



HUT!

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Nottawasaga Fall Classic
Schoonertown Parkette,
Sunset Ct., Wasaga Beach, ON, L9Z 2A9
Oct 14, 2023

Paddler's Training Camp—Bracebridge July 29 and 30

Annie Williams Memorial Park, 50 Santa's Village Rd, Bracebridge, ON P1L 1C7

Marathon coaches training all skill levels from novice to experienced for members and non-members.

OMCKRA members \$20, non-members \$30. [Register in race roster:](#) e.mail info@omckra.com

MESSAGE FROM THE PRESIDENT



Oliver McMillan

It's been a great year for paddling so far. I'm watching the Yukon River Quest tracker as I write this, cheering on all the Ontario paddlers. It's made me think about how well represented Ontario is in this major race, both in this year and in past years. Not only has Ontario always had a strong showing but has had some really strong performances including multiple Ontario champions! It's inspiring to see our members do well in events, it's what drives me to give back to the paddle community and is the best part of being president. To help more paddlers achieve their goals and help all paddlers become better, we've organized

an OMCKRA training weekend that I'm very excited about (see below for more details). There are still many large and small events to come this year, still plenty of racing to be had (see the race schedule for details). The one big race that is missing from our calendar this year is the Mattawa River Canoe Race. While we were all sad to see that the 2023 edition of the race wouldn't be running, I can assure all our members that we are working with the North Bay Mattawa Conservation Authority to help make the 2024 event a reality and better than ever. I know most people don't need the reminder but, get out and paddle! I'm looking forward to seeing many of you out on the water and at the rest of the events throughout the summer.

Oliver

Ontario paddlers stand out at the Yukon River Quest (YRQ) 2023

The YRQ kicked off July 4 at 9 a.m. from Rotary Park in Whitehorse. Ontario paddlers **Seb and Jen Courville** TEAM 21 - GOLDEN LAKE CREW. With a winning time of 46 hours and 17 minutes, Seb and Jen are not only the mixed tandem canoe champs *and* the overall tandem canoe champs, they are also the OVERALL WINNERS!!

Mike De Abreu, ON and **Sophie Coupal**, QC of TEAM 40 - PLANNED GRIT! Were the overall second place with a finishing time of 47 hours even put them second in tandem canoe and second overall. More results and photos on the next page.



2023 Executive		Additional board roles	Other (non-board) roles
President Oliver J. McMillan	Race Secretary Don Stoneman racesec@omckra.com	Past President Christine Archer	Marathon Canoe Racing Council (MCRC) of Canoe Kayak Canada (CKC) Ontario Rep: TBD
Vice President Seb Courville	Recording Secretary Kim Snell	Member at Large TBD	Canoe Kayak Ontario (CKO) Reps: Karen Bender, Christine Archer, Yvonne Kurz, Peter Braul (VP Marathon on the CKO board)
Treasurer Mike Bender			Membership Secretary Kim Snell

YUKON RIVER QUEST (YRQ) 2023



"The Race to the Midnight Sun"

Congratulations to The Golden Lake Crew-**Seb and Jen Courville** for their win and team Planned Grit-**Michael De Abreu and Sophie Coupal** on their second place finish! See page 2 for their times.



Christoph Weber

Chris Weber participated in SUP this year! Team: RGP (Ripped GrandPa) This was an update by Bonnie Pankiw during the race.

"26 hrs to get to Carmacks. After a 10 hr. stop he left for the last leg at 9:11 pm - last leg will take around 30 hrs. He has been paddling steady and should finish in the wee hours. Tracker shows him leading but he is actually in 2nd place against some really experienced - and younger - paddlers. Not sure how he is still moving. Stinking hot here today." Bonnie

Final time 59:20:16, 34th overall, 11 solo, 3rd men's SUP. Chris raced the YRQ with Bonnie in tandem canoe in 2017, 2018, 2019, 2022



Mike De Abreu and Sophie Coupal

Leslie Davenport and Jennifer Nicholson Team: 25 Numb and Nummer - Women's Tandem Canoe. **Finished** at 1:45AM! Time 54:43:41! 22 overall, 8th tandem canoe, 4th mixed tandem canoe



Jenn Nicholson

Leslie Davenport



Jim Boyd, 80 years old just finished his 15th YRQ. Jim was at the Olympics in 1968 for biathlon The northern sun makes this photo of him look like a painting

Patricia Clune of Team: 7 "Team Whoa"—women's Voyageur. Time 52 hours, 15 overall, 4th voyageur, 2nd woman's voyageur. **Remarkably**, Patricia has done the YRQ in years 2003, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2022 and 2023!

