



HUT!

Edition #2 July 2021



OMCKRA members ready for racing!

In this issue:

President's message, Executive 2
Rowan's Law short update2
Summer Solstice Paddle3 & 4
Race Schedule 5
Race Descriptions 5 to 8

Violet Buis small paddler 9
David Thompson Virtual Paddle Challenge.... 10
Membership form 11
Rowan's Law details12



2021 Executive

Marathon Canoe Racing Council
(MCRC) of Canoe Kayak Canada
(CKC) rep:
Don Stoneman

Canoe Kayak Ontario (CKO)
Representatives are:
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Chair), Karen Bender, Kim Snell,
Don Stoneman

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President's Message

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blah blah blah. Blah blah blah. See you on the water—Oliver



Oliver McMillan

Rowan's Law

Recognizing that Ontario's sport and recreation sectors continue to be heavily impacted by the pandemic, the government is once again postponing the effective date of Phase 2 of Rowan's Law from July 1, 2021, to January 1, 2022. This deferral will give sport organizations, as well as municipalities, post-secondary institutions, community centres, and private sport clubs or sport entities, additional time to establish and implement Removal-from-Sport and Return-to-Sport protocols for their athletes.

Only the effective date of Phase 2 implementation is being changed. All requirements related to the protocols in the legislation and regulation will remain the same.

Phase 1 of **Rowan's Law** came into effect in Ontario on July 1, 2019, affecting the provinces 65 "Recognized Sports," including Canoe and Kayak racing. For those of you who are unfamiliar, Rowan Stringer, a young rugby player, suffered a series of concussions in competitions over the period of a week or two, and subsequently died in Children's Hospital of Eastern Ontario. She was 17. The Province is determined to change the culture of sport so that competitors who have suffered an injury are not sent back into play before they are healed.

See final page of this HUT! for links and information.



Summer Solstice Paddle

Story by Chris Prater

It has always struck me as odd that the first official day of summer is also the summer solstice, the longest day of the year. From that day forward the hours of sunlight just get shorter and shorter. To point out more obvious facts, the longest day of the year also has the shortest night of the year. The week of June 20th I had seen several indigenous paddling groups on Facebook celebrating this celestial event by paddling all night - from dusk 'till dawn. Feeling the need to do something interesting and athletic during this prolonged COVID slump, I decided to see if any local to London paddlers were interested in staying 'Hup all Night' with me. And after all, it is the shortest night of the year - how long could that be?!?

A few texts and emails and it was all set; Chad Spence and I would paddle at Pittock on Tuesday the 22nd, two days after the true summer solstice. Chad and I were eager to complete a longer paddle and they can be tough to coordinate around our busy family, so this seemed (to us at least) like a reasonable solution. We recruited Mackenzie Buis and Steve Tait to paddle with us from 9pm until midnight, and after that we would be on our own doing laps of the Pittock reservoir near Woodstock.



Sunset



Moonrise

We met up at 8:30pm on the Tuesday the 22nd at the East end of the lake. Steve and Mackenzie were raring to go for their 3-hour shift, putting us through the paces of the twists and turns of the upper section of the reservoir where the river comes into the lake. Within about 20min on the water the sun went down and we stopped and grabbed drinks of water as the special moment passed. This was Kenzie and Steve's home waters and it was quite evident in their ability to predict the severity of upcoming turns and hidden logs and dead-heads in the dark while Chad and I were slow to react and struggled more. After the upper section we paddled down into the main lake and the full moon came out from behind some wispy clouds. The moon would come and go all night as it was cloudy and overcast. At the West end of the lake is the dam where we turned around and paddled back, following along the north shore where the campground was located. At around 10:00pm we were paddling quietly back up the dark lake, 2 boats side-side, when I heard a surprised voice in front of us in the water. Apparently, the beauty of the full moon had drawn one of the campers into the lake for a moonlit skinny dip. Our bow lights weren't yet on but in the moonlight, I could see her covering her half-exposed body as we passed by - all smiles from us. Steve and Kenzie stayed with us until midnight as promised, and we completed 1.5 laps with them, each lap being about 17km.

