

Volume 4, Issue 6 | November 2018

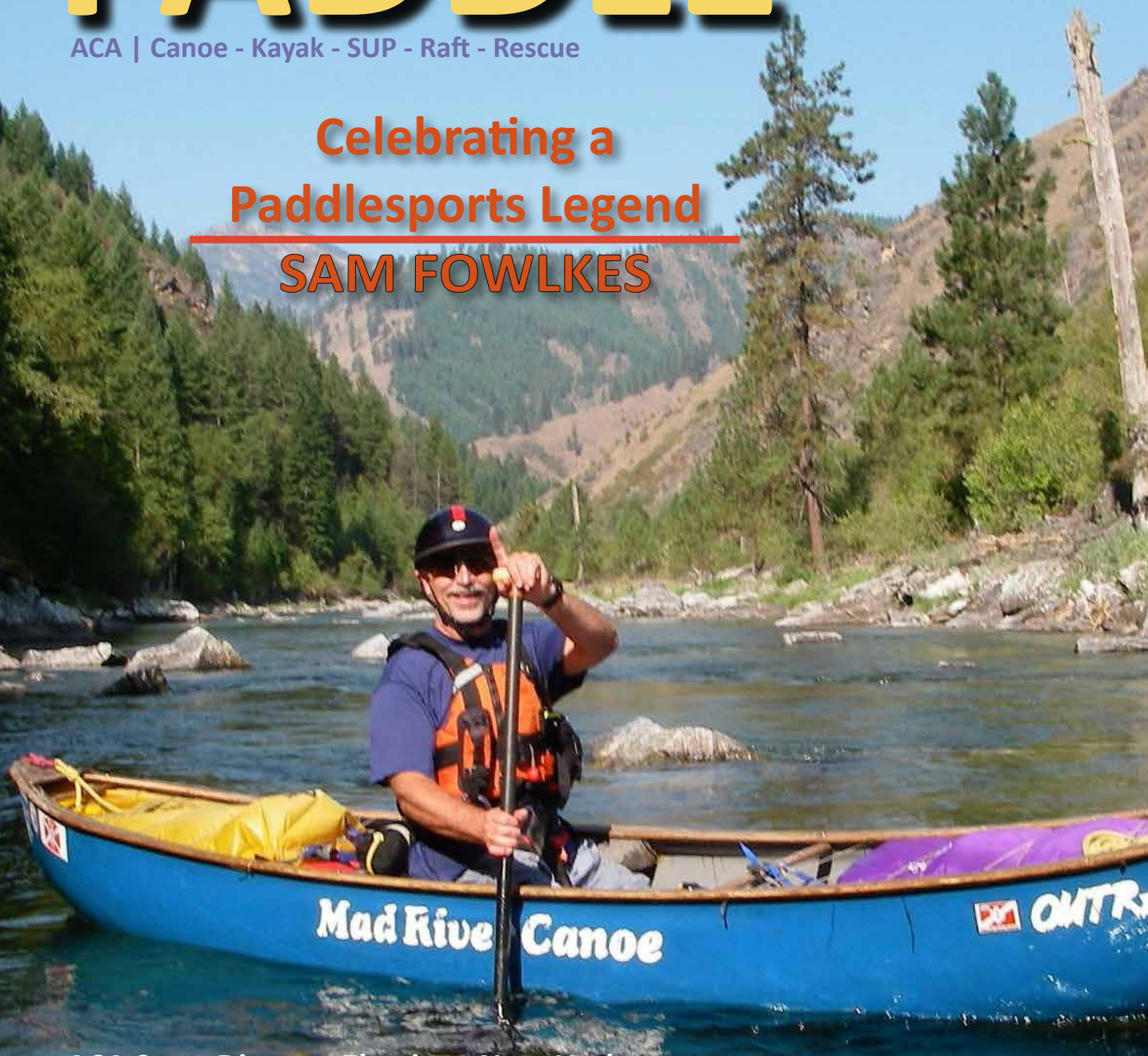
# PADDLE

ACA | Canoe - Kayak - SUP - Raft - Rescue

**Celebrating a  
Paddlesports Legend**

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**SAM FOWLKES**



**ACA State Director Elections Now Underway**

**Instructors of the Month**

**ACA Youth Videos Released Online**



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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  
JD Martin- Financial Coordinator  
Kelsey Bracewell- SEI Manager  
Dave Burden- International Paddlesports Ambassador  
Amy Ellis- State Director/Membership Coordinator  
Kimberly Jenkins- Paddle eMagazine Editor  
Brett Mayer- Public Policy Chief  
LeighAnn Moore- Insurance Coordinator  
Carrie Schlemmer- Education & Grant Coordinator  
Chris Mulrow- Social Media Coordinator  
*Vacant*- Membership 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  
*Vacant*- Paracanoe High Performance Manager/Coach  
*Vacant*- Slalom High Performance Manager

## Cover photo

*This September, Sam Fowlkes celebrated his 40th anniversary as an ACA-certified instructor.*

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

- Marsh Jones (Minnesota- 2019)

### 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 (WI)
- 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)

### **COMPETITION COUNCIL**

- Chair: Marsh Jones- Sprint
- Vice Chair: Mike Shandroff- Outrigger
- Secretary: Risa Shimoda- Freestyle

### **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 Rozsahegyi    | 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- Micheal 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 *something you want to do* in the next year that you've never done before?



**Wade Blackwood**  
Executive Director  
Kayak through the Grand Canyon.



**Marcel Bieg**  
Western States Outreach Director & Grant Manager  
Sea, surf and whitewater kayak at Skookumchuck Tidal Rapids in British Columbia, Canada.



**Rafal Smolen**  
Slalom National Team Coach  
Skydiving.



**Brett Mayer**  
Public Policy Chief  
Complete a paddle, run, bike, and climb all in one day in Pisgah National Forest!



**Kelsey Bracewell**  
SEI Manager  
Complete a century bike ride.



**Dave Burden**  
International Paddlesports Ambassador  
Fly in a hot air balloon.



**LeighAnn Moore**  
Insurance Coordinator  
Ride a gondola in Venice, Italy.

# ACA STAFF

[www.americancanoe.org/staff](http://www.americancanoe.org/staff)



**Morgan House**  
High Performance &  
Competition Director  
Complete an Ironman triathlon.



**Zolt Szadovszki**  
Sprint National Team Kayak Coach  
Go bungee jumping.



**Kimberly Jenkins**  
Paddle eMagazine Editor  
Trace my ancestry.



**Carrie Schlemmer**  
Education & Grant Coordinator  
Visit the Grand Canyon!



**Amy Ellis**  
State Director/Membership  
Coordinator

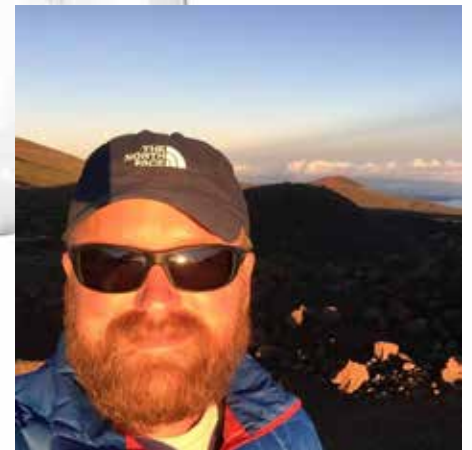
I want to hike Joshua Tree National Park, which I will do during my sabbatical in January!



**Chris Barlow**  
Sprint High Performance Manager  
Dog Sledding in Montana!



**Christopher Stec**  
Chief Operating Officer  
Scuba dive off of a stand up paddleboard.



**Aaron Huston**  
Sprint National Team Canoe Coach  
See the Northern Lights (Aurora Borealis).



**Aasim Saleh**  
Sprint Jr. Team Manager  
Kayak with whales.



## ACA welcomes social media guru

The ACA is happy to welcome Chris Muldrow and his team from Rambletype as our new social media firm. We are excited to work with them to continue to enhance our presence throughout our social media platforms.

Chris Muldrow has worked in digital media since 1995. He helped build [Fredericksburg.com](http://Fredericksburg.com) and worked with newspapers, local businesses and nonprofit organizations across the United States to establish their online brands.

Chris is a writer, a programmer, an IT geek, a numbers nerd, a business strategist, a husband and a dad, not to mention a kayaker and stand up paddleboarder.

He has a journalism degree from the University of South Carolina Honors College and lives in historic Fredericksburg, Virginia.

# WE'RE HIRING!

The ACA is looking for exceptional paddlers to fill three vacancies on our team:

- **Membership Coordinator**

The Membership Coordinator is responsible for maintaining a connection between the National Office and the ACA membership. The position works with the other members of the department on the day-to-day management of the membership database and is responsible for developing and implementing ways to effectively interact with the membership through all ACA communication avenues. The position will also need to be able to identify and target areas for membership growth.

- **Paracanoe High Performance Manager**

The Paracanoe High Performance Manager/Coach position serves as the primary liaison for the ACA to the Paracanoe community. This position works with other staff, coaches, athletes, race officials, event organizers, clubs, volunteers, other organizations, the ACA's Paracanoe Committees, and the general public. The position also manages the Paracanoe portion of the ACA's Paralympic High Performance Plan.

- **Slalom High Performance Manager**

The Slalom High Performance Manager position serves as the primary liaison for the ACA to the Slalom community. This position works with other staff, coaches, athletes, race officials, event organizers, clubs, volunteers, other organizations, the ACA's Slalom Committees, and the general public. The position also manages the Slalom portion of the ACA's Olympic High Performance Plan.

To learn more, or apply, please visit [www.americancanoe.org/Employment](http://www.americancanoe.org/Employment).



## New financial coordinator joins ACA

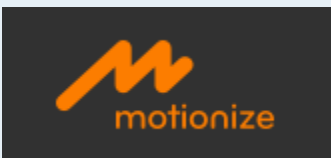
It is with great pleasure that the ACA welcomes JD Martin as our new financial coordinator.

After owning his own CPA firm, and then working as the director of budget & finance for several school systems, we are excited for JD to bring his financial expertise to the ACA.



# PARTNERS

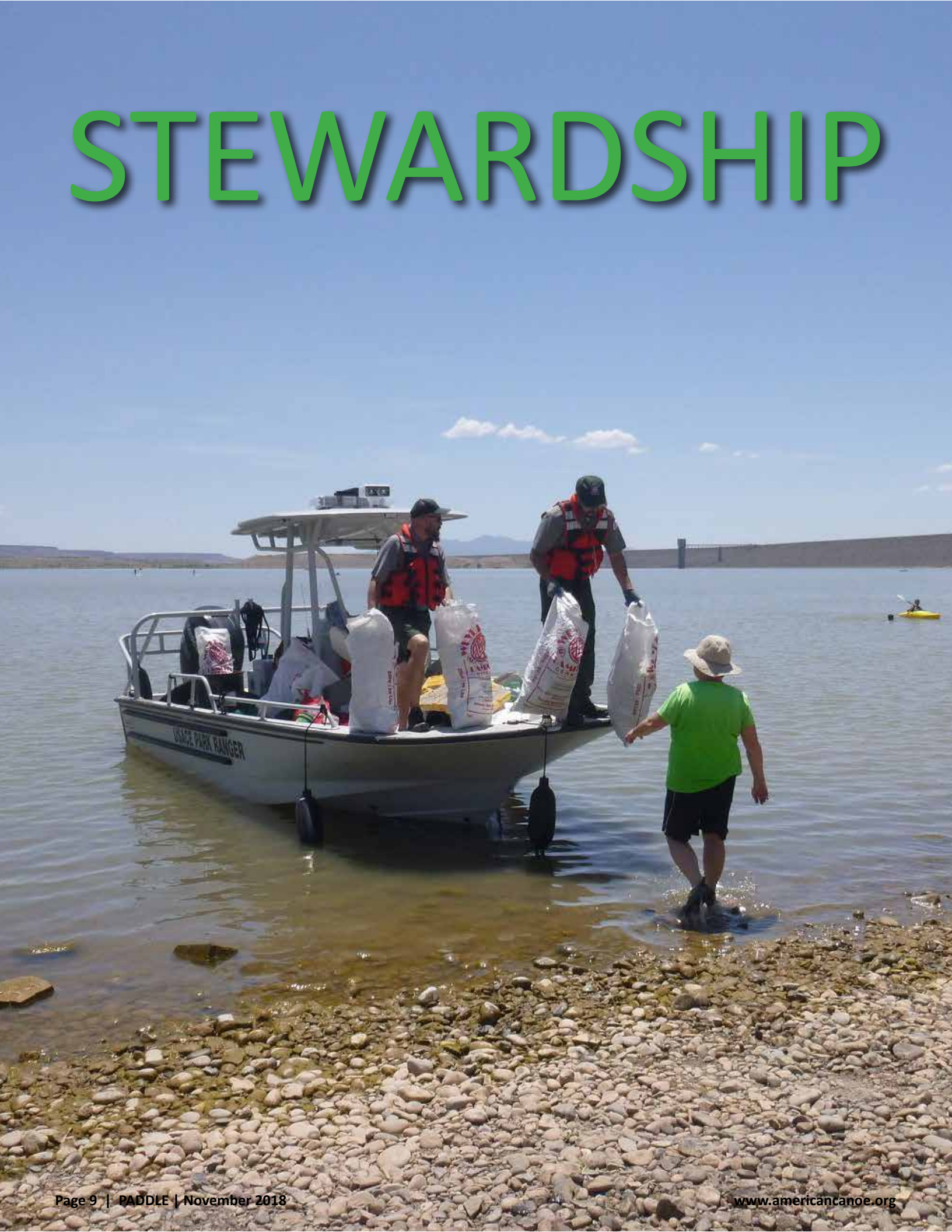
We are grateful to these organizations and companies for their significant commitment to help us achieve our mission and goals.



