

# HUT! - NEWS FROM OMCKRA

VOLUME I, ISSUE I

MARCH 17, 2024

## Ontario Marathon Canoe Kayak Racing Association

### Keynotes for the coming season:

- The **Mattawa River Canoe Race** is back at a new, earlier date, **Saturday June 8!** Train now for that 64 km paddling and portaging adventure. Approved PFDs with inherent Inflation **MUST** be worn. NO inflatables
- The **Upper Jock River Canoe Race** date moved earlier to **April 6**. Organizers are praying for rain.
- **New Race!!!** Saugeen Bluffs River Run May 25, near Paisley in western Ontario.
- **New Race!!!** Sunshine City Canoe Race Orillia Oct 6
- **Nationals** are scheduled for **July 5, 6 and 7** in **Shawinigan Quebec**. Once again free accommodation will be offered for out of area paddlers on a first come, first serve basis. Kayak classes will be expanded.
- **Ottawa Marathon Paddling Clinic and Canoe Demonstration** April 28

## RACE SCHEDULE—SEE [OMCKRA.COM/RACE-SCHEDULE](https://omckra.com/race-schedule)

April 6 (new date) **Upper Jock River Race**, Richmond Ontario [jockriverrace.com](https://jockriverrace.com)

April 28 **Sydenham River Race**, Alvinston [src.ca.on.ca/events/sydenham-river-canoe-and-kayak-race-3/](https://src.ca.on.ca/events/sydenham-river-canoe-and-kayak-race-3/)

May 11 **Marsh Mash Canoe Race**, lots of classes, World Team Qualifier [marshmash.ca](https://marshmash.ca)

May 25 **Saugeen Bluffs River Run**, NEW RACE!! GREAT LOCATION near Paisley in western Ontario [j.leask@svca.on.ca](mailto:j.leask@svca.on.ca) [saugreenconservation.ca/en/outdoors-and-recreation/Saugeen\\_Bluffs\\_River\\_Run.aspx](https://saugreenconservation.ca/en/outdoors-and-recreation/Saugeen_Bluffs_River_Run.aspx)

June 1 **Canoe The Nonquon** Port Perry [scugog.ca/canoe](https://scugog.ca/canoe)

June 8 **Mattawa River Canoe Race** North Bay [mattawarivercanoerace.ca](https://mattawarivercanoerace.ca)

June 15 **Manotick Round-the-Islands Paddle** Manotick, near Ottawa. Fun race on Fathers Day weekend [manotick.net/paddlemanotick](https://manotick.net/paddlemanotick)

July 5, 6 and 7 **Canadian Marathon Nationals** in Shawinigan Quebec, Details later.

July 13 **Parry Sound 50** Nine Mile Lake Beach Park. Parry Sound Gord Cole [aquacage@vianet.ca](mailto:aquacage@vianet.ca)

July late: Stay tuned for a new race in Bancroft in late July.

Aug 10 **Kingston to Ottawa (K2O)** [kingston2ottawa.com](https://kingston2ottawa.com)

Aug 11 **Wai Nui Why Not Race** Oakville [wainuioutrigger.net](https://wainuioutrigger.net)

Sept 13-15 **Muskoka River X** Huntsville [muskokariverx.com/muskoka-river-x-2024/](https://muskokariverx.com/muskoka-river-x-2024/)

Sept 21 **Toronto International Outrigger Canoe Race** TIOC Toronto [tioc.ca](https://tioc.ca)

Oct 6 **Sunshine City Paddle Race** Kitchener Park Orillia NEW RACE!! [omckra.com/race-schedule](https://omckra.com/race-schedule)

Oct 19 **Nottawasaga Fall Classic** Wasaga Beach [collingwooddragonboats.com/marathon-canoe](https://collingwooddragonboats.com/marathon-canoe)

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*This C2 is for sale*

## For Sale

Gillies C2 carbon fibre \$950.00 contact Craig Creighton [crispaddler1@yahoo.com](mailto:crispaddler1@yahoo.com)

Older boat, but very fast. Sliding seat and rear foot brace. Rear bailer. Spray cover (new) bow cover (Velcro removable) Bow and stern drink holders. Numerous repairs, but that's what this boat is for...

Solid old warrior that you won't be afraid to use. The boat is in Bancroft.

If not sold here, it's going to the States in May





ONTARIO MARATHON CANOE KAYAK  
RACING ASSOCIATION

Email: [info@omckra.com](mailto:info@omckra.com)  
Website: [omckra.com](http://omckra.com)

The Ontario Marathon Canoe Kayak Racing Association (OMCKRA) is the governing body of marathon canoe and kayak racing in Ontario. We support and promote the sport of marathon canoe/kayak racing and sanction races in Ontario. We also provide training and development for race organizers, paddlers, and coaches.

