

Volume 4, Issue 4 | July 2018

PADDLE

ACA | Canoe - Kayak - SUP - Raft - Rescue

ACA launches fundraiser for whitewater slalom

Whitewater Raft Adaptive Paddling Workshop

Chile Workshop Sees Promising Instructors

Instructors of the Month



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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.

NATIONAL STAFF

Wade Blackwood- Executive Director
Chris Stec- Chief Operating Officer
Marcel Bieg- Western States Outreach Director
Kandace Bowers- Financial Coordinator
Kelsey Bracewell- SEI Manager
Dave Burden- International Paddlesports Ambassador
Amy Ellis- State Director/Membership Coordinator
Katie Hansen- Membership Coordinator
Kimberly Jenkins- Paddle eMagazine Editor
Brett Mayer- Public Policy Chief
LeighAnn Moore- Insurance Coordinator
Carrie Schlemmer- Education & Grant Coordinator
John Sims- Social Media Coordinator

Competition Department

Morgan House- High Performance & Competition Director
Rafal Smolen- Slalom National Team Coach
Chris Barlow- Sprint High Performance Manager
Zsolt Szadovszki- Sprint National Team Kayak Coach
Aaron Huston- Sprint National Team Canoe Coach
Aasim Saleh- Sprint Jr. Team Manager
Shaun Caven- Paracanoe High Performance Manager/Coach
Zuzana Montagne- Slalom High Performance Manager

Cover photo

Instructor candidates take to the water during a Whitewater Raft ICW recently held in Chile.

Follow us on...



BOARD OF DIRECTORS

Executive Committee

President- Peter Sloan (NC)
Vice President- Robin Pope (NC)
Treasurer- David Bell (OK)
Secretary- Anne Maleady (CO)

Board Members

**Terms expire at the annual meeting of the year listed*

At-Large Directors

- William Irving (North Carolina- 2019)
- Lili Colby (Massachusetts- 2019)
- Robin Pope (North Carolina- 2018)
- Kirk Havens (Virginia- 2018)

Independent Directors

- Jeff Rouse (Virginia- 2019)
- David Bell (Oklahoma- 2019)
- Peter Sloan (North Carolina- 2018)

Affiliated Organizations Director

- *Vacant*

Property Management Committee

- Bill Micks (Virginia- 2018)
- Safety Education & Instruction Council
- Steve Hutton (South Carolina- 2019)

Competition Council

- *To be elected*

Elite Athlete Directors

- Slalom- Scott Mann (Virginia- 2019)
- Sprint- Stanton Collins (Georgia- 2019)
- Paracanoe- Kelly Allen (Oklahoma- 2019)

Immediate Past President

- Anne Maleady (Colorado)

Liaison Members(non-voting)

- Tom Uebel- Sugar Island (New York)

Ex-Officio (non-voting)

- Wade Blackwood- ACA Executive Director (Virginia)



SAFETY, EDUCATION & INSTRUCTION COUNCIL (SEIC)

- Chair- Steve Hutton (SC)
- Vice Chair- Trey Knight (TN)
- Secretary- C.C. Williams (SC)
- Past Chair- Robin Pope (NC)

Committee Chairs

- Adaptive Paddling- John McDonald (OH)
- Coastal Kayak- John Browning (MI)
- Intro to Paddling- Beth Weigandt (VA)
- Prone Kayaking- Adam Masters (NC)
- Rafting- Elisha Lynn McArthur (CO)
- River Canoe- Greg Wolfe (OH)
- River Kayak- Mike Arnoff (VA)
- Safety & Rescue- Sam Fowlkes (NC)
- Stand Up Paddleboard- Raphael Kuner (Germany)
- Surf Kayak- Sean Morley (CA)
- Surfski- Chuck Conley (VA)
- Touring Canoe- Molly Gurien (OH)

Institutional Members

- SEIC Chair Appointment- Josh Hall (SC)
- SEIC Chair Appointment- Peter Casson (RI)

Liaison Members

- Boy Scouts of America- Rob Kolb (TX)
- USCG- Tom Dardis (DC)
- USCG Auxiliary- Don Goff (MD)

STATE DIRECTORS

- | | |
|-----------------------|------------------------|
| AL- Chris Anderson | NE- Steve Kuhl |
| AK- Levi Hogan | NV- Available |
| AZ- Available | NH- Available |
| AR- Tom Burroughs | NJ- Jason Parker |
| CA- Alexander Morris | NM- Robert Levin |
| CO- Theresa Zook | NY- Mike Cavanaugh |
| CT- Available | NC- Doug Stager |
| DE- Chris Beckman | ND- Available |
| DC- Meredith Waters | OH- Ryan Pepper |
| FL- Tommy Thompson | OK- Aasim Saleh |
| GA- Scott Fraser | OR- Available |
| HI- Indar Lange | PA- Steve Barber |
| ID- Available | PR- Omar Ramos |
| IL- Lenore Sobota | RI- Available |
| IN- Joe Rozsaheqi | SC- Jefferson Atkins |
| IA- Available | SD- Cory Diedrich |
| KS- Available | TN- Bob Snuck |
| KY- Nathan Depenbrock | TX- Charley Kemp |
| LA- Ben Sandmel | UT- Available |
| ME- Rob Hutchison | VT- Available |
| MD- Chuck McMillin | VI- Available |
| MA- Kevin Beckwith | VA- Steve Eudy |
| MI- Michael Gray | WA- Bill Corson |
| MN- Bridget O'Boyle | WV- Evan Young |
| MS- Brian Ramsey | WI- Thomas Schrader |
| MO- Justin Adams | WY- Helen Tozer-Wilson |
| MT- Available | |

For information about the State Director Program, please contact [Amy Ellis](#) at the ACA National Office.

MEET YOUR

What's the

best advice

you ever heard?



Wade Blackwood
Executive Director

"There is never a never and never an always."



LeighAnn Moore
Insurance Coordinator

"Be happy with what you have. Don't go searching for things to make you happy."



Chris Barlow
Sprint High Performance Manager

The best advice I ever heard was from my coach who told me that to be a great athlete you should "Always strive to be a champion off the water as well as on the water."



Marcel Bieg
Western States Outreach Director & Grant Manager

"Only boring people get bored."
"Respect everything."



Brett Mayer
Public Policy Chief

"Go slowly."



Carrie Schlemmer
Education & Grant Coordinator

"Let's go kayaking!"



Zuzana Montagne
Slalom High Performance Manager

Samuel L Jackson says, "Be cool, b--ch."

ACA STAFF

www.americancanoe.org/staff



Katie Hansen
Membership Coordinator
"Go outside!"



Morgan House
High Performance &
Competition Director
When I was getting nervous about a race, my coach, Nathan Luce, told me, "Morgan, relax...we are not trying to cure cancer here. We are paddling skinny little boats in a straight line against our friends." This really put things in perspective for me.



Christopher Stec
Chief Operating Officer
"Just keep swimming..." ~ Dory, *Finding Nemo*



Kelsey Bracewell
SEI Manager
"Worry is a misuse of your imagination."



Dave Burden
International Paddlesports
Ambassador
"Great things never come from comfort zones."



Kandace Bowers
Financial Coordinator
"Yesterday is over and tomorrow may never come, so live today to the fullest."



Aaron Huston
Sprint National Team Canoe Coach
"Try not. Do... or do not. There is no try."

Continued on page 7

*Making the World a Better Place to Paddle!
Since 1880.*



Zsolt Szadovszki

Sprint National Team Kayak Coach

"For every one minute you spend training your body, spend two minutes training your mind."



John Sims

Social Media Coordinator

"Learn to work hard now, it will make life easier later."



Shaun Caven

Paracanoe High Performance Manager/Coach

"Find a coach and a mentor"
"Learn one new thing every day"
"Paddle Faster!"



Amy Ellis

State Director/Membership Coordinator

"Everything in moderation. Including moderation."



Kimberly Jenkins

Paddle eMagazine Editor

"Happiness is a choice and everything else is a matter of perspective."



Aasim Saleh

Sprint Jr. Team Manager

"Surround yourself with good people."



Rafal Smolen

Slalom National Team Coach

"Work hard every day to achieve your goals."

ACA staffer inducted into hall of fame

ACA Director of High Performance & Competition Morgan House was inducted into the Northeast Georgia Sports Hall of Fame on May 24. He is part of the hall of fame's first class in nine years.

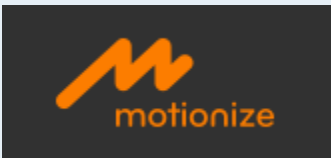
Born and raised in Gainesville, House began competing in sprint canoe/kayak at a young age and developed into one of the best in the United States. House was named National Canoe/Kayak Male Athlete of the Year, traveling the world while competing in the U.S. National Championships, Pan-American Games, World Cup and the U.S. Sprint Team Trials. He has won more than 50 national paddling titles.

“I never, ever thought I deserved to be a part of anything like this,” House said. “I’m just humbled to be included in this along with all of the people that are already part of it.”




PARTNERS

We are grateful to these organizations and companies for their significant commitment to help us achieve our mission and goals.



Partnership Opportunities

If you would like to align your business with the nation's oldest paddlesports organization, please [click here](#) for partnership opportunities with the ACA.



Find a job you love

www.americancanoe.org/employment

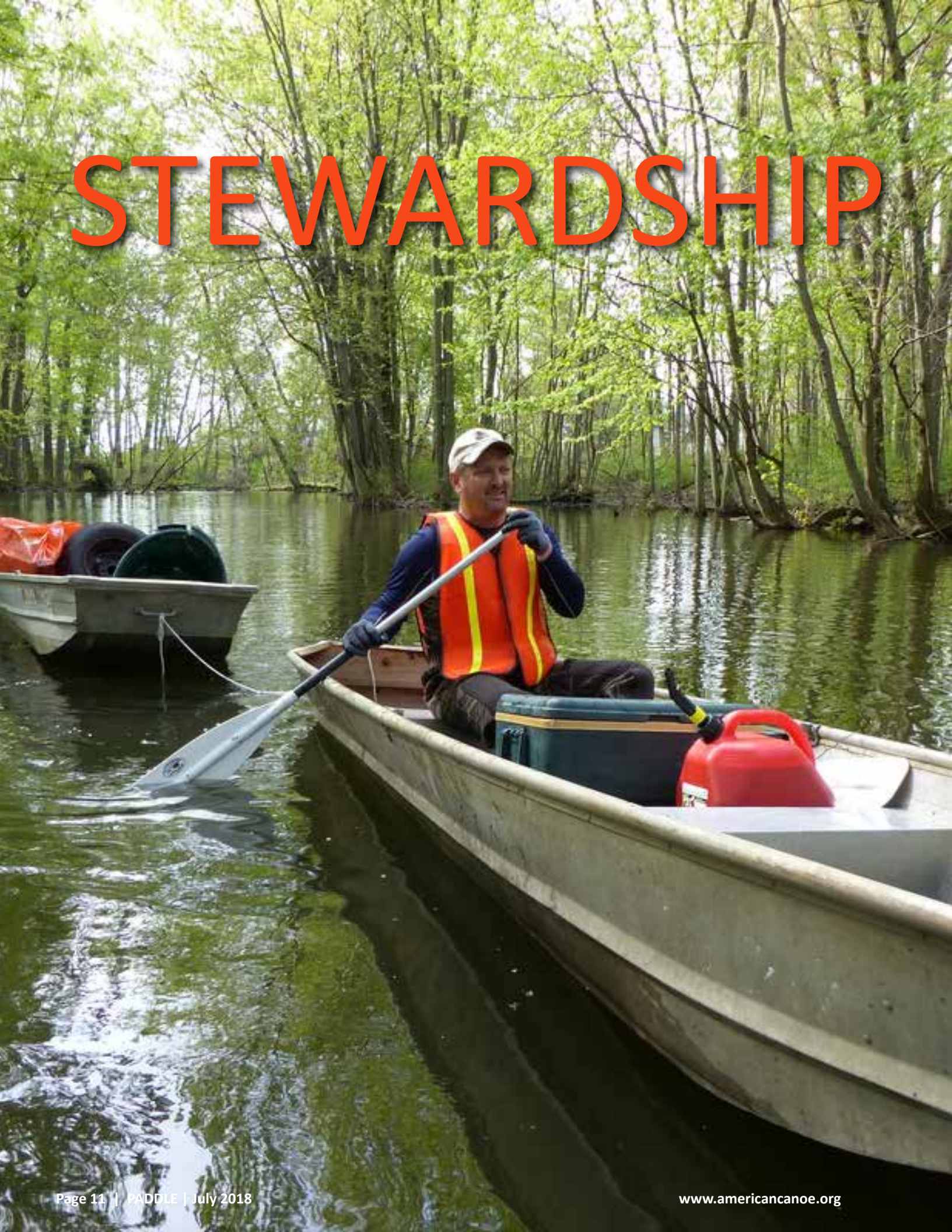
The ACA Career Center Website is now *better* than ever!