## 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.

# 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
- Rivers for Change
- Viking Canoe Club
- We Love Clean Rivers

Beginning with this issue, the efforts of 2018 CFS grant recipients will be featured in *Paddle* eMagazine. Summaries of recipients 10-14 follow on the next five pages.



## Illinois Paddling Council

The [Illinois Paddling Council](#), an ACA Paddle America Club, strives to promote all aspects of paddling in Illinois. As part of its mission, the council partners with the Openlands on the Illinois Water Trailkeepers program.

Much like the Adopt-a-Highway program, through the trailkeepers program volunteers adopt a section of water trails in the state and monitor, maintain (clean up), advocate, and report on conditions on their reach of water trail. Water TrailKeepers volunteers typically organize, lead, and/or participate in 15-20 cleanup efforts per year. The IPC and Water TrailKeepers is strictly a volunteer-run organization.

Several individual groups are working toward the same purpose: To develop and promote water trails, paddlesport access, and stewardship of Illinois paddle-able waterways. The Illinois Paddling Council, along with its Water Trailkeepers program, is in a unique position to sponsor an event in which like-minded organizations, governmental agencies, and recreational users gather to network, share lessons learned, develop best practices, and united, increase effectiveness in shared missions.

The council was awarded a CFS grant to engage the local community, paddlers, and regular volunteers to conduct four river cleanups at the following locations:

- Upper Calumet River in Blue Island
- DesPlaines River Between Lake and Cook Counties
- Fox River in Algonquin
- Sangamon River in Central Illinois (50+ miles of water trail across multiple counties)

The council's general approach to cleanups to invite members of the paddling community to help clean the river from their canoes and kayaks. Community groups, youth groups, and members of the general public are invited to join in walking the shores of the river. The four section sections of river were selected to help build new community relationships and continue to grow existing relationships with partner organizations and the local communities.





## Kayak New Mexico

On July 21, 2018, [Kayak New Mexico Inc.](#) teamed up with the U.S. Army Corps of Engineers and Albuquerque's Boy Scout Troop 444 to clean up Cochiti Lake. Twenty-five volunteers (12 Boy Scouts including their leaders, 1 adaptive paddling participant, a mother and brother of an adaptive paddling participant, 8 members of the New Mexico paddling community, and 3 KNM board members) collected 1,291 pounds of trash. A wooden pallet, 16 tires, 2 metal drums, a metal handrail bar, and a refrigerator were the largest items collected. Plastics, aluminum, and glass were sorted and taken to a recycling center (289 pounds). One of the metal drums collected will be "recycled" by using it as a garbage can at the group campsite.

Broken Trail Brewery & Distillery of Albuquerque, New Mexico, donated grain sacks from their brewery for the collection of trash that was not recyclable. The grain sacks are strong – far better than plastic bags – and the volunteers were able to "recycle" something Broken Trail Brewery & Distillery no longer needed.

The Army Corps of Engineers graciously provided free use of their group campsite for the entire weekend for all volunteers. Natural Resources Specialist Trevor Wallin and Juan Sanchez piloted the U.S.

Army Corps of Engineers Ranger boat and heaved all trash from volunteers onto the boat. Once filled, the boat was brought to the staging area for sorting by more volunteers. Two trips were needed by Wallin and Sanchez to carry all the trash back to the staging area. An Army Corps of Engineers front loader was then used to take non-recyclable trash from the staging area.

*(Continued on page 13)*





## Middle Grand River Organization of Watershed

The [Middle Grand River Organization of Watershed](#) (MGROW) is a 501(c)(3) nonprofit organization established in 2011 as an umbrella group serving the people and organizations within the Middle Grand River watershed. Its mission is to protect and preserve the history and the natural resources of the Middle Grand River watershed by promoting education, conservation, restoration, and wise use of watershed resources.

MGROW was formed from the legacy of the Grand River Expedition, led by Verlen Kruger, who held several Guinness Book of World Records honors for the most miles paddled by canoe and led the Expeditions in 1990 and 2000.

The Lansing Earth Project, as overseen by MGROW, worked to build paddlesport and watershed appreciation through a series of volunteer-based cleanups throughout the year in multiple locations within the watershed and the Metro Lansing area, including on the river, in nearby parks, and on nearby trails.

Much of the Grand River watershed is located in an urban and highly populated area and, within the last five years, a significant upswing has been noted in recreation related to the river, parks and trails. Along with this increased use has come the growing call-to-action by the community who so passionately enjoy the local natural resources and their voice is clear: They want to give back to nature, to protect and

preserve the river and parks, and they are willing to do something about it.

The Lansing Earth Project is an ongoing sustainable project. MGROW has recruited businesses, organizations, clubs, and the community to help in its cleanup initiative and create the structure for seasonal efforts. A large portion of grant funds were used to support the multiple cleanup efforts beginning the weekend of Earth Day and extending through the month of September, by providing cleanup equipment and cleanup-related resources. The remaining funds went toward educational and promotional materials as a part of the organization's mission to engage and educate the public about clean water initiatives and water safety.





## The Meadow Center for Water and the Environment

[The Meadow Center for Water and the Environment](#) is an educational and research center at Texas State University committed to sustainable water solutions. The center is the entrusted steward of Spring Lake, an environmentally sensitive spring-fed lake that is home to eight federally endangered or threatened species. The lake is part of Texas State University in San Marcos, Texas.

Over 120,000 visitors come to the lake annually for environmental education, research and recreation. The lake must be maintained and cared for, and several invasive species have made home in the lake – compromising the habitat for native species, some of which are threatened or endangered.

Among these invasive species, Water Lettuce and Water Hyacinth grow at a rapid rate and need to be managed not only for habitat integrity but also to keep the waterways

clear for educational programs. The lake remains a constant 72 degrees throughout the year, allowing aquatic vegetation to grow unabated year-round.

One objective of the education program at Spring Lake is to fuse environmental education with recreation. The ACA Club Fostered Stewardship Grant was a perfect fit to have volunteers come together in an effort that included an introduction to safe paddling skills, education about native and non-native invasive species at the lake, and a stewardship initiative involving the joy of kayaking on the clear spring waters.

The center organized three separate events engaging volunteer youth from the Texas State University community and the Austin Youth River Watch. Volunteers were able to learn about the invasive vegetation and remove it from the lake – stacking it in their kay-

aks as they paddled. Wildlife sightings abounded as did conversation and community. The three events results in a total of 58 volunteers who removed 420 pounds of invasive vegetation.

The grant funds helped with the purchase of life jackets and paddles. The center had sparse equipment that was worn, and the newer gear worked great and helped everyone get on the lake in a proper and safe manner.

“We are excited about the results of the program and have had an overwhelming response to continue our efforts. With the equipment and curriculum in place we should be able to do just that. Interestingly, numerous volunteers commented how peaceful it was combining kayaking and gardening (weeding), so to speak! It really was an all-around effective blend of instruction, adventure and stewardship,” said researcher Rob Dussler.

*(Continued on page 15)*





## Viking Canoe Club

The Viking Canoe Club's purpose is to promote and encourage the recreational navigation of wild and scenic rivers by canoe, kayak and other self-powered craft; promote conservation of wild and scenic rivers by practicing conservation as a club, by cooperating with local and national conservation organizations, and by communicating the club's concerns to governmental authorities and to the public; develop paddling skills through instruction, training and participation in canoeing and kayak events, and promote appreciation for the beauty of our wild and scenic river resources and for the recreational value of wilderness cruising, camping, canoe racing and whitewater sports.

Each year our 100 active paid member club performs several river cleanups in Kentucky.

Often called the "Niagara of the South," Cumberland Falls has attracted the attention of countless people since prehistoric times. The falls draw thousands of visitors each year and the 11-mile paddle below the falls is a favorite of the club. However, over the last few years increasing amounts of river trash have been collecting in the eddies below the falls.

The club was awarded a grant to organize, advertise and participate in a cleanup at the put-in below Cumberland Falls. The logistics of the cleanup are challenging because it requires hiking down to the base of the falls, collecting the trash from rock- and tree-filled debris fields, and then navigating the trash back up the sets of stairs to then remove it from the park. Because of these challenging logistics, the cleanup

will require several partners, so the Viking Club proposed partnering with SUP Kentucky, Sheltowee Trace Outfitters, the Kentucky Environmental Foundation, local county officials and Cumberland Falls State Park.





# 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](http://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](http://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](http://www.americancanoe.org/TrackTrash)



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

[www.americancanoe.org/LNT](http://www.americancanoe.org/LNT)

# Recent *Paddle Green* Policy Action

## ACA requests member inclusion on TWRA Rule-making Advisory Board



Recently, the Tennessee legislature granted the [Tennessee Wildlife and Recreation Agency](#) authority, under § 69-9-227 [SB1135/HB0785], to enact rules to regulate permitting and fee collection for commercial paddler-raft operations.

The ACA requested that the TWRA carefully consider which rivers are presenting the most common commercially related paddling conflicts, and to ensure that any Advisory Board include ACA members to provide input on any proposed fee collection requirements and mitigation. Read the full letter [here](#).

## ACA encourages protection of Alaska's roadless areas



The ACA, in partnership with the [Outdoor Alliance](#), signed on to a letter submitted to the USDA Forest Service, expressing the opinion that roadless areas and their protection under the 2001 Roadless Rule, be maintained in Alaska's National Forests.

The ACA considers it essential that the protection of outdoor recreation, including paddling opportunities, be maintained or expanded as the Forest Service considers whether to tailor the Roadless Rule to the specific needs of Alaska's National Forests. Please read the full letter for a more detailed understanding of the ACA's position on this important issue in public lands protections. Read the full letter [here](#).

## Stream to Sea



The ACA is committed to making the world a better place to paddle. As our planet faces increasing environmental issues due to development and misuse of natural resources, the ACA is promoting positive environmental stewardship within the paddling community. This has become one of the ACA's top priorities and the nonprofit organization is committed to helping create healthy paddling environments and a cleaner planet for everyone by addressing one of the greatest threats to our waters: marine debris.



Of the estimated 6.14 million tons of debris that enter marine environments each year, 80% of it is land based trash that enters from freshwater rivers and streams. Who better to help prevent the accumulation of marine debris than paddlers?

The ACA has been implementing an ongoing [Stream to Sea Initiative](#) that will equip users with the knowledge and tools necessary to clean navigable waterways and paddling environments while recreating. Utilizing the paddling community, one that already has a vested interest in the health of the nation's waters, is an effective way to help remediate the growing amounts of debris that affect marine environments. Employing paddlers, a virtually untapped resource, in freshwater streams and rivers provides a sustainable network of stewards dedicated to reducing debris accumulation before it reaches coastal environments.

This is a three-pronged effort to educate, motivate, and model proactive on-water stewardship practices to curb marine debris through the following programs:



#### **Paddle Green Bags**

As paddlers, we spend a lot of time on these inland waterways. The next time you go paddling, take a Paddle Green Bag and see how much you can improve your waterway by removing marine debris!



