

# PADDLE

ACA | Canoe - Kayak - SUP - Raft - Rescue, Volume 1, Issue 4, September 2015



***Paddle Ready App Updates!***

**Grey Beard Adventurer:  
Cruising for a Cure**

**Cultivating an Inclusive  
Paddlesports Culture**

# 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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## Cover photo

Paddler: Brendan Fitzpatrick, ACA WW Canoe and SWR instructor  
Photographer: Ohiopyle Adventure Photography  
Location: Cucumber Falls, Lower Youghiogheny River, PA

## Follow us on...





**Wade Blackwood**  
Executive Director

**"Californication by Red Hot Chili Peppers."**

# Meet Your ACA Staff



**Kelsey Bracewell**  
SEI Coordinator

**"Dave Matthews Band. Anything from the Under the Table and Dreaming album."**



**Candy Patten**  
Insurance Coordinator

**"Anything by Faith Hill."**



**Christopher Stec**  
Chief Operating Officer

**"The River by Garth Brooks."**



**Dave Burden**  
International Paddlesports Ambassador

**"Genie in a Bottle by Christina Aguilera."**

## QUESTION OF THE MONTH What is your favorite 90s jam?



**Shannon Green**  
Membership/Insurance Coordinator

**"Ice Cube - Today Was a Good Day!"**



**Amy Ellis**  
State Director/Membership Coordinator

**"Lunachicks, Brickface + Stucco."**



**Barbara Bendele**  
Office Manager

**"MMMBop by Hanson."**



**Katie Hansen**  
Membership Coordinator

**"Stone Temple Pilots - Trippin' on a Hole in a Paper Heart."**



**T.J. Turner**  
Education & Outreach Coordinator

**"Pearl Jam and Nirvana were my main bands. Also liked New Found Glory and The Offspring and Red Hot Chili Peppers."**



**Whit Overstreet**  
Public Policy Chief

**"INXS."**



**Marcel Bieg**  
Western States Outreach Director & Grant Manager

**"My favorite band from the 90's is Morphine, my favorite jam, Cure for Pain."**



**Catharine Lloyd**  
Communications Coordinator

**"Today by the Smashing Pumpkins, blasting on my yellow Walkman, riding the school bus."**

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# STEWARDSHIP



# A Year in the Wilderness to Protect the Boundary Waters

*By Dave Freeman. Dave and his wife Amy have traveled over 30,000 miles by kayak, canoe and dogsled through some of the world's wildest places. The Freemans run the [Wilderness Classroom](#), an educational nonprofit organization that introduces kids to wild places.*

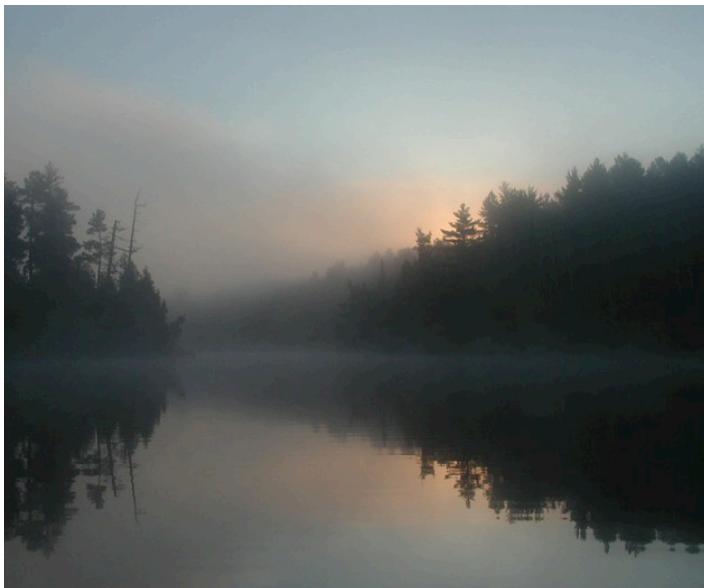
As September fades into October, the paddling season in the Boundary Waters Canoe Area Wilderness typically comes to an end. The leaves fall to the ground, and winter usually reminds us of its fast approach with a sprinkling of snow and frosty nights. In reality, the late fall is one of my favorite times to paddle in the Wilderness because the bugs are gone, there is plenty of solitude, and watching the early morning fog slowly dissipate with your hands wrapped around a steaming cup of coffee is simply magical.

On September 23rd, my wife, Amy Freeman, and I will paddle into the Boundary Waters like we have countless times before for a fall canoe trip in our nation's most popular wilderness area. Unlike previous trips into the Boundary Waters, we plan to stay for a very long time, a full year to be exact. We will ex-



plore this million-acre maze of lakes and rivers by canoe until freeze up, which usually happens in late November. Once the wilderness is covered in snow and ice, friends will bring in our toboggans and sled dogs, and haul our canoe out of the BWCAW for the winter. In April, as the lakes begin to melt we will switch back to canoe for the rest of the year-long odyssey.

Last year, Amy and I paddled and sailed 101 days and 2,000 miles from Ely, Minnesota to Washington, D.C. to help protect the Boundary Waters from a series of copper mines in a sulfide ore body that are being proposed along the southern border of the Boundary Waters Canoe Area Wilderness. We are wilderness guides and educators and this is our way of working to keep this wilderness wild. We care deeply about this place and we will do everything within our power to ensure that it remains intact for the next generation. We made a commitment to protecting the Bound-



ary Waters when we paddled to D.C., but we know we still have a lot of work to do to protect the Boundary Waters watershed from sulfide-ore copper mining and we want to do what we can to finish the job. A Year in the Wilderness is a continuation of our work with the Campaign to Save the Boundary Waters, which is working to permanently protect the Boundary Waters Watershed from sulfide ore mining.

We will camp at approximately 120 different sites during this Year in the Wilderness and travel more than 3,000 miles by canoe, foot, ski, and snowshoe. This journey is about bearing witness to the very land and water we are fighting to protect. We hope you will join us through regular updates we will post on social media (@freemandexplore and @savethebwca) and [Savetheboundarywaters.org](http://Savetheboundarywaters.org). Plus, elementary and middle school students will be able to learn along with us through [www.wildernessclassroom.org](http://www.wildernessclassroom.org).

Earlier this month the Animas River in Durango, Colorado, turned an eerie shade of

mustard-yellow a few days after the one-year anniversary of Mount Polley copper mine's tailings dam failure, which news reports called "Canada's worst mine disaster." Instead of the week being dominated by Mount Polley retrospectives, headlines are recounting a home-

**“This journey is about bearing witness to the very land and water we are fighting to protect.”**

grown mining disaster a hundred years in the making. Though these mines are not in Minnesota, they are shocking displays of what can--and often does--go wrong in the hardrock

mining industry, and should serve as a warning as we consider the impacts of placing sulfide-ore copper mines in the watershed of the Boundary Waters Canoe Area Wilderness.

As paddlers and wilderness enthusiasts we need to be a strong voices for our waterways and the environments they course through. We hope you will join us in our efforts to protect our Nations most popular wilderness, and get involved in this important issue. Now is the time for us all to take action and help protect the Boundary Waters.





