

PADDLE

ACA | Canoe - Kayak - SUP - Raft - Rescue, Volume 3, Issue 2, March 2017

***ACA launches new
surfski curriculum***

***ACA installs new
State Directors***

***Instructors of the Month
for February & March***

***Oceania Championships
kick off racing season***

ACA Mission Statement

Founded in 1880, the ACA is a national nonprofit organization serving the broader paddling public by providing education related to all aspects of paddling; stewardship support to help protect paddling environments; and sanctioning of programs and events to promote paddlesport competition, exploration and recreation.



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Wade Blackwood - Executive Director
Chris Stec - Chief Operating Officer
Amy Ellis - State Director/Membership Coordinator
Bailey Roseveare - Social Media Coordinator
Dave Burden - International Paddlesports Ambassador
Katie Hansen - Membership Coordinator
Kimberly Jenkins - Paddle Magazine Editor
Kelsey Bracewell - SEI Manager
Louis Metzger - Public Policy Chief
Marcel Bieg - Western States Outreach Director
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River Kayak - Jerry McAward (PA)
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Surf Kayak - Nigel Law (GA)
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Safety & Rescue - Charlie Walbridge (WV)
Rafting - Vacant
Adaptive Paddling - Joe Moore (SC)
Intro to Paddling - Ben Lawry (CA)
Stand Up Paddleboard - Raphael Kuner (Germany)

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USCG Auxiliary - Don Goff (MD)

Cover photo

Surfskiers paddle through ocean waves at sunrise
123rf photo

Follow us on...



Meet your ACA Staff

www.americancanoe.org/staff



Wade Blackwood
Executive Director

Paddling around the world!



Christopher Stec
Chief Operating Officer

Working as a raft guide again.



Kelsey Bracewell
SEI Coordinator

Working at another outdoor program in the mountains of Southeast U.S.

**If you weren't working with the ACA,
*what would you be doing?***



Bailey Roseveare
Social Media Coordinator

Working in outdoor education, spending as much time in the field as possible.



Katie Hansen
Membership Coordinator

Teaching horseback riding lessons and training horses.



Amy Ellis
State Director/Membership Coordinator

Working for a nonprofit animal rescue organization or as a dog trainer.



T.J. Turner
SEI Department Specialist

Searching for work with an organization that allowed me to work outside more often and offer programming for both land- and water-based activities year-round.



Marcel Bieg
Western States Outreach Director & Grant Manager

Finding another job ASAP!



Louis Metzger
Public Policy Chief

Working in the area of marine-centered environmental issues.



Dave Burden
International Paddlesports Ambassador

Traveling the world by kayak.



Kimberly Jenkins
Paddle eMagazine Editor

Looking for work as an editor/writer, preferably in the outdoors industry.

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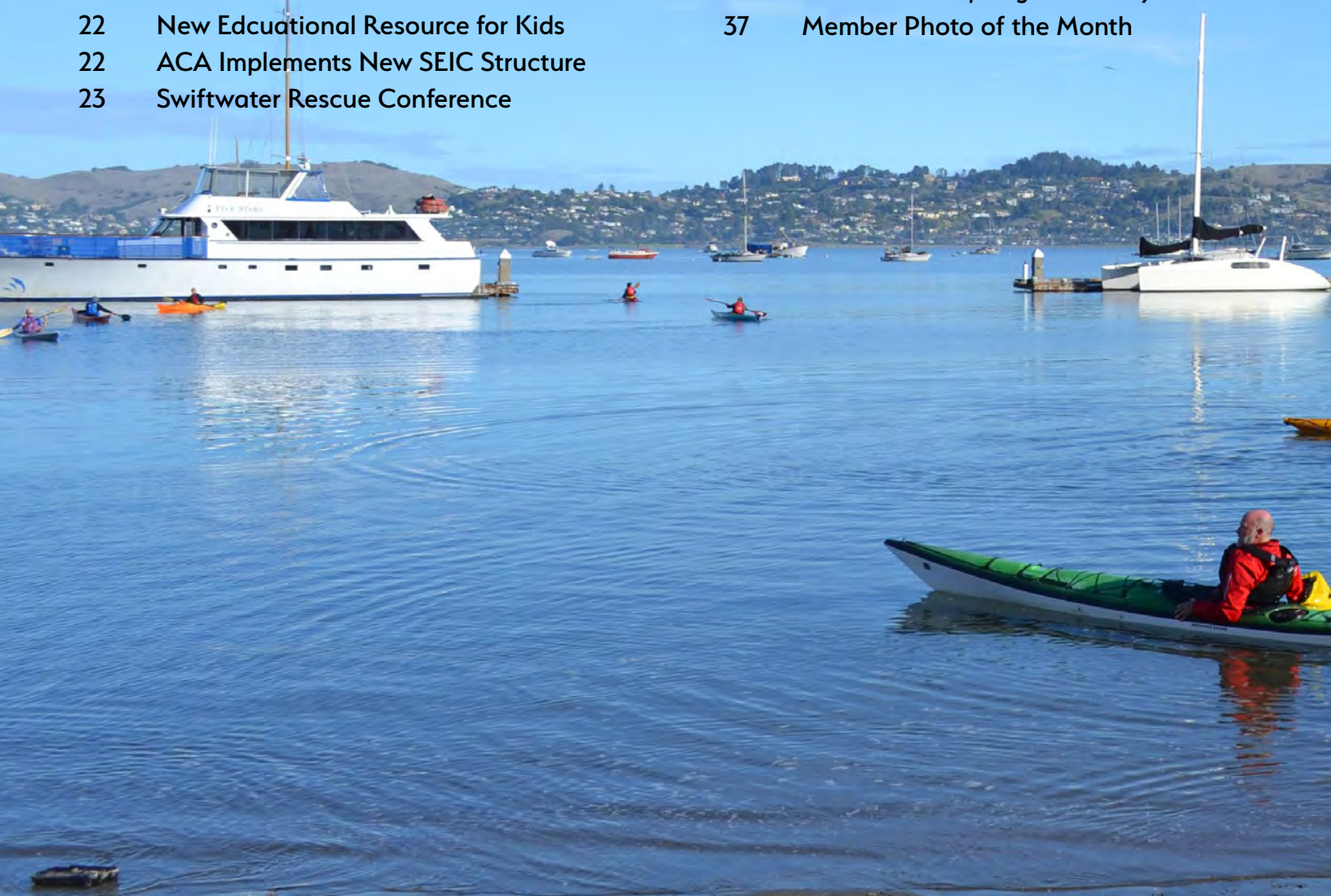
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STEWARDSHIP



Stay up-to-date on ACA's Stewardship Initiatives

Interested in the political process? Check out some of the local and regional policy letters the ACA has submitted on behalf of paddlers:

www.americancanoe.org/PublicPolicy



Want to help your local waterway? Watch these videos from fellow paddlers at their Paddle Green Events:

www.americancanoe.org/PGEvents



How much is there? Where does it come from? Help the ACA and NOAA 'Track Trash' and clean up your local waterway in the process! Learn how to participate:

www.americancanoe.org/TrackTrash



How do the 7 Principles of Leave No Trace apply to river corridors? Learn more at:

www.americancanoe.org/LNT



Paddle *Green* Spotlight

Volunteers needed to clean Occoquan River

On Saturday, April 22, 2017, [Prince William Trails and Streams Coalition](#), a 501(c)3 organization, is conducting its eighth annual cleanup of Virginia's upper Occoquan River, from nine different sites along 25+ miles of the waterway. The cleanup ranges from Cedar Run/Broad Run, through Lake Jackson, and from the base of Lake Jackson Dam to Hoes Run.

This cleanup is part of the [Alice Ferguson Foundation's](#) Potomac River Watershed Cleanup.

PWTSC is partnering with the Prince William Soil and Water Conservation District, Prince William County Parks, Recreation, Prince William County Public Works, and a number of homeowners associations, civic associations, businesses, and volunteer groups to accomplish this major 25+-mile river cleanup.


During last year's cleanup, 156 volunteers pulled 204 bags and 25 tires out of the Occoquan River, and this year we hope to get more help to remove even more!

PWTSC needs experienced kayakers, canoeists, jon boaters, and pontoon boaters to sign up for this major on-the-water conservation effort. Some kayaks and canoes will be available for loan provided by Penguin Paddling and the Prince William County Parks and Recreation Department.

Please visit www.pwtsc.org for more information and to register for this event, or contact Ed Dandar at efdandar@verizon.net, (703) 791-6158.