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.

STEWARDSHIP





Paddle *Green* Spotlight

ACA announces 2018 CFS grant recipients

Since 2002, the ACA has partnered with L.L. Bean to sponsor the [Club Fostered Stewardship Program](#). The CFS Program provides small grants to local and regional paddling clubs and organizations to assist with and enhance volunteer-driven waterways stewardship activities.

Many of the stewardship needs of our nation's waters are best addressed at the local and regional level. Paddling clubs and watershed organizations are in an ideal position to lead these efforts. These paddlers tend to care deeply about their local waterways and are often willing to volunteer their time and energy to help improve the places they enjoy.

Some clubs operate successful stewardship programs on their own. Others need a little help. That is why L.L. Bean and the ACA have teamed up to sponsor the CFS Program. In many instances, CFS grants make projects possible when they would otherwise be impossible. In addition, through administering this program, the ACA can collect and share information on proven approaches to volunteer stewardship projects.

CFS continues to provide this support in 2018 and has awarded grants to the following 14 clubs:

- Arkansas Canoe Club
- Florida Paddling Trails Association
- Friends of the Chicago River
- Friends of the Rappahannock
- Illinois Paddling Council
- Kayak New Mexico
- Middle Grand River Organization of Watersheds
- Mobile Baykeeper
- Northern Forest Canoe Trail
- The Meadows Center for Water and the Environment
- Paddlers for Conservation
- We Love Clean Rivers
- Rivers for Change
- Viking Canoe Club

With the May 2018 issue, we began featuring the efforts of 2018 CFS grant recipients in *Paddle* eMagazine. Summaries of recipients 4-6 follow on the next three pages.



Arkansas Canoe Club

Class III and IV whitewater in Oklahoma?? You bet. Flagpole Mountain near Clayton, Oklahoma, is a unique plateau unlike any other area of the Ouachita Mountains. It offers 10 (or more) whitewater streams for paddlers to explore, ranging from Class II to IV+, and it is a short drive from Oklahoma City, Tulsa, Little Rock, Dallas, and Shreveport, Louisiana.

These runs are some of the most accessible whitewater segments for middle America. Paddleable

segments include Buck Creek, Pine Creek, Clear Creek, Maxwell Creek, Little Cedar Creek, East Fork of Little Cedar Creek, Crumb Creek, and Wildcat Creek.

Members of the [Arkansas Canoe Club](#) saw the need for a gauge on which to base the water levels. Previously, there was no true way of knowing if any of these creeks were running without calculating rain totals and driving hours based on a hunch. In 2016, thanks to donations from numerous sources, including the Arkansas Canoe Club and OKC Kayak, that dream became a reality. The Pine Creek gauge is now ideally situated on Pine Creek, a sporty Class III run. The gauge provides dependable pool-height readings and can be accessed [here](#).

Funding will be the major issue moving forward. The U.S. Geological Survey requires \$4,000 annually from the ACC for maintenance fees. These annuals fees are reduced from USGS's normal maintenance costs, and USGS donated the actual gauge (a \$15,000 valuation). There are no additional costs associated with

this project; this is a grassroots initiative led entirely by volunteers who care greatly about seeing Flagpole Mountain's whitewater used by everyone. ACC has committed \$1,500 a year (from member dues and other fundraisers) to the gauge until at least 2022. The ACC Access and Gauge Committee has been actively conducting fundraisers and continue to solicit partners for the maintenance fees.

Funds from the CFS grant program are being put directly toward helping keep this treasured gauge. While there are plans to secure long-term funding, 2018 and 2019 are pivotal years for this project because it will allow explorers to calibrate the ideal levels and educate other paddlers about the area.

This project is part of the ACC's initiative to open up whitewater paddling in Oklahoma, a white-water-rich state that has been underexplored and underutilized. The gauge is one small step toward increasing access to Flagpole Mountain, which is largely owned by private individuals who have expressed support of the economic development that paddling could offer the area and are generally in favor of paddlers' presence.





Paddlers for Conservation-Kayak and Canoe Club

P4C is a nonprofit 501(c)(3) volunteer-based organization dedicated to promoting paddling, education and conservation. Their mission is to restore and enhance the Tippecanoe River and Kosciusko County lakes and streams through hands-on environmental stewardship in order to preserve rivers, lakes and streams for the future.

The organization aims to bring the community together through various cleanup projects and organizing family fun float trips which will foster a healthier environment and instill positive friendships amongst our members and community.

The 2018 P4C Tippecanoe River Stewardship Campaign is a volunteer-based project aimed at recruiting new paddling members to promote the Tippecanoe River by engaging students from the Warsaw, Indiana Washington Elementary Science, Technology, Engineering, and Math (STEM Academy).

The project started at the headwaters of the Tippecanoe River downstream of Lake Tippecanoe located near Oswego, Indiana, and will continue through Kosciusko County downstream to the Indiana State Road 19 bridge located south of Etna Green, Indiana.

The project will involve more than 30 miles of river cleanup, environmentally sensitive woody debris removal, educational programming on water quality (including measurements for water temperature, dissolved oxygen, turbidity, and biotic integrity), as well as introducing students and their parents to the joys of paddling one of the most beautiful rivers in all of Indiana.

The first cleanup of the project was June 23. Additional cleanups are scheduled for July 14, August 11 and September 8. Grant funds are being used to provide trucks, trailers, canoes, kayaks, and safety equipment.

(Continued on page 15)





We Love Clean Rivers Inc.

[We Love Clean Rivers Inc.](#) is a 501 (c)(3) nonprofit organization dedicated to cleaning high-use rivers by mobilizing the river recreation community in partnership with local environmental, recreation and educational organizations. By coordinating with kayakers, rafters, anglers, scuba divers and tubers to clean up waterways, We Love Clean Rivers broadens engagement with river restoration activities, increases the recreation community's understanding of threats to watershed health and provides unique opportunities (drizzled with fun) for the community to give back to the incredible resources we use year-round.

For the last 15 years, We Love Clean Rivers has been promoting the restoration of rivers through recreation. The organization's flagship event is the annual Down the River Clean-up hosted on the Sunday after Labor Day following the high summer use. The annual Down the River Clean Up is an on-the-river, 20+ mile cleanup made possible by a rich network of river recreationalists, outdoor companies, environmental organizations, government entities, and local community leaders.

Over the last 15 years, WLCR has facilitated the removal of more than 75,000 pounds of trash from the Clackamas River and has supported the development of other river cleanups on the Sandy and Willa-

mette rivers, both in Oregon. 2018 marks the 16th anniversary of the DRCU. This year's event will take place September 9.

In the past two years, the Down the River Clean Up has extended its cleanup to include an additional 10 miles of river to encompass the entire lower Clackamas River from Milo McIver State Park in Estacada, Oregon, to the confluence of the Clackamas and Willamette River in Oregon City, Oregon. This river cleanup covers 25 miles of river and activates over 350 volunteers in this one-day event. Paddlers and anglers join the effort in non-motorized rafts, dories, SUPs, kayaks, and canoes to remove non-woody debris from the waterway.



Recent *Paddle Green* Policy Action

ACA calls for immediate suspension of mineral development in Superior National Forest

The ACA recently signed a letter along with nearly 50 organizations to oppose the Department of the Interior's recent action to reinstate expired mineral leases held by Antofagasta's Twin Metals Minnesota. The letter went on to request an immediate suspension of all mineral development authorizations in the Superior National Forest during the U.S. Forest Service's ongoing study of a proposed mineral withdrawal on more than 200,000 acres of public lands within the Rainy River watershed and adjacent to the Boundary Waters Canoe Area Wilderness.

The USFWS began its study Jan. 13, 2017, and implemented a two-year moratorium on new leasing activities. This study will be the basis for a decision by Secretary Zinke on the request by the Forest Service to withdraw from the federal mineral leasing program 234,328 acres of Superior National Forest lands for the maximum period of 20 years.

Even though the study will be completed by January 2019, the Department of Interior has moved aggressively to reinstate expired mineral leases within the very area being considered for a mineral withdrawal. This approach severely undercuts the study and violates the spirit of the two-year moratorium. It also disregards the Forest Service's significant concerns, expressed in both the agency's denial of consent to the renewal of the Twin Metals leases and in its application for the proposed withdrawal, that sulfide-ore mining is not an appropriate activity in the watershed of the Boundary Waters.



This move also eliminates the public from involvement and goes against the will of 70% of Minnesotans. Further, it raises serious questions about the Department of Interior's willingness to protect our most cherished public lands and waters from the threats of industrial development and irremediable contamination.

Click here to read the [full letter to the Department of the Interior](#).

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

MICROFIBERS:

Another form of plastic pollution affecting waterways, oceans

By Cherie Northon, Ph.D., Executive Director, Anchorage Waterways Council

Recently, another pressing and insidious problem regarding the effects of plastic in freshwater and marine environments has been making the news: Microfibers. Pretty much invisible to the human eye, they have been found in fresh and marine ecosystems and some of the products that we consume, such as [fish](#), [shellfish](#), and [sea salt](#).

Microfibers are a very fine synthetic yarn whose strands have a diameter of less than one denier (or ten micrometers), which is approximately 1/5 the diameter of a human hair. They are used to make certain products, including much of our favorite active

wear—running shorts, yoga pants, and fleece jackets. The primary textiles that shed microfibers are nylon, polyester, rayon, acrylic and spandex, which are very popular due to being lightweight, resistant to wrinkling and pilling, breathable, comfortable, and having better thermal insulation.