Gary Seed, Team: 27 Wolves don't live by the rules men's Tandem Canoe Good effort. Withdrew below Carmacks after days of racing.



Gary Seed



YRQ start

COACH BOB AND COACH GWYN—HUNTSVILLE



Here in Huntsville, we started with Tuesday night as a social paddle. The idea was just to get people with canoes out on the water and have fun with exercise.

It was slow when the weather was cold. Now that it is warmer we have more paddlers with us on the water and numbers have gone from 3 canoes to 10. Kayakers are with us now as well. Several in the group are working their way towards the MRX race in September. Good for them! It will be a better race for them with this training.

We also did a clinic for young paddlers which was very successful. It starts with advertising and drawing from the ski clubs.

Bob and Gwyn.



TRAINING CAMP—BRACEBRIDGE JULY 29 AND 30

Annie Williams Memorial Park, 50 Santa's Village Rd, Bracebridge, ON P1L 1C7

Increase paddle racing skills! Meet your community, your coaches and paddlers!
Share stories and knowledge! Get out and get stronger! All welcome!

The **OMCKRA training weekend** will be a two day training camp intended for paddlers of all skill levels. We will focus on mostly canoe skills but all boats and skill levels are welcome. Come learn from more than 5 different coaches who will be teaching skills from the basic forward stroke all the way to riding wash and race strategy. Listen to experienced paddlers talk about their experiences and tips during lunch in between our sessions. We will finish the weekend with a short race to practice the skills learned throughout the weekend. There will be boats, paddles and PFDs on hand to borrow or bring your own. OMCKRA members \$20, non-members \$30. Questions? email: info@omckra.com

Sign up via Race Roster and I'll see you on the water in Bracebridge. - Oliver

Race Roster link: <https://raceroster.com/events/2023/77799/omckra-training-weekend>

GENERAL CLINTON CANOE REGATTA (TRIPLE CROWN RACE)

canoeregatta.org/race/results.php

Selected 70 mile endurance results; mostly Ontario paddlers.

Touring Open Endurance

Pierre Pinard & Claude Roux 6th place 11:29

Mixed / Women Stock Endurance

JF Legault & Leslie Davenport 13:20

C1 Over 50

Stan Anusiewicz 5th place 10:34

C2 Amateur Endurance Mixed

Dean Coulson & Liz Loek 5th place 10:07

Bob Vincent and Gwyn Hayman 8th place 11:01

C2 Amateur Endurance Men's

Chris Prater & Oliver McMillan 2nd Place 9:29

Jerry Kellogg & Luc Robillard 10:36 (Michigan and Quebec. Ages circa 80)

Pro C2

Steve Lajoie & Wes Dean 1st place 8:05 (Fastest pro time of the day)

Ryan Stepka & Gary Rousseau 14th place 8:39

Keir Johnston & Dave Johnston 32nd place 9:20:35

Michelle Laprade & Sylvie Nadeau 39th place 9:26:19



Water levels on the Susquehanna River were very low and the weather sunny and very hot.

Bob Vincent at finish line. "Eleven hours! That's my slowest time ever. Maybe I should take up tripping."

Pit crew Don: "I think you already did, Bob."

SUMMER STUDENT—TAKESHI TANIKAWA



“Hello, my name is Takeshi, and I’m a second-year student at the University of Waterloo. I’m currently studying geographic information systems, which deals a lot with datasets, so am looking forward to working as an economic analyst for OMCKRA. I’m hoping to be of use to the organization, and I’m open to feedback and tips.—Takeshi.”

OMCKRA has a new project this year. Through a provincial government grant we have hired a summer student to perform TREIM assessments on OMCKRA sanctioned and recognized races.