# Paddle Green Spotlight: Colleen Devlins with Boating in DC

*By Colleen Devlin, the Environmental Coordinator for Boating in DC. Colleen fell in love with rivers as a rower, but plans to grow old with them as a kayaker and stand up paddle boarder. Anyone interested in learning more about Boating in DC's stewardship initiatives can reach her at [c.devlin@boatingindc.com](mailto:c.devlin@boatingindc.com)*

The Potomac and Anacostia Rivers in the heart of our nation's capital have traditionally been accessible only by motorboats and private rowing communities. Fortunately, Boating in DC's Key Bridge, Ballpark, and National Harbor boathouses have opened the locals' eyes to not only the world of recreational paddling, but also to the poor treatment of our urban waterways.

Addressing and promoting the cleanliness of the Potomac and Anacostia has been important to me since my pre-teen years, when I would watch helplessly as the current carried garbage downriver and out of sight everyday at rowing practice. Now, 10 years later, Boating in DC has provided the perfect outlet for me to finally take action!

Though each Boating in DC location provides

interactions with flora, fauna, and the great outdoors that are often hard to come by in our bustling city, paddlers also return to shore

lamenting about garbage sightings in the river.

It did not take long for Washingtonians new to paddling to realize that our historic rivers need far more attention than what they receive. Do-gooders will often return from paddling with garbage they have collected, ranging from plastic bottles,

to two garbage bags full of Styrofoam, plastic, and glass. This inspired us to begin our first of two river stewardship programs.

Our first initiative gives a 5% discount off rentals to "friends of the river," those paddlers who bring back trash. For some, the initiative has morphed into a challenging scavenger hunt, with 30-year-old men unloading their



assorted treasures, beaming with satisfaction over their booty. It's less about the discount and much more about the action taken.

DC area paddlers interested in making an immediate improvement to the cleanliness of our rivers can take part in our second initiative, which is a weekly community cleanup on the Anacostia River every Sunday morning from 9:30 to 11:00 AM at Boating in DC's Ballpark Boathouse location.

The Anacostia has a bad reputation. With jokes of mutation upon contact, it is no wonder it carries the denomination, "The Forgotten River." The Anacostia needs as much attention as it can get, and we are proud to be one of the local organizations doing its part

to help. In partnership with the ACA, our no-charge paddle equips volunteers with gloves, a grabber, and, of course, ACA Paddle Green Bags.

Our first session was comprised of 5 people, who in only 60 minutes, managed to collect 145 pounds of garbage. The following week, our volunteer team tripled in size and amassed 264 pounds of trash, including a cooler, a dishwasher door, a 3-foot Styrofoam cube, and a weather balloon. I have noticed a challenge developing to get volunteers to stop on time.

They say it is addictive. I say, "Tell your friends."



# EDUCATION





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!](#)

## AUGUST Instructor of the Month - Dale Dortch

**ACA: What is your favorite thing about being an ACA Instructor?**

Dortch: For me, the biggest reward that comes with being an instructor is seeing the transformation people experience when they get in a canoe. Seeing the joy on their faces when they paddle is the best.

**ACA: If you had to paddle just one river for the rest of your life, which would it be and why?**

Dortch: It would have to be the Nantahala. From top to bottom you can make it a nice trip down the river or you can work yourself to the extreme, and it has so many teaching places along the way.

**ACA: What are your paddling plans for the winter? How do you keep your skills tuned in the off season?**



Dortch: I watch my home river (St. Francis) for winter paddling, and we usually have a pretty good season, but I believe two things keeps me in shape for paddling in the winter: yoga and flatwater drills.

# SEPTEMBER Instructor of the Month - Joe Kochevar

## ACA: What drew you to become an ACA Instructor?

Kochevar: I became a Coastal Kayaking Instructor with the ACA after graduating from Northland College in 2005 with a degree in Outdoor Education. I had taken a position as a sea kayaking guide with Living Adventures Inc in Bayfield, WI. All the guides at Living Adventure are required to take the IDW as a part of their staff training. At the end of the summer, guides are invited and encouraged to attend the ICE in the fall if they think guiding and sea kayaking instruction is something they plan to continue. With my background in outdoor education, and my longtime love of paddling, becoming an Instructor seemed like a natural fit. Admittedly, like a lot of newly minted Instructors, I was more interested in gaining personal paddling skills than in teaching others about paddlesports. However, as my personal paddling ability grew and matured, so too did my interest in sharing this with newly found passion with others.

## ACA: What's your favorite paddling memory out on the water?

Kochevar: I took an autumn solo trip to Outer Island in the Apostle Islands on Lake Superior. It was one of those gorgeous fall days when you could tell there was a major shift coming in the weather. The wind had been blowing out of the north all night and most of the

morning as I made my way along north coast of Stockton Island. After taking a lunch break before starting my crossing to the Outer Island sandspit, the sun came out and the wind subsided. The whitecaps turned into gentle, giant rollers. As I paddled, I would have long moments when I was down in the trough of the waves when I couldn't see any of the islands around me, just a wall of shimmering navy blue in all directions. I had paddled in water that big and exposed before, but never alone. It was just as much terrifying as it was amazing.



## ACA: What advice do you have for others who might want to enter the world of paddling?

Kochevar: Push yourself. Keep experimenting. I see a lot of very experienced paddlers out there that never really advance beyond a certain set of skills, mostly because they allow themselves to get too comfortable. Honestly, before I learned about edging a sea kayak, I thought sea kayaks were boring. Learning about the way edging unlocks so many fun maneuvers during my IDW was a major "aha!" moment for me. After that, everything was different. It made all of my paddling better, no matter what kind of boat I was in... actually it made everything better. It has changed the way I think about carving a turn on skis or rounding a corner on a bike. Yet, none of that would have happened if I hadn't been willing to try something new and push myself a little.



**The First Event Exclusively For ACA ITs & ITEs**  
[www.americancanoe.org/ITConference](http://www.americancanoe.org/ITConference)

From educational sessions and networking functions, to a wide range of high performance clinics and workshops geared to provide ample opportunities for personal development, this conference has it all!

(Note: We listened to your suggestions on the initial draft conference content, so please take a look at the [updated version!](#))

**[Reserve your spot](#) at the IT Conference today.**

# 2015 Swiftwater Rescue Conference

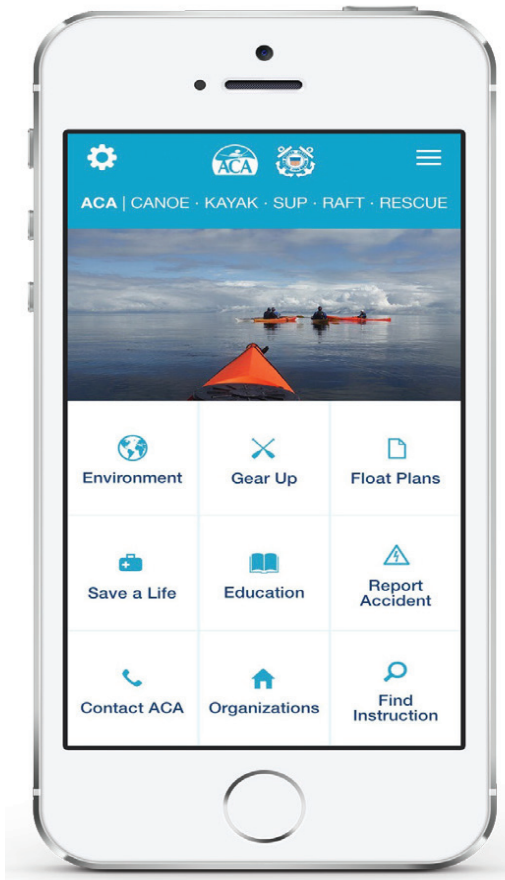
Learn from the best of the best in swiftwater education, and network with professionals like Jim Coffey, Charlie Walbridge, and Mike Mather (just to name a few)!