Although microfibers have been around since the late 1950s, their use in clothing, furniture fabric, and in household items did not really take off until the 1990s. Polyester, spandex, and polar fleece are especially popular, and we have become greatly dependent on them. I love my 20-year-old bright yellow Eddie Bauer EBTEK



Microfibers photographed in an oyster from Apalachicola Bay, FL, 2015. Photo courtesy Robert Simmons, Ph.D. (microscopy@briarwillow.com)



The author in the Falkland Islands with Gentoo penguins attracted to her favorite yellow fleece, 2007. Photo courtesy Thom Eley, Ph.D.

pullover fleece, which has racked up tens of thousands of world travel miles with me (when I fly, it goes), yet, sadly, fleece is one of the worst offenders for releasing microfibers. And, it's been found that the older the garment—the more likely it is to shed microfibers.

How does my fleece pullover impact marine and fresh-water habitats? Whenever items containing microfibers go through the washing machine, they release thousands of microscopic plastic fibers, known as microfibers. From the laundry they travel into septic systems or wastewater treatment plants. Though it is estimated that wastewater treatment plants can capture 62-92% of the microfibers, an enormous number are finding their way into fresh and saltwater ecosystems in the discharged effluent and on land from wastewater sludge that is often used as a fertilizer.

Aside from abandoning some of our favorite clothes and items, what can we do?

Two global fixes to the microfiber problem that have been proposed are major and very costly. One is to upgrade wastewater treatment plants to trap and better retain microfibers, and the other is for a change in the textile and clothing industry to move away from microfiber fabrics. If instituted, these changes will take time, money, an attitude shift, and a huge buy-in by producers and consumers. In the meantime, here are some things each of us can do:

- Wash synthetic clothes less frequently and for a shorter cycle.

(Continued on page 19)



A new Guppy Friend bag. (guppyfriend.com)



Microfibers collected in the Guppy Friend bag.
Photo courtesy Beth Terry (myplasticfreelife.com)

- Fill up your washing machine. Washing a full load results in less friction between the clothes and fewer fibers are released.
- If you use powdered detergent, consider switching to a liquid laundry soap. Laundry powder causes more scrubbing, which loosens more microfibers.
- Use a colder wash setting. Higher temperatures can damage clothes and release more fibers.
- Spin dry clothes at low revolutions. Higher revolutions increase the friction between the clothes.
- When you clean out your washer and dryer filters, place lint in the trash instead of washing it down the drain (which would defeat the whole purpose).
- If you are in the market for a new washer, consider a front loading model. Studies have shown that front loading washers cause significantly less microfiber shedding than top loading washers.
- You can purchase a special microfiber filter for your washer. Although they require more of an investment, there are several models on the

Internet with prices around \$150, and they are also helpful for reducing septic system/drain-field failures and clogged drains.

- Consider buying a **Guppy Friend wash bag**. During testing, the bag captured 99 percent of fibers released in the washing process. The bags are available for purchase at Patagonia for around \$30. They measure about 20” x 30” and are perfect for a few items. [Beth Terry](#), a plastic pollution activist, reviewed the [Guppy Friend bag](#) and recovered a small amount of fiber lint left in the bag after a washing cycle. Remember, these are microfibers, so don’t expect a huge ball of fuzz.
- What about larger item such as sheets, blankets, or pet beds? Another product on the market might fill that gap—the [Cora Ball](#), whose design is based on how coral filters water. All you need to do is toss one into your washing machine with a load of clothes.



According to their inventors, “Cora swooshes around in the laundry and just like coral, allows water to flow, while picking up those little pieces of microfiber and catching them in her stalks”. And, of course, remove the Cora after

washing and clean it when there's an accumulation of lint (not necessarily after every wash). Again, remember to put the lint in the trash, not down the drain.

- Think more carefully about what you own (and wash) that is made of synthetics. As an example, fleece typically brings to mind jackets or pullovers. Around my house I found socks, slippers, caps, vests, pants, blankets, throws, and pet beds. Microfiber bed sheets now fill store shelves, and are getting rave reviews including recent [publicity](#) from NBC's *Today Show*. Who wouldn't be swayed by the fact that they are soft, cool, wrinkle-free, and run about \$30 a set? Too bad the review didn't mention the downside of microfiber products.
- Consider switching to products that are made from natural fibers, such as cotton, linen (flax), and wool. There is a different set of environmental concerns, which means tradeoffs. Both linen and cotton (especially) require large inputs of water and chemicals (fertilizers and pesticides), although linen tends to be less de-

manding. And, of course, while sheep's wool is a renewable resource, there are environmental downsides to raising large animal herds. Hemp and bamboo, also made into bed sheets, are gaining more recognition and acceptance, which would be good, natural alternatives. However, currently they cannot compete with the low cost of microfiber sheets.

To an improved future...

It is my hope that the information in this and my earlier article, *Plastics vs. Waterways* ([March 2018](#)) will acquaint readers with the less well-known impacts of plastic on the aquatic environment. Our entire relationship with plastic is complex; some aspects have fairly simple remedies while others are not easily resolved. The products we purchase, the lifestyles we lead, and the regard we have for minimizing the very negative environmental effects of plastics are all important. Certainly there is much room for improvement to try and minimize many of the consequences. We can only do better by being informed about human-made environmental disasters, such as plastic pollution in freshwater and the oceans, and by taking steps to help mitigate our personal impact.



Tossing the Cora Ball into the washer.
Photos courtesy Cora Ball ([Coraball.com](#))

About the Author

Cherie Northon has a master's and a doctorate in Geography from the University of California Berkeley, where she taught for 19 years. She is also a cartographer – working in GIS, remote sensing, and GPS-acquired data. Her areas of interest are habitat protection and improvement of the natural environment (flora and fauna), student outreach (K-12), and generating public participation in environmental issues. She has been the executive director of Anchorage Waterways Council since 2010.

Heart of Gila on track

By Patrice Mutchnick

With stakeholder support, work continues on the *Heart of Gila* – a full-length documentary being produced to help save the wilds of southwest New Mexico. Crew members were able to launch again this spring and film the second full, 37-mile run on the Gila River.

A normal spring run-off in the Gila might bring a few weeks of 200-500cfs flow in late February or early March, but with one of the driest winters on record, there was little snowpack to feed the river. In mid-March, the group decided to move forward on a trickle of snowmelt that lifted the Gila just above 100cfs.

In a rigorous test of their low-flow, custom-designed catarafts, the crew launched at a flow just below triple digits with four film crew, four boat crew, and three moms in a flotilla of inflatable kayaks, cameras, and one super buoyant cataraft support boat.

“It took us five days to paddle (and occasionally) walk the almost 40-mile wilderness run of the Gila River but it was breathtaking,” said Patrice Mutchnick.

“Though we began in the headwaters with cool March temps as we moved downstream, the cottonwoods became vibrant green with new leaves, and butterflies and black hawks followed us into

spring. The Gila gave us a little bit of everything; wind, rain, sun, clear nights, perfect camps, and clear, clean waters. We were so grateful,” she added.

Filmmaker David Garcia went on after take-out to film the Gila River in Arizona. He followed the river from the wilds of New Mexico to the irrigated fields, agricultural diversions and industrial water stations near the river’s end.

The Heart of the Gila film is on schedule to have production complete in the fall of 2018.

To learn more about the film, please visit <http://heartofthegila.org>.



A Lasting Legacy



Michael Sebastian Mahl, Ella Jaz Kirk, and Ella Sala Myers lost their lives on May 23, 2014, while conducting aerial research on the Signal Peak Fire in the Gila National Forest, New Mexico.

Heart of the Gila seeks to conserve our watersheds and educate children, adults, and decision makers about the ecological, social, economic and cultural values of rivers in New Mexico and the bioregions of the greater Southwest.

Heart of the Gila will serve as a lasting legacy to Ella Jaz Kirk, Michael Mahl and Ella Myers – young environmental advocates who died while conducting aerial research on post-fire conditions in the Gila National Forest of New Mexico.

These remarkable teens touched everyone around them in life leaving a legacy of environmental activism and stewardship that continues to ripple through their community. Ella, Ella, and Michael knew protecting New Mexico's last wild river benefits all of us, including the many species of rare wildlife that thrive along the Gila.

Thank you

Special thank you to the Gila Hot Springs support crew: Keith Knadler, Issac Bruemmer and Max Bruemmer; and the film support crew: Cristina Valverde, Jason Hess and JB Henderson.

A huge shoutout to the corporate and organizational sponsors:

- Astral-life jackets
- NRS-boat gear
- Jack's Plastic-catacraft tubes and plenty of dry bags
- Alps Mountaineering for camping gear
- Gila Hike and Bike
- Adobe Whitewater Club
- American Canoe Association
- Brindle Foundation
- RK Ventures
- Wilderness Lodge



Part of the documentary involves following the mothers (shown above) of Ella, Michael, and Ella on a journey down the wilderness stretch of river.

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:

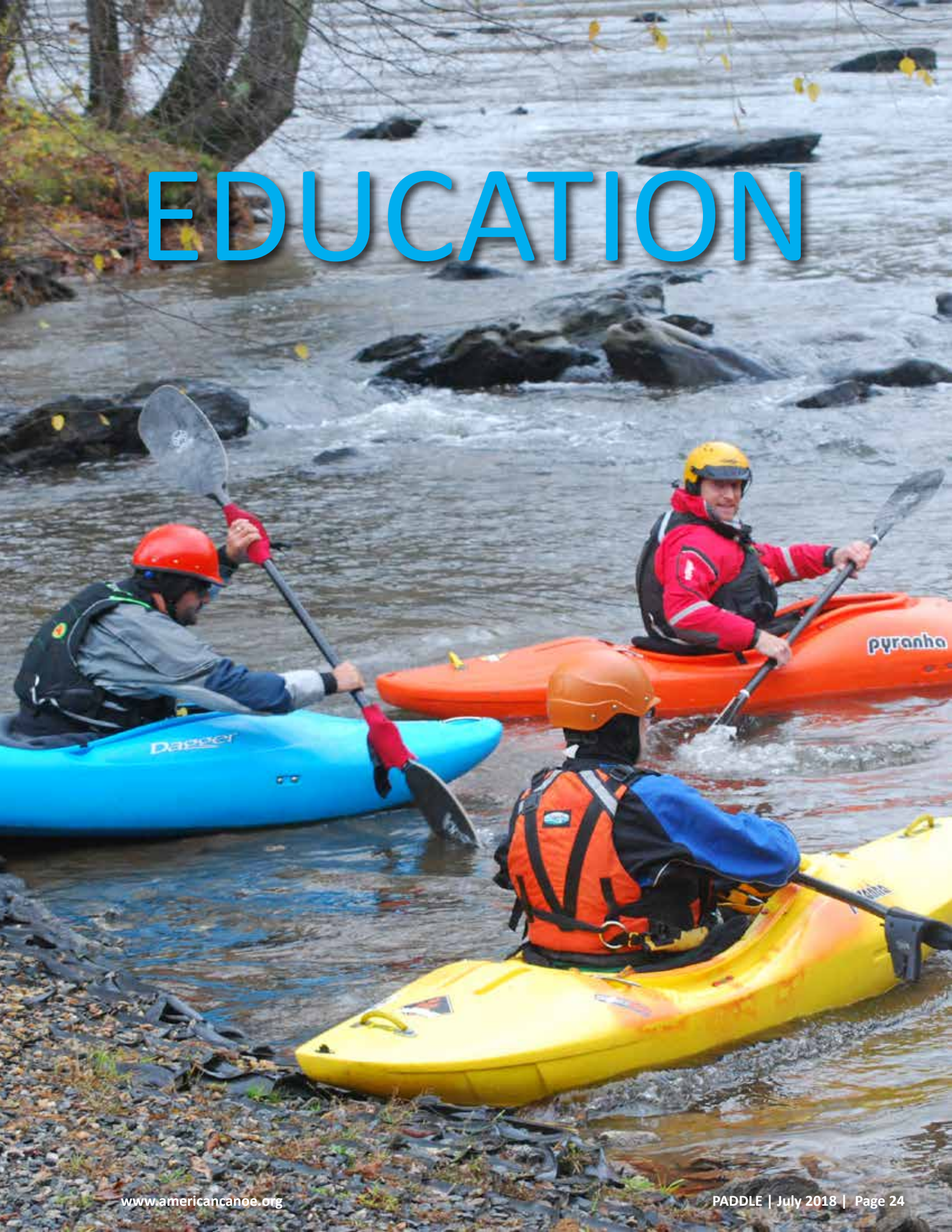
www.americancanoe.org/TrackTrash

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

www.americancanoe.org/LNT



EDUCATION



May Instructor of the Month



Sean Morely

Originating from the UK and now a resident of Marin County, California, Sean Morley has been a paddler pretty much his whole life, admitting that “Every big life decision I have made has, for better or worse, been based on what I want to do as a paddler.”