Continued, next page.....

Summer solstice paddle, continued

After they departed, Chad and I settled down a bit and found a groove, stopping to eat and drink every 1.5 hours or so. At around 2am we were getting tired and needed something to boost our spirits so we set up a small speaker we had brought to pair with couple podcasts we had downloaded earlier for the late-night hours. The set-up worked surprisingly well and as we paddled my tired mind would wander back and forth from our present situation navigating logs and turns to thoughts and conversations regarding the podcast. Around 4am we turned the podcasts off, had a good feed of whatever was left from our food bags, and went back at it for what we were hoping would be the last few hours.



Sun rise

I've done a handful of all-night paddles and it always surprises me how light the Eastern horizon becomes several hours before the actual sunrise. After being awake all night, this seems like such a tease. From about 4:30 on we start to see signs of the forthcoming sunrise, but it is a very slow progression. When we paddle East up the lake, my eyes were fixed on the horizon searching for the sun, and as we paddled West back towards the dam, I would frequently turn my head 180 degrees, risking a muscle spasm in my neck, to assess the far horizon. This game seemed to go on for a while

until finally some bright orange light began to show itself behind the trees. At 6:01 on Wednesday morning after paddling 72km in 9 hours, we quietly noted the official rising of the sun, snapped a couple photos and paddled half-asleep back to the car.



Photo: Chris Prater in stern, Chad Spence in bow, further back is Steve Tait in stern and Mackenzie (Kenzie) Buis in bow .

Race Schedule 2021 omckra.com/races-schedule/

Aug 14, 2021	Kingston to Ottawa (K20)	Kingston/Smith Falls
Aug 8, 2021	Wai Nui Why Not Race	Oakville
Aug 28, 2021	Kawartha Paddle Quest	Peterborough
Aug 28, 2021	Around the Island (Manotick)	Manotick
Sept 11, 2021	North of 7 River Run	Bancroft
Sept 17 & 18, 2021	Huntsville 110	Huntsville
Oct 8, 9 & 10, 2021	Great Muskoka Paddling Experience	Bracebridge

We need volunteers to support our valued Race Organizers (RO).

Can you help ?

Be a resource to our volunteer RO for insurance, boat specifications, safety policies. Respond to RO requests for certificates of insurance. Advise and review race descriptions and Emergency Action Plans (EAP). Find new race locations and race organizers. Join our race support team and bring your ideas. Training is provided. It's a great way to be a part of what most defines OMCKRA and give back to the community while learning about and making your contribution to the sport.

Interested? info@omckra.com

Race Descriptions

Wai Nui Why Not Race

Aug 7, 2021

<https://wainuioutrigger.net/wai-nui-why-not-race/>

Oakville Saturday Aug 7, 2021
16 Mile Creek and Lake Ontario

Held in picturesque Oakville at the Wai Nui club. Consistent with outrigger culture, this is a Hawaiian-themed event. After the races lunch, awards and some very cool swag will follow at the Oakville Power Boat Club. Bring your own chairs - there is lots of space on the lawn. Wai Nui Why Not is the second of the four races in the Waterway Series. Fees include racing, lunch, awards and swag. Lunch only tickets are available.

Location: Downtown Oakville, off Water Street directly under the Rebecca Street bridge. East side of 16 Mile Creek, across from the Centennial Pool parking lot. GPS locate: 28 Water Street

Race Start 10 am Registration Information: www.wainuioutrigger.net

Classes

Kayak/surfski Open 5, 10 km
SUP Open 5 and 10 km
OC6 Open 5, 10 km
OC2 Open 5, 10 km
OC1 Open 5, 10 km

Open means any gender

Kingston to Ottawa (K20)

Aug 14, 2021

kingston2ottawa.ca

The Kingston to Ottawa 200 (K2O) Paddling Race is an ultra endurance marathon paddling race through a UNESCO World Heritage site, the Rideau Canal waterway. Starting from Smith Falls and ending at the Rideau Canoe Club in Ottawa. Kingston 2 Ottawa (Half distance in 2021.) Aug 14 and 15. 100 km, 50 km and 25 km start at Rideau Ferry, Burritt's Rapids and Kars respectively, all finishing at Hogs Back in Ottawa. Register at www.kingston2Ottawa.ca. Contact Gaetan Plourde, info@kingston2Ottawa.ca As many as 11 portages.