This year, we have also added the ability to choose a 'track' for the conference; this will allow participants with various levels of experience and interest get the most out of this great event!

For the most up to date conference information, and to register, please visit: [www.americancanoe.org/SWR\\_Conference](http://www.americancanoe.org/SWR_Conference)



# The **PADDLE READY** app has some awesome new features!



**Surf Forecasting**

**Tide Forecasting**

**Course Reporting for ACA Instructors**

**Improved Float Plans**

**Access Points**

**Paddle Club Search**

**Improved ACA Instructor Search**

[Download the app for your iPhone](#)

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**It's free!**





# ACA PRO SCHOOL SPOTLIGHT



## Osprey Sea Kayak Adventures

We are your South Coast Paddlesports Connection. We provide comprehensive sea kayaking, surf kayaking & stand up paddling instruction, tours, team-building programs, rentals, and sales & service.

Our shop in Westport, Massachusetts, is located at the Head of the East Branch of the Westport River. The Westport River is known for its picturesque rural landscape, easy paddling, and great birding (we have New England's largest concentration of breeding ospreys). We're located within minutes of pristine salt marshes, protected bays and harbors, and the open waters and waves of Buzzards Bay and

The Elizabeth Islands.

We welcome paddlers of all levels. Our courses are designed to develop your on-water paddling skills and judgment. We offer a broad spectrum of tours and adventure trips that will satisfy paddlers looking for anything from a relaxing salt-marsh cruise to the challenges of rock gardens, surf, and open water.

Please visit [www.ospreyseekayak.com](http://www.ospreyseekayak.com) for more information.

-Carl & Samantha Ladd, Co-Founders

*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](http://www.americancanoe.org/ProSchools) to find a Pro School near you.

# A Million Ways to Teach

By Larry Ausley, an ACA Whitewater Kayaking Instructor Trainer Educator, Coastal Kayaking Instructor Trainer, advanced whitewater kayaking, tandem canoe and river safety and rescue instructor. Follow him on Facebook as [trianglekayak](#) and on Twitter [@trianglekayak](#).



Successful completion of an ACA Instructor Certification Workshop can be an exciting moment in any paddler's life. You've met the "[Gold Standard](#)" of an internationally recognized body to go out into the world and begin passing your knowledge, skill and enthusiasm on to a whole new generation of paddlers and lovers of water.

As I wrap up teaching instructor workshops, I debrief the group on the possibilities they have for getting out and putting these new talents to use. Many new instructors find this moment a little intimidating, thinking "How and where am I going to start teaching?" Looking at the needs to attract a class of students, plan a venue, plan curriculum, obtain insurance, plan contingencies, arrange logistics and communicate all this to your class can be intimidating.

For the last several years, there have been

somewhere around 4,000 ACA certified instructors in the world among all ACA disciplines. In any given year, around 25% of these certifications lapse, for a variety of reasons. Based on my conversations with newly certified instructors, in many cases, a big reason for this attrition can be the confidence factor of organizing and holding their first few classes.

I know I had these doubts and questions when I was originally certified as an ACA instructor. I also recognized though, that breaking the task down into bite-sized chunks was the key to getting past that initial intimidation. I invited small numbers of friends out on the lake or river to learn a few key concepts of paddling. There is a fairly widespread misperception that reportable ACA courses must take the form of the complete "[Example Skills Course](#)" (for example, the [2-day ACA Whitewater Kayaking example skills course](#) that defines the

body of knowledge for a Level 4 Whitewater Kayaking Instructor). The truth though is that ACA welcomes instructors to break their body of knowledge into information, skill sets and course offerings that provide the most useful experience for their students' needs, wants and timeframe. Shorter, more manageable and more convenient educational offerings have become more appealing in the modern world and probably offer the best opportunities for instructors to connect with students. With over 20 million participants in canoeing, kayaking, rafting and standup paddle boarding in the United States in 2014, this ability to custom-fit educational opportunities creates millions of ways for the ACA instructor to design and implement a teaching curriculum pertinent to their audience.

Listed below are some teaching ideas and opportunities that I've personally taken advantage of and/or even actively "marketed" over my paddlesports and river safety education career.

**Teach for friends.** This may be the lowest impact of all the ways to break yourself into paddling. Remember all those people that have said "I'd like to try that sometime"? Now's their chance. Extra credit: Tell them to tell their friends what an awesome instructor you are.

**Teach for paddling clubs.** There is probably no single opportunity to begin teaching that's utilized more than local paddling clubs. Many clubs have several instructors who may already be teaching that you can jump in with as a co-instructor. Offer your services and let the more experienced instructor know what you'd like to contribute. Offer to "audit" existing courses as a safety boater and just sit and absorb what the instructor is doing using your newly acquired perspective. *Added benefits:*

Many clubs offer some type of reimbursement for club instructors including things like subsidizing certification costs, CPR/First Aid fees, instructor update fees or providing course insurance (e.g. the [ACA PAC insurance](#)). Clubs might also present one of the better opportunities for instructors to teach and coach students over the long-term, building a progressive set of skills and progressing confidence over time.

**Teach for a Meetup group.** Meetup.com has been a surprising grassroots source for organizing new paddlers and even as a communications/organizing tool for many existing paddling clubs. I've seen several instructors get involved with their local meetup group, introducing themselves and offering a variety of educational opportunities. Why not even go the extra mile and create your own meetup, just for teaching?

**Teach for a local outfitter.** Shortly after I was certified, I took a chance at approaching a local retail canoe and kayak outfitter with a proposal to add education to their existing offerings of retail sales and river-trip livery. The owner was gracious enough to sit down and talk with me about how we could piece together a program of even the simplest 3-hour "quickstart" programs to complement their leading sales of recreational kayaks. I tried to provide my best professional approach to this relationship and it paid off as a long-lasting mutual benefit to us both. The shop gave me "pro-deal" access to their retail equipment and I provided them with an attractive offering of education for their new customers. Take this same chance yourself with your local outfitters. It's a synergy that you'll both benefit from.

**Teach for a non-profit.** There are many non-profit organizations involved with water. Some of them have programs that put people on the water for a variety of reasons and in a variety of vessels. I've taught river safety programs for local Riverkeeper groups who organized river paddling trips. Organizations like The Nature Conservancy or American Rivers may organize trips to experience the resources they are protecting. Thinking outside the box, you may even want to consider educational offerings as a donation opportunity to non-profits like ACA or American Whitewater; donating your proceeds as a tax-deductible contribution.