TREIM is a Tourism Regional Economic Impact Model. This data analysis simulation tool is a way of measuring the economic impact of a sporting event. We hired Takeshi Tanikawa Cervantes, who has experience and interest in datasets. Using race results from a couple of years for each race and the hometowns of the participants the calculations are based on visitors coming in for the event. We think this project is good for the sport. It will provide individual organizers with a tool to get local sponsors as well as give OMCKRA statistics on economic benefits to add to the benefits these races provide to community and health.

KINGSTON TO OTTAWA 200 - K2O Paddling Race coming Aug 12

Volunteers needed!

Less than 6 weeks until race day ! Remember the early bird pricing ends July 15th, fees go up in the final month before the race. Be sure to register early at: <https://www.kingston2ottawa.com/register>

We need volunteers ! If family or friends are able, please have them contact info@kingston2ottawa.ca to assist with timing, safety and lock station monitoring.



Ottawa Duo Wins GOLD at Manotick-Round-The-Islands Race—June 17

The 2nd annual Manotick-Round-the-Islands Paddle was held on Saturday, June 17. This event saw paddlers completely circumnavigate both Long and Nicolls Islands, portaging around the Mill and the Long Island Locks. Competitors were thus tested in portaging steep terrain, flat water strength and technique, and the art of reading the rapids. The back channel is enjoyed for its many quiet and scenic stretches; and the low water levels of summer add the puzzle of finding a passage through the occasional novice level rapids.

The medal winning duo of **Christine Balderson** and **Ben Reese** from Ottawa completed the course in one hour, fifty-six minutes, 59.53 seconds. We hope to see you next year.



Story courtesy of Manotick Messenger manotickmessenger.ca

GRANT APPLICATION THROUGH CKO

President Oliver McMillan with support from OMCKRA Treasurer Mike Bender and Peter Braul



OMCKRA's primary representative on the CKO board have provided information for a new grant application cycle of the Ontario Amateur Sport Funding (OASF) grant. This is a new grant cycle and a new application to be filled out after a number of years of this grant being renewed with reporting only. It has been a lot of work and thank you goes out to Oliver for taking on the bulk of it but also to those who supported the effort. Though Marathon's portion is the least of the three disciplines at CKO it is much appreciated by the OMCKRA community and board. We are hoping to maintain or possibly increase our funding level going into this new grant cycle.

ICF QUALIFIER FOR MARATHON WORLDS

The Marsh Mash held May 13 was the qualifier race for Ontario paddlers going to the Marathon World Championships. The following paddlers will represent Canada at the 2023 ICF Canoe Marathon World Championships (August 28 to Sept 3rd; Vegen, Denmark).

Long Course: 15 to 30K

Junior Men K1: Jeremy Poulin (Manitoba)

U/23 Women C1: Zoe Bergeron (Ontario)

U/23 Men K1: Massimo Montanari (Ontario)

Senior Men K1: Jacob Chaine (Quebec)

Senior Men K2: Massimo Montanari (Ontario) / Jacob Chaine (Quebec)

Short Course: 3.6K

Senior Women C1: Zoe Bergeron (Ontario)

Senior Men K1: Massimo Montanari (Ontario)

Senior Men K1: Jacob Chaine (Quebec)



MARATHON NATIONALS—SHAWINIGAN QUEBEC AUG 12-13

Links to registration forms (2 docs) [Document one](#) and [Document two](#)

Web: festivaldelariviere.com

COMPETITION SCHEDULE

FRIDAY, AUGUST 11TH

- 6:30 pm - Race briefing
- 6:30 pm - Men, women: U17 / U20 / Open / Masters (C1 - 10 km)
- 6:35 pm - Men, women: U17 / U20 / Open / Masters (K1 - 10 km)
- 7:00 pm - Men, women: U14 (C1 - 5 km)
- 7:05 pm - Men, women: U14 (K1 - 5 km)
- 8:00 pm - Prize ceremony