#### **Track Trash Data Resources**

The data you gather helps the ACA influence for-profit organizations and members of the government to keep funding open for clean-up programs like the ACA's Stream to Sea Initiative.



#### **Paddle Green Events**

The events provide opportunities for the community to connect with local waterways and offer opportunities for participation in safe recreational paddling, conservation projects and educational opportunities.

To see what Paddle Green Events are coming to your area, check out our [Stewardship Event Calendar!](#)

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

# Annual Willamette cleanup nets hundreds of pounds of trash

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

Hosted on the first Saturday of October, the Willamette River Keepers' annual Great Willamette Clean Up is a river-wide community day of action. Volunteers participate by canoe, kayak, SUP board, raft, motor boat, jet ski, drift boat, bike, and by foot to free our river of trash and debris, while improving habitat and community spirit along the way.

The cleanup is organized by the Willamette River Keepers and requires coordination with dozens of communities along the river from Oakridge, Oregon, all the way to Portland, which is approximately 200 river miles. The ACA helps organize a section in Eugene, working with the city to run rafts from the City of Eugene River House Community Center to Belt Line Road. This section is only about 4 miles long, but in 4 hours, 17 volunteers maxed out the capacity of five 14-foot rafts and an IK, pulling hundreds of pounds of garbage out of the river and from her banks.



I had a mother and her 10-year-old daughter on my boat and it was awesome to see this youngster caring so much about where she lives and about the health of her community, natural and human. This work also comes with a specific set of hazards. Generally, garbage is not sanitary and we often find dangerous objects along the river, so volunteer safety is the top priority, especially when working with kids. Safety policies and procedures for the river and for garbage collection are discussed in detail before heading out for the day. The work can be a bit of a downer, but we always seem to have fun and unite as a group, competing to see which boat can amass the most trash and who can find the most interesting piece of "treasure garbage."

In one respect the cleanup was a huge success. We cleaned up hundreds of miles of river pulling out thousands of pounds of trash and uniting communities along the way. In another respect the fact that these cleanups are needed illustrate an enormous failure as a people, country and culture.

I have often said it takes one person with a bag of trash less than a minute to make a huge mess and ruin an area, but it takes dozens of compassionate people hours to clean up that same mess and no matter how hard we try we will never clean it all up. We need to shift our perspective and realize that trashing the river, mountain, forest, ocean or city means trashing our home, and this is something that we as good, respectable and honest people need to combat with all our might to insure a beautiful and healthy home for generations to come.



# EDUCATION

3 - A slide into a friendly hole (at least at THIS level) on the Kettle River, Sandstone MN that I call the "Rocket Sled."

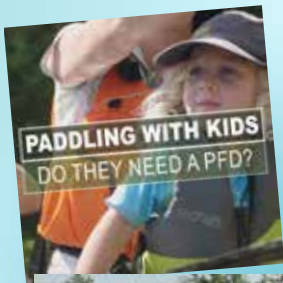
*Robert Winston slides into a hole he calls the "Rocket Sled" on the Kettle River in Sandstone, Minnesota.*

# ACA RELEASES NEW YOUTH SAFE PADDLING VIDEOS

The ACA began releasing its new Youth Paddle Smart Web TV Series last month. This series was made possible by generous grant funding provided through the Sport Fish Restoration and Boating Trust Fund, which is administered by the United States Coast Guard. The goal of this video series is to reduce paddlesport related accidents by providing immediate knowledge through short, focused instructional videos.

The Youth Safe Paddling Series offers the following videos (all are available on the ACA's [Educational Videos webpage](#) and [WebTV page](#)):

- [Do Kids Need to Wear a Life Jacket?](#)
- [Does Your Child's Life Jacket Fit Properly?](#)
- [At What Age Can Kids Start Canoeing?](#)
- [At What Age Can Kids Start SUP?](#)
- [At What Age Can Kids Start Kayaking?](#)
- [Tips for Kayaking with Kids](#)
- [Tips for Canoeing with Kids](#)
- [Tips for Stand Up Paddleboarding with Kids](#)
- [How to Paddle with Little Ones](#)
- [Top 5 Tips for Paddling Fun with Kids](#)
- [Where to Paddle with Kids](#)
- [What to Do if You Flip with a Child](#)
- [What Gear Do Kids Need?](#)
- [Keeping Paddling Fun for Kids](#)
- [Safety Tips for Paddling with Kids](#)



# 1<sup>st</sup> ACA Leadership Academy takes place Nov. 9-11



The first [ACA Leadership Academy](#) will be held Nov. 9-11 in Isle of Palms, South Carolina.

As part of the ACA's leadership role in the paddlesports community, the annual conference has been transitioned to a new leadership academy to target all facets of the paddlesports community.

In partnership with Charleston County Parks & Recreation Commission (CCPRC), the ACA is pleased to present an array of on-water clinics and courses that will help you savor the rich history, remarkable paddling, and ecologi-

cal diversity of Charleston! Within minutes of historic Charleston, the Isle of Palms hosts fantastic scenery and access to pristine coastal waters, marshes, and tidal creeks.

In conjunction with the on-water programming, instructor updates, and networking opportunities, the ACA will be hosting the Safety Education & Instruction Council (SEIC), the PAC Advisory Council, the Competition Council, and the ACA Board of Directors.

For more information, please visit [www.americancanoe.org/NPC](http://www.americancanoe.org/NPC).



# Recognizing Sam Fowlkes' *lifelong dedication* to paddlesports

Sam Fowlkes became a certified ACA instructor 40 years ago and soon stood out as a leader in the field. Over the years, his overarching goal has been to “make the world a better place to paddle.” To that end, Fowlkes has shaped curricula, helped develop programs, mentored instructors, and reached thousands of paddlers through his courses.

“Sam Fowlkes has been a mentor, friend, co-instructor for over 20 years. He has an undying devotion to paddlesports education, safety, new ideas and the tedious work of multiple ACA committees,” said Landmark Learning Executive Director Justin S. Padgett, M.S., paramedic, WEMT. “Sam has an uncommon level of patience and persistence that has really helped all of us grow and strengthen the national pool of paddlesport educators across the U.S.,” Padgett added.

Fowlkes' involvement with the ACA began in 1977 when he certified as an ACA whitewater kayak instructor while working at Nantahala Outdoor Center as a guide and instructor. At the time, Fowlkes recalled, “I was already a college educator, and my paddling skills from racing and guiding were peaking,” so the instructor certification seemed like a natural fit.

“Sam exemplifies unwavering dedication towards providing the highest quality both in his personal paddlesports instruction as well as in the national policies and curriculum he has helped develop. His years of

*Sam Fowlkes has been a recognized leader in paddlesports for 40 years.*



commitment to the Safety Education & Instruction Council have helped shape the ACA's National Paddlesports Instruction Program for years to come,” said Christopher Stec, ACA Chief Operating Officer and Instructor Trainer Educator.

David Mason, one of Fowlkes' lifelong ACA friends, commented that Sam is a “great friend, even better neighbor. After all these years of teaching rescue, at times, in some God-awful weather, his commitment and professionalism are more than worthy of recognition.” The two met when Fowlkes took his first ACA instructor certification course 40 years ago.

Fowlkes went on to become a Whitewater Canoe Instructor (1978), a Whitewater Canoe Instructor Trainer (1981), a Swiftwater Rescue Instructor (1995), as well as an Instructor Trainer Educator in Level 5 Advanced Swiftwater Rescue and Level 4 Whitewater Canoe for the ACA. In addition, Fowlkes is an In-

structor Trainer for Rescue 3 International and a NOLS Wilderness EMT.

“Sam Fowlkes is an excellent educator,” said Tom Burroughs, ACA L-5 SWR Instructor Trainer. “One of my favorite things about him is his willingness to consider new ideas and discuss the reasoning behind the techniques that we teach. His ability to integrate new information and methods into what he does is inspiring!”

Mike Mather, ACA Level 5: Advanced Swiftwater Rescue Instructor Trainer Educator, added, “Sam Fowlkes is a silver-tongued Southern gentleman who represents the history and the future of swiftwater rescue. In his 40 years of educating, Sam has never stopped learning in his pursuit to make paddling safer and rescues more effective. He always gives credit to the original rescue idea creators and future innovative thinkers alike while never being one to boast of his invaluable contributions.”





*Fowlkes tackles Bull Sluice in 1976. This Class V rapid on the Chattooga River separates South Carolina and Georgia.*

Fowlkes' other ACA leadership positions include: 12 years as Dixie Division Divisional Instruction Facilitator, 4 years as SEIC Vice Chair (1996-2000), chair of the Safety, Education and Instruction Council from 2004 to 2007, and 5 years as a member of the ACA Board of Directors.

"Sam has been a friend and a mentor to me – and many other instructors – for many years," said Robin Pope, ACA Board Vice President and multi-discipline Instructor Trainer. "He has a wealth of knowledge about rescue and boating, that is combined with a genuine passion and enthusiasm for sharing that knowledge. It's been a privilege to work with him and learn from him."

In addition to receiving the ACA's Excellence in Instruction Award in 2005, Fowlkes received the ACA Joe Pena Volunteer of the Year Award in 2002. For the last 15 years Fowlkes focus has been on swiftwater rescue instruction and instructor training. His interests lie in making rescue techniques adaptable and relevant to paddlers.

"Sam is known for his willingness to try new approaches and see if there's a better or different way to do things. He didn't really 'write the book' on swiftwater rescue – but that's only because he was so busy testing things that ended up in the book," said Pope.

Fowlkes gives special attention to providing a multi-level educational experience. He has been providing professional level training for colleges, universities, agencies, outfitters, summer camps and clubs for 30 years. He has been on the teaching faculty of Western Carolina University for the past 11 years, schooling students in water-based sports education.

"Sam Fowlkes' commitment to safety and rescue is unparalleled. He has inspired many of us to be the best we can be as Safety and Rescue Instructors," said Julie Munger, chief executive officer of Sierra Rescue Inc./Rescue 3 West. "His ability not to take himself too seriously and his sense of humor make him an absolute pleasure to work with. He has connected people from all parts of the globe, is always open to new ideas and resources, and is committed to river runners, rivers and their enjoyment through safety."

Aaron Peeler, outdoor school director with the U.S. National Whitewater Center, added, "I had the honor of taking my initial swiftwater rescue instructor course under Sam almost 15 years ago. Since then, Sam has been a mentor to me not only as an instructor but as a lead-

er. Without Sam I don't believe the Safety and Rescue Committee would be the team it is today. Due to Sam's leadership and dedication the ACA Swiftwater Rescue

Program has become one of the top programs in the country, if not the top program."

*(Continued on page 25)*

## **Sam thanks his paddlesports mentors**

Ramone Eaton, Bill Mason and Bob Benner heavily influenced me. Jon Lugbill and Davey Hearn were my C-1 idols. John Burton (1972 Olympian) and Tom Foster were my canoe ITs in 1978. Later on, my IT mentors were Bunny Johns and David Mason. These folks were whitewater canoe pioneers who pushed the instruction side of canoeing.

In addition to his early mentors, Fowlkes also gives credit to the following for inspiring him throughout his career:

Payson Kennedy, Angus Morrison, Kent Ford, Gordon Grant, Steve Holmes, Tom Foster, Kim Whitley, Charlie Wilson, Gordon Black, Wayne Dickert, Jimmy Holcombe, Slim Ray, Frankie Hubbard and Robin Pope.