He began kayaking at the age of 10 with the Boy Scouts and took part in his first kayak race in 1978. Morley has competed in many disciplines of paddlesport since then, including white water slalom and downriver racing, marathon, sprint, wave ski, surf lifesaving, surf-ski, surf kayaking and SUP, with success at national and international levels.

Morley began expedition sea kayaking in 1996 and set a record for the fastest crossing of the Irish Sea in 1998. In 2004 he achieved his childhood dream by completing the first solo circumnavigation of the UK and Ireland by sea kayak – the first ever to include all of the inhabited

islands. The 4500-mile expedition took 183 days and is the longest kayak journey ever undertaken in British waters.

Expedition sea kayaking -- journeying and living out of his kayak – is

2007. He took the Masters Open title at the World Surf Kayak Championships in Spain. In 2008 he attempted to break the record for the fastest circumnavigation of Vancouver Island. He completed the 700-mile circumnavigation in 17 days, taking over 6 days off the previous record.



Morley has worked in the paddlesports industry continually since moving to California in 2006. He founded the River and Ocean Paddlesports Coaching Collective and is owner of Performance Paddlesports, importing and retailing Valley Sea Kayaks, Mega Surf Kayaks, Nelo Surf-skis and Reed Chillcheater paddling clothing.

He loves nothing more than to share his passion for paddling by coaching new and developing paddlers. He is supported by Mega Surf Kayaks and Werner Paddles.

Another passion of Morley's is teaching rock gardening. “The fusion of sea kayaking, whitewater
(Continued on page 23)

what Sean loves to do. But with two young kids, that has become harder to do. “To get the most of my limited free time, I will either surf my kayak, wave ski or SUP, or if it is windy, I will paddle my surfski,” Morley says.

Morley began participating in kayak surfing competitions in 2006 and in

June Instructor of the Month

Lydia Wing



Lydia Wing says whitewater kayaking sort of fell in her lap. As a self-proclaimed water baby and lover of adventure, paddling seems to be a natural progression, but it wasn't until her friends and family started taking off on whitewater trips together, leaving her as shuttle bunny, that she decided to take the plunge. After learning to roll in 2012, her comfort in water – an echo of her past as a competitive springboard and platform diver – sped up her learning curve, and she soon found herself shadowing lessons and curious about teaching.

Paddling plays a huge role in every arena of Wing's life... it's her day-to-day job. She is managing partner of H2o Dreams Paddling School, so most of her days revolve around teaching, thinking about teaching, or developing programming.

"When I endeavored for my instructor certification back in 2014, I had no idea that it would lead me down a path of becoming an industry professional whose full-time job would be teaching kayaking, but here I am! I love

the challenges, growth, and adventure that every student, every class, and every river can present during my work day; it is never the same," Wing says.

In her personal life, kayaking has brought her an incredible amount of joy and fulfillment both for her personal development and her relationships. She has gotten to travel, teach, and adventure all over the

world with her best friend and husband, Chris Wing, because of "this crazy job we have."

In 2015, she paddled the Grand Canyon with her parents, Chad and Jennie Penley, who are also paddlers. "Much of the joy I have discovered in life – kayaking related or not – has been found, in one way or another, because of the river and my paddling lifestyle," she adds.

When it comes to paddle-sports, Lydia Wing says she is "addicted to the 'process:' the drills, puzzles, moves, surfs, and even the crashes that set a paddler up for success in more dynamic environments... true for my students and myself!

"I like to think hard about kayaking and why we do things a certain way, and I really love engaging with paddlers at all levels to foster self-determination so that the river can be an experience the paddler can enjoy and unpack without tremendous reliance on others," she adds.

(Continued on page 27)



Yang Shui photo

(Morley, continued from page 21)



kayaking and surfing makes rock gardening such a multi-faceted discipline to teach. The risks are relatively high and that certainly keeps me engaged, but the transformation of the student's perceptions from fear to fun is very rewarding," he adds.

Someday, Morley would love to return to New Zealand to do a little more paddling there.

"I have been to New Zealand, but I only got to paddle there a little. I would love to spend more time there and explore all the paddling potential."

Another dream experience for Morley would be to meet, drink a beer and paddle or surf with Paul Caffyn [one of history's greatest sea kayakers].

"His first circumnavigation of Australia remains for me the most remarkable sea kayak expedition ever undertaken," says Morley. "Maybe I can persuade him to come visit us in San Francisco..."

Morley feels incredibly lucky to "have ended up, by chance, in one of the best kayaking locations in the world for the quality and diversity of paddling opportunities available in Northern California. I truly feel blessed to be able to share this life with my wife, Gina, and I hope we continue to surf many more waves together."

(Wing, continued from page 22)

While she works with paddlers across a spectrum of comfort and skill, Wing says she is most excited about gaining her Instructor Trainer certification as she is "very passionate about positive, empowering experiences for students, and that starts with the quality of instruction and leadership on the river."

She adds, "I'm thrilled to be a part of the process of teaching how to teach, and instructor training courses are some of my favorites



because of how deeply we can think about our language and technique when it comes to relaying skills and information to others."

Wing says she's been very so fortunate to have done some paddling and instructing in Chile and China, but she would like to see more of the U.S. "There is so much of the United States that I have not yet explored... including some amazing places in the Southeast, like the

Obed area, which is high on my list. I was not a paddler the only time I've been to Colorado, and of course there is something intriguing about the Pacific Northwest. I'd love to revisit Europe to do some kayaking, and I had an incredible trip just barely scratching the surface of all the possibilities for adventure on my last trip to China."

Wing says she gets to paddle with some pretty amazing people – some well known for their paddling

prowess and others just downright fun to share the river with. However, she reveals that she "would love to continue to seek out lifelong boaters and industry pioneers who have seen the evolution of kayaking over the years; it is fascinating to hear stories of homemade kayaks and first descents from the folks that came first and paved the way for us."

U.S. Coast Guard releases

2017 recreational boating statistics

The U.S. Coast Guard recently released its [2017 Recreational Boating Statistics](#), revealing that boating fatalities nationwide that year totaled 658, a 6.1 percent decrease from 2016. In addition, the U.S. Coast Guard counted 4,291 accidents that involved 2,629 injuries. Compared to 2016, the number of accidents decreased 3.9 percent, the number of deaths decreased 6.1 percent, and the number of injuries decreased 9.4 percent.

“Although these lower numbers are encouraging, I ask those who boat to continue to do so responsibly, especially by donning a life jacket,” said Capt. Scott Johnson, chief of the Office of Auxiliary and Boating Safety at Coast Guard Headquarters. “Wearing a life jacket is the single-most important thing you can do to save your life or the life of someone you care about.”

The report also shows:

- The fatality rate was 5.5 deaths per 100,000 registered recreational vessels. This rate represents a 6.8 percent decrease from 2016’s fatality rate of 5.9 deaths per 100,000 registered recreational vessels.
- Of the fatalities, 149 were in canoes (44), kayaks (94) and standup paddleboards (11). This is a decrease from the 167 reported in 2016.
- Where cause of death was known, 76 percent of fatal boating accident victims drowned. Of those drowning victims with reported life jacket usage, 84.5 percent were not wearing a life jacket.

The Coast Guard reminds all boaters to boat responsibly on the water: wear a life jacket, take a boating safety course, attach the engine cut-off switch, get a free vessel safety check, and boat sober.

“We’d like to thank the efforts of our boating safety partners,” said Johnson. “We must press on to reduce the number of accidents, deaths, and injuries in our nation.”

ACA staff have condensed the report into 11 pages relative to paddlesports and charted pertinent data. To read the full report or the condensed version, please visit www.americancanoe.org/Statistics.

ACA
SAFETY SERIES
www.americancanoe.org

PADDLESPOrts PARTICIPATION & FATALITY STATS

PADDLESPOrt GROWTH

Over the past three years, stand up paddling maintained the highest outdoor activity growth rate, increasing participation an average of 26%. Kayak fishing (17%), white water kayaking (10%) and coastal kayaking (8%) also saw some of the biggest participation increases over this three-year period.

| Activity | Growth Rate |
|----------------------|-------------|
| Stand Up Paddling | 26% |
| Kayak Fishing | 17% |
| White Water Kayaking | 10% |
| Coastal Kayaking | 8% |

DON'T BE A STATISTIC

Due to these increased participation rates, the U.S. Coast Guard has seen increased rates of paddling-related accidents and fatalities. According to the U.S. Coast Guard, the primary factors which lead to paddling casualties and deaths are:

- OPERATOR NOT WEARING A LIFEJACKET
- ALCOHOL & DRUG USE
- OPERATOR INEXPERIENCE
- OPERATOR INATTENTION
- HAZARDOUS WATERS AND WEATHER CONDITIONS

Produced under a grant from the Sport Fish Restoration and Boating Trust Fund, administered by the U.S. Coast Guard.

ACA STAFFER VISITS YOUTHS IN CHICAGO



Thanks to grant funding from the U.S. Coast Guard, Carrie Schlemmer, education & grant coordinator for the ACA, spent some time in Chicago this spring with the [Chicago Voyagers](#) and the youth of [Refugee Education and Adventure Challenge](#) (REACH).

Both REACH and the Chicago Voyagers are nonprofits with the goal of establishing a connection between youth and nature.

REACH was formed to provide refugee youth in the Chicago area with experiential learning opportunities, whose goals are to inspire leadership, academic success, and to establish connections among refugee youth outside of the traditional classroom.

Chicago Voyagers works to empower at-risk youth through outdoor experiential adventures that foster healthy relationships and responsible behavior.

With the help of John Chase, Bernie Rupe, and James Tibensky, the children were able to work on their canoeing, kayaking, and team-building skills. Thanks to all volunteers and instructors who were able to show the joy that comes from paddlesports!

