



HUT!

omckra.com
info@omckra.com

INSIDE THIS ISSUE

President's Message	2
Renew membership	2
Points Winners!	3
Awards Winners!	4
Clubs Reps Meeting	5
Canoe Clan	5,6
Port Credit Club	7
Saugeen Club	8
Collingwood Club	9
Wai Nui Club	10
Georgian Nordic Club	11
Outer Harbour Club	12
Maka Koa Club	13
Upper Jock River Race!	14



Dave Johnston, Stan Anusiewicz and David Jovanic getting ready to race in the Nottawasaga Fall Classic Race at Wasaga Beach in October.



All the best of the season and Happy New Year!

2022 Executive

President
Oliver J. McMillan

Vice President
Seb Courville

Treasurer
Mike Bender

Race Secretary
Don Stoneman
racesec@omckra.com

Recording Secretary
Kim Snell

Additional board roles

Past President
Christine Archer

Member at Large
Iain Craig

Other (non-board) roles

Marathon Canoe Racing Council (MCRC) of Canoe Kayak Canada (CKC) Ontario Rep: Iain Craig

Canoe Kayak Ontario (CKO) Reps:
Kim Snell, Karen Bender, Christine Archer, Peter Brault (VP Marathon on the CKO board)

Membership Secretary
Kim Snell

MESSAGE FROM THE PRESIDENT



Oliver McMillan

Well that's a wrap on another year and another canoe season. We had a wonderful AGM at The Black Bellows Brewing company in Collingwood. As our first hybrid AGM It was a good turnout with both in person attendees and those joining through Zoom. My favourite thing about the AGM is the great in person feedback we get, and there was no shortage this year. Check out the awards winners, some that were voted on at the AGM and others who paddled their way to the top of the points standings. I'm also extremely happy with what

our clubs have managed to do this past season, Rob Trantor was very successful with his kids focused Canoe Clan. The Collingwood canoe club and the Georgian Nordic club both ran new marathon events this season. As well as all the usual programming that our other clubs ran (read more about our clubs below). It was uncertain at the beginning of the season how it was going to shape up but I'm overjoyed with how it turned out. I'm excited for next season as we will be able to plan events without the uncertainty of having to cancel them last minute. That being said I can tell everyone that we have already started planning big things for next year. Stay tuned to our social media and the next issue of Hut! for more details. If you want to be involved in making things happen and to help shape the future of canoe racing in Ontario, send me an email at info@omckra.com to get in on the excitement. I can't wait to see everyone on the water next year.

-Oliver.

Renew your OMCKRA membership for 2023!

Race Roster. The OMCKRA 2023 Race Roster page has been set up. Race Roster charges a fee but is convenient, links to events for member discounts AND uses your credit card to pay! [RR Click Here](#)
e.transfer or cheque

Download a [membership form](#) and send us your information by email or by mail with your cheque.

Send your **e.transfer** directly to omckra@gmail.com

Your **cheque** made out to OMCRA* can be snail mailed to:

Membership c/o 23 Patrick Drive, Aurora ON L4G 2A6

*OMCRA is the business name of the organization operating as OMCKRA

POINTS WINNERS 2022

OMCKRA race points are awarded to those OMCKRA members who participate in 3 or more OMCKRA sanctioned or recognized races, distances 9K and up, and in boats fitting OMCKRA specifications. More points are given when placing 1st, 2nd or 3rd. The awards are assigned based on the paddlers age category. The intention of points awards is to encourage participation in multiple long-distance events, encourage use of standard specifications and to recognize paddlers for their achievements.