SATURDAY, AUGUST 12TH

- 8:30 am - Race briefing
- 9:30 am - Mixed: U17 / U20 / Open / Masters (C2 - 20 km)
- 9:35 am - Mixed: U17 / U20 / Open / Masters (K2 - 20 km)
- 10:10 am - Mixed: U14 / U17 / U20 Open / Masters (Stock C2 - 10 km)
- 10:15 am - Mixed: U14 / U17 / U20 Open / Masters (Other tandem boats - 10 km)
- 10:20 am - Mixed: U14 / U17 / U20 Open / Masters (Hunt canoes - 10 km)
- 10:25 am - Mixed: U14 (C2 - 10 km)
- 10:30 am - Mixed: U14 (K2 - 10 km)
- 11:45 am - Prize ceremony (C2/K2/Stock Canoe/ Open Canoe)
- 11:45 am to 12:30 pm - Lunch break
- 12:30 pm - Race briefing
- 1:25 pm - Mixed - 4 women minimum (R9 - 20 km)
- 1:30 pm - Men, women: U17 / U20 / Open / Masters (Solo SUP - 10 and 5 km)
- 1:35 pm - Men, women: U14 (Solo SUP - 5 km and funkierace)
- 6:30 pm - Dinner and prize ceremony
- 8:00 pm - Nelson Voyer's show

SUNDAY, AUGUST 13TH

- 8:30 to 10:15 am - Transportation from Shawinigan to Grandes Piles
- 10:15 am - Race briefing - Grandes Piles
- 10:25 am - Pre-race meeting C1 / K1 / C2 / K2 men/women (30 km + 2 portages)
- 11:15 am - Men, women: Open (R9 - 30 km)
- 11:20 am - Men, women: U20 / Open / Masters (C1 - 30 km)
- 11:25 am - Men, women: U20 / Open / Masters (K1 - 30 km)
- 11:30 am - Men, women: U20 / Open / Masters (C2 - 30 km)
- 11:35 am - Men, women: U20 / Open / Masters (K2 - 30 km)
- Closed circuit in Shawinigan**
- 11:00 am - Men, women: U14 & U17 (C2 - 10 km)
- 11:05 am - Men, women: U14 & U17 (K2 - 10 km)
- 3:00 pm - Adult-child race (All tandem boats - 2 km)
- 4:00 pm - Diner & closing ceremony (Île Melville, Shawinigan)



FREE LODGING SERVICE AT PARC DE L'ÎLE MELVILLE

Please contact the Festival de la Rivière on Messenger for more information.

DESJARDINS FAMILY AREA

Animation, face painting, magician, mascots, foam cannon, inflatable playground, canoes and kayaks available and more.

COGECO ATHLETE ZONE

Massage therapists, chiropractors, healthy snacks and more.

ARTISANS AREA

Craftsmen, traders, local exhibitors on site.

FOOD TRUCKS AND BEVERAGE STANDS

Food and kiosks on site.

MUSIC SHOW

Saturday night show - Nelson Voyer, 8:00 pm, August 12, 2023.



SERGE CORBIN
Honorary President

RACE REPORTS

Races completed are **Upper Jock River Race, Pittock Paddle, Marsh Mash Canoe Race, Canoe The Nonquon, Saugeen Paddlers Day** and **Round the Islands Manotick**. Most sanctioned races held so far had turnouts better than last year. Pittock Paddle had three times the turnout of the Thames Classic which it replaces. The Manotick race remained poorly attended. Let's get people out there in 2024 and challenge those medal winners.

Raisin River Canoe Race (not sanctioned but well-attended by OMCKRA members.) April 15 **had 254 entries, also a record.** [Race Roster event link shows results](#)

Upper Jock River Race April 22 **had 199 entries (A record)** [Link to results on website](#) Website: jockriverrace.com

Pittock Paddle May 6 Woodstock 25 participants [link to results at omckra.com](#)

Marsh Mash Canoe May 13, Bradford

Highest number of participants ever and also a World Team Qualifier. This race is largely supported by paddlers from Sprint clubs in the GTA and Richmond Hill area. [Race Results 2023 link](#)

Canoe The Nonquon June 3 Port Perry [link to results](#)

Saugeen Paddlers Day June 3 Paisley—report pending

Round the Islands Manotick. June 17 Manotick The medal winning duo of **Christine Balderson** and **Ben Reese** from Ottawa completed the course in one hour, fifty-six minutes, 59.53 seconds [photo page 7](#).