Youths from Afghanistan, Iran, Iraq, Syria, Guatemala, Uganda, and the Democratic Republic of Congo came out for a day of paddlesports and team-building exercises.



NANTAHALA OUTDOOR CENTER

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

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



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.

ADAPTIVE

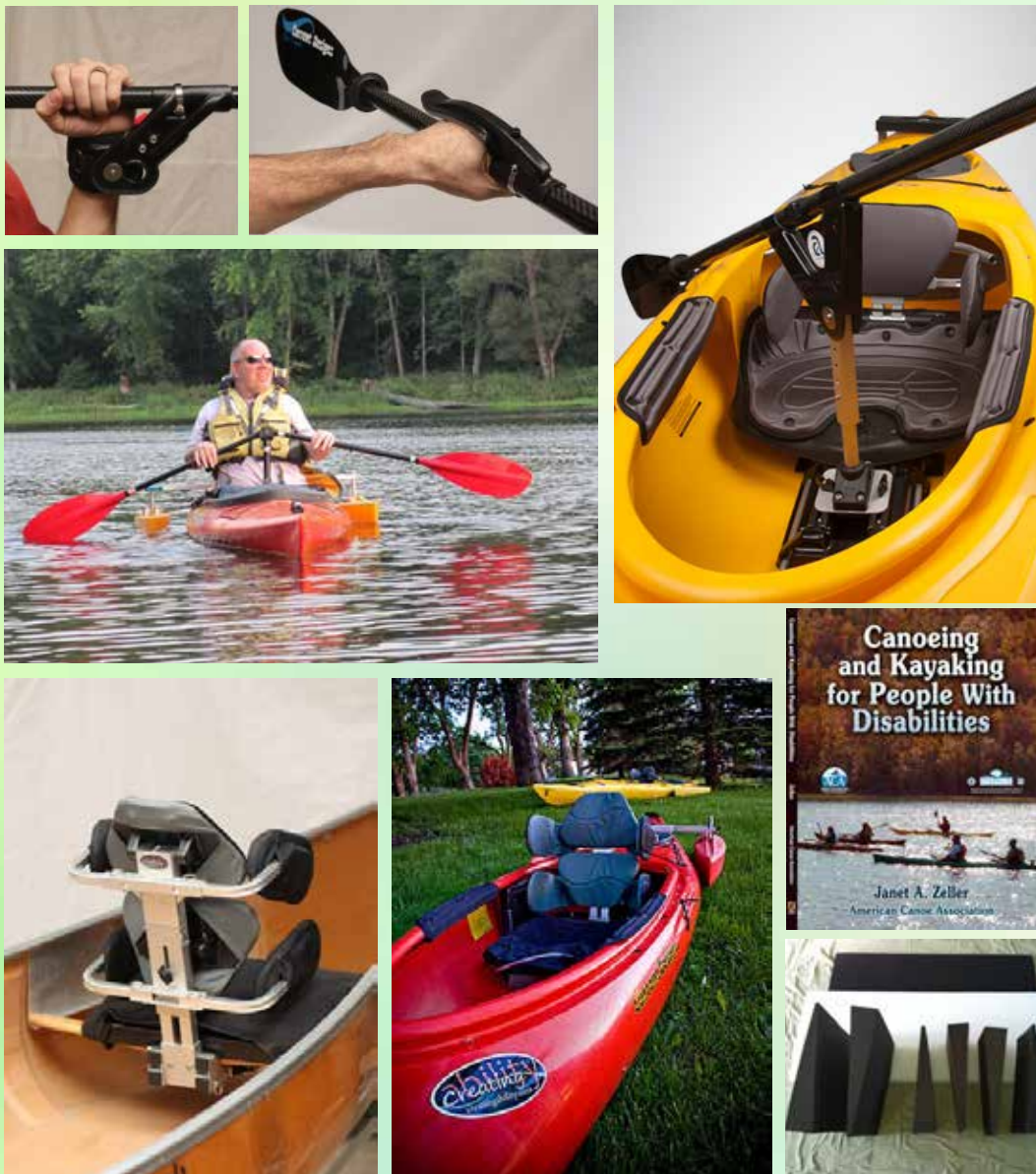


Creating Ability photo/Brandon Carr

EQUIPMENT SPOTLIGHT

Looking for adaptive paddling equipment? Eight unique items are available in the ACA's eStore, including paddles, seats, grips, and foam outfitting kits.

Click [here](#) to learn more about these products.



Please visit the Adaptive Paddling section
of the [ACA eStore](#) for more information
on all of the adaptive equipment available for purchase.

Don't forget to log in for ACA member pricing!

Adaptive Paddling Workshop

By Marcel Bieg, ACA Western States Outreach Director & Grant Manager



Learning to guide a whitewater raft is an empowering experience. Just imagine how great you would feel safely running your friends down a river and providing them with so much fun and long-lasting memories.

We at the ACA believe in empowering our students through the freedom of paddlesports regardless of the type of person wanting to learn. We had the recent fortune of training a crew of instructors to build adaptations for students with physical disabilities. This training focused not on being a passive passenger, but rather, performance, safety and function that would eventually allow the students to guide the raft alone.

On June 1-3, 2018, the City of Eugene River House Program took part in an ACA Adaptive Paddling Workshop. The workshop was funded through a grant focusing on spinal cord injuries from the Craig H. Nielsen Foundation and was offered in collaboration with [Adaptive Expeditions](#) and [Northwest River Supplies](#).

The purpose of the course was to teach paddlesports instructors techniques to seamlessly integrate students with physical disabilities into everyday paddlesports programs. A unique point of this APW was that whitewater rafts – not recreational kayaks – were used as the craft of choice. We had theorized that rafts would be an excellent option for teaching students with disabilities, but we did not know to what extent.



produces smiles, empowerment

The instructors spent two full days learning about the history, the Americans with Disabilities Act, and understanding the various types of disabilities and learning techniques and points to building adaptations for students with disabilities. On the final day, several students joined the instructors and took part in building high-performance adaptations that allowed each of them to guide the raft, either with oars or as a paddle boat captain.

The process culminated with on-water time to test the builds in a real-life environment. Safety, rescue and rafting techniques were all taught, plus every participant had to pass the ACA Essential Eligibility Criteria at each milestone along the way. The result was smiles, empowerment and the opportunity to provide a wider range of students access to paddlesports.

Each student left with the urge to go rafting on a river and learn to take their friends out into the field.

As mentioned above, this was the first time the ACA or Adaptive Expeditions has offered an APW that focused specifically on rafts and thus there were several unknowns. Fortunately, not only did the adaptations work, they provided participants the opportunity to truly feel empowered and allowed each of them to see into a bigger, more fun and adventurous future.





Adaptive Paddling Summit

hosted by Adaptive Expeditions

Weeki Wachee State Park
Spring Hill, Florida
November 2-4, 2018

AmericanCanoe.org/AdaptiveSummit



The ACA, in partnership with [Adaptive Expeditions](http://AdaptiveExpeditions), will host the second [Adaptive Paddling Summit](http://AdaptivePaddlingSummit) November 2-4, 2018, in Weeki Wachee, Florida.

This three-day event a unique opportunity for participants to learn about cutting-edge instructional methods for adaptive paddlesports education and coaching, check out new equipment offerings, watch manufacturer demos, attend fun educational clinics, take part in on-water activities, and much more.

Summit organizers are also finalizing details on several pre- and post-conference events. These offerings may include ACA skills classes, assessments, certifications and endorsements to further support the growth of the adaptive paddling community.

Registration will be available online this summer. For more information, please visit [www.americancanoe.org/Adaptive Summit](http://www.americancanoe.org/Adaptive_Summit).

Highlights for 2018:

- Exciting on-water and classroom events for paddlers of all levels
- High quality educational sessions
- Paralympic opportunities in Paracanoe
- New Adaptation Modules for Whitewater Rafting, Kayak Fishing, Surf Ski, Stand Up Paddleboarding, Wave Ski
- The latest in adaptive equipment demonstrations
- New ACA Advanced Paddling Curriculum Updates for Advanced “Try-It-Zone” time where participants will get hands-on with the latest adaptive paddling equipment

Upcoming Adaptive Paddling Workshops

September 20-23

[Adaptive Paddling Workshop](#)
Big Bay, Michigan

October 5-7

[ParaCanoeing World Conference](#)
Stockholm, Sweden

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





NEWS NEAR YOU



STATE BY STATE

Arkansas

The ACA membership of Arkansas continues to promote and provide paddling opportunities to the state. Here are a few highlights of the past several months:

In April, ACA member and Race Director Ryan Hughes once again ran the “Tot Race” Event. This annual ACA-sanctioned whitewater race through the Cossatot Falls was attended by over 100 people, with 60 racers.

The ACA PAC Arkansas Canoe Club, which has over 750 household memberships, has a strong cadre of ACA instructors and runs two paddling schools per year. In May, over 130 participants and 40 instructors and numerous assistants participated in the 43rd School of Whitewater Paddling, with classes in SUP, River Rescue, Kayaking and Canoeing, as well as nightly music, yoga and a swap meet. Thanks to ACA WW Kayak Instructor and School Director Gordon Kumpuris for making this happen!



In June, the School of River Paddling headed by Tracy McFettridge got 38 participants plus numerous ACA instructors and assistants out on the Spring River for a weekend of great skill development.

As always, the Paddle Trails of Arkansas continue to grow with the diligent efforts of Debbie Doss and many other ACA members.

Livin’ on River Time,
Tom Burroughs, ArStateDirector@americancanoe.net



Florida

The Florida ACA and the extensive paddlesports community have been busy keeping pace with all that is going on in Florida.

The Florida ACA was a partner and co-sponsor for the Lake Jackson Aquatic Preserve’s Lake Jackson Fun Paddle, Saturday April 28. The event was hosted by Florida Department of Environmental Protection.

ACA members guided paddlers around Lake Jackson pointing out the treasures of North Florida’s flora and fauna. ACA instructor Kerrie Barloga held down (literally) the ACA information booth at the festival. There was great music, food and drinks on an absolutely beautiful day on the shores of the lake. Numerous organizations active in conservation were there to share their enthusiasm and knowledge of the outdoors. Officers with the Florida Fish and Wildlife Conservation had a pair of two-year-old alligators that they allowed people to handle (under close supervision). There was a model to demonstrate how pollution makes it way to the waterways. The Florida ACA membership is proud to partner with the Florida Department of Environmental Protection in these community events.

(Continued on page 39)



The Florida ACA continues to participate in the Boater Advisory Council and Florida Wildlife Conservation Commission's Non-Motorized Boating Working Group. The NMBWG's most recent meeting was in St. Augustine, May 16. This meeting, part of a two-year series with a paddlesport focus, continued to discuss best practices to enhance public policy and awareness and education about on-water safety. To get the latest news for the NMBWG visit, <http://myfwc.com/boating/advisory-council/nmbwg/>.