# Sam Fowlkes' paddlesport accomplishments

## *Certifications*

- American Red Cross Water Safety Instructor 1969 + Canoeing Instructor + Instructor Trainer 1988
- American Canoe Association certified Whitewater Kayak Instructor 1977 + Whitewater Canoe Instructor 1978
- N.C. EMT - B 1978 + 2009 - present
- Wilderness Medical Institute – Wilderness EMT 2013- present
- American Canoe Association Whitewater Canoe Instructor Trainer 1981
- Rescue 3 International Swiftwater Rescue Instructor 1994
- American Canoe Association Dixie Division Instruction Chair 1990-2002
- American Canoe Association Safety Education + Instruction Vice-chair 1996-2000
- American Canoe Association Safety Education + Instruction Chair 2003-2007
- American Canoe Association Swiftwater Rescue Instructor 1995
- American Canoe Whitewater Canoe Instructor Trainer Educator 1997 - present
- Swiftwater Rescue Instructor Trainer Educator 1998 - present
- American Canoe Association Board of Directors 2004-2015

## *Awards + Recognitions*

- BSA – Scoutmaster Award of Merit – 1994 + District Award of Merit 1996
- BSA Silver Beaver Award 1997
- American Canoe Association Joe Pina Volunteer of the Year Award 2002
- American Canoe Association Dixie Division Volunteer of the Year 2004
- American Canoe Association Excellence in Instruction Award 2005
- [Higgins + Langley Special Commendation for Excellence in Swiftwater Rescue 2014 International Award](#)



## *Publications + Presentations*

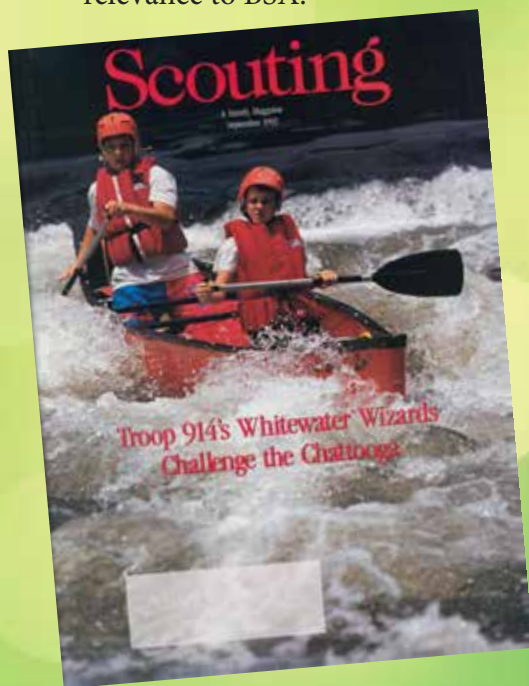
- BSA *Scouting Magazine* (September 1992) – Article: “Canoeing the Mighty Chattooga”
- BSA Canoeing Merit Badge Book – Chapter writer: “Paddling a Canoe” + “Maneuvers”
- BSA Whitewater Merit Badge Book – Advisor
- *Paddler Magazine* (November-December 2007) – Article: “Mastering the S Turn”
- *Paddler Magazine* (September-October 2008) – Article: “Perfecting the Forward Ferry”
- International Boating & Safety Summit 2003 – Presentation: “Interaction of Motorized + Non-motorized Craft”
- Whitewater Safety Symposium 2004 – Presentation: “Whitewater Accidents – Causes + Prevention”
- ACA Swiftwater Rescue Conference 2013 – Director + Chief Instructor Trainer Educator
- ACA Swiftwater Rescue Conference 2015 – Director + Chief Instructor Trainer Educator
- ACA Swiftwater Rescue Conference 2017 – Co-Director + Chief Instructor Trainer Educator



# Learn more about Sam

*ACA: You've also been very active with the Boy Scouts of America, from the Council level to the National level, how has your dedication to serve America's youth intersected with your passion for paddlesports instruction?*

Fowlkes: As an ACA whitewater canoe IT, I saw an opportunity to help my local troop (T-914) develop a quality-paddling program. We started a canoeing program from the ground up in 1990. We were featured on the cover of *Scouting Magazine* in the September 1992 issue. This led to more exposure for the ACA canoeing program and its relevance to BSA.



Around 2000 BSA asked the ACA to help rewrite/revise the Canoeing merit badge book. I was fortunate to be asked to be part of the rewrite team and

wrote two chapters. Our location on the Tuckasegee River was perfect for photos and BSA took many illustrative photos using T-914 scouts I had trained as model paddlers. The BSA/ACA safety video "Reading the Rhythms of Rivers and Rapids" was primarily filmed here as well. ACA and BSA have become partners in promoting safe boating practices benefiting youth far into the future. I am extremely proud of my volunteer time as a BSA leader. My Scouter colleagues gave me the nickname "Whitewater Sam."

*ACA: What advice do you have for those paddlers who have never taken a 'formal' ACA instruction course?*

Fowlkes: ACA skill development courses are great fun and worth your time and effort. We focus on your safety and comfort using the "tried and true" principles developed by the experts in the field. Once you can execute the basic strokes and maneuvers, your fun factor and confidence will propel you into the cool zone of paddlesports.

Paddling lakes and rivers is an environmental education while exercising in the outdoors. The more you know the more you can pass on to your family and friends. Learn from the ACA experts!



*ACA: As a past chairman of the SEIC, and current chair of the Safety & Rescue Committee, explain your motivation to volunteer in these national level capacities.*

Fowlkes: This started at the local/regional level as instruction chair for the Dixie Division. This position gave me a seat on SEIC. I wanted to share my talents and expertise at the national/international level. Seeing a need for leadership I was voted in as vice chair then chair of SEIC. This provided me a vehicle to give back and do my part to "make the world a better place to paddle."

*(Continued on page 27)*





*ACA: From your time as chair of the SEIC, what noteworthy accomplishments occurred under your leadership?*

Fowlkes: Facilitating the refinement of the ACA curricula in all disciplines of L-1 to L-5 as a professional level program. Pushing the Safety and Rescue program with a refined curriculum with Robin Pope. Starting the process of requiring ACA instructors to be CPR and First Aid certified.

*ACA: ACA. What has been the most eye-opening experience(s) you have had while teaching paddling courses?*

Fowlkes: Successfully rescuing an instructor candidate from a full on heads down foot entrapment using a boat based (tandem open canoe) rescue with current ACA Chief Operating Officer Christopher Stec. My closest call had a positive result. Lucky.

*ACA: You've guided rafts, taught kayaking at the collegiate level, and certified canoeing instructors in a wide range of lake and river venues. However, when paddlers think of your legacy to paddlesports education and instruction, they tend to gravitate to your whitewater rescue courses. How has your role in the Safety & Rescue community helped shape the ACA's National Paddlesports Instruction Program?*

*ACA: Over the past 40 years, what were significant evolutions of paddlesports teaching techniques/theory?*

Fowlkes: Professional level curricula with professional level detailed instruction clarification of strokes and maneuvers. Technology using video reviews, excellent instructional films and the Go Pro video revolution. The online transformation using email, websites and mobile smartphone apps. Drone photography is the next wave of technology for instructors.





Fowlkes: We assembled a group of experts on the Safety and Rescue Committee who are second to none and command a lot of respect from other disciplines. We are the go-to experts who advise the other SEIC committees on matters involving water safety and rescue.

This group has been influential in bringing “prevent and minimize” principles to all disciplines. The three Swiftwater Rescue Conferences have been multi discipline with the latest cutting-edge techniques for river-oriented watercraft.

*ACA: If you could paddle anywhere tomorrow, where would you wet your paddle?*

Fowlkes: Locally the Chattooga, Ocoee and Nolichucky. Western rivers the Selway and Middle Fork Salmon.

*ACA: Favorite boat? Canoe, Kayak, SUP, Raft...*

Fowlkes: Mad River Outrage and Ocoee solo canoes, Bounce 11 SUP, 14 NRS Otter inflatable oar rig and Esquif Pocket Canyon tandem canoe.

*ACA: When you're not teaching or paddling on the water, what other activities/hobbies do you enjoy?*

Fowlkes: Playing acoustic and electric guitar and mandolin. Following Greensky Bluegrass our family band. Snow skiing, biking, hiking. Watching our four grandkids grow up and learn to paddle.

*ACA: Do you have any additional statements or comments you would like to make?*

Fowlkes: Paddlesport is a family activity, get outside and appreciate nature as you gain skills and experience. Our family combined to produce an article for *Paddler* magazine (Sept/Oct 2008) where son Jason was the canoeist, daughter LeAnne was the photographer and I was the author. I couldn't have persevered for 40 years without the support of friends and family especially my wife Marie. I'm humbled, to say the least.



# July Instructor of the Month



## Eben Smith

For Eben Smith, the most exciting and engaging aspect of paddling are places it has taken him and the experiences he has had.

“This is why paddling has been a major part of my life for the past 17 years. No matter how many times you go out and paddle, even the same stretch of river, it is a completely different experience each time,” said Smith.

Paddling, specifically on whitewater, has been major role in Smith’s personal life.

“Paddling allows me to connect with myself at the end of the week, after a week of putting others’ needs ahead of my own as the stay-at-home parent for my two daughters,” said Smith.

“It has also given me many lifelong friends and memorable moments, as well as the abstract problem-solving skills I’ve developed,”

he added. “Becoming an instructor in 2009 has afforded me a chance to introduce others to the sport that has given so much to me over the years.”

“Watching someone tackling something on the river for the first time, let alone it being your child, is one of the things that makes this sport such an important part of my life.”



Smith added that while kayaking and rafting will remain the primary methods that he enjoys spending his time on the river, he will probably begin to dabble in whitewater SUP or C-1 in the next few seasons.

Smith is incredibly excited to begin sharing his love of kayaking with his daughters.

“The biggest goal for the future is to be able to paddle alongside my daughters, ultimately on something incredibly memorable like the Grand Canyon,” revealed Smith.

“Being able to see the excitement, nervousness, and mental pro-



# August Instructor of the Month

## Noah Diary



When he's not practicing law, Noah Diary can be found volunteering at many of metro-NYC's not-for-profit boathouses, particularly those on the East River/Upper Harbor.

There, he helps with volunteer recruitment, recognition, and retention, trip leading, youth and adult skills instruction, kayak polo, public paddles, as well as educational seminars.

On the back-end, Diary serves and has served in many advisory and leadership roles, including director of several boards, president, department head, program manager, legal and safety committees – all in order to help NFP organizations work to continue creating boathouses which community members can feel safe and proud in joining.

Recently he chaired a trip-leader symposium hosted by Brooklyn Bridge Park Boathouse, where almost every area boathouse con-

vened to begin discussing what standards metro-NYC trip leaders must meet in light of increased paddle and ferry activity. He also served as Camp Maritime's Director of Safety Operations, the first (for-profit) all-water children's camp in NYC, based in south Brooklyn.

Diary is a coastal kayak and SUP instructor with the ACA, a volunteer at its NYS State Director Program, and was also the Joe Pina volunteer of the year in 2015.

His current efforts entail working with area nonprofits to ensure NYC sees an increase in the number of women ACA instructors in 2019, and continuing to help ensure that NYC's children safely get on – and safely paddle – their water environment.



# September Instructor of the Month



## Sam Fowlkes

September 22, 2018, marked the 40th anniversary of the day Sam Fowlkes became an ACA-certified canoe instructor. While working at the Nantahala Outdoor Center as a guide and instructor, Fowlkes was offered a life-changing opportunity: a tuition-paid ACA Instructor certification course.

“The course was being offered in the off season. It seemed like a golden opportunity as I was already a college educator, and my paddling skills from racing and guiding were peaking,” recalled Fowlkes. “The course was significant to my career path and I met one of my lifelong ACA friends, David Mason. He and I made a terrific tandem team paddling an OCA Blue Hole on Section 3/4 the Chattooga River!”

Fowlkes became an ACA-certified Whitewater Kayak Instructor in 1977, a Whitewater Canoe Instructor in 1978, a Whitewater Canoe Instructor Trainer in 1981, and a Swiftwater Rescue Instructor in 1995. He is presently an Instructor Trainer Educator in Level 5 Advanced Swiftwater Rescue and Level 4 Whitewater Canoe for the ACA. In addition, Fowlkes is an Instructor Trainer for Rescue 3 International and a NOLS Wilderness EMT.

An active member of the ACA, Fowlkes is currently serving on the ACA board of directors. His other ACA leadership positions include 12 years as Dixie Division (southeast region) Divisional Instruction Facilitator, SEIC Vice Chair (1996-2000) and Chair (2003-2007).

In higher education for 30 years, Fowlkes is on the adjunct teaching faculty of Western Carolina University, schooling students in water-based sports education. He takes a special interest in providing a multi-level educational experience. Providing professional level training for colleges, universities, outfitters, summer camps and clubs for 30 years.

His involvement has garnered Fowlkes a number of awards over the years from the ACA, the Boy Scouts of America, and other organizations. (*Editor's Note: to learn more, please see page 25.*)

For the last 20 years his focus has been on swiftwater rescue instruction and instructor trainer training. His interests lie in innovative instruction and in making rescue

techniques adaptable and relevant to paddlers. Advanced mechanical advantage systems are one of his rescue specialties.