Volunteers are needed for this year's cleanup of Virginia's upper Occoquan River, which serves as the water supply for most of Eastern Prince William & Fairfax Counties. Last year's cleanup removed 156 bags of trash and 25 tires from the waterway.





Find a job you love

www.americancanoe.org/employment

The ACA Career Center Website is now *better* than ever!

Use it as a one-stop shop to find awesome jobs all over the country at places like REI, the U.S. National Whitewater Center, and more.

You can even sign up for email notifications so you know when new jobs get posted to the site!

Visit www.americancanoe.org/employment to find your dream job in the outdoor recreation industry today.

Recent Paddle Green Policy Action

By Louis Metzger, ACA Public Policy Chief



Boundary Waters Canoe Area

The campaign to prevent sulfide-ore copper mining operations in Superior National Forest, adjacent to the Boundary Waters Canoe Area Wilderness continues. The American Canoe Association sent an Action Alert to members nationwide. The alert generated emails to the National Forest Service requesting them to cover the entire scope of issues in their proposed two-year science-based environmental study. To learn more about the issue, please check out the “Save the Boundary Waters Campaign” website at <https://www.savetheboundarywaters.org/about-campaign>.

Campaign for New Access to Blackwater River

The Virginia Department of Transportation recently requested public comments regarding the replacement of a bridge over the Blackwater River. In response, the ACA sent an email blast to members in Virginia asking them to request that water access be included in the construction plans.



One of the comments sent to the VADOT was from Bill Trout, who wrote:

As a river buff, historian and canoeist I strongly support the proposed canoe access at the South Quay Bridge (Rt. 189) over the Blackwater River when it is replaced. We would be delighted to be able to add it to the access points in our guide to the river and its historic resources, *The Blackwater, Nottoway and Meherrin Rivers Atlas*, published by the Virginia Canals and Navigations Society, www.vacanals.org, and the Blackwater-Nottoway Riverkeeper Program. The society is involved with river access, history, and historic preservation in Virginia and North Carolina.

Protect Public Land

For the past two years, Outdoor Alliance, of which the ACA is a partner, has been fighting to protect public land. On January 3, 2017, the House of Representatives in D.C., passed a provision that would significantly ease the giving away of public land to individual states. This transfer of ownership would allow each state to decide what to do with national parks, forests, public lands, wildlife refuges and other federal areas currently owned and enjoyed by the American people. In other words, a state could decide to sell the land, lease it for mining or drilling, or otherwise allow it to be developed to generate revenue.



This could easily result in the loss of use of land for the activities which are so important in our lives. In response, the ACA sent an Action Alert to members nationwide asking that they tell their representatives that they vigorously oppose the intent of this provision. We expect this to be an ongoing issue without a quick resolution.

Read the ACA's recent [policy action letters](#).



EDUCATION

ACA launches *brand-new* curriculum:

SURFSKI



At the 2016 ACA National Paddlesports Conference held in November, the Safety Education & Instruction Council and the ACA Board of Directors approved the creation of a new Surfski discipline and curriculum. The first ACA Surfski Certification workshops were held in January, featuring highly skilled paddlers from both the East and West coasts. Several more workshops are in the works for the months ahead.

To complement this exciting new ACA program, we are proud to announce an Instructor Prodeal with Epic Kayaks – one of the nation's premier designers of surfskis and other high-performance kayaks and accessories. To access an ACA Instructor Prodeal Purchase application, please [click here](#).

For additional information about the ACA Surfski curriculum and program, please visit www.americancanoe.org/Courses_Surfski.

If you have questions about this new ACA Program, or the ACA Instructor Prodeal Program, please email the SEI Department at sei@americancanoe.org.

Check out this new course:

Coastal Rock Garden and Sea Cave Skills & Safety

Ever wanted to stick your bow into a sea cave, or play around in coastal rock gardens?

If so, the ACA has a course for you!

The [Coastal Kayak Rock Garden and Sea Cave Skills & Safety course](#) is designed to teach paddlers how to paddle safely within rock gardens, run features, explore sea caves and perform self and assisted rescues in these dynamic environments.

During this seven- to eight-hour course, participants will learn:

- Dynamics of the rock garden ; interaction of swell, wind and tide
- Identification of hazards and safe areas
- Selection of features for play
- Setting up for and running a pour-over
- Safe exploration of sea caves
- Modification of existing rescue techniques to the rock garden and sea cave environments

For more information, please visit www.americancanoe.org/resource/resmgr/sei-courses/Rock_Garden_Sea_Caves_Skills.pdf.



February Instructor of the Month

Mike Mather

With more than 20 years to develop his judgment on and in the water, Mike Mather is one of the more experienced and entertaining rescue professionals in the industry.

Having taught courses all over the U.S. and in Europe, Mather has an unconventional approach to this topic. He excels at keeping topics clear, accessible and applicable for rescue professionals, as well as experienced boaters and novices alike.

Kent Ford described Mike as a “highly skilled person, with a valuable set of skills, including guiding, guide training and broad national experience in swiftwater rescue. His experience level is truly unique on a national level.”

Mather is an ACA Safety & Rescue Instructor Trainer Educator, Rescue 3 Rope & Water Instructor Trainer. A few of the teams he has trained to date include USN Seals, USAF PJs, San Diego lifeguards, Los Angeles

lifeguards, Eagle County Colorado Fire Department, among others.

Mather worked with Horst Fürsattel, the inventor of the rescue PFD in Germany, and tested the rescue harness by having the class haul him up an 8-foot ledge. Mather played the role of the entrapped victim in the film “Heads Up” multiple times and in one instance the rope snagged on the river bottom entrapping him for real. He truly is the “Houdini” of swiftwater rescue!



We are proud to partner with Kokatat to bring you the **ACA Instructor of the Month** program.

Do you know an instructor who deserves recognition?

[Nominate them today!](#)



March Instructor of the Month

Erin Shaw

Erin Shaw is entering her tenth year with Ohio Department of Natural Resources, where she is a park naturalist for the Division of Parks and Watercraft. She holds ACA instructor certificates in canoeing, kayaking, stand-up paddle boarding and adaptive paddling. She is currently in the process of joining the ACA Instruction and Education Council.

As a naturalist, Shaw provides programs statewide, but she primarily oversees the state parks near her hometown, which include Caesar Creek, Cowan Lake and Little Miami State Parks in southwest Ohio. Her main goal is to educate the public about safety and the joys of outdoor recreation, such as canoeing, kayaking, SUP, sailing, archery, hiking, resource management and water quality monitoring, to name a few. Shaw is also nearing her 10th year hosting a TV show focused on wildlife and recreation in the state parks.

Shaw grew up on the Little Miami River in the rural community of Oregonia, Ohio. Her love for paddling started at an early age. As a child, she was brought up canoeing to and from friends and family who lived along the river. In high school, her career on the water began at the local canoe livery where she taught the public paddling skills.

She moved to Tennessee during college, where she worked as a guide for an adventure-based counseling camp, leading white-water canoe trips, rock climbing expeditions, mountain biking, horseback riding, power boating, skiing and teambuilding activities on a high- and low-rope course.

After graduating with a Master's in Education, Shaw taught school in inner-city Cincinnati; Asheville, North Carolina; and the islands of Micronesia, where she paddled traditional outrigger canoes on the South Pacific Ocean.

Currently, Shaw is excited about SUP surfing. Just a few weeks ago,

she attended the ACA SUP surf trip to Puerto Rico. Wherever she is in the world, Shaw finds a way to utilize her love of water activities.

In 2007, Shaw returned to her hometown in Ohio and got on-board with ODNR. As a park naturalist she melds the two most important aspects of her life – a love of the outdoors and her passion for teaching – into a rewarding career. She was recognized as Park Naturalist of the Year in 2013.

Sharing her passion for paddling is Shaw's favorite part of the job. She continues to master new skills and increase her knowledge, always striving to move forward with the many different aspects of education.



Make plans now

East Coast Paddlesports Symposium | April 21-23, 2017 | Charleston, S.C.

The [27th annual East Coast Paddlesports Symposium](#) takes place April 21-23, 2017, in Charleston, South Carolina. This event is a three-day immersion in the history, technique, hands-on experience, and fun of kayaking, canoeing, SUP, and more.

The symposium is the heart of the Charleston Outdoor Fest, and paddling enthusiasts will not be disappointed. Classroom lectures and on-water basics and master classes are designed to enrich your symposium experience. Symposium participants will also have access to unlimited boat demos from the

world's leading manufacturers, social opportunities with the world's top instructors, an event souvenir package, and much more.