Open Male paddler – awarded to: Peter Braul
 Masters Male Paddler – awarded to: Shawn Urban
 Grand Masters Male Paddler – awarded to: Stan Anusiewicz
 Grand Masters Female Paddler – awarded to: Karen Simpson
 U17 Male Paddler– awarded to: Andre Rocha
 U17 Female Paddler– awarded to: Sarah Park
 U14 Male Paddler– awarded to: Jenson Bohm
 U14 Female Paddler – awarded to: Ruby Bohm
 Recreational Male Paddler– awarded to: John Liversage

Standings for the top paddlers for points were:

points category	First Name	Last Name	total points
Open (U20/Senior) Male paddler	Peter	Braul	24
Open (U20/Senior) Male paddler	Bill	McGowan	14
Open (U20/Senior) Male paddler	Conor	Abrahams	7
Masters Male Paddler	Shawn	Urban	19
Masters Male Paddler	Mike	De Abreu	17
Masters Male Paddler	Andrei	Zoubakine	15
Masters Male Paddler	Seb	Courville	12
Masters Male Paddler	Chris	Prater	12
Masters Male Paddler	Scott	Reynolds	12
Masters Male Paddler	Tom	Philips	11
Masters Male Paddler	Adam	Woolfrey	11
Masters Male Paddler	Paul	Terry	8
Grand Masters Male Paddler	Stan	Anusiewicz	13
Grand Masters Male Paddler	Dean	Brown	11
Grand Masters Male Paddler	Bob	Vincent	7
Grand Masters Female Paddler	Karen	Simpson	17
Grand Masters Female Paddler	Ann	DeBrouwer	7
Grand Masters Female Paddler	Alison	Sandeman	6
U17 Male Paddler	Andre	Rocha	5
U17 Female Paddler	Sarah	Park	4
U14 Male Paddler	Jenson	Bohm	4
U14 Female Paddler	Ruby	Bohm	4

In 2022 we decided to award prizes to the U17 and U14 despite there not be sufficient races for them. We were just so glad there was one and they attended and enjoyed themselves.

It's worth mentioning that if there were overall points winners regardless of age or boat categories that prize would have been shared by **Gail Bailey** and **Peter Braul** with 24 points each. A close second would be **John Liversage** at 23 points and **Shawn Urban** third with 19 points.



Gail



Peter



John



Shawn

Prizes embroidered with an OMCKRA logo and "Points Winner 2022" of hoodies for the U14 and paddle bags for the others supplied by Beth Coulson

originalecreations1@gmail.com



2022 AWARDS

As voted upon by members

- * Race of the Year must be a sanctioned race other than the Provincials.
- * The Sportsmanship Award - performed a sportsman-like act during the past year.
- * The Award of Merit - greatest contribution to the betterment of OMCKRA.
- * The Adult-Child award—most enthusiasm and participation in the sport over the season.



Mike Bender, so happy!



Thank you for considering Emily and I for this award! We are honoured and excited by the news as this was such a transformational event and experience for the both of us. As beginners in the marathon canoe



Emily, Stephen

racing world we have felt so much support from this community and are both motivated and excited to take on more paddling challenges. Thank you again! - Stephen Unger



Stephen, Emily

CLUB REPRESENTATIVES MEETING

OMCKRA now has five clubs supported for insurance purposes and those clubs in turn are supporting the rest of us with their activities and numbers! In addition, other marathon clubs are being spun off as parts of multi-disciplinary clubs getting their insurance from elsewhere. What are these club folks doing? We asked them to pre-

sent to OMCKRA members on Nov. 13, just prior to the Annual General Meeting, to explain what they are doing in their specific areas. In addition, Roburt Tranter presented what he is doing in his Canoe Clan program and Darryl Bohm presented what his multi-discipline club is doing. Summaries of their presentations are in the following pages. - Don Stoneman

CANOE CLAN

Canoe Clan is a youth and masters development program that was created in response to declining participation in marathon paddling events.

An OMCKRA supported training program
Article written by Roburt Tranter and Gergely Lanci

Mission: Forging marathon paddlers to qualify for the national marathon team; first as technicians of the sport focused on speed-endurance (10k), then the ICF distance (18-30k, AG dependent).

Passion: Exploring the beautiful freshwater lakes and rivers in our massive Canadian watershed, and working alongside Indigenous sport pioneers to build this sport.

Team Work: Darryl Bohm, Jack Vandorp, Vadim Lawrence and Gergely Lanci have advised and guided Roburt Tranter in the Canoe Clan (10k youth/masters) developmental program, which had 14 athletes from May to September.