Florida ACA's partner, the Florida Paddling Trails Association, was awarded an ACA-LL Bean Club Fostered Stewardship Grant for their Paddlers Environmental Toolkit Training Program. The program educates paddlers about the environments they travel through, how to best interact with wildlife and habitats, empowers paddlers to serve as waterway stewards, and gives participants a chance to practice what they've learned with a paddle on a nearby waterway after the indoor portion of the day. The stewardship component includes information and resources on how to lead cleanups, report certain environmental issues to appropriate agencies, and be the "eyes and ears" of Florida's paddling trails. FPTA launched the program in February with a program for paddlers of the 27-80 Paddlers Club in Port St. Lucie. This grant will help FPTA take this training on the road to more paddling clubs and organizations throughout the state.



The FL ACA State Director Tommy Thompson has joined the National Safe Boating Council's "Tiger Team" to work with the public, industry, and state and local agencies in the promotion of the NSBC's "Wear It!" campaign to encourage boaters and paddle-sport participants to wear their life jackets.

Tommy also continues to travel the state giving presentations to community organizations and paddle clubs on safety, education and eco-stewardship. To arrange for a presentation to your club or community group, you may contact Tommy at FLStateDirector@americancanoe.net.

Tommy Thompson, FLStateDirector@americancanoe.net



Atchafalaya National Heritage Area

Louisiana

Billy Nungesser, the lieutenant governor of Louisiana, recently announced a new tourism branding campaign for the state, with the phrase "Louisiana: Feed Your Soul."

"Among the most recent offerings," Nungesser continued, "is the Atchafalaya Water Heritage Trail, a self-guided driving tour of the 14-parish Atchafalaya National Heritage Area." [In Louisiana, a "parish" is the same governmental unit as a county in other states.] The Atchafalaya National Heritage Area is using the promotional slogan "America's Foreign Country," a theme explored in [this video clip](#).

"Water has always been essential to our culture and heritage," Nungesser concluded, "and this trail showcases the distinctive landscapes and ecosystems that have shaped our history. Before you plan your family's spring road trip, visit www.waterheritage.atchafalaya.org."

Additional information, including access to paddling, contact information for outfitters, etc. can be found at www.atchafalaya.org/paddling.

The Atchafalaya River is a 137-mile tributary of the Mississippi, which enters the Gulf of Mexico just south of Morgan City, Louisiana. Over geologic time, the Mississippi River is attempting to change course and make the Atchafalaya its main channel, as the shortest route to the sea. The federal government's Army Corps of Engineers is spending vast sums of money to prevent this from happening, as detailed [this informative article from The New Yorker](#).

Paddlers on the Atchafalaya River itself must use great caution due to the high volume of commercial traffic, but this is not the case in the great swamp known as the [Atchafalaya Basin](#).

Ben Sandmel, LaStateDirector@americancanoe.net

Minnesota

A new recreational and transportation opportunity for people who don't own a boat yet want a safe and enjoyable river experience has just launched in Minnesota. The Mississippi River Paddle Share is the nation's first self-serve kayak sharing system.



The program provides participants with everything they need for an enjoyable experience on the river. Participants simply reserve a kayak online, unlock the reserved boat and equipment, launch, and enjoy! Depending on the route chosen, the paddler can paddle two to seven miles downstream to a station where the equipment is returned.

Paddle Share stations are located near transit at all locations and Nice Ride Minnesota bike share stations in Minneapolis and Saint Paul, so participants can explore this urban national park without ever needing access to a car.

To learn more about this exciting recreational opportunity and how to reserve equipment, please visit the [Mississippi River Paddle Share website](#).

Bridget O'Boyle, MnStateDirector@americancanoe.net



New Mexico

There has been much going on in the paddling world in New Mexico despite a record drought and low water conditions. We are fortunate to have plentiful flatwater events and paddling opportunities as well as a short drive to Colorado for whitewater.

This year's Mother's Day Races were a well-attended event; however, at a record low flow of 230 CFS, it could well have been called the "bone-fest" for the amount of rocks and boney bottom that contestants had to contend with.

Eagles Nest Lake is hosting their 100th anniversary celebration in the High Rockies on July 1. This event will include "Paddle It" Canoe, Kayak and SUP races on the 8000' Eagles Nest Lake. For more information, please visit www.gatewaymuseum.com/.



New Mexico ACA has teamed up with American Whitewater to monitor the actions of New Mexico Game and Fish related to the privatization of streams within the state.

(Continued on page 41)

Volunteers Needed!

Kayak New Mexico Inc., the ACA, and the U.S. Army Corps of Engineers will be conducting a lake cleanup and monster sweep of all things not biodegradable (trash) at Cochiti Lake Recreation Area on Saturday, July 21, 2018. Free camping will be provided. Volunteers may [sign up online](#) at Meetup.com.

Wishing you all a fun and safe paddling summer!

Robert Levin, NmStateDirector@americancanoe.net

New York

State Director Mike Cavanaugh partnered with the Adirondack Mountain Club (ADK) at the Mountainman Outdoor Expo to discuss cold water safety, paddlesports opportunities as well as to perform some stroke and safety demonstrations.

ACA-NY's Executive Committee member Noah Diary appeared on NYC WBAI 99.5 FM with three other NY recreational waterway users to discuss the groups' environmental work on NYC's waters.

In the aftermath of the tragic conflict resulting in the injury of paddlers by a ferry in New York Harbor, NY Executive Committee member Noah Diary participated in an "exchange program" where kayak tour operators



New York State Director Mike Cavanaugh and the Adirondack Mountain Club's paddling coordinator Erika Lovrin spread the word about safety at the Mountainman Outdoor Expo.



Practice makes perfect in this kayak rescue demonstration in the Buffalo Harbor.

took several NYC Ferry captains on a kayak trip, passing busy ferry terminals out of which the captains (typically) operate. Switching vessels for the day, they got to experience the river from the paddlers' perspective. These "exchange programs" are making the rivers safer for all stakeholders. Kayak tour operators will be invited to ride in the wheelhouse of a ferry boat to see that perspective. This is a great opportunity to open useful dialog between two users of a very busy waterway.

The ACA, Coast Guard and Buffalo area businesses came together June 24 for an "SoS (Start of Season) paddlesport demonstrations. Western NY Executive board member Andrea Vailancourt-Alder did numerous kayak safety demonstrations, including the deadly combination of "rec boat" and not wearing a life jacket. Two local paddlers lent her their kayaks during the afternoon. The kayaks sank while she demonstrated trying to retrieve and put on her life jacket.

After that very convincing demonstration, over 20 paddlers returned to the launch to retrieve their life jackets from their vehicles. The Coast Guard handed out safety materials and spoke with participants about paddlesport safety. Clinics were planned, but due to the intense interest in the demos by participants and the media, they could not be completed.

Andrea also gave a safety presentation to over 60 folks from various native American tribes in mid-April. The presentation was hosted at the Seneca Nation Cattaraugus Community Center as part of water/Earth week celebrations.

Mike Cavanaugh, NyStateDirector@americancanoe.net

North Carolina



The summer paddling season is now in full swing and the ACA - North Carolina will be attending two premiere paddling events in Western N.C.:

June 30-July 8 | Carolina Canoe Club's Week of Rivers | Bryson City

July 9-10 | Camp Cup Challenge | Nantahala Outdoor Center

This challenge includes a Down River Race, Free Style Throwdown, Slalom Race, Ice Cream Social, Pizza Party, Guest Coaching, a River Obstacle Course and much more. The Camp Cup Challenge, organized by Alzar School, offers young paddlers a way to network and be exposed to Slalom, Down River Racing and Freestyle Kayaking.

Doug Stager, NcStateDirector@americancanoe.net



Puerto Rico

On April 27, 2018, Paddle Sur owner and ACA SUP Instructor Omar Garcia; his wife, Yasmin Gonzalez; their son, Omelv; and daughter, Nimsay (PR SUP National Champions); ACA SUP instructor Jessica Del Valle; and SUP Instructor Trainer and ACA PR State Director Omar Ramos from Paddle Paradise PR traveled to the municipal island of Vieques to teach and introduce young kids to standup paddle boarding. These new kids are well-initiated in paddlesports!



Pennsylvania

Pennsylvania is celebrating the 2018 River of the Year. Loyalsock Creek, which flows about 64 miles through Sullivan and Lycoming counties in northcentral Pennsylvania, has been voted 2018 Pennsylvania River of the Year.

Coordinated by the Pennsylvania Department of Conservation and Natural Resources and the Pennsylvania Organization of Waterways and Rivers, the annual River of the Year contest drew 15,061 votes among this year's nominees.

(Continued on page 43)



Pennsylvania is also celebrating young people by teaming up with the local WELS Adventure organization and discussing why the ACA is important for everyone that is interested in our nation's waterways. It was a pleasure to speak with this group of young people about capturing and creating media in a rugged outdoor river environment. There's a new group of video boaters coming out of Fayette County, Pennsylvania.

Steve Barber, PaStateDirector@americancanoe.net

South Carolina

ACA State Director Jeff Atkins and Stewardship Director Ashley Brown along with partnering business Edisto River Adventures led a paddling workshop for teens on the Edisto River in early June. This workshop was free for teenagers thanks to a grant from the ACA.

The Lowcountry River Rat Challenge and Excursion race was held in April. This is an adventure paddling and sailing race that allows participants to travel either 60 or 250+ miles in a set time frame. One participant was 14-year-old McKenzie Johnston, who recently took an ACA Trip Leader Training course. He took his new knowledge and completed the 60-mile leg of the competition. Look out – he plans to win next year!

In April the Indiana-based Hoosier Canoe and Kayak Club came down to the South Carolina Lowcountry to do some open water training with several ACA Coastal kayak instructors.

Palmetto Paddlers became South Carolina's third ACA Paddle America Club in February. Based in Columbia, South Carolina, Palmetto Paddlers is made up of both flat water and whitewater paddlers. The club organizes paddling trips throughout the year for all skill levels and sponsors training in paddling techniques, river safety and rescue. Palmetto Paddlers is also a leader in the conservation and preservation of waterways in the midlands of South Carolina.

For more information about Palmetto Paddlers or how to get involved, find them on Facebook or on the web at www.palmettopaddlers.org

The 5th Annual Traditional Inuit Paddlers of the Southeast (T.I.P.S.) was held in May on Lake Greenwood. Participants not only took some great on-water classes, they had the opportunity to build traditional paddles with ACA Instructor and Qajaq USA mentor Don Beale.

South Carolina based business Adaptive Expeditions had a successful week at the ACA Paddlesports Advanced Communications Curriculum Development Summit working with professionals from around the nation developing instructional methods to teach paddlesports to persons with vision impairment, hearing impairment, and speech & language impairments. Thank you Disabled Sports USA and the Veterans' Administration for making this happen!

Jeff Atkins, ScStateDirector@americancanoe.net



MEMBERSHIP



ACA MEMBER BENEFIT

Looking for a **unique** paddling experience this summer?

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

Learn more about this member benefit at: www.americancanoe.org/SugarIsland

Sugar Island is located in the heart of the Thousand Islands in Gananoque, Ontario, Canada. This scenic locale is an international tourism destination near the St. Lawrence Islands National Park.