The symposium will feature several ACA instructor certification courses, from the L-2 SUP Instructor Certification Workshop and L3 Coastal Kayak Instructor Development Workshop to the Adaptive Paddling Workshop and the new L-2 Surfski Instructor Certification Workshop. For more details, please visit <http://www.ccprc.com/3118/ACA-Instructor-Certification-Courses>.



Freestyle classes available at Adirondack Canoe Symposium July 13-16, 2017

Scheduled for July 13-16, 2017, in Paul Smith's, New York, the [Adirondack Canoe Symposium](#) offers excellent instruction in a quiet water venue for people wishing to improve their paddling and boat control skills.

Courses are offered for all skill levels, from beginners to experienced paddlers, in both solo and tandem canoe. Classes are based on freestyle techniques, i.e., using body, boat and blade physics to add efficiency and ease to your paddling. The ACS is designed to be an enjoyable weekend, where you can receive coaching from experienced ACAInstructors, who will assess your skills and allow you to learn at your own pace.



The Adirondack Freestyle Symposium, organized by Tom MacKenzie, began in 1985 at Paul Smith's College. For 2017, the event is returning to its origins and being held at Paul Smith's. It will take place concurrently with the [Wooden Canoe Heritage Association Assembly](#).

For more information, please visit www.freestylecanoeing.com or contact Robyn at Catboat3@gmail.com or (201) 314-4462.

NTSB reports on safety risks in shared waterways

The [National Transportation Safety Board](#) issued a report Feb. 9, 2017, identifying the risks associated with the shared use of America's Marine Transportation System by recreational and commercial vessels.

The growth of both commercial and recreational vessel traffic during the last several decades is a significant risk factor. The number of canoers, kayakers, and stand up paddleboarders increased by nearly 22 percent between 2008 and 2014.

The diversity of waterway users and their differences in experience, navigational knowledge, and boat-handling skills exacerbate the safety risk.

The NTSB concludes in its safety recommendation report "[Shared Waterways: Safety of Recreational](#)

[and Commercial Vessels in the Marine Transportation System](#)" that all recreational vessel operators need to attain a minimum level of boating safety education to mitigate risk.

In addition, the NTSB believes the U.S. Coast Guard should require recreational boaters on US navigable waterways to demonstrate completion of an instructional course meeting the National Association of State Boating Law Administrators or equivalent standards.

"Just as operators of motor vehicles upon our nation's roadways are required to demonstrate a standard of understanding of the rules of the road in order to make roadways safer for all vehicles, large and small, so too must operators of recreational vessels understand and practice the

rules of the road upon our nation's maritime transportation system to make waterways safer for all vessels, large and small," said NTSB Chairman Christopher A. Hart.

The NTSB issued three safety recommendations to the US Coast Guard, one to the National Association of State Boating Law Administrators and one to the National Water Safety Congress in the report. These recommendations address the need to identify and mitigate risks associated with shared waterways, and training and education for recreational vessel operators.

To read or download "Shared Waterways: Safety of Recreational and Commercial Vessels in the Marine Transportation System" visit, <http://go.usa.gov/x9Mpc>.



Kayakers and commercial traffic Chicago River NTSB photo/Larry Dostal

Back from the dead after 23 minutes

By Rick Rassier, Performance Coach

Teamwork makes the dream work.

This is an expression I've used for years as a performance coach, but never have I been so grateful to have teamwork demonstrated in the manner it was as on the day I died.

The paddlers at Wausau Whitewater Park in Wisconsin are like family! In the five years I've been paddling, WWP has definitely become one of my favorite places to paddle.

There is an incredibly strong sense of community among the paddlers. Everyone looks out for each other, helps when they can, and provides encouragement in a sport that can certainly be intimidating on your own.

The flow of the water at WWP is also dam release, so the freestyle features are predictable, which is a bonus. If you are unfamiliar with freestyle kayaking (also referred to as playboating), it involves getting on wave features on the river to attempt to surf them, or do more advanced tricks like cartwheels, loops, space godzillas, or phonics monkeys, etc.

In my business as a performance coach working with athletes, I challenge them to "take it to the next level." When I turned 50, I had played volleyball for 32 years. For 20 of those years, I traveled around the country as the "One Man Volleyball

Team" using volleyball as a platform to share a drug-free, motivational message in school assemblies/camps.

I felt I needed to challenge myself to pick up a new sport and go through the learning process from ground zero. When I first was exposed to freestyle kayaking, I knew I had found my new sport. Picking up such an aggressive sport might be out of the norm for someone my age, but I never claimed to be normal!

My encounter with death happened on August 29, 2015, but the perfect storm may have started weeks before that day.

I was coming off of three solid weeks of three to four teamwork motivation sessions a day, each lasting several hours. It can easily be a 16-hour day with the unloading of equipment, packing up between sessions, and driving. After squeezing in my workouts, I usually operate on less than five hours of sleep a night. Unfortunately, my diet also suffers when I'm eating on the run. No one loves their work more than I do, and I'm always excited about making an impact

with the student athletes, but I tend to run on adrenaline at times. That fateful morning, I woke up at 4:30 a.m. and drove four hours to WWP in Wausau, Wisconsin.

When I arrived at WWP and prepped for paddling that morning, I was running on empty, but I was pumped about taking my paddling skills to the next level. It didn't take me long to realize that I hadn't packed my dry-top. Before leaving



The author, Rick Rassier, looking healthy and fit.



that morning I never went through my mental checklist of paddling gear. All I had was a short-sleeve splash top, which is the equivalent of a t-shirt when it comes to protection from the elements. I put it on.

The water wasn't very cold, but in combination with the overcast sky, wind and air temperatures that day, I certainly wasn't dressed warmly enough. In the past, other paddlers have given me crap about being overdressed. My response was, "I'd rather be warm than cold!"

Hypothermia happens often when people are in cool water for a long time. Since I live in St. Cloud, Minnesota, 10 minutes from the only whitewater on the Mississippi River in the continent, I had paddled many times in very cold water (34 degrees) with ice chunks floating down the river, and had no issues with a full dry-suit on.

The release of the water at WWP is scheduled for 10 a.m.-4:00p.m., and I'm usually on the water by 9:30 a.m. to get warmed up in advance. This day was no different.

I always try make the most of the six hours for the release, and that means getting as much paddling in before it gets busy on the river features.

It was approximately 11:15 when I noticed one of the guys who I had been paddling with standing up on the shoreline. He had a dry-top on and he had wrapped himself up in a blanket. I thought to myself, "Awe, that looks warm," but also thought, "Awe, 10 more minutes." I had actually urinated in my boat (something I had never done before) prior to that in an attempt to warm myself up just a little.

I was cold and knew I was pushing it but thought I could tough it out. No one could have anticipated what happened next. Throughout my whole body, I felt an intense BUZZ! I recall thinking, "Whoa" as my body slumped over in what seemed like slow motion. Something was wrong! It was a cardiac arrest – not a heart attack. People often don't know the difference. A heart attack is a circulation issue typically caused by some degree of blockage in arteries or veins. The

cardiac arrest (sometimes referred to as the Widow Maker) is an electrical issue.

was dead before I tipped over. I didn't take in any water because I wasn't breathing. Two other paddlers – Derek and Jeremy, right next to me – didn't think anything of it until they noticed some strange movement of the boat and my paddle floating into the main flow of the river. Because of their quick action, and their "hand of God" move to get me upright and out of my boat, CPR was started within a few minutes.

I had been pulled out of the water feet first at an incline on the rocky shoreline so my head was lower than the rest of my body. This little detail in itself is one of the many things that played a part in preserving my brain. My body temperature had already dropped to hypothermic temperatures to help protect my brain and other organs. The community of paddlers at WWP that day was amazing! Carrie Butt (trained as an EMT), Neal Schroeter (doctor), Lynne Majetic (nurse) and several other people trained in CPR sprang into action like a finely tuned machine. Neal was able to determine that correct intensity of CPR by feeling the blood flow in my veins.

After 10 minutes of CPR many of the paddlers couldn't watch any longer and walked away. Some even wondered why they had persisted with CPR after so long. Apparently, my complexion was a dull gray and my ears looked like they had turned black.



