



# HUT!

[omckra.com/](http://omckra.com/)  
[facebook.com/OntarioMarathonPaddling/](https://facebook.com/OntarioMarathonPaddling/)  
[instagram.com/ontariomarathonpaddling/](https://instagram.com/ontariomarathonpaddling/)  
[info@omckra.com](mailto:info@omckra.com)



JIMMY PELLERIN AND SARAH LESSARD, CANADIAN NATIONAL CHAMPIONS PAGE 10

## IN THIS ISSUE

President's Message, Executive .....	2	Sarah Plourde Summer Student.....	7
Marathon Paddle Clinic Report .....	3	OMCKRA Points Awards to date .....	7,8
Economic Assessment Project Report.....	4	Parry Sound 50 Race Report.....	9
Nottawasaga Classic Oct 14.....	5	Marathon Nationals Report.....	10
OMCKRA Race Subsidy .....	6	Other Race Reports.....	11
Jasper Fekete age 6 Training in Surf ski! ..	6	Marathon Worlds .....	12,13
		Announcements .....	14

## MESSAGE FROM THE PRESIDENT



Oliver McMillan

There's one more race coming up, Saturday Oct 14, in Wasaga Beach, west of Barrie. The Collingwood Paddling Club is hosting.

The Nottawasaga Fall Classic Paddle Race had a solid turnout in its inaugural event last year and organizers are expecting even more paddlers this year. There are several tight contests for points awards that will come down to finish placing at this event. Check it out and register in advance via the Race Roster link in this newsletter. The race starts and finishes at Schoonertown Parkette on Saturday morning. Wasaga Beach, west of Barrie, is surprisingly easy to get to from both western and eastern Ontario.

Because of its easy access, the 2023 Annual General Meeting of OMCKRA will be held nearby, at Black Bellows Brewery in

Collingwood. The notice of the meeting is on this page. The meeting can also be taken in via a ZOOM link. A link to reports for the AGM will be emailed to members so that they can peruse it in advance and prepare questions.

The end of the year means that it's time to assess, look at fees, recognize the successes of member paddlers, and prepare a base for the 2024. A successful race season doesn't happen by itself. A number of board, committee and other positions will be vacant. OMCKRA needs: a Secretary, a HUT editor, a Sanctioning Committee member, a Coach Committee chair, another representative to the board of Canoe Kayak Ontario, and a representative to the board of Marathon Canoe Racing Council.

Stay warm, paddle when you can. Algonquin Park just had its first snowfall. (Brr)

Oliver

## Save the date! Annual Meeting !!

November 5, 2023 OMCKRA Annual Meeting

Black Bellows Collingwood.

The link to an annual report will be sent to members in advance.

### 2023 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  
TBD

### Other (non-board) roles

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

Canoe Kayak Ontario (CKO) Reps:  
Karen Bender, Christine Archer, Yvonne Kurz,  
Peter Braul (VP Marathon on the CKO board)

Membership Secretary  
Kim Snell

## A WEEKEND OF DISCOVERY: MARATHON CANOE RACING CLINIC RECAP

### July 29-30 Ontario Training Camp

*Mike De Abreu provides a recap of the training clinic which took place in July. 29&30 in Bracebridge with coaches Oliver McMillian and Bob Vincent leading the training. Coaches Don Stoneman and Gwyn Hayman were on hand to learn and assist. There were 14 enthusiastic participants over the two day training session.*

This past July, the scenic backdrop of Annie Williams Memorial Park in Bracebridge, ON, played host to a truly immersive Marathon Canoe Racing Clinic. For the uninitiated and experienced paddlers alike, this clinic was an enlightening journey into the world of marathon canoe racing — a sport that melds physical prowess with intricate strategy.

Our exceptional coaches, Bob and Oliver, were at the helm, guiding us through the nuanced world of paddling with a mix of practical exercises and theoretical discussions.

**\*\*Saturday Morning\*\*:** *\*Back to Basics\**

The day commenced with a rigorous focus on basic strokes. Whether a novice or a veteran, everyone fortified their foundational techniques, ensuring precise movement and control over the canoe.

**\*\*Saturday Afternoon\*\*:** *\*Advanced Techniques Unleashed\**

The afternoon sun witnessed us delving into the intricacies of buoy turns and the art of "popping";

the boat in shallow waters. These advanced techniques, crucial for race situations, were a testament to the depth and complexity of the sport.