**Teach for the Scouts.** The Girl Scouts and Boy Scouts have a long history of paddlesports education and ACA instructors can play a significant role in helping these organizations get kids on the water as well as helping provide education to adult leaders. Both groups have merit badges specifically relevant to the paddlesports. Contact your local councils to see how you might get involved.



**Teach people with disabilities.** National programs like Team River Runner work directly with helping disabled veterans participate in and enjoy paddlesports. Other local resources like the [Wintergreen Adaptive Sports](#) program provide opportunities for the general public and open their arms to paddlesports instructors who'd like to volunteer. I can say first-hand that you'll find great personal reward by volunteering your time to these groups. Add an [ACA Adaptive Paddling Endorsement](#) to your certification to help you understand these challenges. It's worth it.

**Teach with a Co-op.** The internet in general and Facebook in particular has made it exceptionally easy and cost-free to organize cooperative groups of instructors who want to advertise an educational product and make it available to the public. One of my former instructor candidates participates in [The River Bros.](#), as an example of how easy it is to pull together your like-minded friends or certification workshop peers and put together a great resource for students.



**Teach for local or state government.** City, county and state government agencies including parks and recreation departments more and more are developing programs to get the public involved in outdoors recreation. Paddlesports are among the more popular offerings wherever waterbodies are involved. Directly or indirectly I've taught for several city and county recreation departments, teaching students or helping develop agency staff. It's often feasible to introduce yourself to these organizations and arrange either a contract opportunity or to work directly as part- or full-time instructors for the agency. Even at the national level, an agency like the US Coast Guard Auxiliary could be a useful local contact to build joint educational ventures. ACA instructors are frequently the definitive source of paddlesports safety and knowledge in a given area. The weak link is often the ability to make these local contacts from a national level.

**Teach for academia.** Lots of public and private elementary, secondary and higher education schools now involve outdoor sports in their academic and/or extracurricular programs. Where active, these can be a great place for an instructor to get involved and even help develop new and evolving paddlesports education programs.

**Teach for summer camps.** As highlighted in Kent Ford's "The Call of the River", summer camps have been part of the life blood of paddlesports for decades. From flat water canoeing to whitewater to coastal kayaking, thousands of paddlers are introduced to paddling through these camps every year. As such, they are a great place to find a part-time teaching opportunity.

**Teach for your update.** One of the mechanisms available for obtaining your required

instructor update is co-teaching skills courses or instructor certification workshops with an appropriate Instructor Trainer. This is a win-win situation for you and the IT. [Find and talk to ITs and ITEs in your area](#) and ask them about these opportunities.

**Teach for a professional paddling school.** It's stating the obvious, but professional paddling schools might be the pinnacle of opportunity for ACA instructors to engage in their chosen vocation/avocation. The [ACA Pro Schools](#) are the embodiment of the best that ACA education can offer for the instructor and student alike. Located across the country, these organizations or companies provide the chance to teach at the highest level of the field for those who've demonstrated a commitment to this level of quality.

The teaching requirement for maintaining ACA instructor, IT or ITE certification in ACA are fairly minimal and not at all onerous to complete. There are myriad opportunities to teach paddlesports if one will go looking for them and exercise a little forethought and creativity. By matriculating from an ACA Instructor Certification Workshop, you've already demonstrated you have the ability to do it. Be creative. Think not only about traditional skills courses. Tell people about skills assessments. Think big: Long-term progressions programs. Think small: Single issue/single skill intensive sessions. Think inside: Pool rolling sessions or mechanical advantage rescue techniques. Think outside: Kayak or canoe camping. Co-teach with more experienced instructors, co-teach with a group of novice instructors or jump in on your own.

Be Safe. Have Fun. Teach.

# ADAPTIVE



# Cultivating Inclusive Culture

By Joe Moore, Adaptive Expeditions Founding Executive Director and ACA Adaptive Paddling Committee Chair



Have you ever walked into a place and had the overwhelming feeling that you can be yourself without anyone pre-judging anything about you? Without knowing why or consciously thinking about it, you just feel good.... like you really fit in.

Have you ever felt the opposite sensation? Imagine how powerful that sensation could be if there really was something different about you.

According to the United Nations (2), more than 650 million individuals across the globe live with a disability. According to the U.S. Census, if individuals with disabilities were a formally recognized minority group, then it would be the largest by far in America with around 58 million individuals.

**“More than 650 million individuals across the globe live with a disability.”**

Cultivating inclusive culture presents a long-standing challenge in our society. First, the goal was gender inclusion, then race inclusion. Huge strides have been made toward gender and race social equality (although neither

effort is anywhere near complete). Unfortunately, progress toward creating a culture of inclusion for

individuals with disabilities lags behind most other social change.

All organizations express a culture. Organizational cultures can empower employees, customers and members – or not. Organizations outwardly express culture with subtle nuances: attitude, voice, persona, mannerisms, habits (like smiling and laughing), etc. These often-subconscious subtleties, taken collectively, likely determine more than any other

single factor, whether individuals with disabilities (or any other group) will enjoy their experience and want to return to a program.

Recognizing the need and understanding how to create a culture of inclusion presents one of the greatest challenges in the world of adaptive paddling. Non-inclusive culture is a barrier to paddlesports program integration that stands more dauntingly than other barriers. No technology will overcome this barrier. No simple prescription exists.

*communication which ignores the needs of the hearing impaired and written information which ignores the needs of the visually impaired. Such barriers are the result of ignorance and lack of concern; they exist despite the fact that most of them could be avoided at no great cost by careful planning (2).*

Simple mechanical rules like implementing assistive technologies, using person-first terminology, maintaining programming flexibility, emphasizing abilities, avoiding the word



Rarely, if ever, would someone or an organization simply deny participation to a person with a disability who can safely participate. Today, discrimination occurs much more subtly. For example, the United Nations has recognized:

*[People with disabilities] can be excluded by other types of barriers, for example oral*

“handicapped”, and other easily applied rules can go a long way towards projecting inclusive culture. However, these simple rules are only a part of an equation for inclusion. And, to be honest, they can also provide a political-correctness mask for an underlying organizational culture that is not inclusive.

An organization can follow every best practice and still not convey that welcoming, empow-



ering feeling. If taking time to build adaptations before the start of a kayaking program is really not worth the extra hour of staff time, that reality will ooze through the organization's pores. If staff have serious doubts whether any individual should take off their prosthetic legs and go canoeing, the lack of education will be unavoidably obvious. If an organization measures the bottom-line only in dollar signs, that value-system cannot be hidden.

An organizational culture that creates a welcoming, inclusive feeling emanates from the hearts and minds of individuals. A smile, excitement, and positive energy always shine through. If someone really wants to be inclusive, but finds himself or herself paralyzed by the fear of saying or doing the "wrong thing," that lack of experience will be obvious, but, more importantly, so will the underlying drive for self-improvement. An underlying drive for self-improvement coupled with smiles, excitement, and positive energy makes "saying or doing the wrong thing" easily forgivable.