Shutterstock photo

At times, they said I needed to be held down while CPR was performed because my body was thrashing around. I didn't have a pulse and I wasn't breathing, but my brain was still active. Many people have asked me if I "saw the light." I didn't see anything, but I remember hearing for spurts of time. People were yelling, "Stick with us, Rick", "We got you, Rick", "Hang with us, Rick" – all in the midst of the feeling like I was wrestling against them.

For more than 20 minutes they did CPR and administered the AED multiple times before the paramedics arrived. The paramedics also used the AED, but substituted regular CPR with the relatively new LUCAS CPR Device.

When I appeared to have responded to the last AED shock, those still watching cheered as the ambulance took me to the hospital. My family had already been notified and would drive four hours not know-

ing whether I was dead or alive. They were told that if I did survive I would likely be in a coma.

When I came to at Aspirus Wausau Hospital, my family was in the room. The nurse asked me if I recognized anyone. I looked down the line with my wife, five kids, future son-in-law, and son-in-law and, with a very straight face, looking at my son-in-law at the end of the line said, "Don't they call him Ass_____."

It was uncharacteristic of me to say that word so after the initial gasp, no one laughed. My daughter then asked me if I recognized the little girl (my only granddaughter at the time) she was holding. I made another joke about her being someone over 90 years old that we all knew and laughed along with everyone else. My son said with enthusiasm, "He's back!" referring to me and my sense of humor. I was ready to leave the hospital the next day, but needed to fulfill the mandatory 48-hour stay after a cardiac arrest.

Lynne was the paddle friend/nurse and one of those who did CPR on me the day before. Recently, she told me, "I will never forget going to see you the next day. I was filled with dread. I'd seen the outcome of prolonged resuscitation efforts, and I knew the outcomes were often prolonged, difficult recoveries, if at all. And there you were pacing in your room like a caged animal eager to be free! Those moments are why we keep trying even when the odds aren't good...we are only a part of the bigger plan."

I'm so glad Lynne was part of the "team" that day. Because of that experience, she has gone on to become a CPR instructor.

Carrie was at the WWP representing Divepoint Scuba Paddle & Adventure before she took charge of the situation the day before. Two images were stuck in her head: Rassier's "beautiful blue eyes" staring off into the distance, looking lifeless, and a glimpse of the wedding ring that told her he could be leaving someone behind. Carrie didn't lose hope during the 20-plus minutes of CPR and AED shocks she helped administer on me. "That thought never crossed my mind," she said. "My thought was 'Keep going. Don't stop. Be effective. Do something. Give him the best chance he has.'"

It is just a crazy, unbelievable story! One doctor said in 28 years he had never seen anything so ridiculous. Just the fact that after over 20 minutes of CPR from both the Wausau community of paddlers and the LUCAS Device, I had no broken ribs,

no cracked sternum, no bruises, not even a mark on my chest. Plus, at that time it appeared like I didn't have any cognitive issues, stroke-like symptoms, speech delay, or memory loss.

One nurse at the hospital told me that she didn't believe in God, but after witnessing what happened to me, how could she not!? Miracle? I think so! Either way, I'm just so incredibly grateful for everyone who had a part in my survival. I was back on the water four days after the cardiac arrest. I had to refrain from doing flatwater loops because my chest was a little bit sore. I wonder why!?

I've always felt like I have a purpose and have been passionate about what I do and even more so now. My new life theme is, "Every minute has a purpose." My career as a teacher and performance coach have been

about determination and teamwork. The day I died was all about determination and teamwork by everyone at WWP, the paramedics and in the hospital. Saying "thank you" to each of them seems so inadequate.

There are several things I hope you take from reading this far. Are you ready if the paddler next to you needs CPR? Get trained! You'll never regret it. After I died, someone at WWP sponsored CPR training at the next release. Get in the best shape you can since it can only help your paddling. On a follow-up appointment, the doctor told me that my chances of walking away from my experience with no issues would be a fraction of 1%, and it would have never happened if I hadn't have been in good shape. Lastly, dress for the weather! The most important suit you'll ever wear may be your dry suit.

Planning to Paddle? Know Your Limits!

When getting ready to head out on your next paddling trip, be sure to keep these five safety tips in mind to ensure you have an enjoyable time on the water.

1. Take an on-water course. Whether it's a safety or skill development course, an ACA on-water instruction course provides the information you need for canoeing, kayaking, stand up paddleboarding, rafting, or safety & rescue.
2. Wear your life jacket. Expect to capsize and swim occasionally when paddling a canoe, kayak, SUP or raft. Learn more about PFDs and how they might just save your life.
3. Be prepared for cold water. Cold water is extremely dangerous! Learn more about protecting yourself in this environment.
4. Learn the Rules of the Road. These guidelines spell out what paddlers need to know when sharing the waterways.
5. Perform a safety check. The ACA provides a safety checklist of tips you need to consider the next time you head out on the water.

In addition to the "Top Five" here are 5 more to round out the "Top Ten":

6. Practices, Ethics and Conduct - Key points on how to appropriately share, and enjoy our natural paddling resources
7. Know Your Limits - Good things to contemplate before you leave shore
8. River Paddler's Guide to Rescue - The basics, just in case...
9. Best Practices for Paddlers and Paddle-sports Programs
10. Trip Preparation and Planning - Getting ready to schedule your next trip? Learn more useful tips



Don't miss the 2017 paddlesports conference!



**Mark your calendar for the
[2017 National Paddlesports Conference](#)**

The ACA provides a range of recreational opportunities and has been established as one of the premier standards of paddlesports safety and education. As part of the ACA's leadership role in the paddlesports community, the organization initiated this annual conference to target all facets of the paddlesports community. Don't miss out!

This year's conference takes place October 18-22 at the Nantahala Outdoor Center in Wesser, North Carolina, and has a great deal in store for you. Offerings include exceptional educational sessions, instructor updates, navigation classes, outdoor activity opportunities, and exciting events for paddlers of all experience levels.

To learn more, please visit www.americancanoe.org/NPC today!

ACA PRO SCHOOL SPOTLIGHT

Learning to paddle whitewater rivers takes commitment. But canoeing and kayaking lessons with the [Nantahala Outdoor Center's](#) celebrated [Paddling School](#) accelerate the learning process.



NANTAHALA OUTDOOR CENTER
NOC.COM • 888.905.7238

NOC has taught more paddlers than anyone else, and our 40+ years of experience go into every class. Our diverse instruction team focuses on your personal goals and shows you the pleasures of paddling. NOC offers a variety of courses varying in skill level, learning style and duration. And our location on the Nantahala River in North Carolina offers quick access to the Southeast's best rivers for learning and skill development.

NOC, the nation's most active paddlesports event venue, is hosting the [2017 National Paddlesports Conference](#) October 18-22.

ACA Pro Schools are some of the best organizations across the country to find top quality ACA certified instruction. Plus, current ACA members receive discounts on certain Pro School instructional programs.

Please visit www.americancanoe.org/ProSchools to find a Pro School near you.

ACA debuts new educational resource for kids



Last summer, the ACA introduced a new educational resource for youth: [Kids Go Paddling – A Safety Guide for Young Canoeists, Kayakers, Stand Up Paddleboarders and Rafters](#).

This booklet focuses on the five main topics relevant in paddlesports safety, called the L.I.F.E.R. Principle:

- L - Life Jacket
- I - Immersion
- F - File a Float Plan
- E - Evaluate Your Venue
- R - Return Safely

Kids Go Paddling covers the basic principles behind paddling, such as an introduction to the forward stroke, various sweep strokes, and draws. It also covers various paddlecraft that youth may encounter, from canoes and kayaks to stand up paddleboards and rafts.

This booklet helps to further inform individuals about paddlesports and the pertinent information paddlers need to know before they go. Throughout the booklet, a variety of games check for understanding of key principles and topics while keeping the youth and families engaged.

With this resource, we can help create a more conscious paddling community and help further safe paddling practices. So, please help the ACA by creating lifelong paddlers that follow the L.I.F.E.R. Principle!

New SEIC Structure: At-Large & International Members



The Safety Education & Instruction Council (SEIC) has updated the way volunteers are chosen to serve on its Discipline Committees as well as on the SEIC Board itself.

The revised SEIC Bylaws now provide for at-large positions on the SEIC Board as well as International positions.

Learn more about how you can become involved under the new structure at www.americancanoe.org/SEIC.



Swiftwater Rescue Conference

October 13-15, 2017

Location: Pacific Northwest - Mill City, Oregon

Venue: Santiam River, Oregon

Registration will be available online in June 2017

Limited to 100 spaces

Cost: TBD

Sponsors

If you are interested in sponsoring the 2017 ACA SWR Conference, please contact ACA SWR Committee Chair, Sam Fowlkes at whitewatersam@gmail.com.

