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HUT!



INSIDE THIS ISSUE

President’s Message 2

OMCKRA AGM 2

Coach Dev Committee
members needed 3

Seb is VP 4

Sanctioning Committee
members needed 4

Paddler Dev Committee
members needed 5

Signature marathon races
paddler support 6

YRQ, a love story 7

YRQ, Seb’s story 8

For the record books, Bob
Vincent 8

ChattaJack 9

Rep to CKO needed 10

The cover, Rabaska 10

OMCKRA AGM

SUN, NOV 13, 2022

LOCATION:
BLACK BELLOWS
BREWING COMPANY,
40 SIMCOE ST,
COLLINGWOOD, ON
L9Y 1H6

2022 Executive

President Oliver J. McMillan	Race Secretary Don Stoneman racesec@omckra.com
Vice President Seb Courville	Recording Secretary Position Vacant
Treasurer Mike Bender	

Additional board roles

Past President
Christine Archer

Member at Large
Rama Gilverson

Other (non-board) roles

Marathon Canoe Racing Council (MCRC) of
Canoe Kayak Canada (CKC) Ontario Rep:
Robert Tranter

Canoe Kayak Ontario (CKO) Reps:
Paul Adams (Marathon VP & CKO Chair),
Karen Bender, Christine Archer, Peter Braul

Membership Secretary
Kim Snell



Oliver McMillan

MESSAGE FROM THE PRESIDENT

One element of a healthy organization is having good succession plans. This is especially important, as well as challenging, in volunteer organizations such as ours.

We've got a good bunch of people remaining on the 2023 board for the coming year. There are some gaps we need to fill especially on committees. Also, looking ahead to next year, some of those on the board this year will 'term out'. This means there is a need to have new volunteers come in this year to gain experience to possibly succeed current board members in future.

Beginning last year, OMCKRA started on a new initiative to help develop succession plans. An early, important step was to engage the not-for-profit arm of RLB, our auditor, to help us write up the job descriptions for the various roles.

This year we are looking for volunteers to be on the Coach Development, Race Sanctioning and Paddler Development Committees as well as another person to be one of the four marathon representatives to the CKO board.

The hope is that, with clear expectations and time commitments people interested in getting more involved in helping Marathon Racing grow in Ontario will be encouraged to join the board or committees bringing in ideas and energy to work on supporting the community.

Having a few more people in key roles on the board and committees, who are willing to work collaboratively and be supportive of each other is a goal I am working on for the sustainability of the association and especially the community.

-Oliver.

OMCKRA AGM

Location: **Black Bellows Brewing** Company, 40 Simcoe St, Collingwood, ON L9Y 1H6

Date: Sun, Nov 13, 2022
We have the room from 11:30 to 4pm during which the AGM and presentations from marathon clubs will take place. Members will be sent a link to the Annual Report in early November.

Can't make it in person?
A Zoom Meeting Link was sent by email to voting members.

Contact info@omckra.com if you need it again.

Email your recommendations for awards to

info@omckra.com

Race of the Year

must be a sanctioned race other than the Provincials

Sportsmanship Award

given to the most deserving individual who performed a sportsman-like act

Award of Merit

presented to the person or persons who made the greatest contribution to the betterment of OMCKRA

Adult-Child Award

given to the Adult and Child who demonstrated the most enthusiasm and participation in the sport over the season.

COACH DEVELOPMENT COMMITTEE

volunteers needed

Job Title: Coach Development Committee

Hours: Around 20 to 50 hours annually.

Job Overview

The primary role of the 4 to 6 member Coach Development Committee is to develop and coordinate programs that will build the strength of marathon coaching in Ontario by increasing the quality and number of NCCP trained and active marathon coaches.

The Coach Development committee arranges for:

- ⇒ Training of coaches in NCCP marathon coach programs
- ⇒ Evaluation and certification of trained coaches
- ⇒ Support of coach training in required areas such as First Aid.
- ⇒ Support of coaches taking Professional Development (PD) courses
- ⇒ Lending programs for training boats, paddles, paddling machines etc.
- ⇒ Coordination with paddler development committee to support coaches running paddler training sessions
- ⇒ Regular communication and meetings with coaches for shared learning

What is this job like?

We need coaches on this committee, but not just coaches. Any OMCKRA member over 18 is eligible and this committee can be super rewarding. You are part of a team working on one of the most impactful areas of our association. What is more important than increasing the calibre and number of marathon coaches available to support our paddlers? Races are a huge part of what OMCKRA provides but having more and better trained coaches helps those who participate in races be strong, capable and effective.