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



www.americancanoe.org/eStore

ACA OUTFITTER, LIVERY & GUIDE SPOTLIGHT



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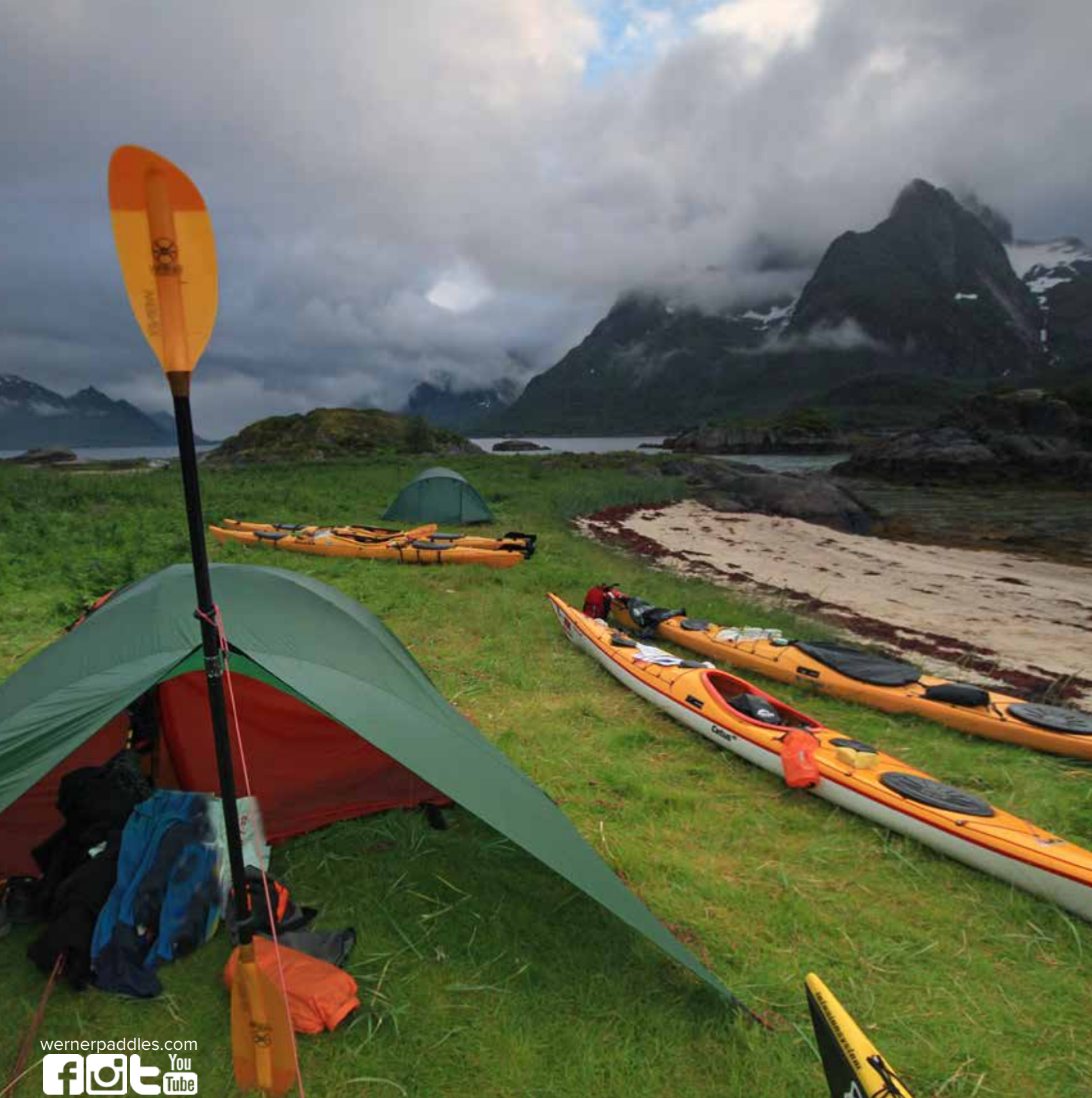
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COMPETITION

ACA launches fundraising campaign to support WHITEWATER SLALOM



The ACA has set a goal of raising \$100,000 to support the development and promotion of whitewater slalom in the United States. The funding will directly support development initiatives with slalom paddling clubs around the country.

The ACA is glad to be able to support the athletes and clubs across the United States as they strive for excellence at the national and international levels.

Matching Donation for Slalom:

Longtime paddler, slalom coach, Mach 1 Slalom Team President and ACA Lifetime Member Dave Kurtz has generously agreed to match your donation! That's right, a dollar for dollar match! Will you follow Dave through the course and support aspiring U.S. slalom athletes in reaching their Olympic dreams?



In the previous Olympics, the USA has had 1 Gold Medal (C2M), 2 Silver Medals (K1W) and 2 Bronze Medals (C1M & K1W) in Slalom.

Thank you to those who have already supported this cause. It is because of ACA members like you that our athletes will have the best opportunity to stand on top of the podium at the 2020 Tokyo Olympics.

Please consider [supporting the program today.](#)

Off to the Races

By Tracy Hines, U.S. National Extreme Slalom Team Athlete

My travels to the races have taken me to a location closer to home this year: Canada! I had made the trip to visit my northern neighbors for events in the past, so I was keen for an excuse to return.

This season has provided me with the opportunity for this visit. There are two ICF ranking races this season in the British Columbia provinces. The canoe Meadows course in Kaninaskisis will be the first, and the second will take place on the Rutherford course near Calgary. These races are at the end of the summer so there is a bit of time to prepare.

Typically, what I like to do for ICF ranking races and other higher level events is post myself in the location to train. I like to get not only acclimated to the course but also to the culture of the region. That is one of the things about sport that people often miss is the culture associated with an area.

Canada is quite rich with a unique culture. Many of the provinces in the East are bilingual, and it gives me the opportunity to expand my base of French language.

One can not travel to a French-speaking location without the expectation that there will be delectable cuisine. Superb food exists in great quantities here to the north and due to this one must be driven to remain vigilant in their training regime. There is nothing more motivating than a large bowl

of poutine. The marvelous thing about poutine is that it is a dish that an American like myself can truly appreciate: gravy on French fries with cheese curds. When I first had this dish, I stated to my comrades that I was dining with post-race, "This dish is genius! We should make this in Alabama."

Not to diverge too greatly from the original subject matter of this article; however, the example provided by the dish of poutine sums up the very essence of the Canadian experience. Canada has a very distinct element that is the fundamental base of its heritage that is easily recognized by the American. There is a feeling of home here to the North. It is easy to spend a lot of time training here. One can camp by the river and train.

Also, there are some lovely rivers and creeks to explore around the courses. The Canadian landscape provides a wide spectrum of opportunity to boat. Anywhere from easy meandering streams to stout big water fluffy drops that will raise the hair on the back of one's neck. There is a wealth of events in each Canadian province. Extreme races and Boater cross events fill the docket and have been a nice change of pace from the regime of organized slalom training.

One of the main features that has made my time here so enjoyable





is the open, friendly method of engagement of the people. It truly feels as if I am at home in Alabama. The festivals have been filled with great local and national talent that have not only challenged my skills but the coaches in the provinces have been very open to assisting me with salient bits of logistical information needed to make my trip a success.

The “home boys of the local rivers” have shown me the ropes of the local creeks. I’ve gotten an opportunity to hang out with the Wednesday night Valleyfield training crew for a session of paddling and poutine. The Canadian national team has been an inviting group to visit with and I got an opportunity to compete with them in their selection race this past weekend. No matter where one is in the world no one is free of the pre-national team selection race jitters. It was nice to just compete in such a race without having the pressure of “am I going to make the team.” For me it was just another opportunity to race.

The selection race proved to be a great opportunity to train and race on a course I had never seen before. Although the Valleyfield is not a high-volume course, there are many technical moves that can be set.

The best thing about the course is the tubes at the top of the course. The Valleyfield course is located on a water diversion channel that exists to control lake levels. The dis-

charge system used is much like the tube system that exists at the Upper Gauley in West Virginia. For me, it was like revisiting my old days as an Upper G videographer with the new twist of slalom racing all rolled into one. Busting out of the top eddy at the upper G was always a bit of an experience. One is teetered on a bead of water in a play boat with a video camera wedged between their legs. There is no place for Lilly dippers on the Upper G. The start of the Valley Field course was the same way. What a way to start a race especially in a C1.

The real fun came on Sunday afternoon when the extreme slalom event occurred. The start of the race was located right on top of the tubes. The Valley field club had engineered a most brilliant start ramp that was activated by two levers triggered when the paddler pushes them with their paddle at the start of the race. The ramp tilts and slides the boat and its passenger into the water. What a gas! Right into a froth of turbulent foam that one must navigate correctly in order to not be pushed into the right bank eddy.

As always, the slalom cross event puts one in a good mood no matter how the other events turned out. The excitement of careening into the water at full speed completely makes a person forget all else. This experience in itself serves as a prize for the event! All in all, the Canadian racing season is at the top of my list for world’s best racing locations!!

Ready, Set, Mark Your Calendars!

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

- | | |
|-----------------|--|
| July 7 | <u>The Lovely Laurel River Lake Paddle Blast</u> Corbin, Kentucky |
| July 14-22 | <u>ACA Open Canoe Nationals</u> Buena Vista, Colorado |
| July 22-31 | <u>The 2018 Yukon 1000, The World's Longest Canoe Race</u> Whitehorse, Canada |
| July 31- Aug. 5 | <u>ICF Canoe Polo World Championships</u> Welland, Canada |
| August 1-4 | <u>ACA Sprint National Club Championships</u> Oklahoma City, Oklahoma |
| August 4 | <u>Paddle for the Bay</u> Norfolk, Virginia |
| August 11-12 | <u>Dog Days Canoe/Kayak Slalom</u> Bellefonte, Pennsylvania |
| Aug. 30-Sept. 2 | <u>ICF SUP World Championships</u> Esposende and Viana Do Castelo, Portugal |
| September 8-9 | <u>U.S. Outrigger Championships</u> Catalina Island, California |
| September 12-16 | <u>ICF Dragon Boat World Championships</u> Gainsville, Georgia |

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INTERNATIONAL



Germany to host new

EUROPEAN ACA INSTRUCTOR ACADEMY

An Instructor Academy for ACA Division Europe is being held September 7-9, 2018, at Lake of Schluchsee, Germany.

The ACA Instructor Academy will provide an easily accessible platform for instructors to get updated and upgraded, as well as receive further training from top-notch Instructor Trainers and Instructor Trainer Educators. The academy will also provide an opportunity to meet, paddle together and learn with other instructors.

Highlights will include:

- Workshop: Video feedback – how to and best practices
- Lecture: Mental aspects while teaching and learning
- Workshop: How to use yoga to improve your performance and help students become more flexible
- Paddle trips, bbq and more

Please contact [Raff Kuner](#) for more info about the event. Or visit the ACA Europe website, www.aca-europe.org.



Mark your calendars

ACA Europe Symposium
October 26-28, 2018

The ACA's 9th annual Europe Paddlesports Symposium will be held October 26-28, in Belgium.

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

For more details, please visit www.aca-europe.org/index.php/en/.



Chile provides:

- ✓ outstanding instructor candidates
- ✓ unique experience
- ✓ beautiful setting

By Marcel Bieg

Recently I was invited to travel to Pucon, Chile, and work with ACA Instructor/IT Josh Oberleas. Josh asked me to observe his lead teach in order to complete the process in becoming an ACA Raft Instructor Trainer. The experience was, to say the least, amazing and the following is my account of this unique opportunity.