**\*\*Sunday Morning\*\*:** *\*Riding the Wash\**

As dawn painted the skies, wash riding took centre stage. This technique, where one rides the wave created by a leading canoe, is essential for energy conservation during marathon races.

**\*\*Sunday Afternoon\*\*:** *\*Race Time!\**

All our training culminated in a spirited fun race. The palpable excitement saw everyone, from newbies to seasoned racers, eager to showcase their honed skills.

Between these intense sessions, OMCKRA graciously provided snacks and drinks, ensuring everyone remained energized. But it wasn't just about the physical training. The intervals also became a treasure trove of stories and discussions. Tales of past races, insights into techniques, and shared laughter over casual banter enriched our experience manifold.

*Mike De Abreu*

Shane Hansen writes:

"I had a great time during the training weekend and appreciate the effort that was put into organizing the event. In speaking for myself, I showed up with the ability to paddle and the knowledge that I still have a lot to learn when it comes to improving my technique and knowledge for racing. I enjoyed spending time on and off the water with so many like minded people willing to share their time and experience. From shallow water paddling to buoy turns to wake riding and more, we practiced and got feedback with a few good laughs mixed in."

Thanks to a Summer Experience Program (SEP) Grant from the **Ministry of Tourism, Culture and Sport** OMCKRA hired **Takeshi Tanikawa Cervantes** a second year Geography and Environmental Management student with strong skills in dataset and address analysis.

Takeshi reviewed past race results/reports to collect data on the number of athletes, participants, volunteers, support teams and location traveled from for events occurring in years 2016 to 2023. Takeshi generated 21 Economic reports using the ministry's Tourism Regional Economic Impact Modeling tool (TREIM). In addition, Takeshi standardized generated displays of member density comparisons over multiple years and assisted during a race gaining experience on how his analyst role fits in with the sport.

The project provided more than the expected results showing that in addition to the community and health benefits of the sport activities in themselves, races sanctioned by our organization, funded in part by your ministry, contribute over a quarter of a million dollars to local Ontario communities. We learned that for some events where participants are primarily from the local community the TREIM reports showed lower economic benefit than hoped for while in others the economic benefit was hugely greater than anticipated. In both cases this information was valuable. The economic benefit for events can be measured by factors the TREIM would not consider since it uses only the number of visitors, but these reports are a valuable tool for our community race organizers in promoting their events. In addition, the mapping Takeshi did of our membership over the past years shows the impact that clubs, clinics, coaches, and races have on engaging people.

We do have a few clubs, but our sport of Marathon distance paddle racing is a 'sport for life' attracting individuals rather than club mem-

bership with strong competitors ranging in age from 20 to 80+ years of age. A finding of the mapping is that participation is stronger in areas with coaches running programs. We will be taking that finding into account when developing our programming.

Benefit to the student was real world data standardization challenges and applications of data analysis. In Takeshi's own words:

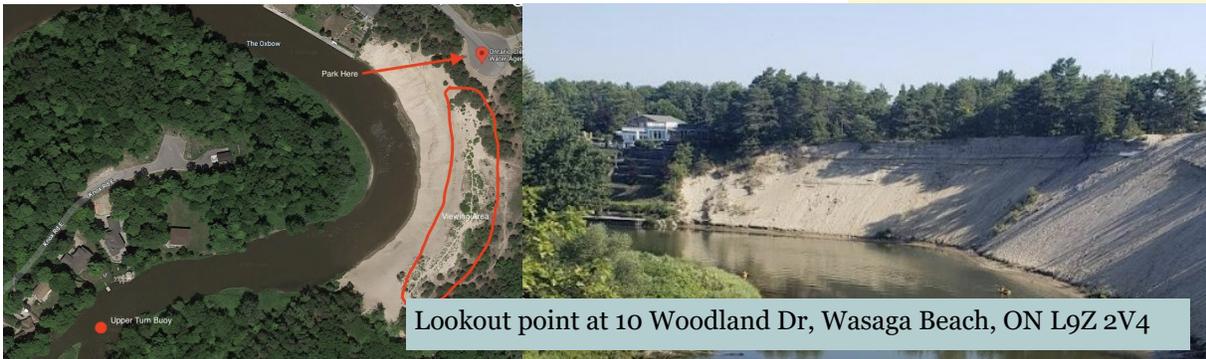
*"My name is Takeshi, and I've been working as a summer student for OMCKRA this past summer as an economic analyst. While I originally had no real connection to the sport of canoeing, I got the opportunity to work with people who are very involved in the community, and I was able to attend a race myself earlier in August; the Wai Nui Why Not race. I'm very thankful to everyone at the event, as they got me up to speed and allowed me to get a feel for what it's really like to get the boats out on the water and share in the experience with everyone there. I helped with timing the boats as they came in, and it made me realize how tough it can be to actually get a lot of this data organized, and why it was so important that these groups and OMCKRA as a whole have a way to get everything compiled. While most of the work ends in numbers denoting economic value, there's definitely a hidden value to these events that I think can't really be displayed through simple digits. Being able to actually see how these events affect everyone, and how seriously they take these races, and the sport is very touching, and attending the race at the very least made me remember that these races are happening in the real world, and not just data points on a computer. I'm very grateful for the opportunity to have worked on this project, and I was surprisingly able to try and leverage my knowledge of geographic information services to try and make maps that could hopefully help the organization. While not perfect, it definitely put me in a real-world situation, and I got the chance to actually learn a bit more about how my software works, and how the layperson (not familiar with GIS) might perceive maps that are created, making me think a little bit more about UX (user experience) and UI (user interface). Thank you for a wonderful work experience."*