That said, this committee is not a cake walk. You do need to know or be willing to learn about the marathon training modules, how to use the NCCP coach Locker application, how to plan, and work to, a budget for the year, how to set up and coordinate sessions, be comfortable communicating with coaches and comfortable in Microsoft Office and Google Drive. Training will be provided for those willing to take on this job so this could also be a skills builder for you.

This opportunity can be a challenge, but it is not as tough as it looks. If you embrace the role, it will reward you; you will learn a lot.

The Goal of OMCKRA's **Coach Development Program (CDP)** is to increase the quality and number of Marathon coaches in Ontario.

OMCKRA is a member association of the Marathon Canoe Racing Council of **Canoe Kayak Canada (MCRC/CKC)** which develops the marathon coach training materials. These training materials are part of the **National Coaching Certification Program (NCCP)**.

The current NCCP Marathon coach training programs are the **Marathon Canoe Entry Level Competitive Coach (ELCC)** program which is the entry point for Marathon coach candidates to NCCP and the in development **Competitive Development Coach** program.



The Goal of OMCKRA's **Race Development Program** (RDP) is to increase the quality and number of Marathon races in Ontario.

The Sanctioning Committee, chaired by the Race Secretary, plays a pivotal role as part of the Race Development Program.



Sebastian Courville took on a two year term when voted onto the OMCKRA board last year and started as a Member at Large as well as sitting on the sanctioning committee. Seb recently agreed to take on the role of VP and will remain in that role for the second year of his term. We are lucky to have his thoughtful review of race organizers documents and his calm intensity on the board.

RACE SANCTIONING COMMITTEE

volunteers needed

Job Title: Race Sanctioning Committee

Hours: 5 to 10 per month mostly from Feb to April, possible to Sept for approximately 20 hours annually.

Job Overview

The primary role of the 4 to 6 member Race Sanctioning Committee is to review forms sent in by Race Organizers and assist the Race Secretary in following up on race reports. The committee members report to the Race Secretary who chairs this committee.

Responsibilities & Duties

- ⇒ Review the OMCKRA Safety Policy, Specifications of classes and other documents provided to the committee members by the Race Secretary.
- ⇒ Along with other committee members, review documents provided by Race Organizers to determine if races may be approved for sanction.
- ⇒ Along with other committee members, communicate with race organizers throughout the year to answer questions and address concerns.
- ⇒ Assist the Race Secretary if needed by updating the Race Tracker spreadsheet and with following up on reports from Race Organizers.
- ⇒ Complete other tasks as assigned.

What is this job like?

Support to the Race Organizers is a huge part of what OMCKRA provides and this committee plays a critical role in the association. The time and effort commitment for this committee may be low but does require being willing to make a thoughtful review of the Race Organizers documents to ensure the safety and fairness of the racing events and to give advice for improving RO skills. OMCKRA members over 18 are eligible and this could be a step towards the more demanding role of Race Secretary in a year or two if you find it an interesting area. Having a group of thoughtful reviewers wanting to do this is much appreciated and very much needed.

You will need a computer and access to high-speed internet, be comfortable in Microsoft Office and Google Drive. You will be expected to quickly access and review multiple documents stored on a shared google drive during video conferencing. Training will be provided for those willing to take on this job so this could also be a skills builder for you.

PADDLER DEVELOPMENT COMMITTEE

volunteers needed

Job Title: Paddler Development Committee

Hours: 3 to 5 per month Feb to Nov. Approx 15 to 40 hours annually

Job Overview

The primary role of the 2 to 4 member Paddler Development Committee is to develop and coordinate programs that increase the quality and number of active marathon paddlers.

Currently programs of the Paddler Development committee are:

- ⇒ Paddler stroke and paddler proficiency matrix assessments
- ⇒ Coordination with coach development committee on coach run paddler training / assessment sessions
- ⇒ Support for elite stream marathon paddlers attending signature out of province events

What is this job like?

This is a new committee. In previous years the various ideas might be followed up by one or more board members working in isolation. Any OMCKRA member over 18 are eligible; it is better to have a team and back each other up. This is an important area but not difficult. You should be able or willing to learn how to plan and work to a budget for the year and how to set up and coordinate training and evaluation sessions. You do need to be comfortable communicating or arranging for members and others to make them aware of the initiatives available and to be able to review race results to confirm paddler attendance in signature events. You need to learn about the paddler proficiency matrix developed by MCRC/CKC. You need to be comfortable in Microsoft Office and Google Drive. Training will be provided for those willing to take on this job so this could also be a skills builder for you.

