

PADDLE

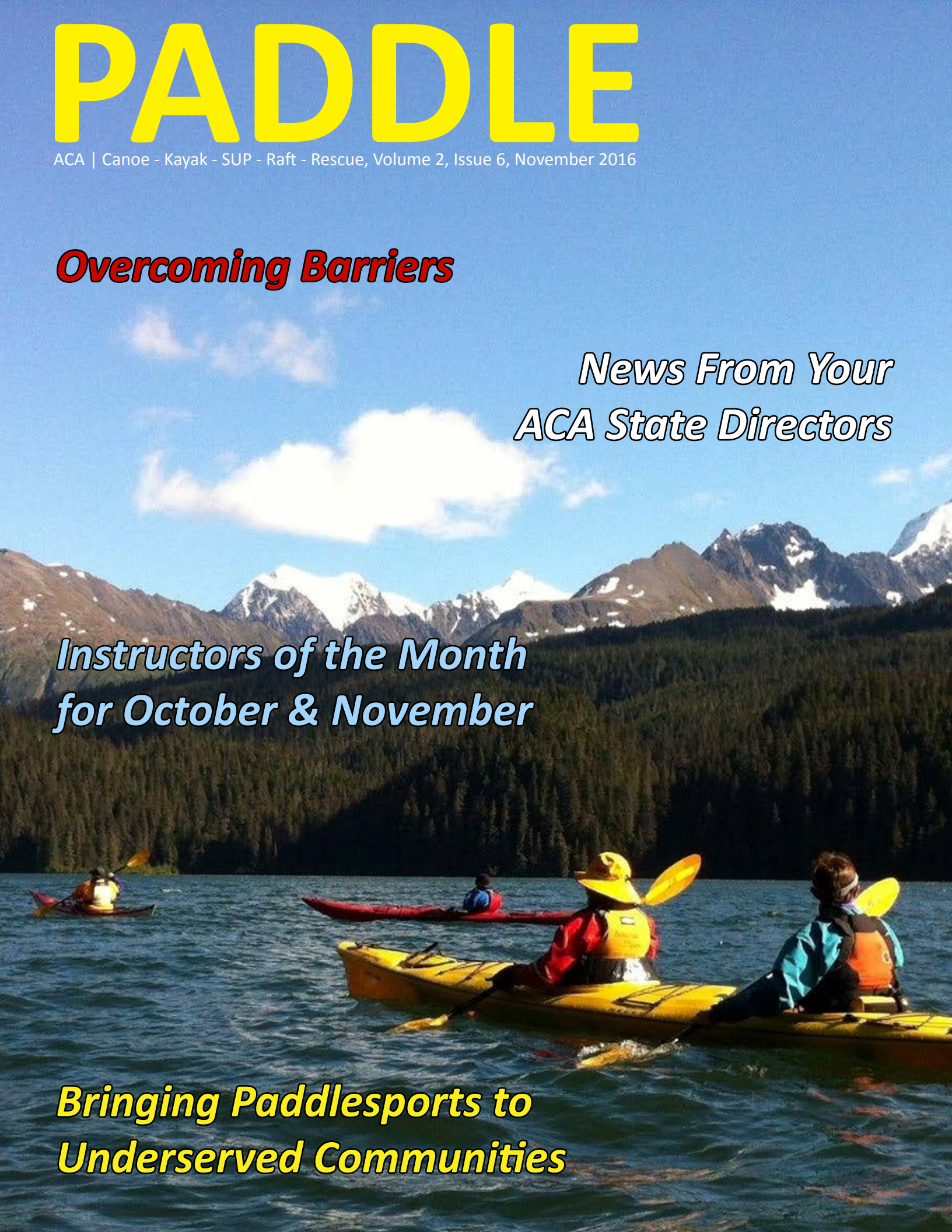
ACA | Canoe - Kayak - SUP - Raft - Rescue, Volume 2, Issue 6, November 2016

Overcoming Barriers

*News From Your
ACA State Directors*

*Instructors of the Month
for October & November*

*Bringing Paddlesports to
Underserved Communities*



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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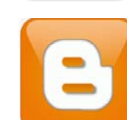
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Leave No Trace
National Association of State Boating Law Administrators
Western States Boating Administrators Association
Polynesian Voyaging Society

Cover photo

Open-water paddle during an Adaptive Paddle Workshop in Alaska
Janet Zeller photo

Follow us on...



Meet your ACA Staff



Wade Blackwood
Executive Director

Hunting for the perfect pumpkin.



Christopher Stec
Chief Operating Officer

Duck hunting from my canoe.



Barbara Bendele
Office Manager

Going to the Maryland eastern shore to visit the Blackwater National Wildlife Refuge to go birding with family.

What is your favorite fall activity?



Dave Burden
International Paddlesports Ambassador

Yodeling in the mountains.



Amy Ellis
State Director/Membership Coordinator

Hiking in the mountains with my husband and our dogs.



Kelsey Bracewell
SEI Coordinator

I'd have to say kayaking... then cooking.



Louis Metzger
Public Policy Chief

Ocean kayaking. In the fall the winds blow and the sea kicks up. That's the perfect time to be running tidal races, surfing and rock hopping.



T.J. Turner
Education & Outreach Coordinator

Trail running in the mountains.



Katie Hansen
Membership Coordinator

Spending time with my horses at my parents' farm.



Marcel Bieg
Western States Outreach Director & Grant Manager

Self-powered travel through any place with fall colors.



Kimberly Jenkins
Paddle eMagazine Editor

Visiting (getting lost in) the local corn mazes.

www.americancanoe.org/staff

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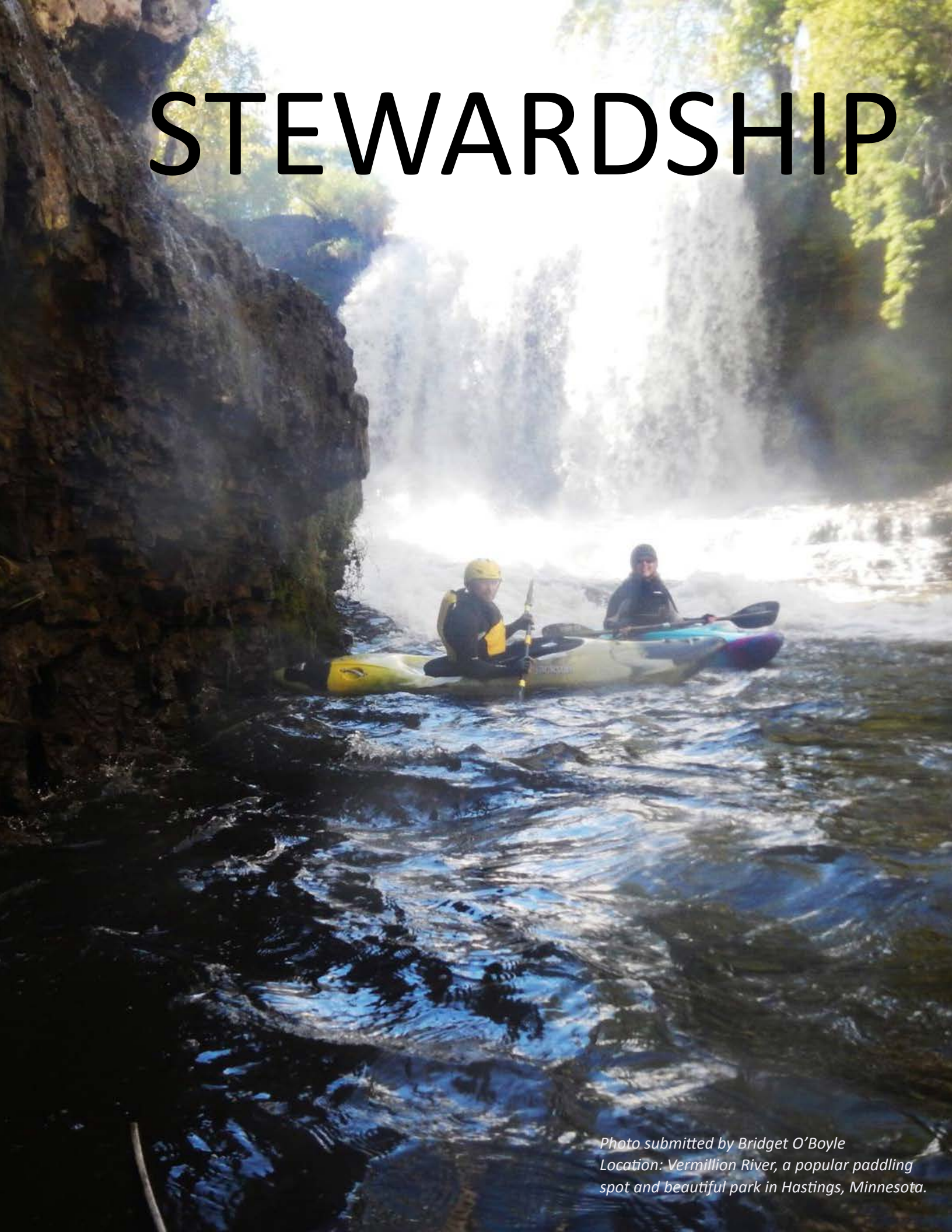
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STEWARDSHIP



*Photo submitted by Bridget O'Boyle
Location: Vermillion River, a popular paddling
spot and beautiful park in Hastings, Minnesota.*

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 CLEAN UP Rappahannock River



Filling bags supplied by the ACA, nearly 200 volunteers removed 6300 pounds of trash from the Rappahannock River.