A wide variety of classes for

Pro C2s,	Rec Tandem canoes,
USCA C1s,	SUPs,
Stock C2s,	High Performance and Fast Kayaks,
Stock C1s,	long recreational kayaks,
OC1s ad OC2s,	short recreational kayaks,

Kawartha Paddle Quest

Aug 28, 2021

www.kawarthapaddlequest.com

OMCKRA Race of the Year in 2018 and in 2020! Peterborough is the host for the Annual "Kawartha River Quest", home of the Canadian Canoe Museum and the highest hydraulic lift lock in the world!!

Kawartha Paddle Quest Aug 28, 2021. Peterborough Registration info on website www.kawarthapaddlequest.com/
50 km course with 9 portages, 10 km course with no portages.

Long course:

Pro C2 – Open
USCA C1 – Open,
HPK – Open,
Fast Kayak – Open,
Stock C2 – Open,
Stock C1 – Open,
Rec Tandem, – Open
OC2 mixed,
OC1 Women,
OC1 Men,
ICF K2 mixed,
ICF C2 mixed,
ICF C1 women.
ICF C1 men

10 Km fun race Categories

Stock C2 – Open,
Rec Tandem Canoe– Open
Rec Solo Canoe – Open,
ICF K1 – Open
OC1 – Open
OC2 – Open,
Touring Kayak - Women
Touring Kayak - Men
SUP - Women
SUP - Men

Open means any gender

Around the Island (Manotick)

Aug 28, 2021

<https://www.manotick.net/paddlemanotick/>

Contact brianw.schadt@gmail.com 613-692-4886

Covering about 12 kilometers, this is primarily a fun event for local paddlers, as seen in this YouTube video:

<https://youtu.be/O0kSdKqS39U> although serious competitors are more than welcome.

Round-the-Islands Race Aug 28, Manotick Ontario.

River water, Rideau Canal, rapids. Two portages.

Location Manotick Boat Launch, 5495 South River Dr.

Portages Tighe St. dock – Long Island locks

C2/C1 Pro,

C2/C1 Stock,

C2/C1

Rec,

K1, K2,

SUP

North of 7 River Run

Sep 11, 2021

northof7@omckra.com

North of 7 Bancroft Sept 11, 2021. Late breaking decision to hold in 2021. Classes are still being determined. This will be a scaled back, one day event starting and finishing in downtown Bancroft.

Courses run on the beautiful, deep, winding York River and on Baptiste Lake, ending by the Waddle & Daub Cafe in Riverside Park, downtown Bancroft. All funds raised go to help support the not for profit Bancroft Community Transits' transportation for children and youth in the community and for employment and social programs that foster social inclusion.

For more on this worthy cause see: <http://www.bancroftcommunitytransit.com/index.php/news-events>

Huntsville 110

Sep 17 & 18, 2021

www.muskokariverx.com

www.facebook.com/MuskokaRiverX

Another race from our excellent race organizers, Mike and Rob of the MRX team! The ALGONQUIN OUTFITTERS' HUNTSVILLE 110 will challenge you to circumnavigate Huntsville's 110km four-lake system in the fastest possible time! With only one portage intersection, this course is all about digging deep through a mixture of open lakes and flat- water rivers. As you would expect from River X, your adventure will continue well past sunset; adding the technical element of night time navigation and orientation

Algonquin Outfitters Huntsville 110. Sept. 17 and 18. 2021. First Start 7 AM.

Team Champs! Pursuit start! Either stay at the front of the pack or hunt down those who started earlier.