Presenters

If you are interested in presenting at the 2017 ACA SWR Conference, please contact SWR Conference Chair: Aaron Peeler at [apeeler@usnwc.org](mailto:apeaker@usnwc.org).

Additional Highlights

Challenging on-water sessions for paddlers of all experience levels

Learn from a list of who's who in swiftwater rescue

Educational sessions for fire and rescue personnel

High quality land and water educational sessions

ACA Safety & Rescue Instructor Updates



ADAPTIVE



Equipment Spotlight

Universal Paddling Seat opens paddling to everyone



Creating Ability's Universal Paddling Seat for Canoes was designed with one purpose in mind: to open the sport of paddling to everyone. Regardless of the level of support needed, the seat provides as much or as little support as a paddler needs.

The back structure consists of pelvic, lateral, lumbar, and upper-back supports. The back has several vertical adjustments to fit different torso lengths and types. The upper unit (the upper-back rest and laterals) can be adjusted independently or removed completely, for those who don't need the high-level support.

Please visit the Adaptive Paddling section
of the [ACA eStore](#) for more information
on all of the adaptive equipment available for purchase.
Don't forget to log in for ACA member pricing!

Upcoming Adaptive Paddling Workshops

April 23-25

Hosted by: Adaptive Expeditions

Location: Charleston, South Carolina

[Click here for more information and to register](#)

June 6-8

Location: Durham, New Hampshire

[Click here for more information](#)



Visit the [Adaptive Event Calendar](#) to stay up-to-date on APWs happening near you!



News Near You



Visitors get ready to take a short lap around the section of a trail recently cleared by volunteers at Lone Pine, Sierra Nevada. ACA - California photo

ACA welcomes new board members

At the [Annual ACA Membership Meeting](#), held in November 2016 in Sausalito, California, results from the Board of Directors election were announced. The new Directors began their term on January 1, 2017.

Welcome to our new Board members:

- Lili Colby
- William Irving
- David Bell
- Jeff Rouse

Sugar Island Trustees:

- Marilyn Vogel
- John Kells

Learn more about your ACA [Board of Directors](#).

Congratulations to our re-elected Board members:

- Robin Pope
- Bill Micks
- Steve Hutton (SEIC representative)



ACA membership elects new state directors

In January, the ACA held elections for state directors. Results were tallied and the current list of state directors follows.

Alabama, Chris Anderson – ALStateDirector@americancanoe.net
Alaska, Levi Hogan – AKStateDirector@americancanoe.net
Arizona, available
Arkansas, Tom Burroughs – ARStateDirector@americancanoe.net
California, Alex Morris – CAStateDirector@americancanoe.net
Colorado, Theresa Zook – COStateDirector@americancanoe.net
Connecticut, available
Delaware, Chris Beckman – DEStateDirector@americancanoe.net
District of Columbia, Meredith Waters –
DCStateDirector@americancanoe.net
Florida, Tommy Thompson – FLStateDirector@americancanoe.net
Georgia, Scott Fraser – GAStateDirector@americancanoe.net
Hawaii, Indar Lange – HIStateDirector@americancanoe.net
Idaho, available
Illinois, Lenore Sobota – ILStateDirector@americancanoe.net
Indiana, Joe Rozsahegyi – INStateDirector@americancanoe.net
Iowa, available
Kansas, available

Kentucky, Nathan Depenbrock – KYStateDirector@americancanoe.net
Louisiana, Ben Sandmel – LAStateDirector@americancanoe.net
Maine, Rob Hutchinson – MEStateDirector@americancanoe.net
Maryland, Chuck McMillin – MDStateDirector@americancanoe.net
Massachusetts, Kevin Beckwith – MAStateDirector@americancanoe.net
Michigan, Michael Gray – MIStateDirector@americancanoe.net
Minnesota, Bridget O'Boyle – MNStateDirector@americancanoe.net
Mississippi, Brian Ramsey – MSStateDirector@americancanoe.net
Missouri, Justin Adams – MOStateDirector@americancanoe.net
Montana, available
Nebraska, Steve Kuhl – NEStateDirector@americancanoe.net
Nevada, available
New Hampshire, available
New Jersey, Jason Parker – NJStateDirector@americancanoe.net
New Mexico, Robert Levin – NMStateDirector@americancanoe.net
New York, Mike Cavanaugh – NYStateDirector@americancanoe.net
North Carolina, Kyle Thomas – NCStateDirector@americancanoe.net
North Dakota, available
Ohio, Ryan Pepper – OHStateDirector@americancanoe.net
Oklahoma, Aasim Saleh – OKStateDirector@americancanoe.net
Oregon, available
Pennsylvania, Steve Barber – PAStateDirector@americancanoe.net
Puerto Rico, Omar Ramos – PRStateDirector@americancanoe.net
Rhode Island, available
South Carolina, Jefferson Atkins – SCStateDirector@americancanoe.net
South Dakota, Cory Diedrich – SDStateDirector@americancanoe.net
Tennessee, Bob Snuck – TNStateDirector@americancanoe.net
Texas, Janice Malone – TXStateDirector@americancanoe.net
Utah, available
Vermont, available
Virginia, Steve Eudy – VAStateDirector@americancanoe.net
Washington, Bill Corson – WASStateDirector@americancanoe.net
West Virginia, Evan Young – WVStateDirector@americancanoe.net
Wisconsin, Tom Schrader – WIStateDirector@americancanoe.net
Wyoming, Helen Tozer-Wilson – WYStateDirector@americancanoe.net



ACA works hard supporting Western States paddlesports

By Marcel Bieg, ACA Western States Outreach Director

The cold weather has come, covering the mountains throughout the Western states in a blanket of white. The ample amounts of snow in many regions look to be lining up for some fantastic spring runoff and the regular rain patterns in several parched states offer a welcome reprieve. In order to keep the stoke going for the upcoming paddling season, the ACA has been working hard to support the paddling community throughout the Western states.

The ACA National Paddlesports Conference took place in California this past November and the action has not stopped since. A few recent events worth noting include the Deception Pass Dash, the Hoodoo Backcountry Festival, and a Special Instructor Certification Workshop held in Arizona in early February.

2016 marked the 10th annual Deception Pass Dash. The event is an exciting six-mile race through the swirling currents of famous Deception Pass near Oak Harbor, Washington.



The 10th annual Deception Pass Dash involved an exciting six-mile race through the swirling currents of famous Deception Pass near Oak Harbor, Washington.

The race is for all human-powered watercraft including surf skis, sea kayaks, canoes, SUP and rowing. Organized by the Outdoor Adventure Center and the Kayak Academy, the event brought out over 100 participants and was. The ACA provided safety paddlers, insurance and general support at the event.

The ACA believes that as outdoor adventurers, stewards and educators, it is important to collaborate with other areas of outdoor recreation beyond the paddling disciplines. For the second year in a row the ACA has helped support the Hoodoo Backcountry Festival, which is held at Hoodoo Ski area outside of Bend, Oregon. The event brings vendors, manufacturers and backcountry enthusiasts in for a weekend of demos, music, local brews, as well as races and clinics all geared toward accessing the outdoors. The ACA provided general support for the



Through a partnership with Adaptive Expeditions, the ACA brought 10 instructor trainers to Phoenix, Arizona, to work with Daring Adventures during a three-day Instructor Certification Workshop.

event and offered some educational clinics to boot.

Through a partnership with Adaptive Expeditions, the ACA brought instructor trainers to Phoenix, Arizona, to work with Daring Adventures. This nonprofit organization is committed to improving the lives of individuals with disabilities and significant life challenges through the power of outdoor recreation. Ten instructor candidates took part in a three-day Instructor Certification Workshop and saw great success. These newly certified instructors will continue on in the months to come to earn their ACA Adaptive Paddling Endorsement and spread their love of paddling to an important and underserved population.

Spring and summer are already starting to get busy for the Western states, and the ACA is eager to continue growth and support of the paddlesports community throughout the region and beyond.

MEMBERSHIP

A full-page photograph of a sunset over a body of water. The sky is filled with dark, textured clouds, some of which are illuminated from below by the setting sun, creating a vibrant palette of orange, red, and purple. The sun is a bright, glowing orb just above the horizon, casting a long, shimmering reflection across the water's surface. The foreground and middle ground are dominated by the dark silhouettes of trees and bushes along the shoreline, their forms reflected in the water. The overall mood is serene and majestic.