The Start

In 2016 during my traditional Western states tour, I traveled to Buena Vista, Colorado, for a few paddling events and to teach a Whitewater Raft Instructor Certification Workshop for the Rocky Mountain Outdoor Center (RMOC). There I met Kate Stepan and Josh Oberleas, the two newest hopefuls for Raft IT candidacy. Josh and Kate were both lead raft guides as well as Kayak, SUP and SWR instructors in the Arkansas valley. The three of us became fast friends and had a won-

derful Raft ICW. At the end of the course we made plans to complete their IT process in the year to come.

Summer 2017 came, and, as planned, I returned to Buena Vista. Upon arriving, however, I discovered that only Kate and I would be working together as Josh had a situation arise that would not allow him to join us. Kate completed her course with flying colors and became a Raft IT. I met with Josh and we discussed potential opportunities for later in the year. We planned to meet in the fall for another Raft ICW this time in Oregon, but an injury ended that plan as well.

Late in 2017 I received a call from Josh asking if I would be interested in traveling to Chile and teach with him. This trip would not only check him off as an IT, but to also satisfy an intense interest of sev-

eral local and regional raft guides who had worked with Josh over the years. Josh had been guiding and instructing in Chile during North American winters since 2008. He had worked in several regions and on many rivers, which ultimately led him to Pucon, Chile. We immediately went to work to see if a raft ICW in Pucon was a real possibility.

The Location and Timing

Pucon, Chile, is known as an outdoor mecca and has been named greatest tourist destination in South America by several travel and outdoor media outlets. It boasts opportunities for about anything from a huge natural lake named Villarrica to the popular rivers of the Liucura and Trancura, mountain biking, canyoneering, skiing, sky diving, wonderful hot springs, and mountaineering on the nearby active volcano also named Villarrica. Since Josh had spent eight seasons in South America, he had many strong contacts with hostels, rafting companies and guides. He would put us up in the [Etnico Hostel](#), who would provide lodging, a classroom space, and we would rent boats from [Polutur](#), a local guide service.

Pucon was also a great location because of all the guides who call it home. In Chile, as in many countries around the world, guiding is considered a career and is highly respected in the work force. It re-





quires a high level of training, and licensure and is strongly regulated by the government or local municipalities. Guides can make a good living and not just as raft guides; climbing, skiing, or any backcountry discipline is paid a reasonable wage. Guiding is viewed as a profession and the raft guides in Pucon would be no exception to this rule.

Josh planned the course for early April because it would be at the end of the South American rafting season, right on the cusp of the winter and the rainy season, and it would fit into my busy schedule. Just like that we were off and running, making paces to plan the first ever Whitewater Raft ICW held outside of the United States.

The Instructor Candidates

When Josh opened registration in late February he was astonished to find that the course filled in less than 24 hours. A diverse group of guides from a wide range of back-

grounds were to attend this course and held over a century of experience between them.

As a funny side note, nearly all raft guides go by nicknames which reflected their unique experience or personality. There was Balta, a hilarious local guide and ripping safety kayaker who kept us in stitches. Manu and Bastian, talented young men who guide on the Maipo River outside of Santiago, were strong, sharp and always smiling.

Then there was Nico, already an ACA kayak instructor thanks to Josh's efforts in South America. Nico is starting a raft and kayak instruction company in Argentina. Yoyo owns a raft company in Pucon and is built like a stout hockey player and brought some impressive guiding skills. Rummy was an Ecuadorian who is opening his own company on the Maipo. Then there was Pataka, a local guide with

over 10 years of experience guiding with an intoxicating passion for the river and for Chile.

Gigo is originally from Pucon and also lived in Norway for a decade. He is one of the pioneers of Chilean kayaking and rafting. Gigo also translated the entire 120-page ACA Raft Instructor Manual into Spanish for the course. Paulo is a professional guide and instructor for several organizations, including Rescue III, and travels the world teaching classes in the off season. Then there was Carlitos (meaning little Carlos). Carlitos has one of those ironic nick names because he was one of the biggest guys in the course and teaches at the Itur University in Pucon as well as guides commercially. Carlitos is one of the most patient and hospitable instructors I have ever met. He along with Paulo and Gigo are deeply respected in the Pucon raft scene.

(Continued on page 61)



Finally, we had Danger Mike, a statesider originally from southern California who moved to Colorado for school, found rafting and started living the year-round summer season between Gunnison and Pucon. Last but far from least is Gicho, the only female in the course and the first Chilean woman to earn her Level 4 guide license. She professionally guides on the upper Trancura River. Chilean culture is somewhat archaic when it comes to female/male equality; this meant that Gicho has had to fight the norm to achieve this honor and is not always treated with the respect she deserves as a talented and extremely capable guide and instructor.

The Course

In my many years of running ACA instructor courses in a variety of disciplines, I have always found Rafting ICWs to be the most difficult. Often candidates come in with a huge wealth of knowledge and years of teaching commercial guide schools. This experience can lead to questioning the value of taking a raft ICW. Fortunately, and more often than not, candidates quickly realize that the purpose of an ICW is to learn how to teach and that it offers many techniques to do so. Soon minds begin to open and grow as the instructors improve

their understanding and skills used to guide, which ultimately helps make better boat people.

This course, however, was different. The group easily had one of strongest resumes and experience levels I had ever seen in a raft instructor course, and yet they were immediately open to new ideas and teaching techniques. They were attentive and present and never wavered at an opportunity to learn something new or take part in a new activity.

As a non-Spanish speaker, I had left Josh to do more work than I would have normally required of an IT candidate, but given my lack of Spanish he was forced to run the course, translate what I had to add and on occasion translate what was said back to me. Most of the time I knew what was going on simply due to my understanding of the topic, contexts and the actions of Josh and the instructor candidates.

The course itself was full of information, and each day we slammed through hours of exciting activities, teaching topics, games, elements and river time. Every ICW has a unique challenge, and in this course the weather would prove to be it. We ran this course over six days, from Sunday to Friday, to allow extra time for both oar and paddle boat disciplines and as a buffer due to the language barrier.

It's fortunate we'd planned the course this way because the weather barreled down on us, driving high winds, cold temperatures and heavy rain into the area.

On day two we found the river at flood state. This presented the opportunity for the candidates to

grow as we discussed the options and let them choose what to do with the high water. As expected they made the right choice and moved us to the Rio Liucura, a lower class of river which at the high water still provided plenty of thrills and teaching opportunities.

And so the class went, each day looking at our options and teaching goals, then deciding where the day would go. Josh adjusted, researched and planned to ensure that the class would move forward and remain valuable to the Instructor Candidates.

Finally on day 5 the clouds broke, the sun came out and the water levels began to slowly drop. We immediately moved to the other sections of river and saw some incredible skills from the candidates. More impressive however was the candidates ability to come up with fantastic lessons, creative activities and smart examples which helped me with understanding more than I ever thought possible.

On the final day of the course we were able to run the section of river we had planned to do on day 3. It was a wonderful day of emotion, whitewater thrills, spectacular scenery and impressive lessons. On this last day we only took oar boats so we could rotate around in order for everyone to have a crack at the big water fun. We ended with a throw bag session in the chilly waters of the lower Trancura River. Tired but grinning we headed back to debrief the class and hand out some fun schwag that ACA HQ had sent.

An Asado is the traditional name for a Chilean cookout and it is a regular occurrence to celebrate

about any important event. This class was no different. We feasted on local foods and drinks while basking in each other's company.

The Take Away

This was my first time to Chile and South America and, although Josh knew everyone in the course, there were several surprises that really impressed me.

This was hands-down one of the strongest groups of instructor candidates I have ever had in an ICW in any discipline. Not only are they incredible rafters and skilled guides; as a whole they had the strongest teaching skill I have ever seen. I do not know if this was due to their willingness to open their minds to the ACA way, due to their culture or some other obscure reason that eludes me. Regardless, it was inspiring.

This was one of the most professional groups of instructor candidates I had ever worked with; each added something to the course and each showed a deep understanding and passion for what it means to be a professional Raft Guide and Instructor.

The entire group was clearly there to better not only themselves but rafting in Chile and South America as a whole. They all plan on taking the techniques they learned back to their own companies, organizations and their governments and countries of origin.

Earning the Instructor certification was an incredible honor for them. They will wear the certification with pride.

These individuals had a deep respect for the ACA and what the ACA is trying to do. Several times

we had discussions about each of their experiences in guide school and trainings with other organizations. They each felt something was always missing and this course was that missing piece they had been seeking.

I have now mentored several ITs through the process and am actively working with four more. Josh was the perfect example of what I expect in an IT. I was pretty much there as a sounding board and to help where needed. He simply did an incredible job leading the course and worked so hard to teach complex ideas in his nonnative tongue. It was impressive and it is clear that he is passionate about the ACA and its mission, and he is ready to be a Raft IT.

It became clear that Chileans and South Americans in general find it pretty uncool that folks from the USA think we have the trademark on the term "America." Early on while chatting around the fire a humble Chilean pulled me aside and said, "You know we are all Americans."

This was profound to me and I realized that he was totally correct. We all live in the Americas and I live in the United States. I began to think about this throughout the length of the course and found this idea eye-opening, especially because we are all part of the American Canoe Association, which suddenly has even more meaning to me.

The word "America" encompasses not only the United States but also the rest of North, Central and South America, and maybe even the world because what we are doing is good and valuable and can help us grow into compassionate, passionate and ethical people who want to unite the world of not only paddlesports but of people.

Conclusion

Thank you to the guides (and now ACA Instructors) who honored my presence in Pucon, Chile. It is people like you who truly help our sport grow and flourish. I will share what I have learned from you as I hope you will reciprocate.



Educators encouraged to participate in INTERNATIONAL SEA KAYAKING SYPOSIUM

The 2nd [International Sea Kayaking Educators Symposium](#) is being held November 11-15, 2018, at Wilsons Promontory National Park, located on the southernmost tip of the Australian Mainland and 3 hours from Melbourne.

This event brings together outdoor adventure educators from around the world who value both the sea and sea kayaking for their unique and powerful learning potential.

Participants will be able to participate in numerous activities, presentations and workshops, with a mix of standard (45-minute), extended (90-minute) and half-day sessions taking place on both land and water. These presentations will be from an array of speakers who will be guided by the two themes: coastings and crossings.

In the lead-up to ISKES 2018, participants may wish to join one of two paddles around Nooramunga Marine Reserve. Experience the beautiful islands just north of Wilsons Prom for either two or four days.

For more information about the symposium, please visit www.iskes.org. Also, be sure to check out [this video](#) from the organizers.

THE SECOND INTERNATIONAL SEA KAYAKING EDUCATORS SYMPOSIUM

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WWW.ISKES.ORG

Paddling History



*Ladies Tilting at Sugar Island 1906
New York State Historical Association, Cooperstown, NY*

In canoe tilting (or jousting), the object is to push the other contestant into the water. Each player is armed with a bamboo pole 10- to 12-feet long. The ends are well but lightly padded, covered with rubber sheeting and sealed with tape to keep the water out. It is unfair to grasp an opponent's pole or to hit below the belt. Much depends upon having a skillful paddler who can keep your craft in the right position for the most effective action.

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

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

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