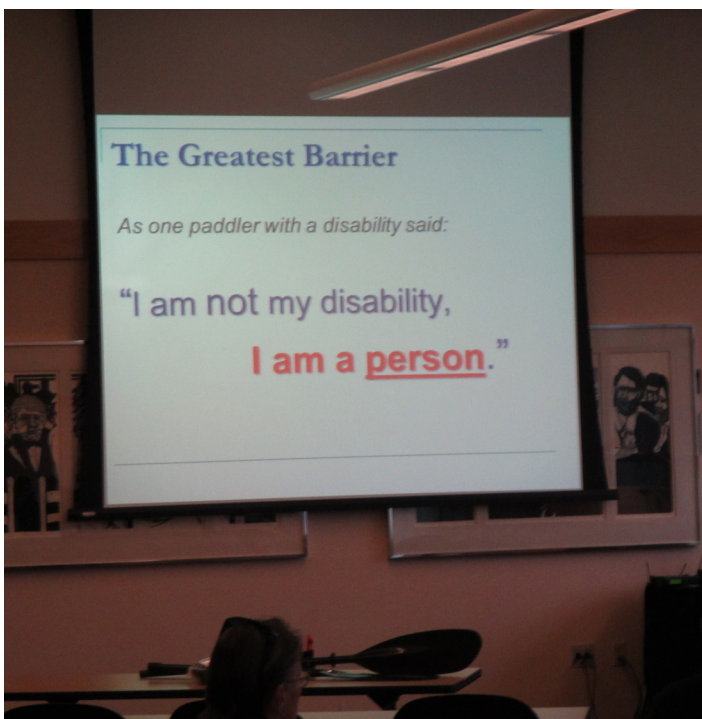
Individuals and organizations must not just be willing, but they must really want to undertake extra effort to break down barriers. They have to want it strongly enough to make small sacrifices of time, be willing to risk embarrassment of saying or doing the "wrong thing," be willing to absorb the cost of a few extra staff hours each year, and they have to feel good about making those choices.

How can we help effect this social change? Educate and demonstrate with actions! Go out and find someone with a disability, develop a friendship, teach him or her to paddle, and then share your story with the world.

Sources:

(1) *International Convention on the Rights of Persons with Disabilities*

(2) *World Programme of Action Concerning Disabled Persons, adopted by the General Assembly on 3 December 1982, by its resolution 37/52.*



# ACA Adaptive Paddling Workshop: A Student's Perspective

Hi, my name is Mike Adams. Four days of a physical and emotional roller coaster ride, and I've safely landed a new person. Please allow me to walk you (or paddle you) through the process of change that occurred over the four-day ACA Adaptive Paddling Workshop hosted by Venture Outdoors in conjunction with Dynamic Paddlers.

Rewind to the day before the class; as the Senior Site Supervisor of Kayak Pittsburgh I had a lot of expectations to live up to.

Day 1 was all classroom. We spent most of the day learning the core concepts of adaptive paddling. I drank WAY too many cups of coffee but enjoyed all of the new ideas that were introduced.

Day 2 we were off to North Park Lake where we were dressed to get wet! As part of the

workshop, we learned how to safely rescue people who have limited to no use of their arms or legs. At the end of the day, we were assigned groups and given information on the participants we would be working with over the next two days. The instructors picked me to be the lead of our group— talk about added pressure! My group was the only group of three, and we were the “Dream Team” with Equipment & Facilities Manager, Jim Smith, Volunteer Trip Leader and Nurse, Mary Lynn Marsico, and myself— Mr. Kayak Pittsburgh. If we couldn't do it, nobody could! The information presented to us about our participant was definitely eye opening. The challenges that faced us seemed impossible to overcome. At times, the thought crossed my mind, “is it even possible to get this person on the water?”

Day 3 we met the participants. I was excited





and nervous. I'm not used to being around people with disabilities and felt uncomfortable at first. My participant showed up with a shirt saying "10 fingers are overrated." With a sense of humor like that, I knew we would get along.

The "Dream Team" sat down with the participant and, after an hour and a half of figuring out what the participant needed, we got to work constructing a custom setup to make it possible to paddle. Oh yeah, did I tell you all we had to work with was three types of foam, some bike inner tubes and some duct tape? We also had a three hour time limit, half of which was burned just talking! One at a time, we knocked out all issues that faced our participant. With some scrambling at the end, we finished the entire roll of duct tape and our build. We built foot rests, behind the knee supports, compound sloped seat, and even custom paddle grips with a little help from the head instructor.

Next, we went to the swimming pool for a test to see how our new kayak would hold together. Our participant had been in a wheelchair the entire time up until this point. I'm a tall

guy and it was such a joy to spend time standing with my participant! Water really is the great equalizer!! The participant was a quick study in the pool. She made it easy with the help of my team to get her paddling.

Day 4 was the final test. I was SUPER excited for this day. All the hard work was done. Three days of practice and testing for this. Now we relax and do what we are supposed to do: HAVE FUN!! Despite the rain, we got to the North Park Lake bright and early. Just like we practiced, the real world was no different than the dress rehearsal. Some minor modifications needed to be made on-the-fly but all-in-all our participant was a lean-mean-kayaking-machine.

Throughout this process I grew not only as a kayaker/coach/outdoor enthusiast but also as an athlete and person. It taught me that any physical issues that I face are miniscule. Pure passion and heart can overcome even the biggest of hurdles.

To learn more about ACA adaptive paddling opportunities, please visit:  
[www.americancanoe.org/AdaptivePaddling](http://www.americancanoe.org/AdaptivePaddling)

# Upcoming Adaptive Paddling Workshops (APWs)

*At the core of the ACA Adaptive Program, Adaptive Paddling Workshops (APWs) provide the information necessary to seamlessly integrate individuals with physical disabilities into outdoor recreation programs in the context of paddlesports.*

**9/17/2015 - 9/20/2015**

## **Big Bay, Michigan**

Anyone can attend this American Canoe Association adaptive paddling workshop (APW), which has been taught across the country since 1990 and at Bay Cliff since 1998.

[Click here](#) for more information.



**10/1/2015 - 10/3/2015**

## **Irving, New York**

This is a 3-day class. Enrollment fee per Endorsement Candidate = \$400 (Includes text book).

[Click here](#) for more information.



You can find a full list of APWs [here](#).

## **Will you be attending the Instructor Trainer Conference in October?**

Then don't miss this APW, hosted and sponsored by [Adaptive Expeditions](#), Sunday through Tuesday of the Conference!



**10/25/2015 - 10/27/2015**  
**Charleston, South Carolina**

[Register online today!](#)

# Working Together to Develop Lifejackets for Individuals with Adaptive Needs



The ACA is proud to partner with U.S. Sailing and the C. Thomas Clagett, Jr. Memorial Clinic & Regatta on a Bonnell Cove Foundation grant program to assist individuals of all abilities with lifejacket performance and designs. (our letter of support is attached for your reference)

If you are, or know of someone who is a paddler with a physical or cognitive disability, please consider taking a few moments to fill out this short online survey:

<https://www.surveymonkey.com/r/lifejacketsurvey>

**Survey deadline is Friday, September 11th.**

The next phase of this grant program will be to conduct on-water testing of various lifejackets with the ultimate goal of recommending performance improvements to manufacturers and regulatory entities.