On Sunday, September 25, ACA supported Friends of the Rappahannock and River Rock Outfitter in a local river cleanup. With more than 180 volunteers, the groups tackled the trash in 16 different locations along the Rappahannock River. The volunteers collected over 3 tons of trash in two hours!

The majority of the trash collected was single-use plastic bags, cigarette butts, cans and bottles. Tractor tires, highway guard rails, an

old television, an air conditioning unit and two abandoned grills were also recovered. This was a huge success for the Fredericksburg Area, including Spotsylvania and Stafford.

Other partners included the Next Generation of Business Leaders, RPI Group Inc., City of Fredericksburg Parks and Recreation, Stafford County Public Works, the Environmental Protection Agency, and Clif Bar Family Foundation.

Source: Susan Larson, "3 Tons of Trash Collected in Rappahannock River Cleanup," *Fredericksburg Today*



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

New Mexico Stream Access Coalition



For the past 50 years, New Mexicans have slowly been shut out of some sections of the streams and rivers that are rightfully theirs to use recreationally. Prior law stated that the streams and rivers of New Mexico were open for fishing and boating. However, with the signing of the Stream Access Bill into law, the governor officially closed some sections of the public

waters. The ACA supports the New Mexico Stream Access Coalition and their petition to Governor Martinez to repeal the Stream Access Bill. For more information, see <https://nmsac.org/>.

Alaska Wilderness League

The ACA has joined other environmental advocates who signed the petition that the Alaska Wilderness League is sending to President Obama requesting that he continue in his efforts to protect the Arctic National Wildlife Refuge. The Arctic Refuge's values are unique and diverse. Like the Grand Canyon and Yosemite, the Refuge is one of the world's most beautiful and iconic landscapes. It is also a human rights issue for the Alaska Natives, who depend on the Arctic Refuge to preserve their way of life and have fought to protect it for time immemorial. For more information, see <http://www.alaskawild.org/>.



Land and Water Conservation Fund

The Wilderness Society is circulating a sign-on letter urging the U.S. House of Representatives to permanently authorize the funding of the Land and Water Conservation Fund as has already been done by the Senate. The ACA is now contacting each state director to join us in signing this letter. For information, see <http://www.lwcfcoalition.org/legislation.html>.

POLICY ACTION

Potomac River Parkland/C&O Canal

The National Park Service has requested comments on their Georgetown Nonmotorized Boat-house Zone Development Plan and Environmental Assessment (EA). The ACA is signing on to the comments of the Defenders of Potomac River Parkland (DPRP), a coalition of conservation, recreation, and historic preservation groups. In summary, the DPRP endorses the EA's recommendations to maintain the current character of the Parkland and Canal. For information, see <http://www.savethecanal.org/>.



Outdoor Alliance Action Alert on Grand Canyon



The Outdoor Alliance, of which ACA is a supporting member, has issued an action alert regarding a proposal to build a tram to the bottom of the Canyon and create a large recreational development there. The ACA strongly agrees with the OA and promoted the alert on all of our social media platforms. For information, see American Whitewater's site <https://www.americanwhitewater.org/content/Article/view/articleid/32621/display/full/>.

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

EDUCATION



Don't miss the paddlesports conference

Have you registered for the [2016 National Paddlesports Conference](http://www.americancanoe.org/NPC)?
If you answered "no," there's still time to sign up!

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 November 11-13 in Sausalito, California, and has a great deal in store for you. Offerings include exceptional educational sessions, instructor updates, navigation classes, outdoors activity opportunities, and exciting events for paddlers of all experience levels.

To learn more and to register, visit <http://www.americancanoe.org/NPC> today!

2016 National **PADDLESPORTS** Conference
Sausalito, California
November 11-13

ACA
CANOE · KAYAK · SUP · RAFT · RESCUE

SEATREK
KAYAK & STANDUP PADDLEBOARD CENTER

The poster features a scenic view of the Golden Gate Bridge in Sausalito, California, at sunset. In the foreground, silhouettes of a stand-up paddleboarder, a kayaker, and a SUP are visible on the water. The ACA logo is on the left, and the SEATREK logo is on the right.

Creating *sustainable* paddlesports education for underserved communities

The [ACA](#) recently undertook a project, funded through a grant administered by the U.S. Coast Guard, that focuses on creating sustainable paddlesports education for underserved and underrepresented communities.

Led by ACA Education & Outreach Coordinator T.J. Turner, [this grant project](#) has allowed the ACA to increase its current capability to conduct on-water instruction for a range of individuals and organizations across the country who would not otherwise have the opportunity for such education.

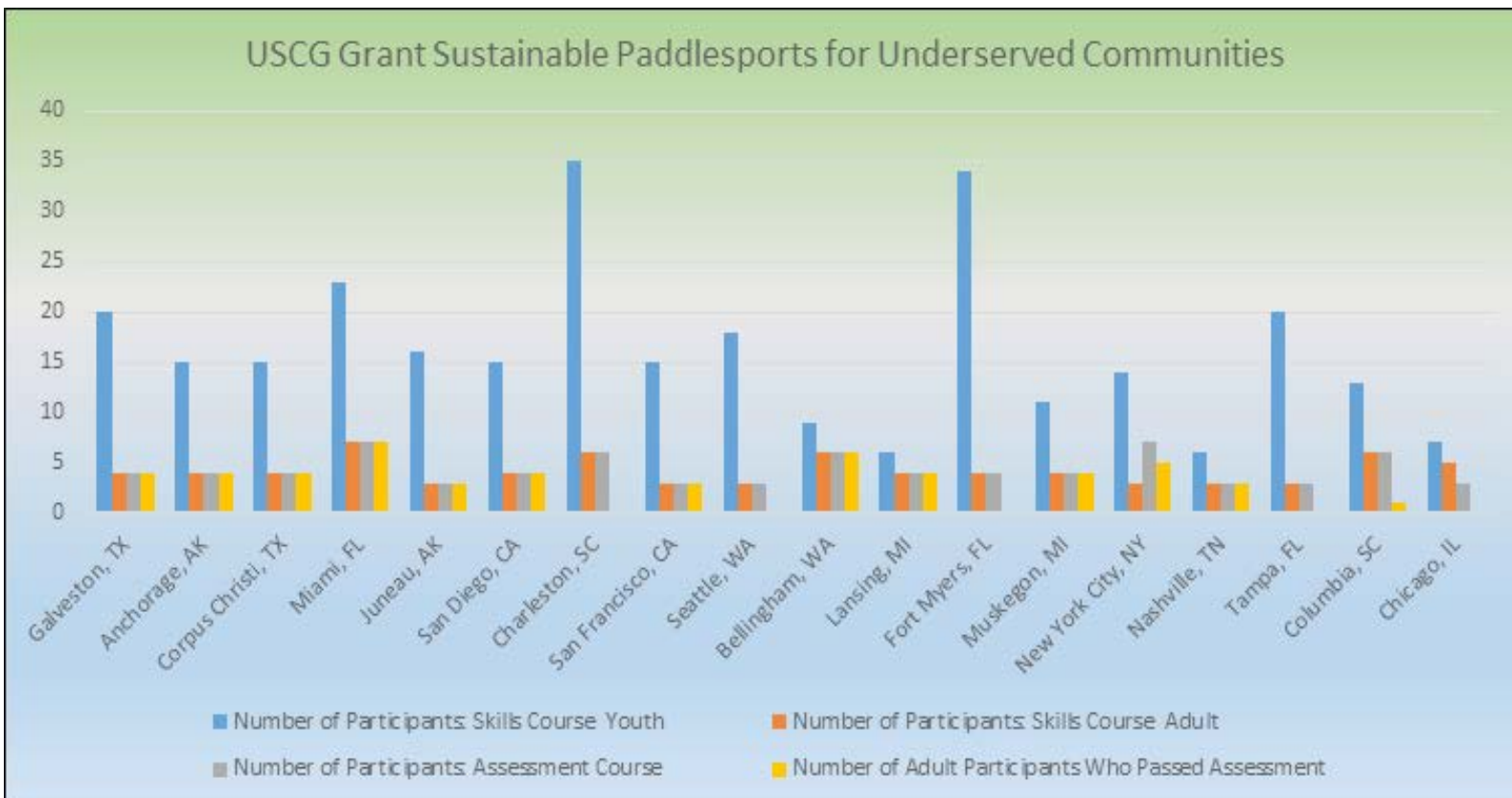
The goal of this project was to provide on-land and on-water skills awareness for both adults and youth of underrepresented populations in 18 different locations, with nine of these skills and assessment courses focusing on rural communities nine others focused on urban communities.