Registration Information and race details: www.muskokariverx.com

Contact information: info@muskokariverx.com

Pen Lake, Fairy Lake Mary Lake and Big East River. Deep water and shallow water with two 100 metre portages.

Lots of classes: Pro C2 Senior Men and Senior Women, Pro C2 Mixed. HPK Kayak, Men and Women, Fast Kayak, Men and Women, Long Rec Kayak, Men and Women, Stock C2 Men, Stock C2 Women, Stock C2 Mixed, Stock C1 Men, Stock C1 Women, SUP men and Women, C4 Open. Rec Tandem Men, Tandem Women and Mixed.

Great Muskoka Paddling Experience (GMPE)

Oct 8, 9 & 10, 2021

muskokapaddlingexperience.com

Three race lengths: 5, 10 and 20 kilometers. Virtual Challenge Classes (New for 2021) No solo paddlers under the age of 18. Go to website for registration and detailed safety rules for this year.

Canoe Classes

Pro C2 - 10km & 20km

USCA C1 (ProC1) - 10km & 20km

Stock C2 - 10km & 20km

Stock C1 - 10km & 20km

ICF C1 - 5km & 10km

Recreational Tandem - 5km, 10km & 20km

Recreational Solo* - 5km, 10km & 20km

Pack Boat* - 5km & 10km

Classic* - 10km

OC2 - 10km

OC1 - 10km

Kayak Classes

HPK (incl. ICF K1) - 10km & 20km

FK - 10km & 20km

Short Recreational - 5km, 10km & 20km

Long Recreational - 5km, 10km & 20km

Tandem Recreational - 10km & 20km

SUP Classes- 5km, 10km & 20km

Classes will also be broken down by Women, Men, Mixed and by age.

Age Ranges (age as of Jan. 1, 2021)

Solo paddlers must be age 18 and up

Junior = 8-17; a tandem paddler must crew in a boat with an adult

Adult = 18-39

Masters = 40-59

Grand Master = 60+

Glossary

Tandem - 2-person boat

OC - Outrigger Canoe

ICF - International Canoe Federation

USCA - US Canoe Association

Rec. Tandem - Stock canoe, maximum 17' length

Rec. Solo* - Stock canoe maximum 15'6" length

Pack Boat* - Open (canoe style) 10' – 14'6" hull with kayak-style seating using a double-blade paddle

Classic* - Non-plastic, cedar/canvas materials, paddled with straight shaft wooden paddles

HPK - High Performance Kayak (Includes ICF K1)

FK - Fast kayaks (L:W ratio between 9.25:1 to 10.99:1)

Long Rec. Kayaks - Over 14' (L:W ratio < 9.25:1)