Tourism Regional Economic Impact Modeling tool (TREIM) <http://www.mtr-treim.com/>

## NOTTAWASAGA FALL CLASSIC PADDLE RACE

Saturday, October 14, 2023 at 9 am

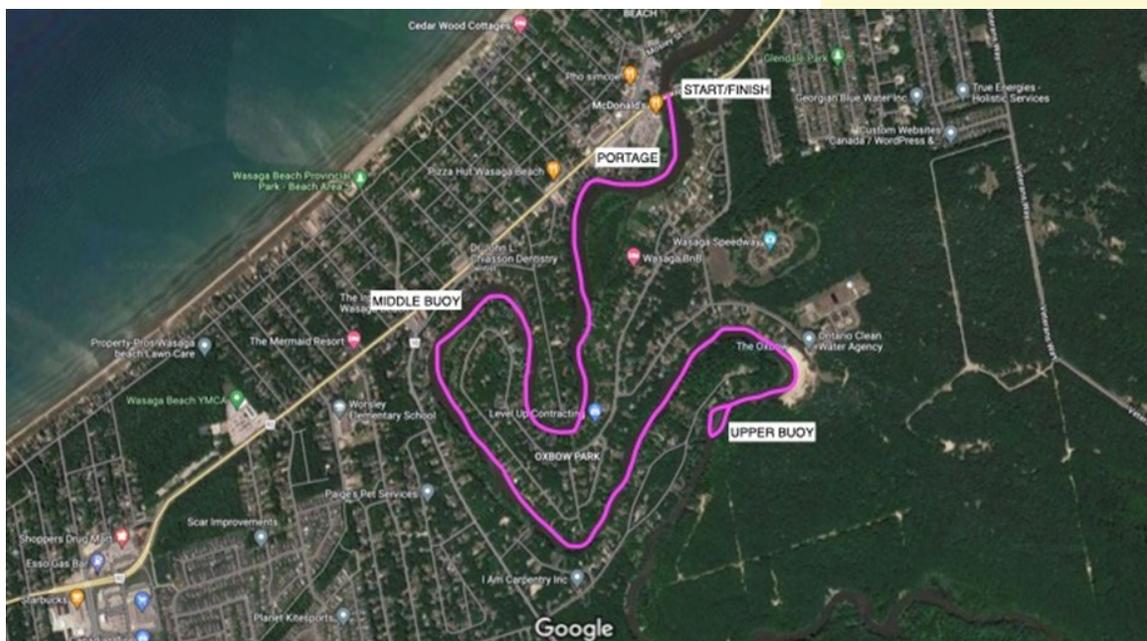
For anyone interested in watching the race, you can see the start/finish and lower turn buoy from Free Spirit Tours' location at the Schoonertown Parkette. Another great vantage point is from above the oxbow in the river where you can see the upper turn buoy. I recommend parking at the water treatment facility and walking to the top of the large sand dune to watch paddlers.



Come paddle the Nottawasaga River in this inclusive and fun race hosted by the Collingwood Paddling Club, with options for any type of paddle craft and distances of 10 or 20 km. Wearing life jackets is mandatory, as is standard safety equipment in the boat.