A location could complete one Skills Course and one Skills Assessment in one of the following disciplines: Stand Up Paddleboarding, Kayaking, or Canoeing. Each location was also able to gain

further understanding on other paddlecraft types and operations of these vessels through this project.

As a result of the 18 completed courses, **292 youth participants** focused on skill development, **78 adults** worked on skills development, and 78 adults took part in the skills assessment. Of those 78 adults, **52 passed the skills assessment** at Level 1 in various disciplines.

This opportunity enabled underrepresented communi-





ty members to participate in on-water skills-based courses, help to create community partnerships, and better promote a safe paddling culture in each of the specified areas of interest.

As more individuals in the community obtain knowledge of paddlesports education, the force multiplier will begin as they start to help others in their community organizations to better understand safe boating laws and practices in human-powered watercraft. This, in turn, will help minimize the loss of life, personal injury, property damage and environmental impact associated with the use of recreational boats, through preventative means, in order to maximize safe use and enjoyment of U.S. waterways by the public for both the current and future generation of boaters.

Working to improve SUP safety

To help stave off the growing trend in stand up paddleboarding deaths, the ACA is developing a rescue training initiative focusing on SUP. Funded through a grant administered by the U.S. Coast Guard, this program will be offered to four specified areas of interest: New York City, New York; Chicago, Illinois; San Francisco, California; and a fourth location on either Oahu or Maui, Hawaii.



This grant project will provide 40 individuals further on-water training focused on promoting safe paddling practices, provide an opportunity for the individuals to gain additional on-water certifications for instruction through the ACA's instructor program, and help with the understanding of rescue techniques for the discipline of Stand Up Paddleboarding.

In addition, through this grant, the ACA will continue its goal to engage youth and adults from underserved populations within in the local community by offering them the opportunity to participate, as students, in the workshops with the instructor

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For additional information about either of these projects, please contact T.J. Turner, Education and Outreach Coordinator, at tjturner@americancanoe.org or via phone at 540.907.4460 ext. 103.

candidates. This will increase the number of individuals from underserved communities participating in on-water skills based instruction courses as we will reach out to these communities through this program.

This program will assist in empowering the state and local organizations by offering further on-water instructor certifications. This grant will also assist the underserved community with the exposure of being on the water safely and will provide course participants with the knowledge and on-water skills training to be force multipliers throughout their communities in regards to recreating safely on their waterways.

This project will provide state entities, law enforcement, and other organizations with the opportunity to achieve a paddlesports instructor certification. The ACA will offer a 4 location program offering on-water instructor certification workshops that includes the ANSI (American National Standards Institute)-approved Knowledge-based Paddlesport Education Standards, the ACA Level 1: Introduction to Stand Up Paddleboarding Instructor Certification Workshop, and a SUP skills clinic for underserved youth.

Stakeholders discuss SUP safety

Fatalities among stand up paddleboarders have tripled in the past year. With participation in the sport on the rise, the number of deaths will likely rise as well.

On September 9, 2016, in conjunction with the fall [Surf Expo](#), stakeholders in the recreational boating community, including representatives from the American Canoe Association, Water Sports Industry Foundation, Stand Up Paddle Industry Association and U.S. Coast Guard, met to discuss the manufacturers' role in addressing the increase in injuries and deaths among paddleboarders.

"We need to take responsibility for the safety of the people in our sport," said Tyler Callaway, director of Business Development at FCS/Surf Hardware International, at the opening of the safety meeting.

Jeff Hoedt, chief of the U.S. Coast Guard Boating Safety Division, provided boating safety statistics for the last five years. From 2011 to 2015,

there were 3,205 boating fatalities in the U.S. While stand up paddleboarding (SUP) comprised a small percentage of the fatalities attributed to paddlesports, the number has tripled in the past year. Moreover, as participation increases, so will the number of deaths.



During the conversation, participants discussed how easily consumers can buy boards and

paddles, with no assistance and no one to provide any instruction, warnings of the risks or tips on safety. In addition, the inexpensive products lower the barrier of entry, increasing the number of people out on the water.

Given the growing number of deaths occurring in the sport, the U.S. Coast Guard wants to be proactive and head off the trend. The overall goal is to reach out to consumers so they understand the risks and make better, more educated decisions. This will take a group effort with manufacturers, retailers, the media and safety organizations working together.

Source: <http://distressedmullet.com/2016/09/10/safety-discussion-surf-expo/>



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!](#)

October Instructor of the Month *Paul Malewski*

ACA: Tell us a little about your paddling background.

Paul Malewski: I grew up in a large suburb on the west side of Detroit. My water time was limited to summer vacations on lakes in northern Michigan. Power boating and fishing were the letter of the day.

It wasn't until I moved to Eaton Rapids to begin my police career that I gained a true appreciation for how much we are impacted by the water and how much impact we have on the water. Eaton Rapids sits on the banks of the Grand River in central Michigan. The Grand River is the longest river in the state at 248 miles. I'm never more than a minute away.

ACA: What aspect of paddling is the most exciting and engaging to you?

Malewski: I picked up my first kayak paddle in the spring of 2013 and have been an advocate for the sport ever since. I had been an avid bicyclist and weight lifter but hip surgery left

me with some restrictions. I was introduced to kayaking. This proved to satisfy what I needed: a combination of aerobic and anaerobic exercise with lower impact, plus I am outdoors and meet great people.

What I have learned is how we, as paddlers and instructors, can learn much from observing nature in our paddling environment. Have

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you ever truly watched a duck navigate in a rapid? They are the master of the ferrying maneuver. How about the patience of a great blue heron while he fishes? Both demonstrate a minimal amount of effort yet show such grace in the fluidity of their movement. There is no better teaching tool.

ACA: Approximately how much of your time do you dedicate to paddling (or thinking/training/dreaming about paddling)?

Malewski: I spend approximately 20 hours a week either on the water, in the water or thinking about the water. I'm either paddling, teaching, observing or developing courses. I learn from every level of paddler, both beginner and expert. I believe that good instructors are created by their students, mentors and peers. I have 4 co-instructors that I work with and learn from constantly – Scott Fraser, David Ford, Londa Irvin and Mat Perfitt; they make me better.

ACA: Can you please describe your activities with Wounded Warriors programs and events (or any other unique programs that you are a part of)?

Malewski: I actively participate in the Team River Runner program, providing kayak instruction and training to wounded vets. I have participated in five Outta Sight Clinics in four states (visually impaired students) and also in several events with the VA. I work extensively with Camp Civitan, Heartwood school and Special Olympics to bring the kayaking experience to those with both cognitive and physical disabilities.

For the last couple of years we have worked with our public schools to bring kayaking programs to our Outdoors Activities class-



es, general physical education classes and to our high school science and alternative high school programs. The students receive both land-based and water-based instruction, and we stress the need for appreciating the environment as well as leaving no trace. Much of this culminates in river clean-up efforts in the spring. Our students not only clean up the river but perform water quality testing, participate in invertebrate collection, develop a sense of stewardship and, most importantly, they have a blast.

This past summer I had the opportunity to assist the USCG and the ACA with an innovative project designed to provide urban youth with kayaking experiences. Smiles never get as broad as the ones that I saw.

As a police officer I always strove to make a positive impact on the community that I served. As a kayak instructor I want to continue to do the same. For every student I teach, my hope is that they carry the message forward and we are all better for our efforts.

November Instructor of the Month

Chuck Stark

ACA: What aspect of paddling is the most exciting and engaging to you? Approximately how much of your time do you dedicate to paddling (or thinking/training/dreaming about paddling)?

Chuck Stark: I enjoy paddling as a way to explore any water covered environment. Although I spend a majority of my on-water time in a sea kayak I can definitely say that if any paddle is in my hand, I am happy. There are many different environments that are suitable to different craft and I enjoy paddling a craft that is fit to its surroundings. This also means that I am often in non-water environments that require something other than a paddle to explore, so I do not spend every waking hour thinking about paddling. I do, though, tend to plan predominantly canoe or kayak personal trips.

ACA: Please describe your activities with REI programs and events (or any other unique programs of which you are a part).

Stark: I am currently the Senior Instructor with the REI Outdoor School in Chicago. In this role I get to instruct and guide many different types of outdoor activities (navigation, backpacking, cycling, etc.). From May through October, though, I spend a lot of time instructing and guiding kay-

ak and stand up paddleboard classes/tours. We teach classes and run trips on the Fox River, Des Plaines River, Chicago River, Lake Michigan, and a few other inland lakes. One of my favorite moments was at the end of a 3 hour Learn to Kayak class when a participant got out of her boat and said "I had no idea kayaking was so accessible!"