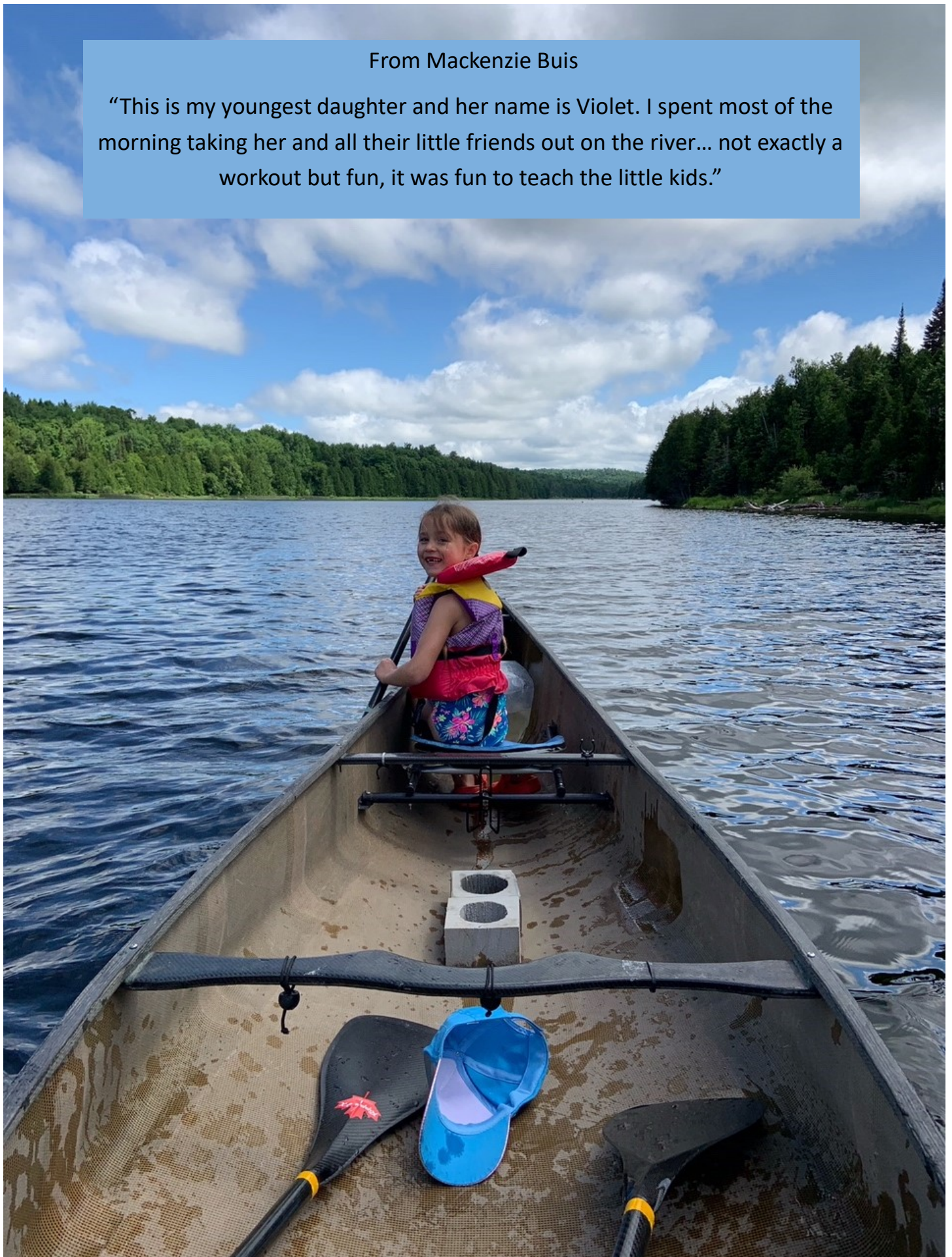
Short Rec. Kayaks - 14' or less (L:W ratio < 9.25:1)

(*Not recognized OMCKRA classes)

Further information on Class & Boat Definitions at omckra.com or [specifications document](#)

From Mackenzie Buis

“This is my youngest daughter and her name is Violet. I spent most of the morning taking her and all their little friends out on the river... not exactly a workout but fun, it was fun to teach the little kids.”



David Thompson Virtual Paddle Challenge

Website: <https://muskokariverx.com/david-thompson-virtual-paddle-challenge/>

Register at: <https://raceroster.com/events/2021/46533/mrx-david-thompson-virtual-paddle-challenge>

Basic Fee \$20 per person

Event contact Rob Horton

Email rob@muskokariverx.com

Phone 705-571-1159

Not OMCKRA sanctioned but would be fun.



What is a virtual paddle challenge?

A virtual paddle challenge is a fun way for you to strive to reach a distance goal by accumulating the distance you travel in your normal paddling activities. For example, if you paddle your kayak 5km on a Monday and your canoe 3km on a Wednesday, you can post each of these activities online for a total of 8km accumulated

towards a goal of paddling 510km in the selected challenge period (4, 8, or 12 weeks). As you post your activities during the challenge period, you can follow along on the leader board and virtual map to track your accumulated progress along the historical virtual paddling route, and compare your progress with other paddlers who are also participating in the challenge.