The course is simple: start at the Schoonertown bridge, paddle upstream 5 km and turn around a buoy to return to the start. Challenge yourself and send off the 2023 season in style!

Register: <https://raceroster.com/events/2023/79347/nottawasaga-fall-classic>



## OMCKRA RACE SUBSIDY POLICY 2023

### **The Policy**

OMCKRA will reimburse members for attending high level events throughout the season. \$200 CDN will be provided for each event. An event must be attempted, however does not have to be completed. To be eligible for the reimbursement a member must attend a minimum of 3 OMCKRA sanctioned /recognized races. OMCKRA races do not have to be attended before a high-level event but must be completed before applying for reimbursement.

The pre-approved events for this season are as follows:

- The General Clinton Canoe Regatta
- The Ausable River Canoe Marathon
- La Classique de Canot
- The Yukon River Quest
- La Ruta Maya Belize River Challenge
- Chattajack
- Marathon Nationals
- Marathon Worlds (must attend 1 OMCKRA sanctioned event)

Limited budget available to pay out in 2023. Not all who apply may receive the subsidy.

To apply for the race subsidy, members must fill in and **submit an expense form to [info@omckra.com](mailto:info@omckra.com) before December 31, 2023**. The expense form can be found on the website (links below).

A limited budget has been set aside for this initiative which should allow for most if not all who apply to receive the subsidy but note that if the funds run out not all who apply will receive the subsidy.

Preference will be given to races on the approved list and to those paddlers newly attempting them. To apply for alternative events, send in an expense form to be considered for the subsidy if funds remain.

To qualify, applicants must be members of OMCKRA and have participated in three Ontario sanctioned events (1 sanctioned event for those attending Marathon Worlds).

The expense form can be retrieved at:

Webpage: [omckra.com/resources/resources-organizers/policies/](http://omckra.com/resources/resources-organizers/policies/)

Direct link: [CHQ000\\_ExpenseNameMonDD\\_YY.doc](#)

## JASPER FEKETE AGE 6 TRAINING IN SURFSKI

Jasper has decided that he'd like to race kayak/surfski this year, so we're going to enter a couple 5km races together in our Epic V8 Double. I've modified the aft bucket to allow him to sit higher and closer to the footboard and deck cutaways. We went out yesterday for a first shakedown paddle to test things out with Jenn and coach grandpa Mike. For our first time out in this boat and first time in about a year paddling tandem together, I'm thrilled with our synchronization and speed, we averaged about 10kph with a max speed of over 12kph in shallow, muddy Guelph Lake which tends to be a slower lake than most waters. It's wild how much I can feel this strong little 6 year old's contributions to the speed of this boat, there's



no way I could achieve those speeds solo in this thing! With about a month of training time before our first race, I'm really excited to see how we progress as a team over the next few weeks!

Sent in by proud Dad, Dav Fekete

## SARAH PLOURDE PART TIME SUMMER STUDENT

Part-time summer student Sarah Plourde was a great support to the Race Secretary and Race Support team in entering counts needed for reporting to the **insurance provider** and to the **Ministry of Tourism, Culture and Sport**. Race Organizers provide a summary report showing counts of Male and Female participants for the Ministry and counts of non-member participation for the insurance broker. Ministry uses these counts for funding decisions and Insurance broker uses their counts to know what to bill OMCKRA.

Another area Sarah helped the race support team on was calculating the **points** to date for members attending races. Sarah set up the spreadsheet with races, members and members points category and then used the race results provided by our Race Organizers to calculate the points to date. See your standings below.

## OMCKRA POINTS STANDINGS TO DATE

Note: The OMCKRA points system awards members four points for a 1st place finish, three points for a 2nd place finish and two points for a 3rd place finish. One point is awarded for simply finishing an event in a sanctioned class.

It's neck and neck for the [Open \(U20/Seniors\) Male paddler](#) category with **Bill McGowan** in the lead participating in 5 races to obtain 14 points. Within reach of snatching the prize from Bill is **Jamie-Leigh Chapman** with 4 races garnering him 13 points. Jamie-Leigh has only to attend the **Nottawasaga Classic on Oct. 14**, the final race of the year, and place to surpass Bill's lead. Bill can hold his lead by himself placing at the Nottawasaga.