ACA: Are there any places or people with which you still aspire to paddle? Please describe them.

Stark: For a wilderness experience I would like to return to the Wind River, in the Yukon Territory, with family. For a more local aspiration I would like to complete Chicago's Southside Circumnavigation, which involves ~60 miles, total, linking Lake Michigan, the Calumet River, the Cal-Sag Channel, the Sanitary & Ship Canal, and the Chicago River.



To learn more about previous Instructor of the Month award recipients, [click here](#).

ACA PRO SCHOOL SPOTLIGHT



We can only pass on what we ourselves are capable of. [NaturPur](#)'s alpine and canoe school, therefore, relies on what is tried and tested. In the last 20 years, NaturPur has built an outstanding and competent team to provide top-level training. Their guides are state-tested and have years of experience to lead groups even under the most difficult conditions.

At their school in Austria near Vienna, NaturPur offers skill development courses for beginner through advanced paddlers as well as ACA instructor and trainers certifications for canoe, kayak and SUP. All canoeing and sea kayak courses are conducted according to the guidelines of the American Canoe Association.

In small groups with a maximum of six participants per instructor, course-relevant techniques as well as important theoretical knowledge are taught.

In addition to canoeing and sea kayak courses in Austria, NaturPur also offers the opportunity to apply learned knowledge on various day and multi-day trips. Enjoy the perfect mixture of adventure, sports and leisure in the idyllic natural scenery of Austria. Choose from offerings including:

- Canoeing
- Sea Kayaking
- SUP
- Paddle teacher training
- Events and tours

Visit <http://www.naturpur.co.at/> for more information.



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.

New educational resource for kids



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!

The ACA is happy to introduce 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

To order these booklets, please click on the appropriate link:

- [Small Order](#): less than 100 books
- [Bulk Order](#): 101 to 999 booklets
- [Large Bulk Order](#): 1,000 to 50,000 booklets ([Contact Staff](#) / [Pricing](#))
- [Customized Order](#) with your Organization's logo: ([Contact Staff](#) / [Pricing](#))



U.S. Coast Guard Auxiliary Paddlecraft Course

New online safety resource targets paddlers



In the spring of 2016, following a recreational kayaking fatality on Lake Michigan, four sea kayak instructors from Southeast Wisconsin met to discuss ways to disseminate safety information that might prevent future tragedies.

The website PaddleSafely.com was just one idea that came out of that initial meeting. Check it out today!

If you know anyone who's interested in paddling or wants to get started, please share this website with them.



The ACA has partnered with the USCG Auxiliary in a unique program called AUXPAD.

There will be opportunities across the country for ACA Instructors to provide kayak skills assessments for local Auxiliarists.

In addition, ACA kayak Instructor Trainers might have increased opportunities to offer L2: EKT ICW's for select groups of Auxiliarists across the U.S.

Learn more at www.americancanoe.org/AUXPAD



ADAPTIVE



Blind Endeavors photo/Victor Henderson

Creating Ability's **PADDLE PIVOT**

The combination of [Creating Ability's](#) Universal Base with this pivoted paddle adaptation allows one-arm control of the kayak. It also provides support to completely remove the weight of the paddle from the paddler's arms. The pivot assembly snaps on to any paddle shaft, and the paddle & pivot assembly lift out of the base for ease of entry and safety in the event of a wet exit. Paddle not included.



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 login for ACA member pricing!



Nichols 7th, Kelly 8th in Paralympic Final

The improved weather conditions at the Lagoa Stadium set the stage for fast times and tight racing in the paracanoe finals at the 2016 Rio Paralympic Games.

In the Women’s KL2 Final, five-time Paralympian Alana Nichols took to the water with the goal of earning another summer Paralympic medal. Starting out of lane one, Nichols pressed hard throughout on her way to finishing 7th overall with a time of 1:00.315, 7.027 seconds behind winner Emma Wiggs (GBR). At the finish, Nichols reflected on her race.

“This morning I found myself on the dock at 6:15, and it was glassy and the sun was rising over this little mountain, and it brought me to tears. It really did. I cried. It was just such a beautiful morning, and this whole experience has been incredible. So I knew this morning before it even happened that it was just an incredible experience. Going into the race I just wanted to have a super solid, consistent race. I’d had an injury before this; I’d slipped

a disc at C6 – old ski racing injury – which put a lot of pressure on my nerve path in my right arm. So I had to take about four weeks off of training. I patiently watched all of my muscles atrophy, my endurance just kind of slip away, so that was a huge setback. I knew coming into Rio I wasn’t going to be as prepared as I wanted to be endurance-wise. So for me it was all about finishing strong. I made it to the final. Going out there, you couldn’t see me, I was in lane one, but I had a huge smile on my face. For me, it was all about being consistent, and that’s what I did, so I’m happy. Seventh in the world.”

When asked about being a part of paracanoe’s Paralympic debut, Nichols said it was truly amazing. “It was historic, absolutely. We made history here in Rio, and I’ve seen a lot of people grow and make exceptional changes in their bodies and minds and spirits. One of my teammates, Kelly Allen, really impressed me with all the hard work and dedication she put towards this. And that’s really what it’s about, is

growing with each other in singulars and as a team. So for me to be able to experience that with her was pretty incredible. My teammate Ann Yoshida got a last-minute spot in the Games due to Russia getting pulled, and seeing her come and put her game face on was pretty powerful.”

Also making a push for the podium was Kelly Allen in the Women’s KL3 Final. As she approached the start, Allen thought back to some advice from her father; “The very last thing I said was something that my dad tells me before every single race, which is ‘paddle fast, stay dry.’ So that’s the main plan, just get the boat going and be as smart as possible. Of course I said a prayer to the lord that he would be with me, and of course we’ve got the big guy [Christ the Redeemer] over there looking over our shoulders so I knew I was in good hands. Yeah, I was just thinking that this is such an iconic moment for our sport and I’m just so happy to be a part of it.”

Allen made a hard charge in her first-ever paracanoe final to finish 8th overall with a time of 54.72 seconds, 2.619 out of the medals and 3.372 seconds behind gold medalist Anne Dickins (GBR). “Well, I just competed in the first-ever paracanoe final, so I’m completely stoked! That was basically my main goal getting here, so I couldn’t be happier with the results, basically. Because I know that no matter what my time was, I still made history somehow, so I feel very overwhelmed with joy. That was an amazing experience and something that, for five years I’ve been working towards that moment.”

Congratulations to the U.S. Paralympic Paracanoe Team on their performance in Rio!



Overcoming Barriers

Part 1: Getting to the Water

By Kevin Carr, Chosen Valley, LLC

How many of us have done this? It's a beautiful day, and the water is beckoning. We walk into the garage and look at the kayak hanging in the rafters. We'd have to move the lawnmower, 4 bikes and a dog cage to get to the straps that lower the kayak down far enough to extract it from its cradle. At least once it's down, it's a simple matter of... no, wait. The racks aren't on the car. We loaned them out to a friend a month ago and forgot they were gone. With a heavy sigh, we close the garage door and walk away. We've hit a barrier. Paddling won't happen today.

How easily can a barrier stop us from enjoying time on the water? Ever considered the barriers that might stop someone else, especially if that person has a disability? Let's

take a look at a few, and see what we might be able to do to overcome them. For now, we'll focus on physical barriers between home and the water.

Transportation

Transportation can be a major barrier, both for the participant and for their equipment. Maybe getting that canoe up on top of the vehicle isn't as easy as it once was. Ever consider a trailer? Hauling a boat on a small trailer can be very simple and quick, and it eliminates the need to work overhead with the weight. Working in pairs is also a good idea. Every ounce of energy conserved in getting to the water is energy that is available on the water.

The Path to the Water

The search for site accessibility begins in the parking lot. Are there accessible parking spots? Is there an accessible restroom? What does the path to the



Roll-out mats or a section of artificial grass can provide passage across a sandy or muddy stretch.

water look like? Is the slope something that a wheelchair user can wheel up or down independently? How about side slope (the degree to which the trails surface tilts to the left or the right)? What is the width of the trail, especially through gates? What is the surface consistency? Is it firm enough to support wheeling or crutches? Are there rocks, roots, ruts or other impediments that may make walking difficult or hazardous? Are there handrails along the path, or at least near steps?

Site selection can eliminate some or all of these obstacles – and it's best to address that before arriving for a paddle. Scope out a venue in advance



and talk it over with all of the paddlers in the group. Someone with a disability is very familiar with obstacles like these and will have ideas on how to manage them. For some, it may mean using a wider set of tires on a wheelchair, or in a sandy setting perhaps a beach wheelchair with large balloon wheels.

Those same wheels are available on a kayak cart that can support the weight of both the paddler and the kayak. Using these can make an otherwise unmanageable path one that can be used. You might also consider roll-out mats or a section of artificial grass to provide passage across a sandy or muddy stretch.