COVID restrictions continue to impact our lives however our chosen sport remains a healthy outdoor activity: A source of physical and mental health and wellbeing. At the River X we continue thinking of new ways to keep you on the water with a new event that fits well into our COVID-lifestyle. On August 1, 1837 David Thompson left what is now known as Penetanguishene, on the shores of Georgian Bay. He arrived three months later at what is now known as Arnprior, where the Madawaska River meets the Ottawa River. 184 years later the Muskoka River X celebrates this 510km paddling route with the David Thompson Virtual Paddle Challenge.

Can you paddle the equivalent distance in the same period of time or less? You choose one of three challenges. Paddle any watercraft at any location and document your distance travelled; measuring your progress virtually within the David Thompson live tracking map. Follow your friends or have a fun competition to see who finishes first. The David Thompson Virtual Paddle Challenge is a great way to keep you on the water, stay healthy and active, achieve personal goals, share your experiences and train for the upcoming Algonquin Outfitters Huntsville 110.

Follow the link below to sign up <https://raceroster.com/events/2021/46533/mrx-david-thompson-virtual-paddle-challenge>

Choose from 3 challenge periods:

12 Week Challenge: 42km per week or 6km per day

8 Week Challenge: 63.8km per week or 9.1km per day

4 Week Challenge: 127.5km per week or 18.2km per day

Route: Accumulate paddling activity distances to reach a goal of paddling a total of 510km, virtually from Penetanguishene on Georgian Bay to Arnprior on the Ottawa River.

How do I post my paddling activities?

Posting your paddling activities is simple. From the Muskoka River X David Thomson virtual paddle challenge leaderboard, choose the challenge period you are participating in (4, 8, or 12 weeks). Click the Post activity button at the top of the page. Enter the date and approximate time you started your paddling activity, the distance you travelled and click Save. Use a GPS smart watch, or an activity tracker app like Runkeeper™ on your mobile phone to track the distance you travelled in your paddling activity.

OMCKRA Membership Application/Renewal Form 2021

Payments by cheque made out to **OMCKRA** mailed to: **Membership c/o 23 Patrick Drive Aurora ON L4G 2A6**, or e.transfer to omckra@gmail.com, or credit card on Race Roster at: raceroster.com/memberships/4084/omckra-2021

Name:			
Address:			
Phone:		E-Mail Address:	
Fee schedule		Enter Fee [C\$]	Date of Birth (dd/mm/yyyy)
Racing/Individual/Race Organizer (per race) (\$50)			
Full Time Student (\$40)			
Family with child <20 yrs. (\$70) (maximum 4 adults)			
			list ages below
List Family Paddler Names and birthdates below or on separate sheet			Date of Birth (dd/mm/yyyy)

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.

By becoming a member of OMCKRA you agree to :

Fair play agreement, waiver and concussion policy must be agreed to by members: As a Member of OMCKRA, I agree to behave in a sporting way, with a sense of fair play and to follow the rules and directions of Organizers of OMCKRA Sanctioned or Recognized Events. Waiver: I have read and agree with the full waiver printed below. I hereby waive and release any and all claims against Ontario Marathon Canoe Kayak Racing Association (OMCKRA) and its directors, volunteers and staff, for any and all damages or injuries arising out of participation in any events or activities by me and/or my dependents and/or my guests. I hereby grant for the minors listed above, as their parent or legal guardian, permission to participate in OMCKRA sanctioned events and activities. **Rowan's Law** (concussion policy): I confirm that I have reviewed the Concussion Awareness Resources document at the Ontario government site: <https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>