To be eligible for an award, a paddler must finish at least three events in a season. Following in this same category of Open (U20/Seniors) Male paddler, having attended 2 races each so must get to one more race to qualify are our President **Oliver James McMillan** with 8 points and our Marathon World's representative for Canada **Massimo Montanaro** with 5 points. This race though is between Bill and Jamie-Leigh!

**Dean Coulson** holds a commanding lead in the [Masters Male Paddler](#) category with 16 points in 4 races. **Andrei Zoubakine** has 9 points in 4 races. Others in this category with 2 races under their belts and needing one more to qualify are **Shawn Urban** with 8 points, **Kevin Kwok** with 7, **Chad Spence** 6, **Mike De Abreu** 3, **Huw David**, and **Larry Zhang** with 2 points each. Dean is a shoo-in for this category at this point but has a chance to beat **Rob Ross** for highest points winner by placing 1st in a sanctioned class at the Nottawasaga race.

The [Grand Masters Male Paddler](#) category is one to watch with some high hitters for attending races! **Robert Ross** leads with 19 points after 5 races! Points winner overall so far! **Don Stoneman** attended the most races of any at 6 races. With his 15 points has a chance to tie with Robert by taking a first place at Nottawasaga, but Robert could hold his lead if he goes to that race!

## OMCKRA POINTS STANDINGS TO DATE—CONT.

Following close is **Dave Johnston** with 14 points in 5 events, **Jeff Brainard** (3 races) and **Gord Cole** (5 races) have 10 points recorded in competitive classes, **Bob Vincent** (3 races) has 9 points, **Dragan Olajdzija** (4 races) has 7 points. Those in this category that must attend the Nottawasaga to have their 3rd race to qualify are **Stan Anusiewicz**, **Christoph Weber** (both with 7 points), **David Jovanovic** (5 points), **Darryl Bohm** (4 points), and **Donald Lee** (2 points).

In the [Masters Female Paddler](#) category, **Danielle Holdsworth** leads with 10 points after participating in 3 sanctioned races. Others in the category having done 2 races so needing one more to qualify are **Michelle Davis** 3 points, **Jennifer Burford**, **Sherri Duggan** and **Yanning Peng** with 2 points each. Looks like this category will belong to DanDan!

Another paddler with a commanding lead in their category of [Grand Masters Female paddler](#) is **Liz Loek** with 16 points in 5 events. **Gwyn Hayman**, **Alison Sandeman** and **Karen Simpson** each have 10 points in 3 events. Those in this category needing to attend one more race to qualify **Nicky Cole** (4 points), **Helen Huang**, **Pamela Jackson**, **Wendy Perkins**, **Beverley Plante**, **Gillian Salter** (with 2 points each).

**John Liversage** holds the lead in the [Recreational Male Paddler](#) category and **Gail Bailey** in the [Recreational Female Paddler](#) each with 4 events, 8 total points of which 7 each were recorded as in a recreational class.

Other categories had paddlers that did not attend the required 3 events but are listed below.

The [Open \(U20/Seniors\) Female paddler](#) category had **Rachel Jeffery** and **Ellen Walker** attend one event for 1 point each. [U17 Male Paddler](#) had **Ewan Pengra** attend one event for 1 point. The [U17 Female Paddler](#) category had **Nathalie Gasparotto** and **Kathryn Park** qualify for the category but not recorded in any event. [U14 Male Paddler](#) had **Jenson Bohm** (4 points), [U14 Female Paddler](#) **Ruby Bohm** (3 points) were each in one event.

Notable is that a non-member (so not eligible for points) but someone who is part of our community, 6-year-old **Jasper Fekete** participated in the **Wai Nui Why Not** race and placed 2nd just one second behind 1st place after 33 min, 34sec in the 5K surf ski double with his proud Dad **Dav Fekete**.

OMCKRA may send an acknowledgement to the U14.

# PARRY SOUND 50—RACE REPORT

[gnoac.com/paddling/](http://gnoac.com/paddling/)



Big crowd at the start of the 17Km race!