Sunset at Sugar Island

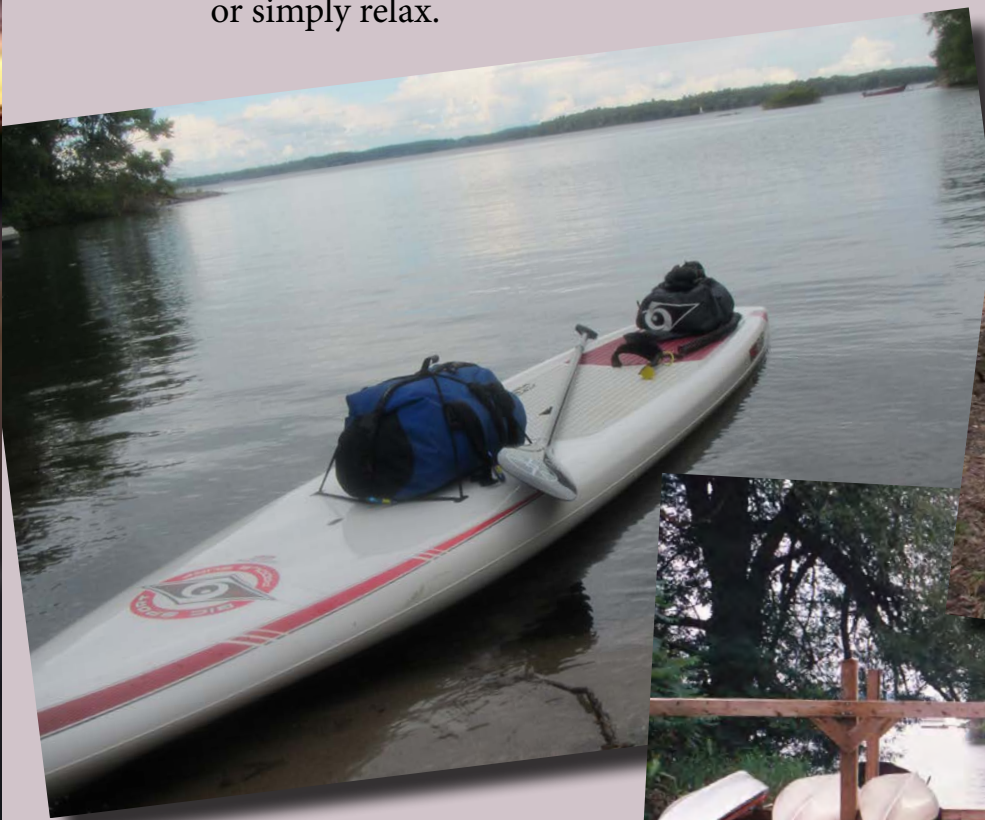
ACA Member Benefit

Looking for a unique paddling experience this summer?

ACA members have access to the privately owned 35-acre Sugar Island on the New York / Canadian border.

Learn more about this member benefit at: www.americancanoe.org/SugarIsland
Sugar Island is located in the heart of the Thousand Islands in Gananoque, Ontario, Canada. This scenic locale is an international tourism destination near the St. Lawrence Islands National Park.

What to do on an island, you might ask? The island is rustic, with no modern amenities. It is a pristine, pure environment with crystal clear water, clean air, and beautiful night skies. Swim, snorkel, fish, paddle, sail, or simply relax.



www.americancanoe.org/Discounts

ACA members explore *hot topics* in boating safety

Be sure to read the U.S. Coast Guard's [Fall-Winter 2016 issue of Proceedings](#). ACA members Pam Dillon from Pennsylvania, Dave Dahms from Idaho, and Chris Stec from Virginia contributed insightful articles for the issue.

In his article "Inland Recreational Boating Safety" (p. 50), Idaho Boating Law Administrator and Boating Program Manager Dave Dahms discusses his state's recreational boating safety program and its effectiveness in reaching boaters.

Although Idaho is landlocked, it receives funding from the U.S. Coast Guard annually through the Sport Fish Restoration and Boating Trust, just as do the other 55 states and territories of the United States. Idaho sub-grants most of this state RBS funding to county sheriff offices because the statutory authority for marine law enforcement lies with the county sheriffs, not the state.

RBS grant money is used to fund the state's boating program, which consists of four full-time and one seasonal position. It also funds annual expenses such as boating safety outreach, educational materials, boater handbooks, and other associated equipment and operating expenses. The remainder of the grant money is allocated to the counties for their respective local programs.

Idaho counties have boat registration dollars available as another financial resource. Eighty-five percent of registration dollars are distributed locally to counties for their respective marine programs and

placed into county vessel accounts.

Combined state and county activities in Idaho amount to approximately 140 outreach events each year, such as boat shows, sportsman shows, safety fairs, and other similar events. In addition, Idaho annually reports approximately 1,400 students who successfully complete a boat safety course.

One of the major investments the state boating program has made over the past five years is in life jacket loaner stations. A loaner station consists of a kiosk, instructions on how to properly fit a life jacket, and a variety of life jackets ranging in size from infant to adult extra-large. Life jackets at these loaner stations are provided free of charge for the public for short-term use. A recent survey indicates that the stations are well used and that the loaner program as a whole has helped make boaters safe.

In "Stand Up Paddleboards: What Every User Needs to Know" (p. 73), ACA Chief Operating Officer Chris Stec explains the growing popularity of stand up paddleboarding and the safety aspects of this fast-growing sport.

In 2008, the U.S. Coast Guard made a legal determination on the vessel status of paddleboards, stating, "when it is beyond the narrow limits of a swimming, surfing, or bathing area, a paddleboard is considered a "vessel" under 46 U.S.C. § 2101, and is subject to USCG regulations, unless specifically exempted." Following this classification, a

stand up paddleboard must meet federal carriage requirements.

However, challenges arise with regard to life jacket and leash wear for SUP participants:

1. It can be dangerous to wear a life jacket in surf, and
2. Wearing a leash in moving water or a swift-flowing tidal river could also be extremely hazardous.

While it's widely agreed that wearing a life jacket is the safest choice for any boater, wearing a life jacket while actively surfing in the ocean can be a safety hazard, as it would prevent a person from diving underneath the waves after falling off the board. Additionally, a life jacket would keep a person's head on the surface, right next to the board's sharp fins and hard rails. The USCG's 2008 vessel determination addresses this by exempting SUPs from life jacket carriage requirements while in a surfing area.

The second challenge relates to the complexities associated with leash wear for SUPs. It is a widely accepted practice that SUPs use coiled leashes on lakes and straight leashes in the ocean. However, it's not so straightforward in tidal and inland rivers with swift-moving water.

Due to the complexities associated with life jacket and leash wear, as well as the various regulations applied to SUP, education is key. Local, state, and federal regulators need accurate information prior to crafting rules and guidelines that affect stand-up paddle boarding.

Recreational Boating Safety

Boat responsibly



The most crucial step in reducing future fatalities for SUPs is to educate the public.

In “Who Can or Should Teach Recreational Boating Safety?” (p. 80) Pamela Dillon, Education and Standards Director for the National Association of State Boating Law Administrators, delves into skills-based on-water and advanced training.

While sailing and paddling instruction have been widely offered for decades, powerboat instruction has been limited, due in part to somewhat onerous federal regulations requiring USCG merchant mariner credentials in most, but not all, locations where instruction is offered for a fee.

Dillon asks the question, “Is the captain’s license requirement for recreational powerboat operation paid instructors holding us back?”

The current system for merchant mariner credentials was not originally developed to certify recreational boating safety skills instructors. That this regulation applies only to individuals who receive reimbursement, and not to these same individuals who might volunteer and receive no reimbursement or other consideration, seems to indicate that this requirement is primarily about revenue and commerce, which are outside the goals of the RBS Strategic Plan.

Ironically, if an interested instructor candidate receives an operator of an uninspected passenger vessel credential, the credential does not authorize (nor does it fully prepare) that candidate to teach a course of instruction under the most current systems of national curricula or recognized best practices. The instructor candidate must go on to fulfill several other requirements.

If obtaining the operator of an uninspected passenger vessel credential to teach paid recreational boating safety courses were a simple, inexpensive, straightforward process, this would not be viewed as an adverse requirement. However, the process takes several months and involves completing multiple steps, forms, and requirements — often at considerable expense (from \$400 to more than \$2,000 when travel is required). OUPV requirements may

also include waiting periods and personal visits to locations outside a person’s home area to complete background checks and medical testing.