Thank you for your time and consideration of providing valuable feedback for this project!

# News Near You



# STATE-BY-STATE

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

## Alabama

The summer has been busy for paddle sports in Alabama. The Birmingham Canoe Club held Intermediate Canoe and River Kayak courses along with Level 3 and Level 4 Rescue courses. The Huntsville Canoe Club held its annual Rescue Rodeo and summer HOT trip with more than 50 participants.

Contact: Helen Todd

[AlStateDirector@americancanoe.net](mailto:AlStateDirector@americancanoe.net)

## California

This Summer, the ACA is sponsoring the 2nd Annual LA River Race, contributing to the major river restoration work beginning to occur in this dense urban area. It is also the time of year where coastal ocean kayaking is sublime, and long-distance kayakers journey to, fro, and around the beautiful channel islands in sparkling blue seas. Exploring the sea caves of these islands by kayak - including the "Marge Simpson Cave" - is both exciting and captivating. The unseasonably warm coastal waters precipitating a supposedly 'monster' El Nino will like bring more tropical ocean life to our coast - even more reasons to paddle the ocean this time of year.

Contact: Alexander Morris

[CaStateDirector@americancanoe.net](mailto:CaStateDirector@americancanoe.net)

## District of Columbia

The DC area has been very fortunate this summer in receiving a steady amount of rain which has meant that we've seen more groups paddling on the Potomac and Anacostia! So far this summer, the rivers have been busy with every type of paddling imaginable. The Great Falls Race was a huge success, with

a higher number of participants (as well as a higher number of female kayakers). Following the race, participants and spectators came together for the Potomac Festival to celebrate the athletes, enjoy evening yoga, sports therapy and boat outfitting clinics.

Contact: Meredith Waters

[DCStateDirector@americancanoe.net](mailto:DCStateDirector@americancanoe.net)

## Florida

Individual and Group Instruction Opportunities: whether you're looking for basic safety and paddling skills or you'd like to learn and practice paddling rescues, ACA instructors are scheduling courses throughout the state. From assessments to Instructor Certifications, our ACA courses will prepare you for a safe enjoyable paddle along our Florida waterways.

Contact: Peggy Phillips

[FlStateDirector@americancanoe.net](mailto:FlStateDirector@americancanoe.net)

## Idaho

It has been a terrific paddling season here in Idaho. In particular, the number of community races--from the Idaho River Rendezvous to the North Fork Championships to the Payette River Games--have contributed to the vibrant river culture here in Idaho. If you'd like to plan an event or see a way that the ACA can help in your area with stewardship, education or instruction, please contact me.

Contact: Elliot Jacobs

[IdStateDirector@americancanoe.net](mailto:IdStateDirector@americancanoe.net)

## Illinois

Illinois paddlers gathered Aug. 1 for the first of what hopes to be the annual Kishwaukee

River Paddlefest near Rockford in Northern Illinois. There was a paddle down the beautiful Kishwaukee River as well as a safety clinic. Music included Jerry Vandiver of Nashville, TN, and paddlers shared many stories around the campfire.

Contact: Lenore Sobota

[ILStateDirector@americancanoe.net](mailto:ILStateDirector@americancanoe.net)

### **Indiana**

Indiana had its first in-state Instructor Training class in Kokomo, graduating five new Level 2 Kayak instructors! All of the river cleanups scheduled in June and July throughout the state were canceled due to high water levels from the continuous rainfall received in June and July. A new river guide app was launched for the White River, which is also threatened by a proposed dam.

Contact: Joe Rozsahegyi

[InStateDirector@americancanoe.net](mailto:InStateDirector@americancanoe.net)

### **Louisiana**

Ben Pierce (Executive Director of Louisiana Swamp Base, a project of the Evangeline Area Council of the Boy Scouts of America, based in Lafayette, LA) reports an ever-growing response to their high adventure paddling program, in which close to 1,000 Scouts from around the country will be traveling to Louisiana in 2016 to spend a week canoeing 61.6-miles through the vast swamp known as the Atchafalaya Basin. Additional info at [www.bsaswampbase.org](http://www.bsaswampbase.org).

Contact: Ben Sandmel

[LaStateDirector@americancanoe.net](mailto:LaStateDirector@americancanoe.net)

### **Maryland**

A group of 60 kayakers and canoeists embark on an all-day naturalist expedition at Malloes Bay in search of marine fossils and shark teeth. ACA Instructors also led a group of 120 kayakers on a water tour of Washington, D.C.

to experience the monuments at twilight.

Contact: Bob Cianflone

[MdStateDirector@americancanoe.net](mailto:MdStateDirector@americancanoe.net)

### **Mississippi**

Registration for the annual Gator Bait Race is now open. The event will be held on Sept 19 at Pelahatchie Shore Park on the Ross Barnett Reservoir in Jackson, MS. For more info, please visit [www.gatorbaitrace.com](http://www.gatorbaitrace.com).

Contact: Brian Ramsey

[MsStateDirector@americancanoe.net](mailto:MsStateDirector@americancanoe.net)

### **New Hampshire**

NH is working on establishing a following on the Facebook page, which was started on 8/5. We are also reaching out to potential Executive Council members, in attempts to fill the outstanding positions. Lastly, we are in discussions with the University of New Hampshire to schedule a river festival, centered on the Contoocook River Access Project dedication as the Cliff Eisner Memorial.

Contact: Marty Parichand

[NhStateDirector@americancanoe.net](mailto:NhStateDirector@americancanoe.net)

### **New York**

New York ACA members are enjoying a fabulous summer season of paddling! ACA SUP instructor training, WOW Paddle Fests at New York State Parks and a fantastic Adaptive Paddling Workshop this fall - New York is the premier paddling destination this summer for ACA members!

Contact: Liane Amaral

[NyStateDirector@americancanoe.net](mailto:NyStateDirector@americancanoe.net)

### **Ohio**

On August 9th, ACA Ohio held the first ever outdoor kayak football tournament for disabled veterans. The tournament was designed to honor our veterans while exposing a whole new group of people to the benefits of both



kayaking and adaptive paddling. These Vets sure put the ability in disability.

Contact: Ryan Pepper

[OhStateDirector@americancanoe.net](mailto:OhStateDirector@americancanoe.net)

### **Oklahoma**

USA Canoe/Kayak, the ACA and legendary former US National Team Coach and Olympian Bill Endicott came to Oklahoma City's Boathouse District last month to debut RacerQuest, a new Talent ID program aimed at discovering America's next generation of world-class paddlers. 60 youth participants showed their skills during strength, agility, coordination, speed and balance tests. The top performers were invited back for a Talent ID session on the water!

Contact: Aasim Saleh

[OkStateDirector@americancanoe.net](mailto:OkStateDirector@americancanoe.net)

### **Pennsylvania**

ACA Pennsylvania has been charging the lips. It's all about kayaking waterfalls. The Over the Falls event will see 100's of boaters hucking over a 15' high Ohiopyle Falls with thousands of spectators eagerly watching. Club boaters are teaching beginners on the Youghiogheny during their outings and are now moving to waterfall clinics at Valley Falls on the Tygart, the university for waterfall education. The Pennsylvania branch of the ACA has been there saving some boats, demonstrating techniques, assisting clubs and dropping horizon lines for an educated paddling community.