One of the most eye-opening experiences Fowlkes has had while teaching paddling courses involved successfully rescuing an instructor candidate from a full-on head-down foot entrapment. He and ACA Chief Operating Officer Chris Stec performed a boat-based rescue (tandem open canoe).

Over the last 40 years, Fowlkes has gained a keen insight on teaching and offers some advice for new ACA instructors and trainers: “Teach with as many different instructors as possible. Volunteer your time at ACA paddlesports events. Take advantage of ACA conferences as continuing education. Have fun and share your enthusiasm.”



# October Instructor of the Month

## Robert "Bob'Zilla" Winston



Some 20 years ago, Robert "Bob'Zilla" Winston participated in the Rapid Riders Club's "Canoe U," an ACA-sponsored event, in Minnesota. He said he gained so much from that experience that he felt compelled to give back and got certified himself.

"I am so honored and humbled being chosen for this honor by the ACA, an organization that has been so instrumental in furthering the enjoyment of my favorite pastime," Winston said of being selected as an instructor of the month.

As an ACA L-4 in Whitewater Kayaking and an Adaptive Sports Instructor, Winston's volunteer teaching duties with the Rapids Riders began with instructing students ranging from those celebrating their survival of cancer to others overcoming their fear of water. This role evolved into his current Team River Runner participation, instructing veterans coming from all services and abilities. This includes beginning to intermediate whitewater kayak classes in the spring, summer flatwater

sessions on area lakes, and winter pool sessions in paddle skills, games and rolling.

"With TRR, there are so many stories to recount in tribute to the veterans' courage," said Winston.



"The first that comes to mind is the vet who could not venture down to the VA Center's cafeteria here in Minneapolis. His specialist remarked she hadn't seen him smile in the five years he'd been there. She convinced him to participate in our kayak classes, where he smiled like he never had before, went back to school and got a job."

Another veteran story involves the Desert Storm vet whose most

challenging months of his life were those as a new amputee. Winston explained that before the vet's TRR experience, the soldier found himself always looking at what he could not do. However, after TRR classes, the vet now looks at all the things he actually can do.

"And there's the former vet kayaker who recovered from being paralyzed and in a coma. We started him out braced in a river raft to then graduated into a creeker to enjoy once again the sport he knew and loved," recalled Winston.

"To me, continuing to instruct these vets is the most engaging and exciting of all," said Winston.

Winston's future paddling goals are to get on "Scary Wave" on the Winnipeg River, Whitemud Falls – a truly scary 100K CFS – without being scared out of his wits. Finally, he added, "I aim to keep my consumption of Ben and Jerry's at a level wherein I can still manage to fit in the latest Jackson Playboat and Dagger Creeker!"



# OSPREY

SEA & SURF  
ADVENTURES

[Osprey Sea and Surf Adventures](#) located at the Head of Westport, Massachusetts, specializes in kayaking, canoeing, and stand up paddleboard instruction. They also offer guided tours, equipment rentals, and sales & repair service.



Their friendly and experienced staff are ACA-certified Instructors or British Canoeing-certified Coaches who maintain the most current teaching techniques. Stop by the shop, located on the water, to experience one of their excellent classes, have a rental adventure or check out their selection of new & used kayaks, canoes, surfskis, SUPs & paddling accessories.



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.

# Sea kayakers celebrate at Lumpy

Sea kayaking enthusiasts converged in and around Pacific City, Oregon, Oct. 12-14 to take part in the 10<sup>th</sup> Annual [Lumpy Waters Sea Kayak Symposium](#). This three-day celebration of sea kayaking with coaching is aimed at advanced beginners, early intermediates, and advanced level paddlers.

Lumpy provides an unparalleled opportunity to improve one's skills on the beautiful Oregon Coast. Top coaches come from all over the world, making Lumpy Waters the premiere instructional destination for dynamic ocean paddling.

This was Marcel Bieg's fifth time coaching at Lumpy and his third time officially under the [ACA](#) ban-

ner. This event is coordinated by Alder Creek Kayak & Canoe, which is based in Portland, Oregon, and supported by major industry sponsors, including Kokatat, Thule, NRS, Current Designs, Immersion Research, Werner Paddles Ninkasi Brewing, the ACA and many more.

"The event brings in participants and coaches from all over the country and world. Lumpy tops out at 100 participants, and for the five years I have coached it, the event has been completely booked out, including this year's event," said Bieg, who serves as the ACA's Western States Outreach Director and Grant Manager. "The first time I coached there, the ACA was not

even mentioned, and now the ACA is one of the key sponsors."

This year, Bieg taught Short Boat Surfing (aka Surf Kayaking), Rolling in Dynamic Conditions, and Rocks, Caves & Waves.

"The symposium is all about getting folks on the water enjoying the sea and wonderful world of sea kayaking. Classes cater to everyone one from the very beginner with classes like boat handling and into to rolling, all the way up to Advanced Rock Gardening and Rescue, so there is something for participants on any level," added Bieg.



# Check out our **new paddle app game** for kids: *Paddle Quest*

Paddle Quest is an animated, family friendly way to spread the fun and excitement of paddling with children (and adults, too)! The game is the newest addition to the ACA's ongoing campaign to develop, produce, and disseminate a wide range of safety, education, and instructional programs.

With the world's young and aspiring paddlers in mind, the content of this game is not only fun, but it provides an engaging way introduce paddling safety and trip planning concepts to help make future paddling trips enjoyable for the entire family!

Visit the [App Store](#) or [Google Play](#) to download the FREE Paddle Quest app today!

outdoor adventure,  
safe paddling,  
& lots of fun!

# PADDLE QUEST

Download & Play Now!

ACA  
CANOE · KAYAK · SUP · RAFT · RESCUE

U.S. DEPARTMENT OF  
HOMELAND SECURITY  
YOUR BOATING  
DOLLARS AT WORK

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

GET IT ON  
Google play

Available on the  
App Store



# ADAPTIVE

# APW attendees take to the water

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

This past April I led my first Adaptive Paddling Workshop (APW) in the hopes of earning my Adaptive Paddling Instructor Trainer Certification. For several years my mentor Joe Moore, the owner of Adaptive Expeditions, had discussed the idea of integrating rafts into an APW. Given my rafting background, we felt that this was the right time to run a raft-specific course. The class went extremely well, and out of the six APWs I co-taught on my path to becoming an IT, this one will always stand out.

Given the nature of an APW, upon completion, ACA instructors earn their endorsement and take the knowledge back to their schools and organization while adaptive students only get on the water again if they happen to attend a program that offers such an opportunity. Additionally, it is rare for the students to get on the water with the instruc-

tor they worked with in their APW much less under the observation of the IT.

At the end of this APW, however, the students were adamant about setting up a trip on the water. Not only would this be great for the students, but it would also afford the APW and instructors more validity to show that the adaptations could work in a real-world environment.

Unfortunately, as with most outdoor professionals, it becomes extremely busy after April, making it virtually impossible to connect with students. Finally, after a long and hectic summer, sched-



ules slowed enough to plan an outing for October 7.

The goal of the ACA Adaptive program is to help empower people through paddlesports, not by the students simply riding along, but rather by taking an active role in paddling, or in the case of rafts, guiding. Two of our students from the spring workshop were able to come out, and it was awesome to see them running their boats through rapids and across lakes. Not only did they have a blast, but they also took this empowering experience home with them to help overcome other challenges in their future.

Now that we have done this once, we are planning the next outing in the hopes of getting more students out on the water, running their own raft and hopefully someday taking their friends out with them.



# Foam Outfitting Kit



This Foam Outfitting Kit contains three types of high-quality foams that are designed in dimensions most useful for outfitting various paddlecraft to the specialized needs of an individual paddler who has a disability.

Dimensions of the various foams were developed and field tested by Adaptive Paddling IT equipment specialists. This kit is used in all ACA Adaptive Paddling Workshops.

Each outfitting kit contains

- 1 sheet of Ensolite\* type foam,
- 1 sheet of Ethafoam\* type foam,
- 2 seating wedges of Minicell\* type foam, and
- 4 smaller wedges of Minicell\* type foam.

Kits are \$90 each plus shipping costs. Individual pricing for separate foam pieces is available. Contact Bob Mravetz at (330) 321-4132 or [rmravet@uakron.edu](mailto:rmravet@uakron.edu) to place your order or for full pricing information.

*\*Foam names are brand names only for each individual foam type.*

**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!*

# NEWS NEAR YOU



*Volunteers with Kayak New Mexico Inc., the City of Rio Rancho's 2018 Toss No Mas Community Cleanup, Albuquerque's Boy Scout Troop 444, and the ACA work to clean up the Rio Grande.*





## Nominations open through November 28 for State Director program

Do you get excited when you introduce someone to paddling for the very first time? Are you passionate about speaking out when you learn about issues that affect paddlers on your local and state waterways? Do you have ideas for local programs you'd like to implement to paddling safety in your area? Have you always wanted to start a paddlesports race in your state but didn't know where to start?

If you answered 'yes' to any of the questions above, consider nominating yourself for one of your state's Executive Council positions. Nominations are now open for the ACA's [State Director Program](#).

To learn more about the State Director program, please visit [www.americancanoe.org](http://www.americancanoe.org). The Executive Council positions are described in the [State Director Governance document](#). You are also encouraged to reach out to your current [State Director](#) to find out more about their personal experiences.

Elections will take place in January.



*"Volunteering as a State Director is allowing me to make a difference in Ohio at the local and statewide level. Members have become more involved with a variety of issues affecting paddlers, including the State Trails Commission and other river trails, as well as with clean water initiatives. Due to increased name recognition of the ACA, many of these members are proud to proclaim their membership whether they are representing the ACA or simply adding their own voice to a cause they are passionate about as paddlers."*

*-Ryan Pepper, Ohio State Director*



## ACA State Director making a positive difference for paddlesports community locally

Fans of the Cuyahoga River want it designated an official Ohio water trail, promoting public access and increasing appreciation for the waterway. Twenty-five organizations – including the national park, cities along the river and nonprofit groups – have been working since 2011 on the designation. In order for the river to earn its designation as a water trail, it needs to engage the public. To do that Cuyahoga River partners held a series of five public meetings in October covering the five sections of the 87-mile-long trail.

The first meeting was led by Andrea Irland of the Nation Park Service. Ryan Pepper, ACA - Ohio State Director, attended as a facilitator. He then eagerly served as the leader for the next three public engagement meetings.

*A group of kayaks passing a rocky beach on the Cuyahoga River in summer.*



Pepper viewed these meetings as great opportunities for the ACA as well as for himself personally.

“Volunteering to as a State Director is allowing me to make a difference. WE (all members) are making a difference both in our local communities as well as for the whole state. This program has brought the ACA back into the local communities as well as being the paddlers’ voice statewide,” Pepper said.

“Many of our members in Ohio are becoming more involved in various issues within the state including the state trails commission, other river trails, and clean water initiatives. These members, in most cases, are not representing the ACA, but because of the upsurge in ACA name recognition, they proudly proclaim their membership,” he added.

Pepper said it’s been very interesting over the last five years, recalling that when he first started, “... almost nobody in Ohio outside of very particular circles knew who the ACA was and what they stood for. Those that did know thought it was strictly an educational system of paddling for Metroparks and University Rec workers.”

He estimates that now at least one-third of the paddlers he encounters very familiar with who the ACA is and about half know something that the organization is somehow involved in.

“We often discuss why someone should join the ACA. I’ll give you my two biggest selling points,” said Pepper. “The first is the people I have met and am now associated with, absolutely an amazing group of people. The second is the opportunity to have a huge positive impact on my community and state.

I know this hasn’t translated into a huge uptick in membership, but it will over time. I really just wanted to give [the ACA] a huge THANK YOU for allowing me this opportunity,” said Pepper.

## STATE by STATE

### Florida

The Florida ACA Executive Council and ACA volunteers are continuing to work collectively with various community organizations and state agencies to expand the paddling opportunities and enhance the paddling experience for both Floridians and visitors to the state. Numerous resources are available as a result of this ACA collaboration.



The [Florida Office of Greenways and Trails](#) continues to provide “Where to...” and “How to...” as well as how to go paddling safely information on their website for the paddling community).