This opportunity is rewarding, important to the community and not difficult. There's also lots of scope for new ideas.

The Goal of OMCKRA's **Paddler Development Program (PDP)** is to increase the quality and number of Marathon paddlers in Ontario.

OMCKRA is a member association of The Marathon Canoe Racing Council of **Canoe Kayak Canada (MCRC/CKC)** which developed the **marathon paddler proficiency matrix.**



The Triple Crown of Canoe Racing

The Triple Crown of Canoe Racing (French: La Triple Couronne de Canots Long Parcours) is a canoe marathon series consisting of:

The General Clinton Canoe Regatta: staged on Memorial weekend on New York's Susquehanna River, a one-day, non-stop 70 mile race from Cooperstown to Bainbridge.

The **AuSable River Canoe Marathon:** a non-stop race from Grayling to Oscoda on Michigan's AuSable River during the last weekend of July.

La Classique internationale de canots de la Mauricie: staged Labor Day weekend on Quebec's Saint-Maurice River, a three-day race from La Tuque to Trois-Rivières.

Competitors race in USCA C2 canoes. It is a popular spectator event. The competitors maintain a pace of 50 to 80 strokes per minute and the competition is intense. Athletes must complete portages at a running pace.

The Triple Crown was established in 1992 and recognizes the performances by athletes who compete at all three races



La Classique



La Classique



General Clinton Regatta

Coach Ryan Stepka keeping watch

SIGNATURE MARATHON RACES

PADDLER SUPPORT

In 2022 the OMCKRA board budgeted to support members participating in certain marathon events outside the province with the intention of helping paddlers develop excellence. Events chosen were the Yukon River Quest, The ChattaJack, and the three 'Triple Crown of Canoe Racing' events of AuSable Marathon, Clinton Regatta and La Classique. Athletes who are OMCKRA members prior to the events may be reimbursed for the early entry fee up to a maximum of \$300 CAD per person.

Before the end of the year, please email a completed expense form along with receipts to our general mailbox info@omckra.com if you think you qualify. Expense forms can be found on the documents page of omckra.com

Let us know if you would like to see this program continue in 2023

YUKON RIVER QUEST—A LOVE STORY



A gold canoe returned

Some years ago OMCKRA member Jeff Brainard won first place in C1 at the Yukon River Quest. Winners receive a hand crafted miniature gold canoe. His wife Laurie Baker wore the emblem around her neck until it was stolen on a holiday trip to Costa Rica. This year in 2022 Jeff won the Yukon River Quest in solo kayak and Laurie now wears the gold canoe again. This was the magical story heard first hand while on our own magical voyage across Canada.

Don Stoneman and Kim Snell



FOR THE RECORD BOOKS

Just for the record. Bob Vincent and Gwyn Hayman were 3rd overall and the first mixed c2 team in the Yukon River Quest in 2000. They raced a Jensen 18' canoe

Bob Vincent and Bob Bradford won the YRQ in 2002 in an 18' Jensen



YUKON RIVER QUEST STORY BY SEB COURVILLE

YRQ 2022 completed. What a roller coaster of a ride this race was. It is hard to describe what your mind and your body goes through in a race like this but ultimately it makes me feel alive and I love it.

We worked hard and suffered but after 39h08m12s we won the race and broke the record from 2008 (39h32min). We are also the first C4 to have ever won the YRQ. This race is mainly won (but not always) by bigger boats.

I had the opportunity to take a picture with one of the 2008 record holder "Dave Dahl" in Dawson City. That was pretty neat.

Even with this win, the race will always remain bittersweet for me. A couple days before race day we had to change one of our team members due to an injury. It was a situation that put tears to the teams' eyes and really emotionally affected us.

Thanks for everyone that has supported us during preparation and race day. But especially to Karen, Alex and my wife Jen. This would of never happen without you and I am forever grateful to the support you gave us. - Seb



Four-person canoe team "Something Else Entirely" made up of Eric Braul, Robert Spinks, Mike De Abreu and Sebastien Courville paddles up Lake Laberge on the first day of the 2022 Yukon River quest, June 22. (From Jim Elliot/Yukon News)