Contact: Steve Barber

[PaStateDirector@americancanoe.net](mailto:PaStateDirector@americancanoe.net)

### **Puerto Rico**

ACA-PR participated in the event Endless Summer on August 15, 2015 at Inches beach in the town of Patillas, PR. The event was hosted by one of the ACA SUP instructors in PR, Mr. Omar Garcia. We will be promoting the ACA

and providing clinics and education to the general public.

Contact: Omar Ramos

[PRStateDirector@americancanoe.net](mailto:PRStateDirector@americancanoe.net)

### **South Dakota**

Mitchell Joldersma, an ACA Level 2 River Kayaking Certified Instructor, recently completed a 6 month fundraising drive to fund a feasibility study to build a whitewater park in Sioux Falls. His non-profit, Sioux Falls Whitewater Park, continues to build momentum and excitement in the community with hopes for building a park in the next few years.

Contact: Steven Dahlmeier

[SdStateDirector@americancanoe.net](mailto:SdStateDirector@americancanoe.net)

### **Vermont**

Earlier this summer, Vermont paddlers celebrated the addition of the Upper Missisquoi and Trout Rivers to the National Wild and Scenic Rivers System - the first Vermont rivers to receive this prestigious designation. The ACA co-sponsored the celebration and State Director Nathan Lavery tabled at the event and joined in the celebratory paddle.

Contact: Nathan Lavery

[VtStateDirector@americancanoe.net](mailto:VtStateDirector@americancanoe.net)

### **Wisconsin**

Wausau hosted The Jackson Clinic and Midwest Freestyle Championships on the Wisconsin River with 45 students taking a two day freestyle clinic followed by two days of competition, including 50 beginners and 3 pros among the 110 competitors. A team freestyle and boater-cross rounded out the event that drew roughly 2000 spectators.

Contact: Thomas Shrader

[WiStateDirector@americancanoe.net](mailto:WiStateDirector@americancanoe.net)

# Want to Get Involved in Your State?

As a national organization, it can be difficult to know 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 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](mailto:aellis@americancanoe.org).



# MEMBERSHIP



# ACA Member Benefit: Discover Sugar Island



as children's crafts, a camp dinner, a swim around the island race, and evening programs.

Today, there is something for everyone at Sugar, whether you wish to find some well-earned solitude or you are looking to meet ACA members from across the USA.

Since Sugar Island is financially self-supporting, it is necessary to pay a small daily camp fee.

If you are interested in booking a stay, please contact the Camp Registrar, Marcia Banholzer, for more information:

[CampSugarIsland@gmail.com](mailto:CampSugarIsland@gmail.com)



At the founding of the ACA in 1880, one of our primary purposes was to hold an Annual National Encampment for the membership to camp together and share our love for the sport of canoeing. Gordon Britton, one of the founders and past Commodores of the ACA, purchased Sugar Island for the association in 1901.

With the purchase of Sugar Island, the ACA gained a permanent location; the Island provided a focus and headquarters for the ACA.

The Annual Encampment is a century-long tradition held each year at Sugar Island! You are invited to join us for a vacation that includes primitive camping, canoe sail regattas, and a peaceful surrounding like no other. We also offer great family-oriented programs such



# ACA Outfitter, Livery & Guide Spotlight



## One Planet Adventures

[One Planet Adventures](#) provides outdoor leadership skills training using adventure, innovation, client-centered culture and collaborative learning experiences while maintaining the highest industry standards.

Our curriculum is nationally recognized and we work closely with the organizations that manage the programs we provide.

While there are many outdoor leadership organizations that serve a single niche, we have assembled a leadership team and national network of facilitators that meet the unique and ever changing demands of education, business and leadership management.

One Planet Adventures is based in Minnesota but as our name indicates, we believe opportunities for adventure exist everywhere. We will help you build your program and work with you to develop the highest quality training available!

We take care of the logistics, you come ready for adventure.

Contact us today and we can determine the best step in moving forward in order to meet your outdoor education & leadership needs.



Find an ACA outfitter near you using this handy [new search tool!](#)

# MEMBER PHOTO OF THE MONTH

*ACA Instructor Benjamin Moore SUP surfing at  
Skookumchuck Rapids in British Columbia*



# COMPETITION



# Ready, Set, Mark Your Calendars!

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

**Sept 12, 2015**

**2015 Interpretive FreeStyle Competition**  
Camp Butler, Peninsula, Ohio

**Sept 27, 2015**

**Tour de la Riviere Rouge**  
Shreveport, Louisiana

**Oct 2, 2015**

**Hobuck Hoedown Paddle Surf Festival**  
Neah Bay, Washington

**Oct 3, 2015**

**Louisville 50 Canoe and Kayak Race**  
Louisville, Kentucky

**Oct 10, 2015**

**Middle States and Masters' Regattas**  
Washington, District of Columbia

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



# USA Canoe/Kayak Update

By Aaron Mann, Director of Communications USA Canoe/Kayak



**2015 ICF Freestyle World Championships (August 30-September 5)** - Big tricks and big names converge on the Ottawa River in Canada to compete on the world-famous garburator wave. Watch out for American Dane Jackson, who has dominated competitions on this feature.

**Rio 2016 Olympic Canoe Sprint Test Event (September 4-6)** - After concerns over the venue's water quality made headlines this summer, the US National Sprint Team gets their first chance to compete at the Olympic venue in Rio de Janeiro. This event will also allow organizers to test and athletes to experience the protocols for the upcoming Olympic Games.

**2015 ICF Dragon Boat Club Crew World Championships (September 10-13)** - Dragon boat descends upon Racice, Czech Republic to fight it out for the world title.

**2015 Canoe Marathon World Championships (September 11-14)** - After coming to the Oklahoma City last year, canoe marathon returns to the storied regatta center in Gyor, Hungary.

**2015 ICF Canoe Slalom World Championships (September 16-20)** - The US National Slalom Team goes to London, England to compete on the waters of the Lee Valley White Water Centre, the site of the 2012 Olympic Games. With world championship medals and Olympic quota spots on the line, this has the makings of a truly exciting event.

**Olympic Hopes Regatta (September 25-27)** - Potential future champions of canoe sprint, ages 14 to 18, come to Brydgoszcz, Poland to put their speed to the test against others in their age bracket.

# Collegiate Race Series Florida Championship



**October 2-4, 2015  
Tampa, FL**

This is the first year that the ACA will be hosting a flat-water component to the Collegiate Race Series and what better place to host this race than the world renowned Hillsborough River, where competition flows in the history of the waterway!

[Click here](#) for more information.

# Collegiate Race Series National Championships



**October 17, 2015  
Roanoke, VA**

This is the premier event for colleges and universities from across the country to compete in canoe and kayak racing. There will be individual as well as team races in 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!

[Click here](#) for more information.