Athlete Development

1/ Step One - Belonging

The focus is on the community, basic skills, safety etc. How can the program offered be the most comfortable for the participants and the least costly for the supporters (parents). The cost is measured in time, effort and money.

2/ Step Two - Individual skill development (with a focus on developing stamina)

You don't need strength if you have the skill and endurance. However, marathon paddling is about being able to apply your skill in a timely fashion. A solid technical basis can be practiced in increasingly longer time frames. The more fatigued a paddler gets, the harder it becomes to maintain perfect form.

3/ Step Three - Economy

The focus shifts towards the least energy spent in order to maintain the average cruising speed while keeping good technical form. Some of this is physiological conditioning, but largely emphasizes external biomechanics.

4/ Step Four - Strength-endurance

With solid skills, excellent technique and good overall experience in the paddling environment, the only thing left to do is putting more muscle behind each and every perfectly executed stroke.

Strength-endurance is the most difficult task to complete in the training cycle. It is a neuromuscular process recruiting as many muscle fibers as possible, in a synchronous symphony of coordinated motor control.



CANOE CLAN - CONTINUED

Season Summary

- 14 athletes were supported with equipment from OMCKRA and a network of others mentioned below

- Our main meeting place, working with the London Canoe Club, was at Sharon Creek / Springer Lake. The Avon River, Lake Fanshawe and Lake Wildwood were other training venues

- U23, Ben Williams and Billy Armstrong started with Cathy Johnson at St Clair Shores Dragon Boating who connected with them through Don Stoneman. Rob coached them and Chris Prater; Dave and Keir Johnston assisted them with gear and tips. After finishing the Mattawa River 64k ultra, in a boat on loan from OMCKRA, these two made tremendous gains.

- Youth: Kenny, 11 and Mia, 15 have been asked for their story on the Canoe Clan experience (pictured above, in a boat on loan from an OMCKRA member). Mia is also focused on the dragon boat national team trials



- Junior: Aralyn, a female OC1 paddler finished 2nd at the TIOC 10k

- Senior: Norm Steinhauser, 62, personally coached by Roburt, plans to race at Marsh Mash

- Masters: Roburt, self-coached took 11 minutes off the Mattawa River 13.7k mini marathon record to increase exposure for distances better suited for marathon team qualification

- Roburt will continue to support the program as advised by Darryl Bohm in Mississauga/Port Credit, Gergely Lanci in Sudbury, OMCKRA, MCRC and CKC.

Please visit www.canoeclan.com for more information. It was your 2021 member survey feedback that created the Canoe Clan program. Please use info@omckra.com for additional feedback for the 2023 season.

PORT CREDIT PADDLING CLUB



35 Front St N,
Mississauga, ON L5H 2E1
Phone: 1 201-706-3726
portcreditpaddlingclub.com
facebook.com/groups
/162063674278269

The Credit River south of the QEW and Lake Ontario offers a great protected safe section of water for paddling. It is slow moving, protected from bad weather by reasonable high banks and trees, and narrow enough that if you get into trouble its an easy swim to the shore. Upstream of the QEW, the Credit River offers down river paddlers some delightful rapids. Venturing a little further into Lake Ontario from Port Credit opens up big lake paddling.

I started a small group and soon it grew to over 10 such paddlers. It soon became apparent, that there was an opportunity to create a club of like-minded individuals. During the winter of 2016 we formed The Port Credit Paddling Club, after successfully securing the use of the area beneath the Port Credit Legion.

The objectives of the club are:

- ◇ Provide opportunities to paddle
- ◇ Be a club, not a business – non-profit – operated by its members (volunteers)
- ◇ Promote all types of human powered craft ie by a paddle / oar
- ◇ Promote paddling as a lifestyle, lifelong interest, friendship, sportsmanship for all paddlers of all ages and abilities

We encourage our members to take part in the many diverse competitive paddling events organized in Ontario. Members joined OMCKRA to take part in the OMCKRA races, others Western Ontario Sprint Division, and some would take part in “outside” events, such as Toronto Round the Island, Mammoth, some USA and international races. Other focuses are: Canadian Marathon Championships, Muskoka River, Sprint, Round the Island, War canoe and World Marathon.