BOAT #	TIME	NAME
17km	14	1:37:34 Gord Cole & Dragan Olajdzija
	11	1:44:02 Stan Machacek
	22	1:44:06 Jacques Berman & Richard Berman
	27	1:44:33 Don Lee
	34	1:45:41 Tim Barfoot & Chei Chan
	10	1:47:19 Ewan Pengra & Don Stoneman
	35	1:47:28 Jon Grimwood & Wil Smith
	13	1:50:29 Audra Nicholson
	19	1:51:30 Des Fan & George Foussias
	17	1:52:50 Brian Smale & Ken Smale
	29	1:53:27 Helen Huang & Anna Chen
	28	1:54:56 Craig Creghton
	21	1:53:37 Gail Bailey & John Liversage
	18	1:58:00 Rachel Morrison & Katrina Fernwallner
	20	2:00:20 Yanning Peng
	30	2:03:33 Kai Xie
	24	2:03:46 Margaret Scott & Ellen Walker
33	2:12:11 Megan Sheppard	
32	2:24:10 Adam Mullola	

BOAT #	TIME	NAME	
C2	23	32:17:14 Mike Walmsley	FK
OC1	12	33:49:00 Peter Briand & Theo Briand	C2
C2	26	34:05:00 Jonathan Witt & Nikki Cole	C2
OC1	25	39:32:00 Carter Witt & Liam Pengra	C2
C2	31	39:48:00 Taylor Marshall & Marsha Lane	C2
C2	15	1:07:40 Yvonne Morgan	SUP
OC1	16	1:08:38 Patrick Chuback	SUP
C2			
C2			
OC2			
C1			
C2			
C2			
OC1			
OC1			
C2			
SUP			
K1			



Georgian Nordic Paddling

## 50km

BOAT #	LAP 1	LAP 2	LAP 3	PLACE	NAME	
1	1:23	2:49:10	4:21:20	1	Robert Ross & Jeff Brainard	ICF K2
8	1:32:48	3:09:17	4:48:45	2	Liz Loek & Dean Coulson	C2
7	1:32	3:11:28	5:08:25	3	Daniel Mallett	K1
5	1:35:49	3:32:11	5:13:44	4	Andrei Zoubakine	K1
9	1:48	3:40:01	5:32:00	5	Bob Vincent & Ken Hawthorn	C2
2	1:52:58	3:52:49	5:55:57	6	Trevor Quinton	SUP
3	1:59:01	4:01:32	6:06:08	7	Bill McGowan	C1
6	2:02:20	4:22:46	6:36:18	8	Colleen Whelan & Nathalie Piche	C2
4	2:03:10	4:19:21	6:36:38	9	Jamie-Leigh Chapman	C1

## MARATHON NATIONALS REPORT

Held in Shawinigan Quebec Aug 12-13

Canadian Marathon Nationals took place over three days in mid-August in Shawinigan Quebec, famous as the epicentre of canoe racing in Canada.

I will tell this story from the point of view of Maria Schilling from Minnesota. Why Maria? She is a canoe racing veteran but had never raced in Quebec before. It's the home of one of the Triple Crown events but Maria is a teacher and is already back at work before Labour Day. Maria paddled the General Clinton with Christina Wilson from Massachusetts at the end of May, and the Ausable River Canoe Marathon with Melissa Swislosky from New York State at the end of July, only two weeks before Canadian Nationals, so she was hardly fresh, but she was keen to finally get to paddle on the storied St. Maurice River.

In borrowed boats she raced 10 Km C1 on Friday night, 20 km C2 on

Saturday with Carlos Martinez, from Montreal, 20 km in the afternoon in a nine person Rabaska Canoe, then followed up with a 30 km race on Sunday with Sophie Coupal, Cantley Qc. That



Rabaska canoe ready to race.

was the program, 80 km of hard on paddling over three days. Sort of a "Classique Lite." (Classique internationale du canots de la mauricie on Labour Day weekend is 185 km)

Maria and other paddlers from outside the area took advantage of the free accommodation

offered, staying at the nearby Auberge. While paddlers stayed in individual rooms there was a common kitchen with big refrigerators and lots of plates, cutlery, and cooking pots to prepare their own food.

Accommodation was included in the \$60 entry for the entire weekend. There was no lack of competition in these races, 36 C1s on Friday night, 26 C2s on Saturday and 32 C2s on Sunday, along with a substantial number of Rabaskas both days as well as kayaks, surfskis and SUPs. There were races for adults and young paddlers as well. Most paddlers were from Quebec. There were more American there than paddlers from all other Canadian provinces combined.

The top paddlers in the



## MARATHON NATIONALS REPORT - CONT.

overall event were Jimmy Pellerin of Shawinigan and Sarah Lessard, of Les Cedres, Quebec, who has also been the president of the ACCQ, the C1 and C2 paddler association.