Once the path has been established, what does the access to the water look like? Is there a beach? A gentle slope with gradual entry? A rocky shoreline with an abrupt drop-off? A dock? Is the dock at water level, or significantly above it? Is it floating? What is the transition from trail to dock? Again, site selection is important.

How easy will it be for the paddler to get into the boat? Will the boat be floating, or can you load at water's edge with the boat's hull on solid surface? Take a look at



Devices such as Creating Ability's Kayak Chariot allow transfers on a flat level surface by positioning the cockpit rim at wheelchair height. With the paddler in the kayak, the rig can be rolled into the water and floated off of the chariot -- making most water entry points accessible.

the transition distance from standing to the seat of the watercraft. How can that be broken down into manageable stages? Will a dock surface be one of those stages?

One of my favorite methods involves a midpoint. A milk crate with a cushion on top, a single-step footstool or a shower stool can provide that needed step between one surface and the other. The shower stool is my favorite, since it has adjustable legs that can optimize the height. A double-wide stool (like the ones that span the side of a bathtub) works beautifully over the back deck of a kayak on solid ground. This allows the paddler to transition smoothly

through multiple steps: sit down on the stool next to the kayak, move feet into the cockpit, then slide over directly behind the cockpit before sliding forward and in.

For a wheelchair user, the transfer from chair to seat can also have a set of transitions or midpoints. A good friend of mine once told me, "My life is measured in 2-inch increments. If a transition is 2", I can manage it independently. If not, I'll need a hand." The challenge is to think through those incremental steps.

We build a transfer bench that works in conjunction with the Kayak Chariot to provide

Continued on page 26

a flat, chair-height transfer surface to a position directly over the kayak seat. Some accessible dock designs use a step system that allows a person to transfer in stages. This can work well for

someone who can self-transfer, but it can impede a full transfer if one is needed. Keep all possibilities in mind when assessing accessibility. In all of these methods, make skin protection the highest priority. Cover any edges and cushion any surfaces – preferably with a slideable fabric surface like packcloth nylon.

The Path Back

Transitioning back out of the water isn't merely reversing the transition in. At this point, you've had a nice paddle, and those guns that moved you down into the kayak might have a bit less juice left in them than before you paddled. This is also a point where most folks realize that the gravity that helped them on the way in is now their enemy.

Again, go back to small steps. Going from the back deck of a kayak to the seat is much simpler than the lift back up. To reduce the step size, I use 2" rigid foam, like the ethafoam found in ACA foam kits (link to e-store). Cut slightly smaller

than seat-size disks out of the foam. Two or three is usually enough. Have the paddler place their hands on each side

Keep all possibilities in mind when assessing accessibility.

of the cockpit rim, and lift their backside. Slide the foam between their backside and the seat, and let them relax. Repeat the process for the second & third disks. In each case, the lift is barely more than 2" – but after three disks, they'll be within easy reach of the rear deck.

Returning to the parking lot may also provide a greater challenge than expected. The

slope that was walkable or wheelable on the way in may require some assistance on the way out. Always be ready to provide a hand if asked.

Transfers are covered in much greater depth in an Adaptive Paddling Workshop. The workshops not only generate discussion of these topics but also offer a chance to get hands-on experience with some of the techniques and best practices. If you haven't taken one, look into it. They are a wonderful place to learn and develop skills. Moreover, they are a pathway to new friendships and ideas. Get out there and knock down some barriers!

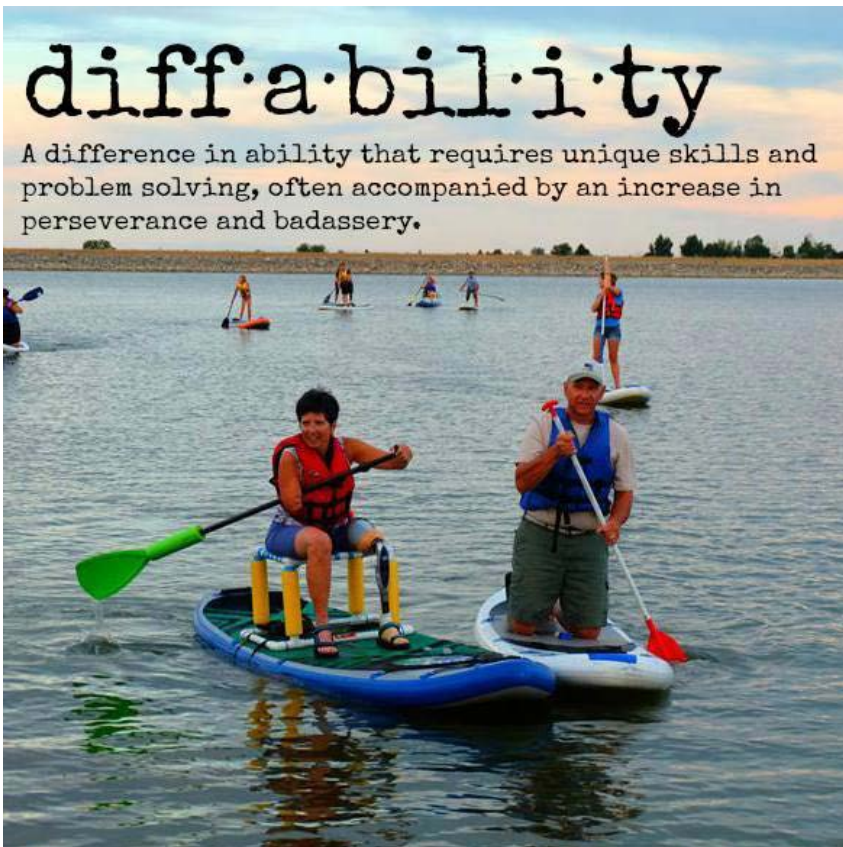


Upcoming Adaptive Paddling Workshops (APWs)

Nov. 13-15, 2016 Hosted by: Adaptive Expeditions
Location: Sausalito, California

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

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



News Near You



STATE-BY-STATE

News delivered directly from [ACA State Directors](#) across the USA

Alaska

It's hard to wrap up a long productive summer ... new L3 Coastal instructor Matt Pyhala filled in for Ryan Collins (L4 Coastal) on a series of events when Ryan, one of the oldest and senior Coastal instructors in Alaska, broke his leg in an early season boating accident. Thanks, Matt!!

The marine debris removal project on Shuyak Island, endorsed by the ACA and run primarily by state director Tom Pogson with the help of 40 volunteers, collected and removed 35,000 pounds of marine debris from a continuous 45 nautical mile belt of the northwestern shorelines of Shuyak Island State Park, the easternmost large island in the Kodiak Archipelago June 6-October 1, 2016.

The cleanup sites were all accessed by paddling, and a large portion of the nearly 18 tons



Marine debris on Alaska's Dead Bird Beach was collected and removed by Island Trails Network staff and volunteer and staff of the Alaska Kayak School. The ACA was a supporting partner of the Shuyak Island Community Marine Debris Removal in 2016.



Held annually on the fourth weekend in September, the Feather River Festival is fun for everyone with stretches of river for all levels of boaters.

of trash was moved to strategic stockpile sites in two Kruger Sea Wind expedition canoes. Stay tuned for more results from this exciting project run primarily by paddlers from the United States, England, Ireland, Wales and Australia.

Contact: Tom Pogson, AKStateDirector@americancanoe.net

California

The ACA organized insurance services for the Feather River Festival. Held in September, each year, this is California's biggest whitewater festival, drawing more than 1,000 people. The festival included the always-exciting Tobin Race, a two-mile race through near-continuous class 4-5 whitewater. ACA California is now focused on the upcoming [National Paddlesports Conference](#). Please join us for the event.

Contact: Alexander Morris, CAStateDirector@americancanoe.net

Continued on page 30



The ACA and ACA-District of Columbia endorse the EA's recommendation to have no major construction, no new private facilities, and no trading away of National Park Service land within the C&O Canal National Historical Park.

District of Columbia

The ACA HQ team in collaboration with ACA-District of Columbia reviewed and submitted comment to the National Park Service Environmental Assessment (EA) for the Georgetown Non-motorized Boathouse Zone Development Plan. Standing side-by-side with Defenders of Potomac River Parkland, we endorse the EA's recommendation to have no major construction, no new private facilities, and no trading away of National Park Service land within the C&O Canal National Historical Park. As NPS moves forward, however, it will be vital to respect certain principles needed to protect the natural, historic, and scenic resources of the canal park:

1. Scale and design of projects: Any development at Sites A-C, located within the C&O Canal NHPark, should adhere to the least intense development options. This will preserve the tidal shoreline and view shed, and safeguard the experience of park visitors to the wooded environment of the area upriver from the Alexandria Aqueduct. Designs should carefully protect the safety of pedestrians, cyclists, and boaters in the narrow gateway to the C&O Canal NHPark and the Capital Crescent Trail.
2. Operation and use: Any new facilities within the C&O Canal NHPark must be operated by NPS, either directly or

through a concessionaire. Such facilities should be dedicated to serving the general public.