ChattaJack



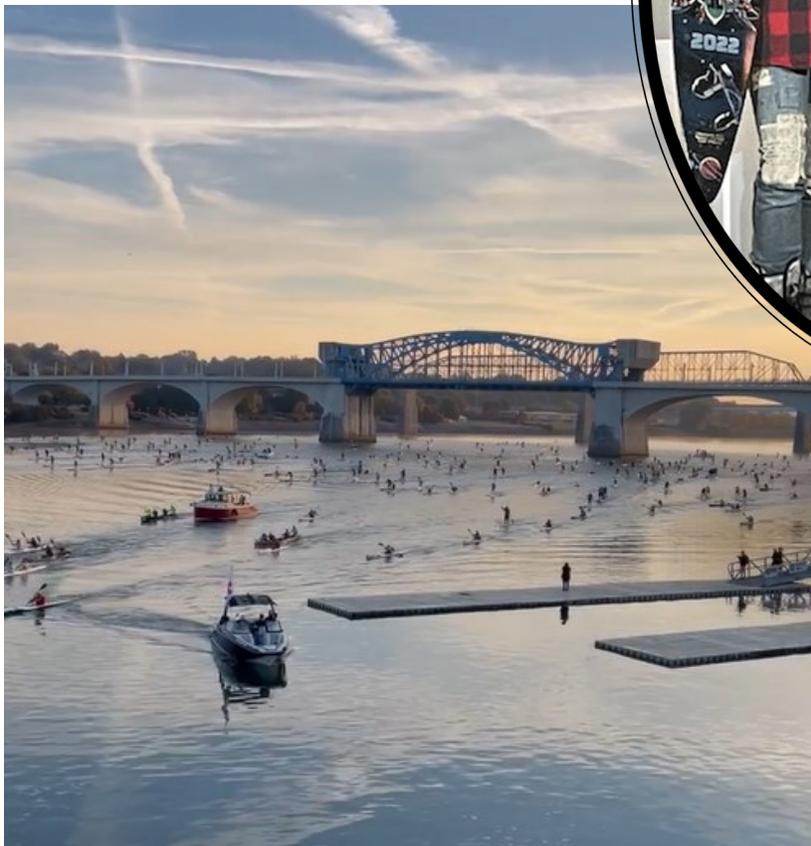
The Fab 4 of the C4 team.
Gord Cole, Dave Jovanovic, Stan Anusiewicz, Dave Johnston.



Pic of three members of the C4 team that came third at ChattaJack
(no ChataJack photo with Gord Cole in it could be found)



12' 6" SUP winners. Danielle Holdsworth in 1st place.



MARATHON REP TO THE CKO BOARD

volunteers needed



Job Title: CKO Marathon representative
Hours: 2 to 3 per month, 10 to 20 annually

Job Overview

The primary role of the CKO Reps is to represent Marathon interests on the CKO board and act as a point of contact from OMCKRA to CKO. Responsibilities of the CKO Reps include attending CKO board meetings, advocating for CKO and Marathon, and updating reporting and agendas ahead of board meetings. Communicate with other CKO Reps and board members regarding deadlines, finances, and membership. CKO Reps report to both the OMCKRA board and the CKO board.

What is this job like?

OMCKRA is the Marathon disciple member to Canoe Kayak Ontario (CKO). Marathon insurance and funding is provided through CKO. OMCKRA members over 18 are eligible. You need to be knowledgeable or be willing to learn how the National Sports Organization (NSO) and Provincial Sports Organization (PSO) are organized and how to apply for grants through the NSO and PSO. Board Governance training is an asset. You should be comfortable in Microsoft Office and Google Drive. Training will be provided for those willing to take on this job so this could also be a skills builder for you.

FOR SALE

C-1 \$1,551
C-2 pro \$2,112
C-2 cruiser \$868
15% off bulk buy.

draganolajdzija@gmail.com



These would be a good purchase for someone using a kayak or surfski for the Muskoka X or similar.

Epic Wing paddle - medium blade size. Full carbon construction. Older, but in great condition \$200.

Epic touring paddle. Lightweight composite construction. In very good condition. - \$100.

Contact Joe Farwell at jfarwell@golden.net for information.

ON THE COVER—RABASKA

Several years ago OMCKRA purchased a Rabaska canoe. It is suitable for training and a great club boat and lives at the Collingwood Paddle Club in the care of the fledgling Marathon division and paddlers of all ages have an opportunity to paddle it.



Current Designs, Solstice GTS. Kayak for sale in Bancroft area. Lovely swift boat Fits Fast Kayak racing specs. Plenty of foot room and the easy entry keyhole cockpit allows small to average sized paddlers to slip in comfortably. Efficient, and

can hold plenty of gear in storage hatches. Owner has aged out with knee issues.

Asking 3,000

snellki123@gmail.com