The [Florida Paddling Trails Association](#) is an all-volunteer organization that maintains the extensive coastal



and in-land paddling trails system through a network of Trail Keepers and Trail Angels that share local knowledge and support for day-paddlers and those paddlers along Florida’s

1,115-mile Circumnavigational Trail. For more information on the paddling trails, blueways, and the Circumnavigational Trail, please visit the [FPTA’s website](#).

These are just two of the numerous partners using ACA’s impassioned and committed volunteers working behind the scenes at local events throughout the state promoting eco-awareness, safe paddling protocols, and advocacy for water quality and water access. The Florida ACA recognizes that many hands make for light work – and a better paddling experience for everyone.

Tommy Thompson, [FLStateDirector@americancanoe.net](mailto:FLStateDirector@americancanoe.net)



### Louisiana

A wealth of paddling information for every corner of Louisiana can be found at [www.louisianatravel.com/paddle](http://www.louisianatravel.com/paddle), a state tourism website that provides information on about 64 water trails, along with a 68-point compendium of information about paddling clubs such as [www.bayouhaystackers.com/](http://www.bayouhaystackers.com/), commercial outfitters, nature preserves such as the [Bogue Chitto National Wildlife Reserve](#), and water’s edge restaurants and lodging. October through April usually brings some of Louisiana’s nicest weather, with mild temperatures and low humidity, so right now is a great time to plan a trip.

Can’t find your way on the Bayou Teche Paddle Trail? Informational kiosks along 135-mile route will help soon.

Louisiana’s only waterway on the National Water Trails System, the Bayou Teche Paddle Trail, recently received the first of many informational kiosks along the trail. An unveiling of the first kiosk took place Sept. 5 at Parc de Pont Breaux in Breaux Bridge.

Bayou Teche Paddle Trail, a T.E.C.H.E. Project initiative, is a 135-mile long paddle trail begins in Port Barre and traverses through four parishes and 13 towns until the end of the line in Berwick.

To learn more, please check out [this article](#).

Ben Sandmel, [LaStateDirector@americancanoe.net](mailto:LaStateDirector@americancanoe.net)

*(Continued on page 43)*

## New Mexico

### Albuquerque International Balloon Fiesta

The Albuquerque International Balloon Fiesta is the largest gathering of hot air balloons in the world. The event takes place early in October and this year marked the 47<sup>th</sup> year of the event.

Everyone loves the pictures and the activity. Imagine, over 100 paddlecraft of all types mixed with hot air balloons doing an activity known as the “Splash and Dash” where the balloon purposely touches the water of the Rio Grande in and near Corrales, New Mexico.

The weather, winds, winds aloft and, of course, water flow needed to line up for this picture-perfect event to happen. While this year’s event had mostly perfect alignment on opening day of the Fiesta, it was the water that was lacking as New Mexico continues to suffer through a record draught.

Not hampering the paddlers’ spirits, everyone launched before sunrise in the cold, damp morning anticipating either a dreadful drag through the mud or a surreal encounter with hot air balloons – or both. Various launch points included River’s Edge II for our group, with the takeout at Alameda Bridge. The water flow was a dismal 230 CFS.

Amazing is the only way to describe this year’s encounter between paddlecraft and balloons. During the Splash and Dash, it is now common for balloon pilots to do “high fives” with boaters on the river.

The last mile was literally a drag, through the mud to the takeout, but the event was still amazing.



### KNM Rio Grande Cleanup

*Submitted by Jane Bales*

On September 9, 2018, [Kayak New Mexico Inc.](http://KayakNewMexico.com) teamed up with the City of Rio Rancho’s 2018 Toss No Mas Community Cleanup, Albuquerque’s Boy Scout Troop 444, and the ACA to clean up the Rio Grande between the River’s Edge II Access Point and the Calabacillas Access Point.

Boxing Bear Brewery of Albuquerque donated grain sacks for the collection of trash. The grain sacks are strong – far better than plastic bags – and we recycled something Boxing Bear Brewery no longer needed!

In addition to picking up the trash, the group also rescued two dogs without collars that were stranded at the water’s edge below a five-foot cut-bank.

Twenty-three volunteers (13 boy scouts including their leaders and parents, 1 adaptive paddling participant and his mother, 7 members of the New Mexico paddling community, and 1 Kayak New Mexico Inc. board member) collected about 285 pounds of trash, 185 pounds of which were collected from the River’s Edge II Access Point. Four tires were retrieved from the river along with another 20 pounds of trash.

Robert Levin, [NmStateDirector@americancanoe.net](mailto:NmStateDirector@americancanoe.net)



## Puerto Rico

“Our kayaking educational program is on fire providing kayaking skills courses to several clubs,” said Omar Ramos. More programs are on schedule in different paddling disciplines.

On Sept. 9, Omar taught an ACA kayaking course to a group of five men. Unexpectedly, they got the chance to put their knowledge to use.

“We finished the rescues module when suddenly four kayakers were signaling with their paddles that they were in distress. We were able to paddle out and implemented the rescues module in a real-life scenario,” said Omar. “I was so pleased leading and watching these gentlemen working together with newly acquired knowledge. They came to this course with lots of experience and surely they learned and honed their paddling skills.”

He added, “Thank you, boys, for the opportunity given to me to help in your kayaking path! Our family is growing!”

Omar Ramos, [PRStateDirector@americancanoe.net](mailto:PRStateDirector@americancanoe.net)



## South Carolina

1. South Carolina State Parks supported park staff by sending several people to L2 Essentials of Kayaking Trip Leader Training. This resulted in nine new ACA memberships.

2. ACA State Director Jeff Atkins helped lead an Outward Bound School Training and assessing eight students for L2 EKDTL. This resulted in four new ACA memberships. Atkins also led an L3 Coastal Kayak Instructor Certification Exam in Charleston in October.
3. ACA State Director Jeff Atkins and Stewardship Director Ashley Brown recently helped lead courses at the Kiptopeke Sea Kayaking Symposium and in Cape Fear. ACA Stewardship Director Ashley Brown also led an L1/2 ICW in Galveston Texas in August for Artist Boat.
4. ACA ITE Joshua Hall represented the ACA at the Wilderness Risk Management Conference in Oregon. ITE Steve Hutton went to China to assist with an LET Coastal Kayak Assessment and to mentor an Instructor Trainer Candidate in an LET Instructor Certification Workshop on Lake Thai in China.
5. A new park is opening on the Twelve Mile River in Pickens County, S.C., that will feature kayak and canoe launches.
6. Palmetto Paddlers arranged to have ACA white-water kayaking Instructor Trainer Educator Larry Ausley conduct a River Trip Leaders Training Clinic on the Saluda River. It included four hours of classroom training the evening of Oct. 28 and eight hours of river time Oct. 29. Larry is a highly regarded Instructor Trainer in whitewater kayaking, river safety and rescue and coastal kayaking. Best of all, the club picked up most of the cost of the course, providing PP members an incredible bargain.

Jeff Atkins, [ScStateDirector@americancanoe.net](mailto:ScStateDirector@americancanoe.net)

# Diving with a Purpose

In an article in the June 2018 issue of *Earth Is Blue*, the magazine of the *National Marine Sanctuaries*, diver Jay Haigler mentions his work with Diving with a Purpose and the National Association of Black Scuba Divers in support of the proposed Mallows Bay – Potomac River National Marine Sanctuary.

These two organizations support the designation because Mallows Bay contains an extraordinary collection of shipwrecks from the Revolutionary War to the present and is an important ecological habitat. Also, Haigler believes that the sanctuary would provide opportunities for underserved youth in the Washington, D.C., area to get on the water and experience the great outdoors.

The ACA also strongly supports efforts to get the Mallows Bay – Potomac River designated as a national



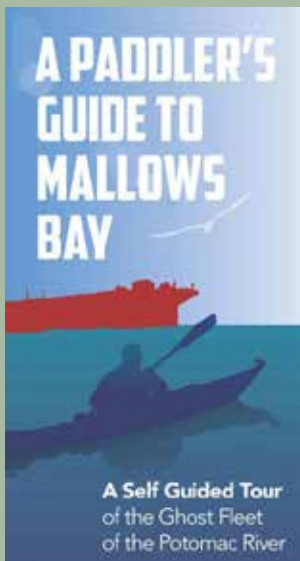
*Jay Haigler, member of the National Association of Black Scuba Divers, records measurements taken at a shipwreck site during an underwater archaeology training class at Florida Keys National Marine Sanctuary. Through the Diving With a Purpose program, volunteer NABS divers have helped document shipwrecks throughout national marine sanctuaries. NABS photo*

marine sanctuary because the bay offers a number of historic, archeological, cultural, ecological, conservation, recreation, scientific, and esthetic values to users groups including paddlers, anglers, divers, tourists, and school groups.

Additionally, Mallows Bay is home to the largest collection of historic shipwrecks in the United States. It includes the remains of the largest assemblage of World War I wooden steamships, the largest pre-World War II shipbreaking operation and numerous Native American, Potomac fishing industry, and Civil War archeological sites.

On March 27, 2017, the ACA sent an action alert to members in Maryland and Virginia calling on these members to voice their support of the proposed

MBPR Sanctuary. Read the full letter [here](#).



## Mallows Bay Self-Paddling Guide available

Waterproof paddling guides to the Ghost Fleet of Mallows Bay are now available at the Mallows Bay boat launch, REI's D.C. flagship store, Atlantic Kayak, Alice Ferguson Foundation, and several other locations.

Thanks to a NOAA **Preserve America** grant, these guides, developed by the Chesapeake Conservancy, in partnership with Charles County, REI, the National Marine Sanctuary Foundation and other groups, feature 16 points of interest – marked by buoys – highlighting the remarkable history and natural resources of the proposed shipwreck sanctuary.

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For more information, please visit [www.sacovalleycanoe.com/](http://www.sacovalleycanoe.com/).



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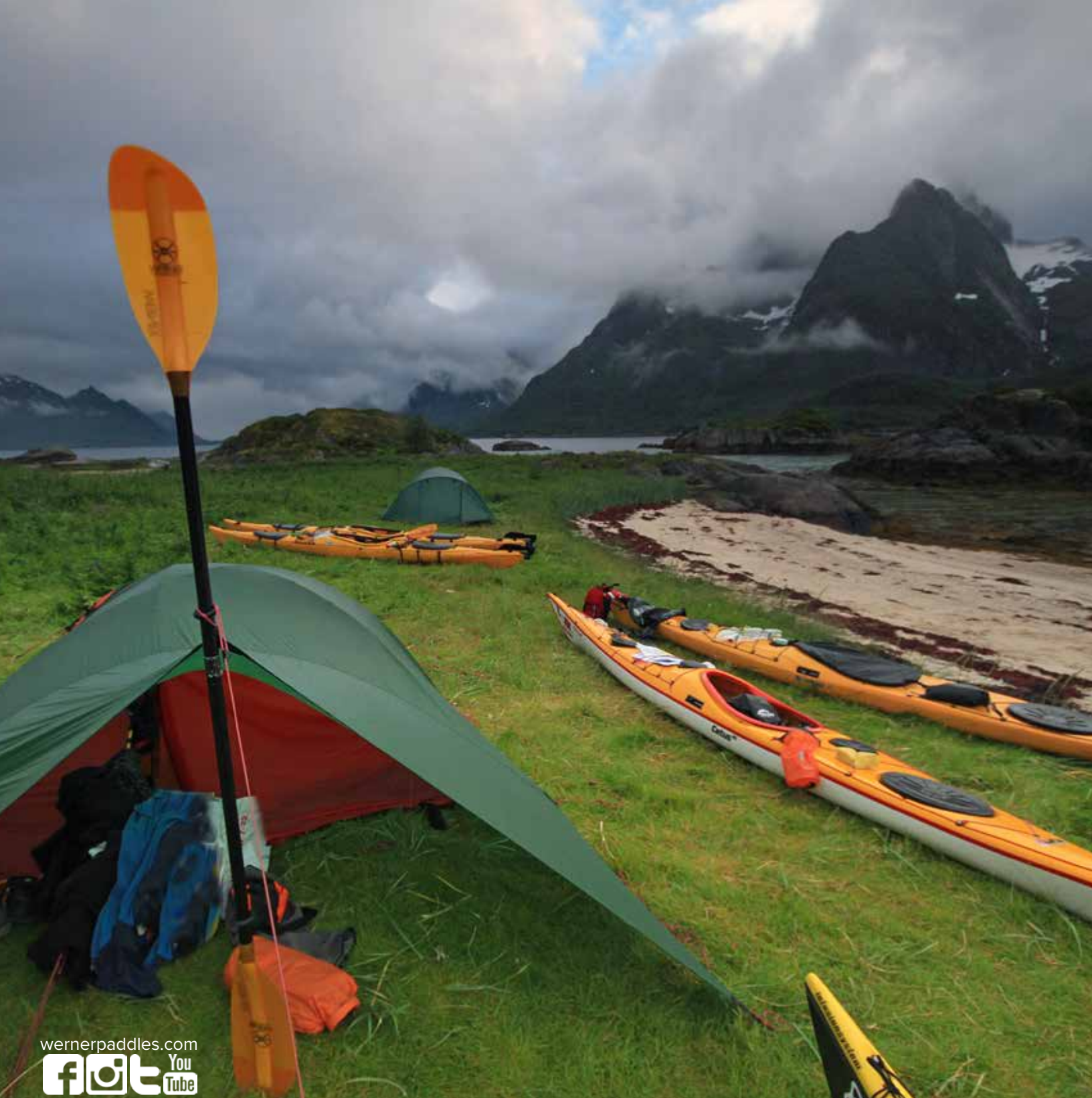
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[www.americancanoe.org](http://www.americancanoe.org) Healthy Waters, helping to protect the places we all paddle.