3. Public consultation: NPS should consult the public again once they begin to consider the specifics of any of the projects.

We will keep the paddling community up to date as things progress.

Contact person: Meredith Waters, DCStateDirector@americancanoe.net

Florida

The Florida Executive Council continues to represent you on the Non-Motorized Boat Working Group. The most recent meeting, which was open to the public, took place October 26 in Palm Beach. Details can be found at <http://myfwc.com/boating/advisory-council/nmbwg/>.

If you were unable to participate in the meeting, please contact us on policy decisions relative to: Access, Safety/Education, and User Pay/User Benefit.

In addition, please consider joining us at the National Paddlesports Conference November 11-13 in Sausalito, CA. Registration can be found at <http://www.americancanoe.org/page/NPC>.

Contact: Peggy Phillips, FLStatedirector@americancanoe.net

Idaho

As river levels drop, the air grows chilly, and leaves start to turn, we have much to be thankful for as paddlers in Idaho. This summer had consistent flows on the river and some terrific fishing and boating on our lakes. As

the paddling gear gets put away this fall, let's resolve to participate in spring ACA events, safety and rescue courses and river clean-up activities when winter releases its grip. The online calendar is a great resource to find these events near you.

Also, remember that we're looking for a new Idaho State Director, who will commence next year. If you're an ACA member and passionate about paddlesport, please get in touch and I can give you more details.

Contact: Elliot Jacobs, IDStateDirector@americancanoe.net



Two ACA-certified canoe instructors, Jeff Fitch and Dave Watts, installed signs for the newest watertrail in Illinois in late September.

Illinois

A second watertrail has been added at Banner Marsh State Recreational Area in Central Illinois. The latest trail is at Johnson Lake. There is also a trail marked at Wheel Lake. The project was supported in part by a grant from the ACA Club Fostered Stewardship Grant. Other supporters include the Mackinaw Canoe Club (a Paddle America Club) and the Illinois Paddling Council.

Contact: Lenore Sobota, ILStateDirector@americancanoe.net

Continued on page 32



Citizens were urged to avoid the water of the Bogue River following a sewage spill on Sept. 16. By the end of the following week, officials declared that bacterial levels had receded sufficiently for normal activities to resume.

Louisiana

On September 16 there was a major spill of sewage and storm water into the Bogue Chitto River at Brookhaven, MS, 48 miles north of the Louisiana state line. Initially estimated at 6 million gallons, the official figure was later lowered to 1.3 million. Recreation below the spill site was strongly discouraged by officials in both states. On September 24 they declared that bacterial levels had receded sufficiently for normal activities to resume. The Bogue Chitto is one of the region's favorite rivers for paddlers.

Contact: Ben Sandmel, LAStateDirector@americancanoe.net

Minnesota

The Rapids Riders Whitewater Club held its 17th Annual River Cleanup of the Vermillion River, a popular paddling spot and beautiful park in Hastings, Minnesota.

In 2000, Rapids Riders joined the state's Adopt a River Program and adopted the Vermillion River. Club members meet each

fall to clean the river and surrounding park. Since the cleanup began, club members have removed over 20,000 pounds of trash!

For the first decade, they pulled about 30 bikes (each year) out of the river. Bikes are extremely dangerous to swimmers in a whitewater river. They can cut a person or tangle them and hold them underwater. In addition to bikes, the crew has also removed scrap iron, light poles, appliances, a motorcycle, liquor bottles, spray cans and used syringes. In order to remove the big items, we use ropes and climbing skills to raise them to the top of the cliffs.

The 17th Annual cleanup held October 1, 2016, was a success. On the gorgeous fall day 56 people, including Rapids Riders members and their friends and family, worked together to remove a hefty pile of trash from the river. Nora Whitmore, a Rapids Rider member who spearheads the event, also gathered prizes from vendors (Accent Paddles, Snapdragon spray skirts, a dry bag from Gear Junkie), to present to participants during the cleanup.



Volunteers removed 75 bags of trash from the Vermillion River during the annual cleanup last month.



Thank you Rapids Riders (and the entire clean-up crew) for another successful river cleanup! If you are interested in learning to paddle rivers like the Vermilion, or to meet up with other paddlers, you can learn more at RapidsRiders.org.

Contact: Bridget O'Boyle, MNStateDirector@americancanoe.net



North Carolina

ACA-North Carolina is up and running. We recently showed our support of a cleanup of the Swannanoa River and French Broad River in partnership with mountaintrue, French Broad Riverkeeper, and Hi-Wire Brewing, stuffing our canoes full of trash and leaving our waterways better than we found them. Please check out our Facebook page at <https://www.facebook.com/ACANorthCarolina/>.

Contact: Kyle Thomas, NCStateDirector@americancanoe.net

Puerto Rico

ACA-Puerto Rico was among the sponsors of the Cardona Island SUP Challenge race. ACA stickers, safety/ membership brochures and Foxx 40 whistles were in the winners' good-



Sea kayak instructor Omar Ramos provides kayaking skills and assessment courses as part of the AUXPAD Program.

ie bags and SUP skills course were offered through the raffle.

In other news, the AUXPAD Program launched in Puerto Rico with the USCG Auxiliary Capt. Cruz and sea kayak instructor Omar Ramos providing kayaking skills and assessment courses.

Contact: Omar Ramos, PRStateDirector@americancanoe.net

South Carolina

ACA-South Carolina recently assisted in hosting the L1/L2 Instructor Update and Symposium at a beautiful venue in Rock Hill, S.C., and Lake Wylie. We furthered the ACA Stream to Sea Initiative by offering our support to the Catawba Riverkeeper's Mountain Island Lake Trash Bash. During the event, 117 volunteers collected 3,400 pounds of trash!

Contact: Kyle Thomas, Ethan Talley, SCStateDirector@americancanoe.net

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South Dakota

The Sioux Empire Paddlers, an ACA PAC, have had a busy summer. Between river clean-ups (ACA CFS Grant recipient), kids' paddling clinics with ACA-certified instructors and recreational cruises, they have done a great job at keeping people active and on the water. They are currently raising funds to expand their "Kayaking for Kids" initiative and developing a teen program that stresses paddling safety.

Contact: Steven Dahlmeier, SDStatedirector@americancanoe.net

Watching bats emerge from under South Congress Bridge in Austin, Texas, is quite a site.



Texas

Bat season comes to a close in early November! Watching a huge colony of approximately a 1.5 million Mexican-tailed bats emerge from under the South Congress Bridge in Austin, Texas can result from a wonderful paddling experience on Lady Bird Lake. Grab your paddlecraft and begin paddling to arrive near the bridge 30 minutes before sunset. This is also a great way to view the city from the water. Many locations are available to access the water.

Contact: Lorraine McPhee Burroughs, TXStateDirector@americancanoe.net

As a national organization, it can be difficult to know about all the paddling issues in every state. That's where the [ACA State Director Program](#) comes in!

This volunteer program is designed to close the gap between paddlers on the ground (and water) and the ACA.

If you want to get involved, [reach out](#) to your local ACA State Director, and start improving stewardship, education, and competition in your state today.

For additional information on the ACA State Director Program, please contact Amy Ellis at aellis@americancanoe.org.

www.americancanoe.org/StateDirector

How the West was Won

2016 has been quite a ride for Marcel Bieg, the new ACA Western States Outreach Director. In an attempt to truly represent and support the paddlesports community in the Western states, Marcel hit the ground in a full sprint with the goal of touching as many paddlesports communities as possible.

This effort lasted from August of 2015 to September of 2016, as Marcel clocked more than 30,000 miles in an ACA Subaru plus many more in airplanes and rental cars while traveling to locations scattered throughout the Western states and the country.

As part of his travels, Marcel completed a 10-week trip through the Rocky Mountain region, starting in May and running to mid-July. This travel supported several events and clubs in New Mexico, Colorado, Utah, Idaho and Wyoming.

Marcel returned to his home in Oregon just in time to support several events in the coastal states. These proceedings consisted of kayaking classes for the City of Eugene and the University of Oregon; Swift Water Rescue sessions at the Willamette Kayak and

Canoe Club's annual Rescue Weekend; presentations at local REI stores on how to start paddling; attendance at the Outdoor Retailer Show in Salt Lake City to run the ACA booth; the five-day Paddle Oregon fundraiser, where he acted as a safety boater; representation at paddlesports advisory boards in Oregon and Washington; a whitewater rafting photo shoot with the help of several students from the University of Oregon Outdoor Program; and the Great Willamette River Cleanup.

2017 holds many new opportunities and, although Marcel will not be traveling quite as much, he will always be ready to consider whatever opportunity arise to strengthen the paddlesports community in the Western states.