# EXPLORATION



# Paddling the Mississippi River: Source to Sea “Cruising for a Cure”



When we found out that the Grey Beard Adventurer, otherwise known as Dale Sanders, was paddling the entire length of the Mississippi River at 80 years young, naturally we had some questions to ask him. We interviewed Dale just as he was finishing up his trip at the end of August, and he told us about everything from his motivations and challenges while out on the water, to the delicious snacks that kept him going on the tough days.

**ACA: You are nearing completion of your Mississippi River: Source to Sea canoe trip, a journey of 2340 miles, which you began in May 2015. Can you tell me about your personal motivations to embark on this trip? What kept you going each day?**

Sanders: I have been a River Angel myself for Mississippi River Paddlers for several years now. It just seemed appropriate I also paddle the river. I needed to sign my own, what I call

the “Paddlers Wall of Fame.” When I found out the oldest Source to Sea Mississippi River paddlers we could find information on were in their 60s, I figured I could come up with a great cause *and* break a record. Type 1 Juvenile Diabetes seemed appropriate since my Grand Niece has been afflicted with the disease since age four. She is eleven now. A multi-purpose Expedition, with also an offer to film the entire journey, was motivation enough for me. Quitting after starting was not an option. One of the things that kept me going was thinking about those who have donated funds and put their faith in me, and thinknig about those who have Diabetes. There was no way I was going to quit and let them down. All my life I have been one to finish what it start. Before the paddle I often said: “Unless something beyond my control causes me to stop I will make it to the Sea.” My wife even went to the emergency room twice and was admitted to the Hospital. With

her blessings, I still continued to paddle. After all, the children with Type 1 Diabetes need more of us spreading the word - awareness of a need for a cure. I must continue, I often said to myself, for the children.

**ACA: How did you train, mentally and physically, prior to the journey?**

Sanders: The best exercise out there is to paddle. None of those new fangled exercise machines can replace the old fashioned blade in the water stroke, stroke and stroke. It doesn't take lots of hours, if done correctly. Every other day or so I would launch an old, but similar, canoe in our small pond. I would paddle a few strokes, place the bow on the dirt dam at water level. After an hour or so of trying to paddle hard enough to push the dam down I got plenty of paddle exercise. A great way to train for paddling. That's all it took. You move the paddle through the water instead of the boat moving forward. Much harder than one might think. This put me in great shape to start paddling on May 15, 2015 at lake Itasca. The portages now were another thing. While on the river I would have to carry my canoe and all the gear around the many dams on the upper Mississippi. I needed another exercise to get in shape to carry the boat on land. The exercise I found best for getting physically ready for these portages was actually loading up an old kayak and with shoulder straps dragging it through the backyards in our neighborhood. Our property backs up to a well maintained gasoline easement. The



neighbors thought I was crazy but it truly did work. Now that Blanchard Dam in Minnesota was another story. Nothing could have gotten me ready for the misery of 38 degrees, everything soaking wet in a severe rain storm, wind, lightning and portaging my boat and gear about a mile to the other side. I must admit, I actually considered quitting. I was wet, miserable, cold and exhausted, not to mention I had to leave stuff on both ends of the portage, unprotected from theft. I tried carrying too much and actually also stashed stuff in the middle of the portage. It took five trips to get all my gear and boat over to the other side of the dam. When I would think of the kids with Type 1 Diabetes, it would help me make it through the day.

**ACA: Tell me about some of the people you met along the way. Did you have any especially meaningful encounters that left a lasting impression on you?**

Sanders: River Angels. Lots of them. Love all of them. They would follow SPOT Tracker, a primary sponsor, bring food and drinks to our riverside camps. Some folks actually walked through the woods to find us. Talk about a morale booster when someone shows up with fried chicken! Now that person is an angel. We received River Angel support in almost every port, from the headwaters at Lake Itasca to the Gulf of Mexico. Without support from people along the way, the trip most likely would have been a failed attempt to paddle the Mississippi River by this 80 year old paddler.

**ACA: What was the greatest challenge you encountered on the trip?**

Sanders: I would have to say heat and mosquitos were our biggest enemy. Close behind was cold rain. Lots of the rain that created July's record high flood conditions fell on us. We basically paddled the high water crest from St Louis, Missouri to Vicksburg, Mississippi. These flood conditions made it very difficult finding any ground dry enough to pitch a tent. Sometimes we would have to paddle 20 or more miles just to see enough land to stop for a quick snack and stretch our legs. Conditions were so severe that some of the northern most paddlers recommended we cancel for this year and paddle next year. That was not going to happen. We became accustomed to "Creative Camping," a term I learned from Austin Graham and Brad Tallent of [adventureitusproductions.com](http://adventureitusproductions.com). They will be making a full length Blue Ray movie of the Expedition, to be released next spring. I highly recommend it for family entertainment.

**ACA: Do you have a favorite river meal, or a special treat, that you looked forward to each day?**



Sanders: I often craved ice cream, or chocolate milk. Oh what a treat it would have been with the heat index at 116 degrees. "Hamburger and French Fries" is what I would often ask for when a River Angel asked if they could bring food. My favorite snack food, believe it or not, was beef jerky. Also, I liked the dry packaged noodles one can purchase at any grocery. We were able to get protein from caned meat. But I guess my all time favorite meal was breakfast. Cinnamon Toast Crunch cereal with dehydrated milk (and banana if I was close to a town). I could eat that cereal every day and be happy. Sometimes I would eat it for dinner as well.

**ACA: If you could sum up this trip in one sentence, what would that sentence be?**

Sanders: The most rewarding adventure of my life, not only because, in some small way, I was helping kids with Type 1 Diabetes but also because every single objective was met: 1) Raised Awareness of Juvenile Diabetes; 2) Donations exceeded the goals; 3) Set an age record as the oldest person to paddle the Mississippi River from Source to Sea; 4) Did the Mississippi River Source to Sea venture

in 80 paddle days; 5) Met each and all port call timelines dates; 6) Set an example for all those older people out there. There is life after 80 worthy of living. Now I would like to challenge some one to break my record.

**ACA: At 80 years young, you are currently setting a record for the oldest man to solo paddle the entire length of the Mississippi River. You also hold numerous national and international titles and awards, you've earned a Master's degree and backpacked around the world, and you even set a past World Record for Underwater Breath Holding (6 mins, 4 secs). What's next on your adventure list?**

Sanders: I am looking seriously at hiking the full length of the Appalachian Trail. Two years from now, if I time it right, I could become the oldest person to hike this trail from Springer

Mountain, Georgia to the top of Mt. Katahdin, Maine in one season.

***Dale, we wish you health, happiness, and many more adventures to come. Thanks for sharing your story with us. Paddle on!***

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# Paddling History



Do you know which past ACA Commodore commissioned this stained glass work of art? Email your guess to ACA Communications Coordinator Catharine Lloyd, [clloyd@americancanoe.org](mailto:clloyd@americancanoe.org).

**The first person to answer correctly will receive a prize!**

*Each issue, we'll bring you an interesting paddling photo from the ACA archives.*

*We hope you enjoy the little glimpses of paddling past.*

*To learn more about ACA history and the early days of paddlesports, visit:*

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