# Member Photo *of the* Month



ACA member Bill Vonnegut has a passion for paddling coastal waters and is an ACA Level 5 Sea Kayak & Level 3 Surf Kayak instructor with many years of practical experience in dynamic water.

***Send us your photos!***

*We'd like to showcase your outdoor adventures.*

*Please send photos (along with a brief description) to ACA Paddle eMagazine Editor Kimberly Jenkins at [kjenkins@americancanoe.org](mailto:kjenkins@americancanoe.org) for a chance to be featured in a future issue of Paddle.*



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**CANOE & KAYAK**

# COMPETITION



## Paracanoe conference tackles future trends in paracanoe, explores new ways to make sport more accessible

Morgan House, ACA Director of High Performance & Competition, and John MacDonald, chair of the ACAA's Adaptive Paddling Committee, attended the 2018 [ICF Paracanoe World Conference](#) held Oct. 5-7, 2018, in Stockholm, Sweden. Representatives from 17 countries were in attendance discussing the opportunities that exist within paracanoe and the struggles/solutions they have experienced in getting their programs started.

House said, “The big takeaways from the conference were that this discipline is still somewhat in its beginning stages in terms of growth and opportunity. The [classification tests](#) that are currently mandated by the ICF are much more objective than they were only a few years ago but there still seems to be room for improvement.”

House said another topic discussed was that many of the prostheses being used are “homemade” without too much scientific data being used



to develop them. The ICF has started investing resources into finding out what kinds of prosthesis work best for their respective purpose.

“However,” House added, “the bottom line is that each athlete’s needs are different from each other’s, but it is reassuring that the ICF is looking to help as much as possible in this area.”

Another key topic of discussion was the lack of available competitions for paracanoe athletes – especially on the international level. In 2019, there is only one world cup for paracanoe athletes to compete in whereas in sprint, there are two.

The opportunity of cross-over between adaptive paddling and paracanoe was deliberated.

“There are many athletes in the USA who participate in adaptive paddling. We discussed the possibility of communicating with these athletes about the opportunities within the ICF and paracanoe. I believe that this is a resource that has gone untapped for far too long and I hope that we will be able to recruit many more paracanoe athletes from this group,” said House.

Read more about the conference in [this article](#) posted by the ICF.



# ACA Competition Department launches newsletter

In an effort to help disseminate information on a more regular basis and in a more accessible fashion, ACA Director of High Performance & Competition Morgan House recently launched a weekly newsletter that will contain information about upcoming events, news, and information surrounding all things competition.

“I realize that it will be difficult to capture all that is happening within the competition department in a weekly email, however, it is my hope

that this medium will act as a way for ACA members to stay up to date on what is happening across all disciplines,” said House.



[Subscribe here!](#) Newsletters are also posted on the ACA website at [www.americancanoe.org/Competition-Newsletters](http://www.americancanoe.org/Competition-Newsletters).

If you have information you would like included in future newsletters, please send it to Morgan at [mhouse@americancanoe.org](mailto:mhouse@americancanoe.org).

## Team USA claims *top trophy* at Dragon Boat Championships

It was a very exciting weekend at the [Lake Lanier Olympic Park](#) as countries from around the world converged in Gainesville, Georgia, to compete at the [2018 Dragon](#)



[Boat World Championships](#) Sept. 12-16, 2018. This was the first time the event had been held in the USA, and all who attended were amazed at the level of professionalism and hospitality that the Gainesville Hall '96 organizing committee offered to the athletes, staff, and volunteers.

Teams from 14 countries raced in dragon boats, which are similar to canoes but longer, seating 12 or 22 people, and in various age groups — Junior, Senior and Master, 40-plus and 50-plus. Team USA had 112 athletes, with 29 coming from Lanier Canoe and Kayak Club. Other Team USA athletes hailed from all over the country, including Arizona, Texas and North Carolina.

Team USA won many medals including several gold medals across various categories, including the most prestigious award – an award for the country with the overall highest points total across the entire event. Congratulations to all of the athletes and coaches! The next Dragon Boat World Championships will be held in India in 2020.



### Team USA secures 12 spots in 2019 PanAm Games

The [Pan American Championships](#) held in Dartmouth, Nova Scotia, was a very competitive event with countries from all over North and South America being represented. The USA walked away with several bronze, silver, and gold medals in both Sprint and Paracanoe.

This event was a qualification event for Sprint canoe/kayak for the 2019 Pan American Games, and Team USA qualified six kayak men, four kayak women, one C1 man, and one C1 woman. More information about this event, including the results can be found at <http://panamcanoe18.com>.



# Ready, Set, Mark Your Calendars!

Don't miss these upcoming races...

*(Click race name for more info)*

- |                            |   |
|----------------------------|---|
| <b>December 29, 2018</b>   | <a href="#"><u>Tecolote 5000 2018 - 5K Multi Craft Paddle</u></a><br>San Diego, California                  |
| <b>March 16-17, 2019</b>   | <a href="#"><u>USA Freestyle National Team Trials</u></a><br>Rock Island, Tennessee                         |
| <b>May 26, 2019</b>        | <a href="#"><u>California River Quest</u></a><br>Redding, California  |
| <b>May 31-June 2, 2019</b> | <a href="#"><u>2019 ICF Canoe Marathon World Cup</u></a><br>Berum, Norway                                   |
| <b>June 1, 2019</b>        | <a href="#"><u>39<sup>th</sup> Great Rappahannock Whitewater Canoe Race</u></a><br>Fredericksburg, Virginia |
| <b>July 13, 2019</b>       | <a href="#"><u>King &amp; Queen of the Rogue Race</u></a><br>Gold Hill, Oregon                              |
| <b>August 7-10, 2019</b>   | <a href="#"><u>2019 ACA Sprint National Championships</u></a><br>Gainesville, Georgia                       |
| <b>October 10-13, 2019</b> | <a href="#"><u>2019 Canoe Marathon Masters World Cup</u></a><br>Shaoxing, China                             |

# Team USA Canoeist Nevin Harrison wins *gold medals*

By Aaron Huston, ACA Sprint National Team Canoe Coach

More than 600 young paddlers from 36 countries competed in the 2018 Olympic Hopes Regatta, held Sept. 14-16, 2018. The competition, which included the best 15-, 16- and 17-year-olds from around the world, took place Poznan, Poland.

Team USA earned many medals and strong results for Sprint Canoe/Kayak. One notable paddler was Nevin Harrison who won gold medals in both the 200m and 500m C1 Sprint races.

Harrison, of Seattle Canoe & Kayak Club (an ACA Paddle America Club), also won two golds during this same competition last year and with this latest performance she holds the women's American Record for both the 200m and 500m distances.

Harrison is part of a recent wave of excellent performances by American women in canoe. Her repeat gold medals stand out as especially significant because women's canoe will be included in the 2020 Olympic Games in Tokyo for the first time ever.

Looking into the future, there is an element of hope and excitement for women's canoe in the United States. 2019 will be particularly important as the nation's top female athletes work to earn the United States a spot at the upcoming summer Olympic Games. They must do well during international competition in 2019 order to make it to the Games in 2020.

For more information, please visit [www.americancanoe.org/Sprint](http://www.americancanoe.org/Sprint).



## ACA invites young athletes to training program

The [ACA](http://www.americancanoe.org) and [Epic Kayaks](http://www.epic-kayaks.com) are proud to present the [2018 Barton Bantams program](http://www.americancanoe.org/BartonBantams) to all current Bantam ACA members. This program is designed to encourage young athletes to train hard and smart throughout the fall season so that they can learn the importance of spending quality training time on the water and fine tuning their technique.



This program is named after Greg Barton who competed in three Summer Olympic Games (1984, 1988, and 1992) where he accumulated four medals including two gold medals (K1-1000m, K2 1000m in 1988) and two bronze medals in K1 1000m (1984 and 1992).

Greg is the epitome of what it means to be a true role model both in and out of the kayak. It is our hope that current and future ACA paddlers will follow in Greg's footsteps by participating in this program.

To find out more about Barton Bantams and how you can participate, please visit [www.americancanoe.org/BartonBantams](http://www.americancanoe.org/BartonBantams).

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# Eagle Scout, Olympic kayaking hopeful still makes time for Scouting

By Brian Wendell, Blogger, Scouting Magazine

You might think an Olympic kayaking hopeful spends every waking moment on the water, leaving no time for Scouting.

You might think that. But then you meet Augustus Cook.

The 16-year-old Eagle Scout from Troop 78 in Edmond, Oklahoma, competes against some of the top paddlers in the world. He traveled to Poland in September for an international competition, and he dreams of making the 2024 or 2028 Olympics.

But even with that busy sports schedule, Gus finds time for Scouting. He earned Eagle at 14 and kept going. He puts in extra hours as a

troop guide and den chief to mentor younger Scouts.

“If you really want something, you will either find the time or make the time for it,” he says. “You have to want it.”

Let’s meet Gus.

## Moments in Scouting

I was somewhat surprised to learn that Gus’s favorite Scouting trip — so far — was on dry land. In 2015, Troop 78 took a 50-mile backpacking trip in the Weminuche Wilderness of Colorado. Gus also looks forward to his troop’s annual wilderness survival camp each December.

Neither outing involves kayaks.

And in the biggest twist of all, Gus has not earned the Kayaking merit badge. It’s hard to find a merit badge counselor for Kayaking MB in the Oklahoma City area — other than at summer camp, where he likes to focus on other pursuits.

When Gus turns 18, he wants to help reverse that trend. He plans to register as a volunteer so he can offer the Kayaking merit badge on the Oklahoma River and elsewhere. That would be quite a Good Turn.

“I love helping younger Scouts learn and achieve their goals,” he says, “It’s rewarding to me.”





Speaking of Good Turns, for his Eagle Scout service project, Gus led an effort to beautify a common area at his former middle school. He built six big planter boxes and filled them with soil and plants.

### Moments in kayaking

When Gus was 10, he attended a two-week Riversport OKC kayak camp on the Oklahoma River. He's been hooked ever since.

Gus has paddled his way into the Olympic Development Program for canoe/kayak.

He's the 2018 National Champion in the under-18 division for one-man kayaking at the 1,000- and 500-meter distances. Because of his winning ways on the water, Gus was able to represent the United States at the [Olympic Hopes Regatta](#) in September in Poznań, Poland. He finished 11th in the world in the 1000m, 9th in the 500m, and 20th in the 200 (which represents a personal best).