RELEASE FROM LIABILITY AND ASSUMPTION OF RISKS - OMCKRA

1. I acknowledge that the activities involve risk, dangers and hazards inherent in canoeing, kayaking and associated outdoor water sports (the Inherent Risk). And further acknowledge that in addition to the inherent risk the Activities involve certain additional risks, dangers, and hazards, some of which may include (but are not limited to): physical exertion for which I may not be prepared; weather extremes, including sudden and unexpected changes, dangerous water conditions, including cold water and movement, waves, currents, rapids and white water, collision with natural and man-made objects, including rocks and other boats, and equipment malfunction or failure (collectively the Additional Risks).
2. I acknowledge that the enjoyment and excitement of my participation in the activities is derived, in part from the Inherent Risk and the Additional Risks and I agree to freely accept and fully assume all risk of personal injury, death, property damage or loss, resulting from any cause whatsoever, including but not limited to the Inherent Risk and the Additional Risks and active or passive negligence, imprudence, lack of skill, error of judgment, breach of contract or breach of statutory duty of care on the part of the Organizer or the Ontario Marathon Canoe and Kayak Racing Association (OMCKRA). For greater certainty and without limiting the foregoing, I acknowledge that I use the equipment and facilities of the Organizer and OMCKRA with understanding of the nature, condition and state thereof and entirely at my own risk and acknowledge that I am solely responsible for the safety of my person and property and that the Organizer and OMCKRA assume no responsibility whatsoever for the safety of my person or property in connection with the Activities.
3. I waive any and all claims I may now and in the future have against and release and forever discharge from liability and agree not to sue the Organizer and/or OMCKRA for any personal injury, death, property damage or loss sustained by me as a result of my participation in the Activities due to any cause whatsoever, including but not limited to active or passive negligence, imprudence, lack of skill, error of judgment, breach of contract, or breach of statutory duty of care on the part of the Organizer or OMCKRA.
4. I agree to save harmless and indemnify the Organizer and OMCKRA from and against any and all liability for any personal injury, death, property damage or loss to any third party, resulting from my participation in the Activities or in the operation of the Organizer.
5. I agree that I am responsible for all costs of rescue or medical attention rendered to me or for my benefit, arising from the Activities and I agree to indemnify the Organizer and OMCKRA from any and all liability in respect of any and all such costs.
6. I acknowledge that in signing this waiver and release I am not relying on any oral, written or visual representations or statements made by the Organizer or OMCKRA.
7. I agree that this Waiver and Release shall in all respects be governed by and interpreted in accordance with the laws of the province of Ontario.

Signature please:

Rowan's Law—concussion policy CKO

OMCKRA along with Sprint and Whitewater disciplines make up Canoe Kayak Ontario. CKO is the recognized sport organization for canoe racing in Ontario.

Rowan's Law: Here's what young paddlers (under 25) and the parents of minor-aged paddlers need to know, for now. More to come later.

Rowan's Law, to increase awareness of concussions, affects paddlers under the age of 26 and is required by the Ministry of Tourism, Culture and Sport.

On July 1, 2019 Rowan's Law came into effect in Ontario, affecting the provinces 65 "Recognized Sports," including Canoe and Kayak racing. For those of you who are unfamiliar, Rowan Stringer, a young rugby player, suffered a series of concussions in competitions over the period of a week or two, and subsequently died in Children's Hospital of Eastern Ontario. She was 17. The Province is determined to change the culture of sport so that competitors who have suffered an injury are not sent back into play before they are healed.

<https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>

Above is the link to the Concussion Awareness Resources document that amateur athletes, parent, coaches, team trainers and officials are required to review. Athletes 25 years old and under are required to confirm that they have reviewed these resources. (There are separate pamphlets for kids 10 and under, age 11-14, and those 15 years old and up.) Parents of minor athletes (under 18) are required to confirm separately that they also have re-

Also see : <https://www.ontario.ca/page/rowans-law-information-sports-organizations-and-schools#section-1>

viewed the documents. Rowan's Law calls for this review to be repeated and confirmed annually.

OMCKRA and Canoe Kayak Ontario will be establishing rules of removal and rules of returning to

sport protocols, as well as rules for sport that will help avoid such injuries. While there are relatively few reported concussions sustained while marathon canoe training and racing it's important to remember that aerobic activity can exacerbate the effects of a concussion. **An athlete injured in another sport should not take part in a marathon canoe/kayak race.**



An athlete injured in another sport should not take part in a marathon canoe/kayak race.