## OMCKRA by-laws update for ONCA changes

The OMCKRA by-laws being updated for Ontario Not-for-Profit Corporations Act (ONCA) changes. The new Bylaws will be brought to members for approval in the next few months. Watch for an invitation to an online meeting.

## FRED HEESE

### PASSING OF A CHAMPION PADDLER, MOVER-AND-A-SHAKER

Long-time Marathon paddler Fred Heese passed away Feb 28 from colon cancer in his 81st year. Fred was an Olympian (Tokyo '64) in the C2. He was a dedicated paddler all of his life. He had a long career in marathon canoe racing (one of Canada's best) mostly with Stan Machacek, after his sprint career (with Cartierville, West Rouge, Mississauga, '64 Olympic team – 7th place).

Fred represented Canada at Canoe Marathon World Championships with Mike Devine in his late 40s. He eventually turned to dragon boat and competed well into his 50s and represented Canada at several world championships as a paddler and a coach. He coached Team Canada to Dragon Boat World Championship gold recruiting many former national team sprint canoeists, like Larry Cain, Doug Tutty, etc. and founded the Toronto Dragon

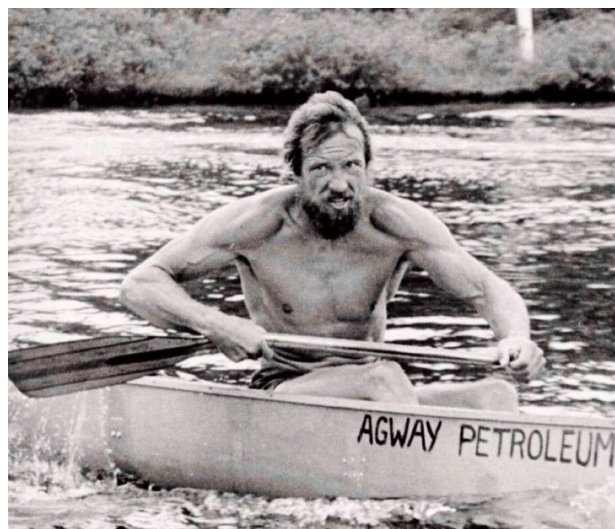
Boat Festival. He paddled daily at his cottage in the summers and worked out every day at the YMCA, near his home in Westmount, Quebec.

Fred Heese authored "Canoe Racing" a book mostly about marathon paddling that was published in the mid-1970s and was unique at the time. A few dog-eared copies can still be found.

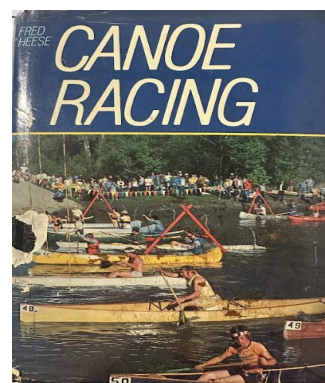
His commemorative funeral will be webcast on Saturday, March 23, 2024 from 3:40 PM EDT to 5:20 PM EDT.

You can view the ceremony live or on replay at:  
<https://funeraweb.tv/en/diffusions/a9c0f3185f93-4038-9560-a5d41f5d1cf1>.

No password required.



In lieu of flowers, donations can be made to the Jewish General Hospital Foundation, Segal Cancer Center, in honour of Frederick Heese  
<http://secure.ighfoundation.org/goto/frederickheese>.



*Book by Fred Heese*

## New York Paddle Racing Association adopts GRB Concept canoe design into the C1 class

In some exciting news for Marathon canoe racing the New York Paddle Racing Association has adopted the GRB Concept canoe design into the C1 class. <https://www.nypra.org/boat-specs>

### C1 - Open

This class is for racing canoes that fit the 4x32. Boats are to be a maximum length of 186" and they should measure at least 32" wide at the 4-inch waterline.

As of the 2024 season, NYPRA is allowing the GRB Concept to participate in this class. It is the position of the NYPRA that while it's slower at some things and faster in others, it all balances out, and the Concept is cheaper to make and might help draw people into the sport.

In addition to being less costly to build, the boat is easier to transport and is popular in international marathon communities. A longer term benefit may be more participation in North American Marathon paddle races.