Within 3 years we could not accept any more members as our facilities were too small. Together with the Legion we applied for a grant from the Trillium Foundation (which we received) to renovate the deck and expand our boat storage area. This massive task was completed in spring of 2021. We now have boat storage for 80 boats (which were quickly snapped up within the 1st 6 months of 2021), and our membership has grown to just under 100. - Darryl Bohm

OMCKRA sanctioned club

SAUGEEN PADDLERS CANOE CLUB

Recreational Canoe Club based in Paisley Ontario on the Saugeen River.



Mission Statement

Our mandate is to promote Paddlesport activities in the Saugeen watershed and the Grey-Bruce area.
To host an Annual North Canoe Race
To promote the safe and responsible use of our waterways for recreation & exercise.

<https://www.facebook.com/groups/SaugeenPaddlers/>
<https://www.facebook.com/WillieFastPaddlers>
Email: williefastpaddlers@gmail.com
Club location: Paisley, ON NOG 2N0

Directors
Jakob Van Dorp
Ted Horton
Tobin Day
Ed Maxwell
Tara Harpur



Where OMCKRA fits in.

OMCKRA has arranged training in North Canoe. OMCKRA's sanctioning committee reviews, advises and approves the club agreement provides insurance and support for this club's programs listed as:

- ◇ Saugeen Paddlers Canoe Club Annual Voyageur Canoe Race
- ◇ Magnetawan Canoe & Kayak remote paddling training
- ◇ Willie Fast Paddlers Competition
- ◇ Training runs for Paisley members
- ◇ Warton chapter weekly open water paddle training (mostly sufski/kayak)



In addition to this ongoing support, in both 2021 and 2022, OMCKRA was thrilled to provide grants to our sanctioned clubs out of pandemic sport funding received by OMCKRA from the Ontario government. In 2022 the four active OMCKRA clubs sanctioned the previous year were awarded funds from a grant of almost \$40 thousand.

OMCKRA sanctioned club

COLLINGWOOD PADDLE CLUB—MARATHON DIVISION

Marathon is new to Collingwood in 2022. Discipline specific assets include 2 pro C2s, a pro C1, a c1 Stock canoe, 1 C2 rec and an R9 canoe. Collingwood Paddle Club also runs a full roster of sprint programs for both youth and masters and youth paddlers, in particular, at Canoe Kayak Canada Sprint Nationals this past season.

Collingwood Paddling Club was established in 2004 as a predominantly sprint organization in terms of competitive paddling, but has always had a multidisciplinary approach, encompassing SUP, outrigger, surfski, dragon boat etc. The club has been enjoying a renaissance under the leadership of **Laura Clemenhagen**, who is now commodore. She is a former high knee sprint athlete, but has done plenty of outrigger paddling and **Peter Braul** approached her to try and arrange the **foundations of a marathon division of the club** in the last year. She has enthusiastically welcomed marathon and there is a lot of interest in continuing to grow the discipline as a crossover for athletes currently involved with dragon boat. Peter is now the Marathon representative on the CPC board.

The club is growing rapidly, and boat storage is under construction for additional marathon boats (**one of which is on loan from OMCKRA**). There are discussions within the club as to how to best format our membership so that athletes have access to the boats they want to paddle, when they want to paddle them. We are actively trying to avoid pigeon holing paddlers as “sprint” or “dragon boat” in the future and welcome suggestions as to how best to approach this. The club will be purchasing more stock canoes in the future (used... if anyone has something to sell around \$1500 let me know).

We have the **OMCKRA rabaska canoe** stored at the club and managed to take it out once this summer and the experience was greatly enjoyed, however we need some assistance and instruction as to how to best transport the canoe to water as it is quite heavy.

