMCKRA and mail with application to:

OMCKRA Membership 87 Queen Street East, Cambridge, ON N3C 2A9

Please print clearly.

Name:			
Address:			
	Please provide postal code thanks		
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/Race Organizer (fee is per race organized if organizer)	\$40		
Full Time Student	\$30		
Junior <18 yrs as of Jan. 1	\$30		
Bantam <14 yrs as of Jan. 1	\$30		
Newsletter only (included in all memberships)	\$18		
Club Membership	\$25	Please provide spreadsheet listing Club Members	
Club Members /each	\$15		
Family with Children <20 yrs. (maximum 4 racing members)	\$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 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: _____