Danielle Holdsworth writes from Holland Marsh Bradford,

“Race season is definitely in full swing! Last Saturday we hit up the Marsh Mash for a fantastic day of racing. The flat water course was another great opportunity to put the #nspninja to the test...she didn't disappoint I'm loving every second on the water!!! Danielle



PARRY SOUND 50— JULY 15

gnoac.com/paddling/

The race is hosted by The **Georgian Nordic Paddling Club** (GNPC) an OMCKRA sanctioned Marathon Club; part of the Georgian Nordic Outdoor Activity Centre. The club runs paddling programs during May, June, July and August and describes their programming as:

“The focus is on 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.”



THE RACE

Start times are: 10 AM for the 50 km race. 1 PM for 5 km and 17 km races.

Registration online now <https://zone4.ca/register.asp?id=32214>

Adult fee \$40; 18 yrs and under \$15

Check in starting at 8 AM Nine Mile Lake Beach Park

(To get to Nine Mile Beach Park, drive north of Parry Sound on Hwy 400, take Hwy 124 to the right. Nine Mile Lake Rd is 5 Km east of Hwy 400 on the left. Take Nine Mile Lake Rd to the end.)

Classes and Distances:

All classes 50k (if one paddler under 15, the other paddler must be over 18), 17k, 5k.

Two Portages: 3 metres long.

Each boat will be required to have one paddler run up beach. Boats do not need to be carried. Paddlers can leave food and drinks on portage/beach to pick up after each loop.

5km is a short loop on Nine Mile Lake.

Other notes:

Canoes, OCs, DBs and SUPs must be propelled with single bladed paddles except “pack boats.” Kayakers must use double bladed paddles. All participants must meet Coast Guard safety requirements including a PFD in boat for each person, noise maker, bailing bucket (unless exempt), throw rope. Inflatable approved PFDs are permitted but must be worn. Non-swimmers **MUST WEAR** an approved PFD!! All participants 18 and under **MUST** wear an approved PFD. Participants are responsible to ensure they are physically capable of undertaking this physically demanding event. Course is deep water with few weeds to catch on rudders. Most of the course is sheltered from wind. There is little or no boat traffic. If you have a self-propelled watercraft we will make you a class!

Classes include but are not limited to:

Canoes:

Marathon C1, C2, C4

Stock boats (regular canoes 17' to 18.6')

Rec boats (reg. canoes 17') or less, C2 & C4

Slow C (really slow canoes like aluminum or plastic)

North Canoe, 26' +/- paddled by 6 to 12

SUP, short & long

Outriggers

OC1, OC2, OC6

Kayaks

Racing: surf skies, ICF

Sea kayaks

Short kayaks

Pack boats; any solo rec

canoe used with a kayak paddle

Dragon Boat

20 person or 10 person

RACE SCHEDULE 2023

Watch website for up to date information. <https://omckra.com/races-schedule/>

date	race/event	location	registration
April 22	Upper Jock River Race	Ottawa	http://jockriverrace.com/
May 6	Pittock Paddle	Woodstock	/raceroster.com/events/2023/72515/pittock-paddle
May 13	Marsh Mash Canoe Race	Bradford	http://www.marshmash.ca/
June 3	Canoe The Nonquon	Port Perry	Register onsite at Latcham Centre,
June 3	Saugeen Paddlers Day	Paisley	https://sites.google.com/view/saugeenpaddlers?pli=1
June 17	Round the Islands Manotick	Manotick (Ottawa)	https://www.manotick.net/paddlemanotick
July 15	Parry Sound 50	N. of Parry Sound	TBD
July 29-30	Ontario Training Camp	Bracebridge	info@omckra.com
Aug 12	Kingston to Ottawa (K2o)	Kingston/Ottawa	https://www.kingston2ottawa.com/
Aug 13	Wai Nui Why Not Race	Mississauga	https://wainuioutrigger.net/wai-nui-why-not-race/
Aug 12, 13	Nationals	Shawinigan, Quebec	festivaldelariviere.com
Sept. 16-17	Muskoka River X	Huntsville	https://muskokariverx.com/muskoka-river-x/
Sept 23	TOIC	Toronto	https://www.tioc.ca/
Oct 14	Nottawasaga Fall Classic	Wasaga Beach	https://www.facebook.com/collingwoodpaddles



AuSable River Canoe Marathon—video link

Boat wanted: I am searching for a solo stock canoe, if anyone has one for sale please contact me at 647 990 2160. Mike Kennedy

Renew your membership !

Race Roster

Does charge 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