Another issue is developing a robust safety culture among the boating community. The challenge for safety professionals is not what needs to be done, but how to translate these concepts into a program’s culture.

According to noted safety culture author James Reason, training is a universal feature in creating and advancing any safety culture. Given this, targeting on-water skill training in areas of historically high recreational casualties could plant, nurture, and cross-pollinate the seed needed to improve the area’s boating safety culture. On the other hand, a less-than-adequate safety culture can result from a failure to understand the full range of challenges in a program’s implementation. This is perhaps why formalized operator training has never been the norm within the recreational boating culture.

What is being done to address the issue? At the 92nd meeting of the National Boating Safety Advisory Council, the members recommended creating an OUPV exclusively for on-water safety instructors for nonprofit and for-profit instruction.

Click here to

[**Read the issue**](#)

ACA Outfitter, Livery & Guide Spotlight



[Gravity Trails](#) is a multi-sport adventure tour company based in Door County, Wisconsin and New Orleans, Louisiana, that offers zip lining, kayaking, sunset tours, swamp tours, stand-up paddleboarding/surfing and multisport tours. Their northern outdoor recreation spot is in the northeast corner of Wisconsin known as Door County, Wisconsin.

Why choose Gravity Trails?

- Beginner friendly tours
- No extra state park fees
- Reasonably priced
- Centrally located on the peninsula
- Sandy beach kayak access

**Find an ACA outfitter
near you
using the convenient
[search tool](#) on our website!**



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American Rivers
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HEALTHY WATERS



When you purchase a Werner Paddle you are helping to support our non-profit partners through Werner's Healthy Waters program. Healthy Waters, helping to protect the places we all paddle.





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Motionize is the first paddling tracker that allows you to improve stroke by stroke with a virtual digital coach.

As you paddle, track and record:

- Stroke length
- Boat glide
- Stroke cadence
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And more!

Get extensive summaries on sessions:

- Compare left & right stroke
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- View entry and exit points

And more!

We're so sure that you'll love what Motionize can do for you that we're offering all customers a no questions asked **30-day money back guarantee**.

If you are an instructor, you'll also get free guidance in how to create private lesson plans using our technology. Give us a try and let us help you make the most of your coaching!

As Seen on:

www.motionizeme.com

ESPN

The New York Times

Sports Illustrated

CANOE & KAYAK

Member Photo *of the* Month

This could be you!



If you'd like to see your photos in upcoming issues of Paddle, send them (along with a brief description) to ACA Paddle eMagazine Editor Kimberly Jenkins at kjenkins@americancanoe.org for a chance to be featured.

COMPETITION



Oceania Championships kick off international racing season

By Arron Mann, U.S. Canoe/Kayak Communication Director

With many of the world's top competitors in attendance, this year's international racing season kicked off in late January during the 2017 Oceania Championships at the brand-new Vector Wero Whitewater Park.

Coming off qualifying for his first-career Olympic Team, [Michal Smolen](#) looked to be in peak form as he took home his first win of the season in the K1 Men's category. After finishing first in the preliminary heats, Smolen easily advanced to the final with his fourth-place semifinal finish.

In the finals, Smolen laid down a blistering run that proved to be enough to claim victory. Finishing in second place was 2016 Olympic Champion Joe Clarke (GBR) with Lucien Delfour (AUS) rounding out the podium.

In the C1 Men's category, [Zach "Bug" Lokken](#) showed that all of his hard work this winter is paying dividends

as he finished fifth overall. Qualifying for his first-career senior final, [Tyler Smith](#) had a strong performance of his own to finish ninth overall. Finishing first was Ryan Westley (GBR) with Matej Benus (SVK) coming in second and Martin Thomas (FRA) in third.

The junior K1 Women representing the U.S. at this event put their potential on full display as they all finished inside the top-20.

Leading the way with a 13th place finish was 2016 U.S. Junior National Team member [Sage Donnelly](#), who also finished 16th overall in women's C1. Nashville's own Avery Davis put together some solid runs on her way to finishing 14th overall. In her first competition representing the US, Ria Sribar finished 16th overall.

For complete results from the 2017 Oceania Championships, visit <http://www.teamusa.org/USA-Canoe-Kayak/Features/2017/January/30/2017-Oceania-Championships>.



Michal Smolen (center) took first in the 2017 Oceania Championships, with 2016 Olympic Champion Joe Clarke (GBR) taking second and Lucien Delfour (AUS) rounding out the podium in third.

2017 National Canoe Poling Calendar

Dates	Event	Location	Contact/Host	Phone
Saturdays Jan 21, Feb 4, Feb 18, Mar 4, Mar 18, Apr 1	Texas Canoe Poler Activities	Central Texas	Doug Ebeling	713-725-9851 ebeling@charter.net
March 1, Saturday	San Marcos River Cleanup	Central Texas	Doug Ebeling	713-725-9851 ebeling@charter.net
April 1, Saturday, 10 a.m.	Eastern CT Wildwater Poling Clinic	Natchaug River, Natchaug State Forest, CT 198, Eastford, CT	Nelson Walker	860-429-8711 nelsonwalkerii@gmail.com
April 2, Sunday, register 9-11 a.m. race starts at 12 noon	Tenandeho River White Water Derby, 4.5 miles downriver.	Coon's Crossing off Rte 67, Mechanicville, NY	Scott Stepenuck	518-885-4098 stepes@nycap.rr.com
April 8, Saturday	NH AMC event Class II 7 mile downriver http://activities.outdoors.org/search/ index.cfm/action/details/id/93609	Upper Contoocook River Jaffrey, NH	Marshall Moore	978-343-8824 mmoore175@yahoo.com
April 15, Saturday	NH AMC event Class I-II 8 mile downriver http://activities.outdoors.org/search/ index.cfm/action/details/id/93579	Piscataquog River South Branch New Boston, NH	Marshall Moore	978-343-8824 mmoore175@yahoo.com
April 22, Saturday	NH AMC event Class I-II 4 mile downriver http://activities.outdoors.org/search/ index.cfm/action/details/id/94060	Ashuelot River Gilsum, NH	Jason Little	littlej@myfairpoint.net
April 22, Saturday	NH AMC event Class I-II 9 mile downriver http://activities.outdoors.org/search/ index.cfm/action/details/id/93608	Ottauquechee River West Bridgewater, VT	Marshall Moore Or Jean Gerber	978-343-8824 mmoore175@yahoo.com
April 29, Saturday Races start 10:00 AM	ACA New England Canoe Poling Championships	Farmington River Route 4 bridge Unionville, CT	Nelson Walker	860-429-8711 nelsonwalkerii@gmail.com
May 6, Saturday	NH AMC event Class II, 11 mile downriver trip. http://activities.outdoors.org/search/ index.cfm/action/details/id/93513	White River Stockbridge to Bethel, VT	Marshall Moore or Carl Shepardson	978-343-8824 mmoore175@yahoo.com
May 21, Sunday 10:00 AM	Cruise on Punch Brook section of Farmington River. If low water, move to Satan's Kingdom area	Farmington River Burlington, CT	Matt McKay	860-940-1765 maj_01@msn.com
May 27, Saturday	ACA National Canoe Poling Championships	Wire Bridge Carrabassett River New Portland, ME	Chip Cochrane	207-280-0191 cochrane@tdstelme.net or ccochrane@gocva.com
June 3, Saturday	Great Rappahannock Whitewater Canoe Race http://www.americancanoe.org/events/ EventDetails.aspx?id=320924&group=	Rappahannock River Fredericksburg, VA	Chris Stec	(540) 907-4460 x110 828-329-3404 [cell] cstec@americancanoe.org
October 14, Saturday, 11 a.m.	Upper Farmington River, New Boston, MA	Old Route 8 Bridge, south of Route 8 Bridge, above Bear Trap Rapid, New Boston, MA	Matt McKay	860-940-1765 maj_01@msn.com
November 5, Sunday After AMC meeting	NH AMC Quickwater, Upstream pole and return ~3 miles	Souhegan River, Amherst, NH	Marshall Moore	978-343-8824 mmoore175@yahoo.com

www.canoepoling.org



Collegiate Race Series National Championships

Mark your calendar for the ACA's Collegiate Race Series National Championships this fall. This is the premier event for colleges and universities from across the country to compete in canoe, kayak, and SUP racing.