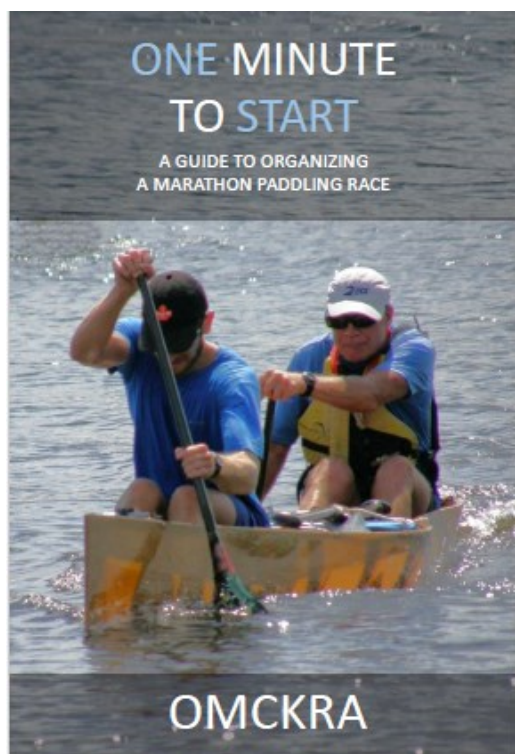
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## Another race may replace La Classique, maybe

La Classique internationale de canots de la mauricie, AKA "Shawinigan" pro boat and Rabaska canoe race, held since 1934, has long been described as Canada's "richest" canoe race but fell on hard times recently. In January, citing a \$450,000 debt, the corporation's directors announced the race could not run in 2024 but a committee of dedicated paddlers immediately took up the challenge of running an event on Labour Day weekend. Stay tuned. There is lots of drama playing out in le Nouvelliste and other French language publications.

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## One Minute to Start, A Guide to Organizing A Marathon Paddling Race.



Earlier this month, OMCKRA published **One Minute to Start**, A Guide to Organizing A Marathon Paddling Race. Hard copies have been distributed to existing race organizers. A PDF version is available upon request. More than 110 pages thick, this book was created to help organizers deal with the challenges of a sport that has become a "big tent" of traditional marathon sitdown paddling, a plethora of different kayak and surfski types and categories, outrigger and also International Canoe Federation specification craft. All at the same time as trying to make things fair for all participants (Feel no pressure here, organizers—this guide should help)



# Ottawa Marathon Paddling Clinic and Canoe Demonstration April 28

Training for Marathon, Adventure Race, Recreational Canoe, Kayak, Surfski Paddlers

Contact: Alastair Baird Email [paddle@gocanoe.ca](mailto:paddle@gocanoe.ca)

Located at the Petrie Island Canoe Club at Petrie Island Beach, City of Ottawa, on the Ottawa River  
795 Tweddle Road, Orleans ON K4A 3P4

Session will be delivered by Ryan Stepka, NCCP certified Marathon Coach and Coach Facilitator. Ryan will be supported by session conveners Alastair Baird and Max Finkelstein and OMCKRA members.

**FREE for OMCKRA members, \$10 for non-members. If signed up in advance.**

\$15 cash on event day for anyone not signed up in advance.

**See Race Roster page for more details and to register**

<https://raceroster.com/events/2024/87494/ottawa-marathon-paddling-clinic-and-canoe-demonstration>

This offering is heavily subsidized by OMCKRA to promote training and to grow marathon paddling.

Get to know the Petrie Island Canoe Club.

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## Canadian Marathon Nationals July 5, 6 and 7

Location, Shawinigan Quebec, in association with Festival De La Riviere. Details are under development. C1 race on Friday night. 20 km on, Saturday, 30 km on Sunday on the challenging la. Mauricie River.

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## Sydenham Canoe Race and OMCKRA origin story

Sydenham is a little bit of history for OMCKRA. The original organizer of the Sydenham, Donald Craig, was the first chairman of OMCKRA when it began its first season in 1976. The event is co-sponsored by the St. Clair Region Conservation Authority and its Foundation. Participants are being asked, on a voluntary basis, to seek sponsors for their efforts. The funds raised will be used to help support outdoor education for school children in the St. Clair Region. The race fee is small but the top fundraiser gathering pledges receive a trophy and support a great cause.

**Let's see if one of our OMCKRA members can take that trophy!**

Sydenham pledge form [scrca.on.ca/wp-content/uploads/2022/04/Pledge-Form.pdf](https://www.scrca.on.ca/wp-content/uploads/2022/04/Pledge-Form.pdf)

Registration can be done online or onsite. <https://www.scrca.on.ca/events/sydenham-river-canoe-and-kayak-race-3/>

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## For Sale

Kayak—contact Kim Snell [snellki123@gmail.com](mailto:snellki123@gmail.com)

Current designs Solstice GTS, Fast sleek Kayak that can work for completion or tripping. In Bancroft area. New in 2014. Great condition. \$1,500