Now that the ACA has established its presence in the West, Marcel will be working on several new goals. These include visiting the Western states that he was unable to visit this past year; creating more ACA instructors, instructor trainers and members in the West; and focusing on additional protection of the environments we so cherish as paddlers.

Marcel can always be reached via email at mbieg@americancanoe.org and by phone at (540) 907-4460 x116. Remember, he does travel and is often in the field for extended amounts of time.



Register now for ACA State Director Conference

**December 2-4, 2016
San Juan, Puerto Rico**

The third annual ACA State Director Conference will be held December 2-4, 2016 in San Juan, Puerto Rico, at the Courtyard Marriott – [Isla Verde Beach Resort](#). There's still time to register -- don't miss out on this opportunity! [Register today!](#)

The conference will offer valuable networking opportunities as well as engaging presentations, national updates from the ACA, state updates, elections, state director work sessions, state goals and more.

Tim Chandler of TRY Standup out of Dana Point, California,

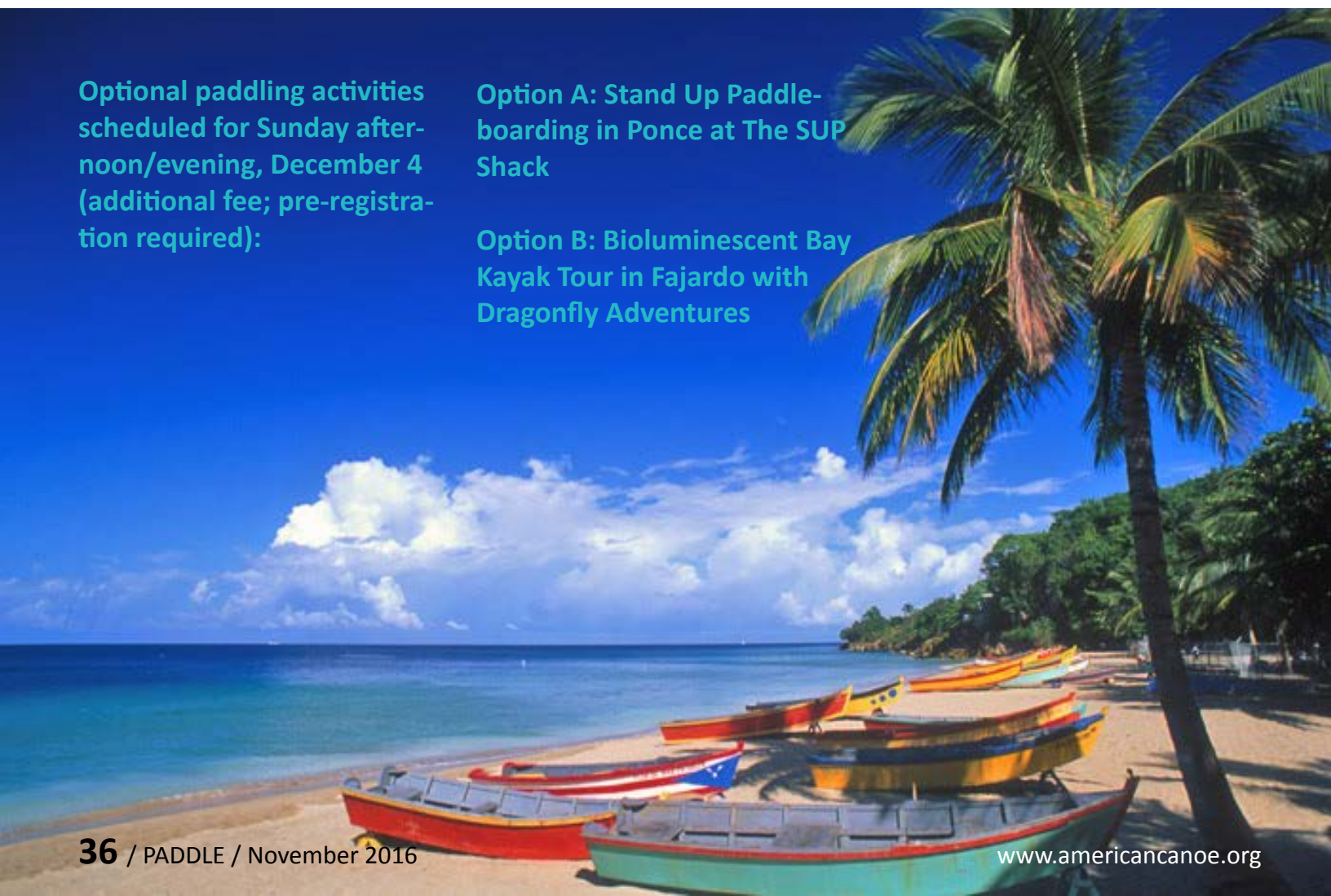
will give the keynote presentation, "Social Media Primer – Become the Social Guru You Are." Tim, an ACA L3 Surf Instructor, will cover the 'rules of the road' for social media ethics when working with students/groups, and summarize the top three social media marketing platform.

You'll walk away with tips and tricks designed to kick start new social media interaction for the beginner along with serious shortcuts for more seasoned social media mavens and those wishing to supercharge their own social media management.

Optional paddling activities scheduled for Sunday afternoon/evening, December 4 (additional fee; pre-registration required):

Option A: Stand Up Paddleboarding in Ponce at The SUP Shack

Option B: Bioluminescent Bay Kayak Tour in Fajardo with Dragonfly Adventures



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Contact the ACA National Office for a discount code.

www.americancanoe.org/estore

ACA Outfitter, Livery & Guide Spotlight



Level 40 Adventures wants to help you create amazing memories on your next trip to Northern Michigan! We specialize in guided paddleboard tours and lessons.

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Courtney Bierschbach

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The New York Times



CANOE & KAYAK

Member Photo *of the* Month



Catharine Goodnight Robertson (left) and Judy James pose for a photo during the Level 1-2 Instructor Update and Symposium held recently in Rock Hill, South Carolina.

Photo by: ACA SEI Manager Kelsey Bracewell

Want to see your photo here? Submit your photos to ACA Paddle eMagazine Editor Kimberly Jenkins at kjenkins@americancanoe.org for a chance to be featured.

INTRODUCING THE NEW

Paddling Club Advisory Council



The **Paddle America Club Advisory Council** provides advice and recommendations to the ACA on matters related to enhancing the paddlesports experience for club members and the general public.

The first meeting was held September 24-25 at the ACA National Office in Fredericksburg, Virginia.

Learn more at www.americancanoe.org/PACAdvisoryCouncil.

COMPETITION



Ready, Set, Mark Your Calendars!

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

Nov 11, 2016	<u>GatorFest Canoe and Kayak Race</u> Columbia, Mississippi
November 11-13	<u>Frostbite Camp and Eric Hughes Regatta</u> Seattle, Washington
November 18, 2016	<u>Davenport Paddle Surf Classic</u> Davenport Landing, California
November 19-20, 2016	<u>Turkey Chute Slalom Race</u> Charlotte, North Carolina
January 28, 2017	<u>Hanohano Huki Ocean Challenge</u> San Diego, California
May 27-28, 2017	<u>National Poling Championship</u> TBD, Maine
June 3, 2017	<u>Great Rappahannock Whitewater Canoe Race</u> Fredericksburg, Virginia
June 3, 2017	<u>Rock the River</u> Fredericksburg, Virginia

[CLICK HERE](#) to see the full ACA competition event calendar

Americans seize *bronze* in Olympic Hope

By Dan Henderson

Executive Director & Head Coach, Cascade Canoe & Kayak Racing Team

Assistant Coach, 2016 USA Paracanoe World Championship Team

In a stunning come from behind effort, Gig Harbor's Olivia Crocker and Cascade's Andreea Ghizila, members of the USA Junior Canoe/Kayak Team racing at the Olympic Hopes Regatta in Szeged, Hungary, edged out the Canadians and almost caught the Germans for the Bronze Medal in C2 Women 500 meters 1999 birth year.

After a struggle with the start, and with over two boat lengths back at the 250 Ghizila and Crocker powered it up and overtook the Canadians by .613 seconds to claim third.

At the midway point, it was the Hungarians first, Canadians second, Germans third and Americans a distant fourth. Little by little the

exciting finish, the Americans edged out the Canadians for third. For the last 250 meters, they were moving on the Germans as well, but couldn't quite catch them. "This was a great effort and the best US outcome at this regatta," commented Cascade Head Coach, Dan Henderson. Hungarians gold, Germans silver, Americans bronze!

Americans clawed their way back into the race, keeping pace with the Germans, stroke for stroke. At about 300 meters to go, the Germans passed the Canadians, who had fought to keep their speed. Then with less than 100 meters to go, in an

This from Olivia, "I can't even remember when we started training our boat together, and I bet it's been [only] about half a year, which is nuts. Half a year, and we already have an international medal. Pretty cool."