There will be individual as well as team races in SUP, kayak and both solo and tandem canoes. Whether you have an experienced paddling program or one that is just starting up, attendance at the National Championships will provide camaraderie, networking, and of course all the fun associated with racing!

More importantly, once a student experiences the fun and excitement of paddlesports they will be able to carry those skills and enthusiasm past their collegiate years and develop it into a family and lifetime activity.

For more information, visit http://www.americancanoe.org/Collegiate_Nationals.

World Championship trials scheduled for May

This year, the [International Canoe Federation World Championships](#) are being held in Decin, Czech Republic, August 23-27. If the schedule remains as in previous years, paracanoe events will take place Aug 23-25.

Trials for the 2017 Paracanoe World Championships will be held, along with the able-bodied trials, at Lanier Canoe and Kayak Club in Gainesville, Georgia, May 20-21, 2017.

USA Canoe/Kayak's 2017 Sprint National Championship will be held in Clermont, Florida, August 2-5. This will be the first time the event has been held in Florida. The 2016 national championships were held in Oklahoma City.

President Perurena continues to lead International Canoe Federation



Jose Perurena's (ESP) leadership of the International Canoe Federation will continue for a third term following a vote of confidence at the XXXVI ICF Congress in Baku, Azerbaijan.

The Spaniard, who stood unopposed, spoke passionately about his vision for the future of the sport and demonstrated his ability to deliver organizational change with his proposed new governance structure gaining the backing of his peers.

"I have been involved in canoeing for my whole life and it's a great honour to be chosen to lead this sport through the next Olympic cycle as we move towards Tokyo 2020," said Perurena.

"This Congress has shown that our sport is in good hands and that administration is open minded and keen to progress.

Save the Date!

2017 Manhattan Kayak Circumnavigation takes place July 15



**Registration opens
April 1, 2017!**

The 13th Annual Manhattan Kayak Circumnavigation sponsored by the Yonkers Paddling and Rowing Club will take place on Saturday, July 15, 2017 (Rain date: July 16, 2017).

From the first circumnavigation in 2004 organized and sponsored by Yonkers Paddling and Rowing Club members Steve Blumling and Jerry Blackstone, the event has grown each year.

The paddle has come to represent and celebrate the public's increasing interaction with a more environmentally healthy New York City waterfront and Hudson River. Last year we had over 150 participants from the local area and from three different countries.

Support of the circumnavigation has broadened to include several other NYC area paddling organi-

zations including the New York City Watertrail Association, the Inwood Canoe Club, Long Island City Community Boathouse, the Village Community Boathouse, The Hoboken Cove Community Boathouse and the Long Island Kayaking Enthusiasts.

Other support, including liability insurance, has been provided by the ACA.

The circumnavigation is open to all who qualify based on their paddling abilities and experience. Specific qualification requirements will be detailed in the application questionnaire. Club membership is not required, and out-of-towners are welcome.

Careful planning means that the tidal currents help rather than op-

pose the paddlers. Safety of the large group is enhanced via general marine radio use; safety boat and personal watercraft escorts and Coast Guard notification. Kayakers can socialize, exercise and take pictures during this amazing 30-mile excursion around Manhattan Island.

Registration for the 2017 Manhattan Circumnavigation will open April 1, 2017. The registration fee (non-refundable) is \$100 for ACA Members and \$105 for non-ACA Members (this includes purchase of ACA \$5 single-day insurance). Please visit www.surveymonkey.com/r/ManhattanCirc2017 to register. Upon successful registration, you will receive a link for PayPal payment and a link to sign an ACA waiver online.

Questions or comments can be sent to: manhattancircumnavigation@gmail.com.




Make your events easier with online waivers!



If you are an event organizer and interested in using our online waivers as part of your online registration process, please email the [Insurance Coordinator](#) for more details.

Ready, Set, Mark Your Calendars!

Don't miss these upcoming races...
(click race name for more info)

- 
- March 17-19, 2017 [Missouri's 50th Annual Whitewater Championships](#)
Ironton, Missouri
- March 24-26, 2017 [Santa Cruz Paddlefest](#)
Santa Cruz, California
- April 22, 2017 [Paddle the Kayaks Fishing Tournament](#)
Cocodrie, Louisiana
- May 27-28, 2017 [South Dakota Kayak Challenge](#)
Yankton, South Dakota
- June 3, 2017 [37th Annual Great Rappahannock Whitewater Canoe Race](#)
Fredericksburg, Virginia
- June 3, 2017 [Rock the River](#)
Fredericksburg, Virginia



INTERNATIONAL



International Whitewater Hall of Fame seeks nominations for 2017 candidates

The [International Whitewater Hall of Fame](http://www.iwhof.org) is accepting nominations for the Class of 2017 through March 30, 2017. Selected honorees will join an esteemed group of the world's most accomplished whitewater pioneers, explorers, champions, and advocates.

"We are excited to host this year's nomination, selection, and induction with our partners at the ACA," said IWHOF Board of Governors Chair Risa Shimoda. "The nomination process offers time to submit a compelling nomination before the busy paddling season kicks in, so we encourage whitewater fans whose heroes and heroines have not yet been considered to take the time to honor them with a nomination this year." The Class of 2017 Hall of Fame Induction Ceremony will be held in Bryson City, N.C., in conjunction with the annual ACA National Paddlesports Conference.

"As the International Whitewater Hall of Fame, we recognize the size and importance of our international membership base," said IWHOF board member Pamela Dillon. "Holding the ceremony in conjunction with the annual paddlesports conference at a familiar international paddling venue provides a

fantastic opportunity for instructors and individuals seeking training and certification to witness the induction, and meet revered whitewater heroes."

The IWHOF nomination form asks for a connection to an IWHOF Affiliate Organization, whose leaders may confirm the integrity of the submitted materials. Screening and electorate voting to select honorees will occur April-May 2017. IWHOF Class of 2017 honorees will be announced June 2017.

Submissions should illustrate nominees' accomplishments with documents, articles, photographs, and video. These materials will be used to produce the annual video highlighting honorees' achievements to be screened at the induction ceremony.

Nomination forms, instructions, and the election procedure and timeline are available online at the [IWHOF website](http://www.iwhof.org), along with videos about each Class of Honorees. Past nomination submissions remain valid for a six-year period; individuals who have submitted nominations before 2010 are encouraged to update their prior submissions.

Fearless in foreign waters

This spring, two ACA members and kayak instructors are embarking on the trip of a lifetime. Kelly Henry and Laura Zulliger will kayak 250 miles of Taiwan's coastline, teaching along the way.

Henry and Zulliger met during their ACA Level 4 Open Water Coastal Kayaking Instructor Development workshop in 2014 and struck up a friendship. The two have been paddling, teaching, and scheming together ever since.

Their upcoming expedition, dubbed Fearless Formosa, will involve sea kayaking 250 miles of Taiwan's lush and mountainous eastern coastline from late April through early June. Along the way, Henry and Zulliger will teach a range of classes in collaboration with local paddling clubs and organizations.

Passionate about empowering female paddlers and bringing more women into the sport, their instruction will be aimed not only at teach-

ing advanced kayaking skills, like kayak surfing and rock gardening, but also furthering female outdoor leadership among Taiwanese women paddlers. They will document their journey online at www.fearlessformosa.com with frequent posts, videos, and guides for others to use in creating their own adventures!

In February, the ACA signed on as an official Fearless Formosa Dragon Sponsor, the expedition's highest sponsorship level.

This spring, Kelly Henry and Laura Zulliger will kayak 250 miles of Taiwan's coastline, teaching along the way.



Switzerland to host annual **Europe Paddlesports Symposium**



Mark your calendar! The eighth annual ACA Europe Paddlesports Symposium will take place on Lake Constance in Kreuzlingen, Switzerland, October 27-29, 2017.

In addition to the European Division's business meetings, a wide range of educational sessions will be offered both in the classroom and on the water. The symposium provides opportunities for paddlesports continued education, instructor updates for canoe, kayak, SUP, and rescue skills! Not to mention the vast amount of opportunities for networking, meeting professionals, and making new friends.

To learn more, and to register, check out this link: www.americancanoe.org/EuropePaddlesportsSymposium.

Paddling History



In 2004, working with numerous partner organizations, the ACA assisted with the removal of the Embrey Dam on the Rappahannock River in Virginia.



Each issue, we'll bring you an interesting paddling photo from the ACA archives. We hope you enjoy these little glimpses of paddling past.

To learn more about ACA history and the early days of paddlesports, visit:
www.americancanoe.org/History

www.americancanoe.org