This year, we hosted two **long distance races**, one under sprint in the harbour in the spring (which was 6 km) and the **Nottawasaga Fall Classic under the OMCKRA banner**, with 5, 10 and 20 km options on the Nottawasaga River in Wasaga Beach. Both events were tremendously successful despite adverse weather conditions, and the club plans to grow these events in coming years. The goal of our club are not to make money from events, but to offer athletes fun and challenging experiences that help grow paddlesports in our area. We also delight in sharing our local waters with paddlers from across the province.

- **Director marathon division, Peter Braul**



collingwooddragonboats.com/
[instagram.com/collingwoodpaddles/](https://www.instagram.com/collingwoodpaddles/)

Ontario Marathon Canoe Kayak Racing Association (OMCKRA)



The **OMCKRA** mission statement is “to promote, represent and develop distance paddling as a racing sport in Ontario.” When Ontario Marathon hosted the Marathon Nationals in 2017, 2018 and 2019, OMCKRA worked with a multi-discipline club that is under the banner of CKO-Sprint. As part of these nationals and leaving a legacy, OMCKRA arranged for 4 coaches in the Sudbury club to be trained in NCCP Marathon ELCC, ran a paddling clinic for members, arranged for a racing marathon sit-down C1 and purchased paddles and two sit-down marathon stock C2s for the club through a grant OMCKRA secured. **We believe sit-down marathon is a great way for multi-discipline clubs to offer programming** that gives opportunity for high-level completion available to paddlers of any age. It is sport for life. We’re excited to be partnering with another multi-discipline club in Collingwood that while still under the banner of CKO-Sprint will bring in opportunities for enjoyment of marathon competition. The sport has a significant technical component that test paddling technique, river knowledge and navigation skills. Over time racers develop the ability to read different water conditions to both avoid obstacles and seek out the fastest water. In marathon, paddling knowledge is as important as muscle strength and this makes it a sport where all ages and genders can excel. Paddlers who take the time to develop both fitness and technical skills not only enjoy hours spent on the water but are also rewarded with a strong sense of accomplishment.

OMCKRA sanctioned club

WAI NUI O KANAKA OUTRIGGER CANOE CLUB



Membership based canoe club for OUTRIGGER canoe, SURFSKI, SUP. offering learn-to programs for beginners up to international race level. Children's summer camps, daytime senior programming, day/evening/ weekend for adults. Equipment supplied to members/programs.

Directors

Wendy Perkins
Leslie Pearson
Sheila Kuyper
Huw David

Kathy Clarke
Nancy Botting
Julian Millard
Gillian Salter

<https://www.facebook.com/wainuioutrigger/>

<http://www.wainuioutrigger.net/>

wendypaddle@gmail.com Phone: (289) 242-4928

Club location: Water St, Oakville, ON L6J 2Z4

Mailing address: 2479 Hixon St., Oakville Ontario L6L1V2

Where OMCKRA fits in.

OMCKRA's club agreement provides insurance and support for this club's programs listed as:

- ◇ Wai Nui Why Not Race
- ◇ Training Paddles for members and drop ins
- ◇ Summer Camps, ages 8 – 15 for Camp-Outrigger, SUP & surfski
- ◇ Summer Camps for community groups and schools



[Verna May Andrews recommends Wai Nui O Kanaka - Outrigger Canoe Club.](#)

"(Wai Nui)...Encompasses the joy of exercise, teamwork, coaching, competition, support, community, friendship, care and compassion.... Have I left anything out? Oh yes, the utter magic of paddling way out onto our beautiful Lake Ontario, and leaving all our troubles behind? "

In addition to this ongoing support, in both 2021 and 2022, OMCKRA was thrilled to provide grants to our sanctioned clubs out of pandemic sport funding received by OMCKRA from the Ontario government. In 2022 the four active OMCKRA clubs sanctioned the previous year were awarded funds from a grant of almost \$40 thousand.

OMCKRA sanctioned club

GEORGIAN NORDIC PADDLING CLUB

Georgian Nordic Paddling located in the picturesque Parry Sound Area. We are a non-profit, community-oriented organization promoting an active recreational paddling club for all ages.