Races on the first two days started and finished at Parc De L'île Melville on the east side of the river. The local sprint club, host of the Canadian Sprint Championships in 2022, is adjacent. On day 3, the plan was to trailer canoes and bus paddlers upstream to the village of Grandes Piles. There would be three portages on the way to the finish. But in the last days before the race a power dam upstream was opened and the high water was deemed unsafe for the paddlers, so the plan was altered. There were loops on the river in the city, and even a portage across the parking area at Melville Parc.



Christopher Charette and Mike Schlimmer finish one second ahead of Jimmy Pellerin and Sarah Lessard over 20km.

Key organizer Jeremy Levielle wants to run Nationals in Shawinigan again next August but in a different fashion. He hasn't explained what the changes would be. The Marathon Canoe Racing Council still has to approve.

## MORE RACE REPORTS

Muskoka River X Race

Results: [muskokariverx.com/muskoka-river-x/#mrx-results](https://muskokariverx.com/muskoka-river-x/#mrx-results)

K2O Race

Results: [kingston2ottawa.com/2023-k2o-results](https://kingston2ottawa.com/2023-k2o-results)

TIOC Race

Results: [tioc.ca/2023-results](https://tioc.ca/2023-results)



At the 2023 TIOC with Kevin Kwok! Great conditions and a strong field! Glad that we got a second place finish! - Stephen Kwok



MRX organizers Mike Varieur, left and Rob Horton, right, with volunteer Nima Salehi, centre.

## ICF MARATHON WORLD'S RESULTS



2023 ICF Canoe Marathon, World Championships,  
Vejen, Denmark.  
Story submitted by Darryl Bohm, ICF Team Manager Canada

The following results were gained by our team on Sept 3.  
Jeremy Poulin 28th in the Junior K1 event.  
Zoe Bergeron 8th in the U23 Women C1 event.  
Massimo Montanari 26th in the U23 Men K1 event.  
Jacob Chaîne 24th in the Senior Men K1 event.

The following results were gained by our team a day earlier  
in the short course events:

Zoe Bergeron 13th in the Senior Women C1 event.  
Jacob Chaîne and Massimo Montanari 15th and  
17th in the Senior Men K1 heats (unfortunately not  
making the finals of the top 20 boats).

Aug. 28 saw the masters competing in the singles events at  
the 2023 ICF Canoe Marathon, World Masters Champion-  
ships.

Canada won a bronze medal in the mens C1 65-69  
age group - Chris Helyar (our CKC President!!!) was  
paced 3rd!!!

Other Masters results were:

Edit Fried - 7th in the Womens K1 55-50 age  
group  
Vadim Lawrence - 13th in the Mens K1 45-49 age  
group  
Alain Buliard and Mikael Devine - 17th and 18th  
respectively in the Mens K1 60-64 age group  
Gary Wade - 18th in the Mens K1 50-54 age group

The short course event that ICF Marathon introduced a couple of years ago was to create a more exciting event. I believe it has done so. Its a bit against what marathon stands for as 3 - 4 km is a sprint!! (but then ICF has introduced a 5km event - with portages - now in their Sprint races). In a way its a good way to start the competition.

Full results: [canoeicf.com/sites/default/files/2023\\_cam\\_wch\\_results\\_book.pdf](https://canoeicf.com/sites/default/files/2023_cam_wch_results_book.pdf)



Vadim Lawrence



ICF MARATHON WORLDS—PHOTOS BY GREG POULIN & AS NOTED





## Announcements

### Annual Meetings

CKC Annual Meeting September 28, 2023

CKC Summit November 18, 2023

CKO Annual Meeting November 11, 2023 1-3 pm

OMCKRA Annual Meeting November 5, 2023



2nd Monday in October  
Oct 9, 2023



OMCKRA member **Rama Gilver-son** took the C4 out with her sister for the 'Witches in the Sarnia Bay Paddle' and introduced some young paddlers to the sport. Rama writes that despite some injuries, she "just couldn't resist this beautiful evening and wonderful opportunity to introduce the sport. It caught a lot of interest and even got posted on the Imperial Sarnia site."

Nottawasaga Fall Classic Paddle Race, Saturday, October 14, 2023 at 9 am

Register: <https://raceroster.com/events/2023/79347/nottawasaga-fall-classic>