*Article reprinted with permission from Scouting Magazine.*

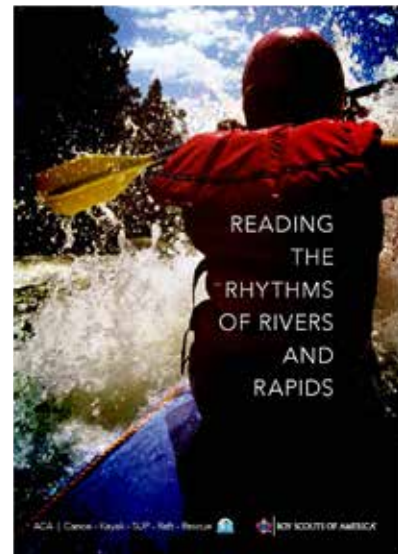
## ACA - BSA Partnership help incorporate paddling into Sea Scouts

In July 2016, leaders of the ACA and the Sea Scouts, BSA signed a Memorandum of Understanding establishing ongoing support for paddling in Sea Scout units ("Ships").

Christopher Stec, Chief Operating Officer of the ACA, noted that "the ACA and Sea Scouts will work cooperatively with each other, within the policies, procedures, safety guidelines and regulations of each organization, to establish and nurture Sea Scout Ships so that young adults may grow in character, physical and mental health, citizenship responsibility and with personal growth necessary to achieve their greatest potential."

Over the years, ACA volunteers and staff are proud to have worked with the National Aquatics Taskforce of the Boy Scouts of America on several projects to help youth to be safer, learn, and have fun out on the water:

- Produced the DVD: [Reading the Rhythms of Rivers and Rapids](#)
- Revised the [Canoeing Merit Badge](#)
- Revised the [Whitewater Merit Badge](#)
- Developed the [Kayaking Merit Badge](#)
- Developed the [Whitewater Rafting Award](#)
- Developed the [Kayaking Award](#)
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# INTERNATIONAL



# Kung Fu salutes and SUP yoga: My adventures teaching in China

By Anna Levesque

In the middle of enjoying a delicious family style meal, a student stood up, placed one fist against the open palm of his other hand, bowed toward me, turned and walked away. Stunned, I asked students in the group if he had, in fact, just ‘kung fu’ saluted me like in the movies!

They told me yes, he had used the traditional fist palm salute as a show of respect for me as a teacher, and to express that he was sorry he had to leave our dinner early. It’s always nice to be acknowledged, but this acknowledgement was really cool!

The respect and reverence that the Chinese hold for teachers in their culture is something that all instructors should get to experience at least once in their careers. It makes the 30 + hours of travel, the jetlag, the language barrier, the planning, the effort and the anxiety that may come from traveling around the world to teach in a strange land all worth it, and then some.

At times the show of respect turned into humorous cultural interactions, like when the students refused to walk in front of me even though I had no idea where we were going. I would slow down to allow them to go in front of me, but then they would slow down too. At that pace we weren’t getting anywhere fast! Once I realized what was going on I started asking them to lead the way.

The care, hospitality and respect for teachers not only made my job extremely enjoyable, but it also allowed the students to take in knowledge and integrate it with ease. Instead of spending time and energy feeling entitled, judging and finding fault with teachers, they listen and look for the gems they have to offer. I feel like I was able to contribute to these students more than I’ve ever contributed to anyone throughout my entire career, and that felt very profound and satisfying.



I had traveled to Zhejiang University in the coastal city of Hangzhou, population 8 million, to teach a summer SUP yoga course as well as two L2 SUP ICWs. Established in 1897, the university is ranked number 3 in China, with the motto “seeking truth and pursuing innovation.” The school has shown a strong commitment to developing an aquatic sports program by building a beautiful dock on the campus lake and investing in a large fleet of sprint kayaks, SUPs, recreational kayaks and dragon boats.

It was dreamy taking a seat under the large willow trees that shade the dock to teach my first few classes. The lake is surrounded both by nature/parks and by campus buildings. There are views of the mountains in the distance and colorful, lush lotus gardens adorn the shoreline.

I’ve known SUP yoga to be fun and beneficial for body and mind, but this experience really shone a light on the power of the discipline to reach people in a profound way.

*(Continued on page 63)*





On the final written exam I gave the students a bonus question of listing, in English, two benefits they received from the course. Here are some of their answers:

“In a society featuring high pace and overwhelming pressure, it’s of sheer bliss to do SUP yoga. Such beneficial exercise enable me to calm down and gain relief from daily routines.”

“As many students, I always concentrate on phone or computer indoor on holiday (summer). This course give me a time walk out and see and feel even the beautiful life.”

“The breath control and meditation give me unique experience of relaxation, cool down and make me focus on present moment. No thinking of the past, no thinking of the threats of the future. Just focus on present time and enjoy the peaceful moment.”

“After learning some paddle strokes and experiencing SUP yoga I get rid of the afraid of water and learned

how to balance myself on a board. I’ve tried something that I can’t imagine before!”

“I beat my fearness of water. After this SUP yoga class I think I have more courage to try things that I have never try. I’m not a sports girl, but I think I’ll try more sports to strengthen my body after this wonderful summer.”

“Removing the prejudice that yoga is for female. Becoming more confident especially when finishing the warrior posture.”

I’ve kept their final exams and the letters they wrote me so that I can read them as a reminder of the contribution that I am (that we all are) as paddling (and yoga) instructors. Reading them also reminds me of the importance of acknowledging people in our lives, not just when they accomplish something, but for simply who they are and what they contribute to our lives.

After the university courses I taught two L2 SUP ICWs in the private

sector. Most of the instructor candidates who showed up were well prepared, and some had their own paddling businesses in different parts of China. They expressed and showed a commitment to growing paddlesports in China in a professional and sustainable way.

As ITs we talk to our ICs about the power of demonstration quality strokes in effective teaching and also how to effectively teach a skill without speaking a word. Before my experience teaching ICWs in China, I didn’t realize how effective these strategies are in transcending cultural and language barriers. Teaching through a translator to ICs who, for the most part, spoke some to little English meant that I had to rely heavily on their demo quality and clarity to be able to assess their teaching skills.

When it came to their impromptu strokes/maneuvers lessons I de-





cided to not have them translated. If they were an effective instructor then I could tell exactly what they were teaching just by watching their demo and their body language. Most of the time I could also tell exactly what their explanation points were for the stroke even though I don't speak Chinese. If I had a question I would ask through the translator, but most of the time I didn't even have to do that.

The experience taught me to be more effective in listening and looking for communication behind (or in spite of) the words. It's a strategy that I've been working on since taking a professional development course in communication this summer. It was very cool to put these skills to work in an environment where I was setting high standards for myself and the ICs. I definitely came away from this experience a more effective IT, instructor, listener and communicator.



China's population is 1.3 billion and from what I was told (and witnessed) while I was there, the fast pace of economic development means that more and more people have (and will have) disposable income. If the ICs that I had in my ICWs are any indication, the development of paddling in China is in very good hands. In most countries an increase in paddlers means an increase in open and protected waterways, and I hope that is true for China as well. I'm honored to have played a small part in the growth of paddlesports in large emerging market.

I want to thank my fellow ACA instructors Ge Wu for inviting me, and Wang Fukang who may be the most enthusiastic assistant and ACA ambassador in China! If the opportunity for you to travel to China to teach comes up I highly encourage you to go. Yes, you'll have to deal with large class sizes and some chaotic moments, there will be moments of miscommunication, and perhaps feelings of isolation due to the language barrier. There will also be moments of joy, connection, delicious food, profound acknowledgement and an opportunity to contribute and be contributed to by the wonderful paddlers of China.

### **About the Author**

*Anna Levesque is the author of Yoga for Paddling, an L5 Whitewater Kayak Instructor, L4 Whitewater Kayak Instructor Trainer, L2 SUP Instructor Trainer and an SUP Yoga Endorser. She has been paddling for 25 years and is committed to helping people achieve more power, freedom and adventure in their lives through paddling, yoga and travel. For more info please visit [mindbodypaddle.com](http://mindbodypaddle.com).*





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# Paddling History

Check out this letter from President Jimmy Carter!

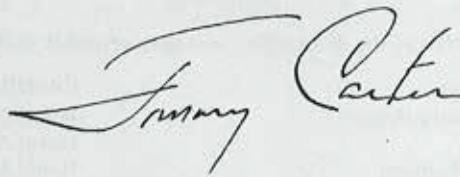
THE WHITE HOUSE  
WASHINGTON

January 25, 1980

I congratulate the members of the American Canoe Association across our country on the one hundredth anniversary of your founding.

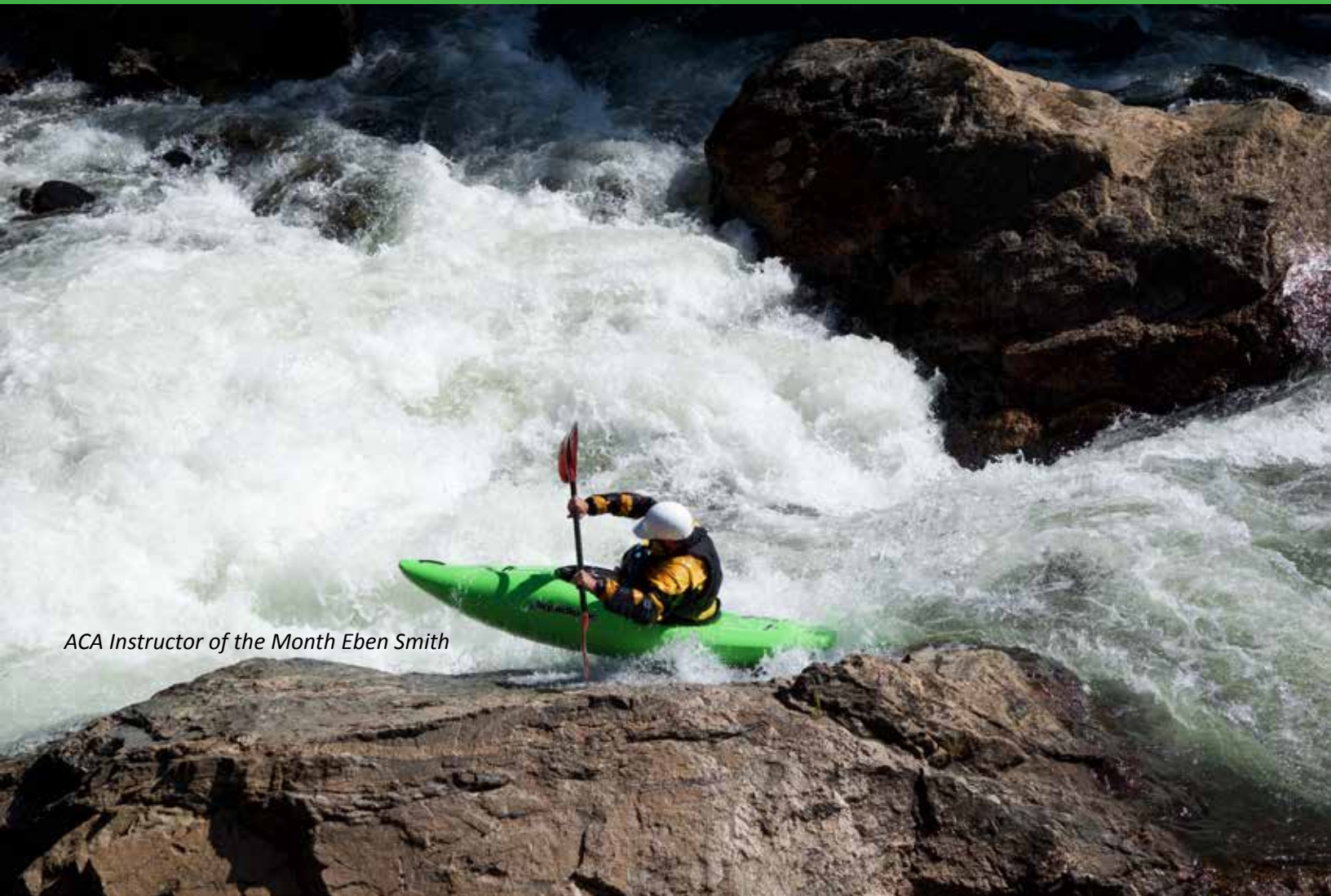
Your excellent work in promoting healthful outdoor recreation and the conservation of America's rivers and lakes deserves recognition. I am particularly pleased to hear about your close cooperation with the U.S. Coast Guard to increase safety of canoe sports. We need more joint efforts like this between government and private organizations to help us reduce red tape and avoid over-regulation.

I have fond memories of canoeing with members of the ACA on the Chattahoochee and Chattooga Rivers in Georgia, and I look forward to the time when our national efforts to clean up our waters will make such opportunities available to every citizen.



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

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