[instagram.com/georgiannordicpaddling/](https://www.instagram.com/georgiannordicpaddling/)
[facebook.com/georgiannordicpaddling/](https://www.facebook.com/georgiannordicpaddling/)
Location: Parry Sound, ON

Directors Nicole Boyd
Lisa Robinson Gord Cole



Where OMCKRA fits in.

OMCKRA's club agreement provides insurance and support for this club's programs described as:



- ◇ paddling program during May, June, July and August. Practices are at 5:30 p.m. on Tuesdays and Thursdays at the William Street Park
- ◇ teaching marathon canoe racing and this primarily involves boat-handling skills at a higher level than is required for recreational canoeing or tripping, although, of course, these skills are very useful for non-competitive canoeing.
- ◇ Marathon canoeing is a style of paddling as much as a competitive discipline. The focus is on efficient boat control and efficient stroke mechanics. The techniques are applicable to any canoeing, from racing or tripping in recreational canoes or racing canoes.
- ◇ Races are generally 15 to 60 kilometers, sometimes with shorter race classes for less-experienced paddlers.
- ◇ Other paddling instruction is also available, including for kayaking

In addition to this ongoing support, in both 2021 and 2022, OMCKRA was thrilled to provide grants to our sanctioned clubs out of pandemic sport funding received by OMCKRA from the Ontario government. In 2022 the four active OMCKRA clubs sanctioned the previous year were awarded funds from a grant of almost \$40 thousand.

OMCKRA sanctioned club

OUTER HARBOUR PADDLING CLUB

The club supports community based paddling crews in the Greater Toronto Area. Coaching is provided by Stephen Kwok, Kevin Kwok and successful marathon racers Stan Machacek and Maria Kuzmin. Stan has been racing at a high level for decades.



facebook.com/OuterHarbourDragonBoatClubOhdbc

info@ohdbc.ca

torontoohdbc@gmail.com

<http://www.ohdbc.ca/>

Club location: 480 Unwin Ave, Toronto, ON M4M 3M9
in the Portlands of Toronto Ontario

Directors	Alex Kwok
Stephen Kwok	Maria Kuzmin
Kevin Kwok	Stan Machacek



OMCKRA's club agreement provides insurance and support for this club's programs listed as:

- ◇ Dragonboat practice sessions
- ◇ Outrigger Canoe (OC1 and OC6) practice sessions
- ◇ Tarpon Springs Paddling Camp

In addition to this ongoing support, in both 2021 and 2022, OMCKRA was thrilled to provide grants to our sanctioned clubs out of pandemic sport funding received by OMCKRA from the Ontario government. In 2022 the four active OMCKRA clubs sanctioned the previous year were awarded funds from a grant of almost \$40 thousand.

OMCKRA sanctioned club

MAKA KOA OUTRIGGER CLUB

(TORONTO SAILING AND CANOE CLUB)



OMCKRA's club agreement provides insurance and support for this club's programs listed as:

- ◇ Daily crew practices all year (primary season: May 1 - October 31)
- ◇ 12 practice sessions for paddlers to select from
- ◇ Club has three OC6s and an OC2 (many members also have OC1)
- ◇ Toronto International Outrigger Challenge race (TIOC)

Directors
Christopher Hebert
Perry Cheung
Joyce Seto
Cee Jay Lee

Maureen Malone
Linda Sword
Carla Oliveira
Thomas Goldthorpe
Jeffrey Warren

blade@bell.net
makakoa.ca/
facebook.com/MakaKoaOC/
1391 Lake Shore Blvd W,
Toronto, ON M6K 3C1

Maka Koa is a group of passionate outrigger canoe paddlers based at Toronto Sailing & Canoe Club. We are a dedicated group of paddlers with a focus on developing efficient techniques and strategies. We manage and run the Toronto International Outrigger Challenge (TIOC) at the end of September

RACE OF THE YEAR 2022!!!

JOCK RIVER RACE

The race takes place in April near Ottawa in Richmond on the Jock River between Munster Road and Richmond.

jockriverrace@yahoo.com

jockriverrace.com