And from Andreea, "I can't believe how fast these 12 days have passed, and how much



At left, Olivia Crocker and Andreea Ghizila undergo C-2 training in Bothell, Washington.

Click the image to the right to watch the video of Olivia Crocker and Andreea Ghizila's race and awards ceremony.



Regatta

they've changed me as a person. There's nothing better than being with kids from around the world who struggle through the exact same things as you and still love the sport we share. How am I supposed to explain, 'How was it?'?? Incredible places, amazing people, and fast racing – there's really nothing better.

“Olivia said (mid-race), ‘Andy we can do this – you're the reason for USA's only medal.’ I thought I had nothing left and yet that flipped a switch and holy cow, what a finish. I'm so thankful to all my family, friends back home, coaches, new friends, team USA, and little Leo back at Cascade for making everything possible. I'm just SO happy.”



Center, Henry reunite to win ACA Downriver Nationals

By Eugene Buchannon, *Paddling Life*

It was a hoot to be back in moving water again as well as seeing many paddling friends of yester-year.

At this year's ACA Downriver Nationals in Old Town, Maine, the old school (old's cool) pairing of Rob Center and Kay Henry – Center, the co-founder of the Northern Forest Canoe Trail, and Henry of Mad River Canoe (now owned by Confluence) – still proved formidable, coming out of retirement after 15 years and fresh back from a 21-day hiking trip in Scotland, not to only show up but win the Mixed 55+ Class. We caught up with Center for his take on the win...

PL: Tell us why you decided to compete, the boat you used and how it felt to race.

Center: We were so energized after our trip in the Highlands and Outer Hebrides that we came out of hiding and went up to Old Town to try our luck in the ACA Downriver Nationals. We borrowed a Penobscot 17 and ended up winning the Mixed Class 55+ and were the



Rob Center and Kay Henry (on right) on the banks of the Penobscot.

fifth boat overall in the Rec Class itself. It was a hoot to be back in moving water again as well as seeing many paddling friends of yester-year.

PL: When was the last time you two raced together?

Center: It was May 5, 2001 44th Annual Hudson River North Creek, NY. This was officially to be Kay's last race as she helped me usher in my 50th birthday!

PL: When was the last time you two raced at the ACA Nationals?

Center: That was 1993 at Nantahala Outdoor Center where we won the OC-2 Mixed Rec-17 and ended up winning the

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reation. In 1989, while training for the Arctic Canoe race in Finland where we were the first Americans to compete as well as win, we raced the Nationals in Maine on the Dead River.

We are well remembered for leading the race and then three miles from the finish I called a wrong route and broke our Mad River Typhoon in half. We hauled ourselves on a rock and every competitor passed us while we waited to get on the sweep raft. Kay didn't talk to me for weeks after!

PL: How'd it feel to pull off the win in your class?

Center: My greatest joy was to get Kay to enter a whitewater competition again after 15

years as she emphatically had sworn off in 2001. We both had such a great time just getting back in a downriver canoe and paddle in a river. To do this on the Penobscot was very special given its renaissance as a free-flowing river from Old Town to the Sea.

And, I guess I have to admit that, well, we didn't have any other entries in the 55+ Mixed Class Recreation which, for lack of a better word, was the Royalex class. Yet we were fifth overall in the entire class so not too bad for a bunch of old farts!

PL: Tell us about your canoe... it wasn't a Mad River?

Center: This was the first whitewater race that we ran in a canoe other than a Mad

River canoe. Scott Phillips, the race organizer and owner of Northeast Outdoor Sports that represents Old Town Canoe, is a long-time industry friend. He busted a gut over our canoe of choice. We had so much fun that we plan to go back to Old Town to compete again for the final year that the Penobscot Nation will host the ACA Nationals.

PL: Did you train at all on the NFCT beforehand?

Center: No. We went for one-hour early morning paddles on Casco Bay at our home in Harpswell, Maine. We played with the wind, waves, and tides as a counter to training on a moving river. We paddled an additional 17 minutes and we were pretty gassed when we reached the finish line.

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All USACK members, who were not already ACA members, were provided, at no cost, a one-year membership to the ACA running from December 2, 2015 to December 1, 2016. This was to assist in ensuring a smooth transition to the insurance program. However, on your ACA membership renewal date in 2016, you will be invoiced for the next year, assuming you choose to continue with your ACA membership.

Likewise, all USACK Paddling Clubs and Affiliate Organizations have been given, at no cost to them, the equivalent ACA membership for the same timeframe.

To learn more, please visit www.americancanoe.org/USACK.

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INTERNATIONAL



Austria hosts annual Europe Paddlesports Symposium

The seventh annual ACA Europe Paddlesports Symposium took place in Vienna, Austria, in early October along the banks of the Danube River.

In addition to the European Division's business meetings, a wide range of educational sessions were offered both in the classroom and on the water. Instructor Updates were also provided in SUP, canoe and kayak. After an incredible presentation on solo paddling in Greenland, members were treated to a traditional Austrian meal.

Special thanks to all the members who attended from Austria, Germany, Switzerland, Italy and Slovenia and to ACA member Gerhard Grimm of Natur Pur for hosting the symposium. We truly appreciate your support of the ACA and paddlesports education and stewardship.

In 2017, the European Paddlesports Symposium will take place in early October on Lake Bodensee on the Germany/Switzerland border. Prior to next year's symposium, a week of various ACA whitewater courses will be offered.



The speaker for the ACA European Division, Carlo Picchio of Italy, receives the ACA President's Award from Chief Operating Officer Chris Stec for his dedication and continued support of the ACA throughout Europe.

Switzerland works to teach paddlers

In Switzerland, paddlers have been giving classes for more than a quarter of a century. Patrick Frehner, ACA representative in Switzerland, explains, "A lot of guides do have a Swiss Outdoor Association Guide License (SOA Guide). However, there is no way to get an instructor license. It just does not exist. Neither the Swiss Canoe Association nor the Swiss Outdoor Association has a system in place to certify instructors. So, I support them in getting a ACA license."

They are working with the Swiss Outdoor Association in finding a way to teach and certify

people together. A project for 2017 will involve offer the SOA license class and the ACA Instructor and/or day trip leader skills class. In the meantime, Frehner and his colleagues offer training, survival classes, and expeditions worldwide through his outdoor school, "The Last Adventure."

Frehner reports they recently completed a five-day Instructor Certification Workshop (ICW), an event consisting of an Instructor Development Workshop (IDW) and an Instructor Certification Exam (ICE). The focus was open canoe with a daytrip leader endorsement.

Participants received the ACA L3/4 OC Instructor, a daytrip leader and camping module assessment, and an L5 skills assessment. The class had five participants who've been paddling, guiding and teaching more than 15 years.

"I also train a lot of the national rescue police squad organizations in rescue techniques on the level of the ACA rescue L4," added Frehner.



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“This free app has some pretty cool features that I can see coming in quite handy. You can check tides, river and surf levels for locations where you are headed, as well as find the closest access to put-ins. Perhaps the coolest feature on the Paddle Ready app is the ability to file a float plan.”

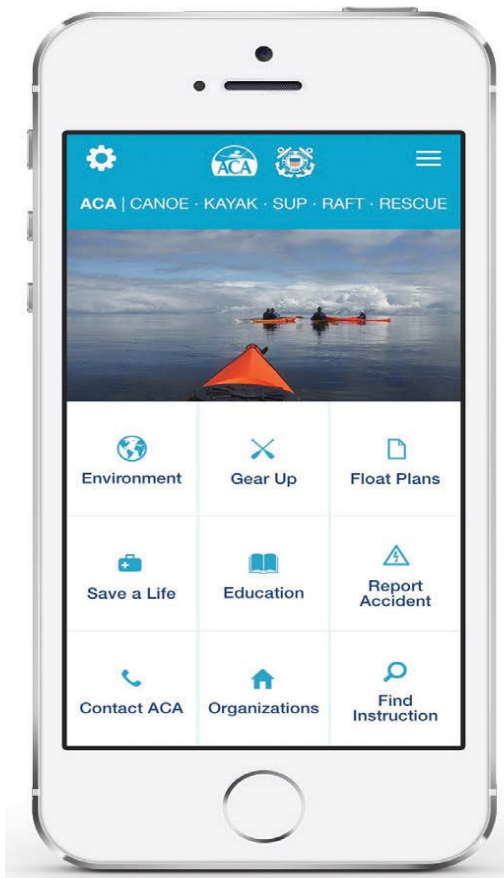
-Tee Clarkson, Richmond Times Dispatch

“I use this app multiple times throughout the week to see what’s going on at my favorite spots”

-Jay Yarborough

**“This app looks sick!
Just downloaded it and
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-Alex Mauer



Surf Forecasting

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Access Points

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Paddling History



*Philadelphia Canoe Club War Canoe - 1912
Photo by Thomas Zuk*

*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*

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