

PADDLE

ACA | CANOE - KAYAK - SUP - RAFT - RESCUE



Virtual Conference Highlights

Session Recordings and Presentation Materials Available

Fall Photo Journal

Photos from the ACA Community that Capture Fall Paddling

Slalom World Cup Results

Team USA Shines at ICF World Cup in Tacen, Slovenia

PHOTO: Oscar Hernandez, Hoboken Cove Community Boathouse



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Who We Are

Founded in 1880, the American Canoe Association (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 and recreation.

ACA National Office Staff

Executive Director	Beth Spilman
SEI Department Manager	Kelsey Bracewell
Membership/State Director Coordinator	Amy Ellis
Membership Coordinator	Michelle Flynn
Sprint National Coach (Development)	Dan Henderson
Communications Coordinator	Aaron Mann
Public Policy Chief	Brett Mayer
Education & Grant Coordinator	Carrie Schlemmer
Slalom National Team Coach	Rafal Smolen
General Manager - High Performance Programs	Rok Sribar
Sprint National Team Kayak Coach	Zsolt Szadovszki
Finance Manager	Emma Walther

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Board Secretary	Stanton Collins (GA)
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Elite Athlete Director - Slalom	Scott Mann (VA)
Elite Athlete Director - Paracanoe	Nikiha Miller (GA)

ACA NATIONAL OFFICE

P.O. Box 7996

Fredericksburg, VA 22404 USA

+1-540-907-4460 | aca@americancanoe.org

www.americancanoe.org

2020-2021 SEIC Discipline Committees

Safety Education & Instruction Council Executive Committee

Chair - Trey Knight (FL)

Vice Chair - Josh Hall (SC)

Secretary - John Traendly (GA)

Past Chair - Steve Hutton (SC)

Discipline Committee Chairs

Universal - Crystal Skahan (NH)

River Canoe - Mike Aronoff (VA)

Touring Canoe - Lynn Dominguez (MI)

River Kayak - Lydia Wing (NC)

Coastal Kayak - John Browning (WI)

Surf Kayak - Sean Morley (CA)

Surfski - Matthew Murphy (TX)

Prone Paddling - Adam Masters (NC)

Safety & Rescue - Sam Fowlkes (NC)

Rafting - Elisha McArthur (CO)

SUP - Anna Levesque (NC)

Intro to Paddling - Beth Wiegandt (VA)

Other Elected Positions

International Rep: Ge Wu (China)

International Rep: Sandra De Ugarte (Peru)

At-Large Rep: Dale Williams (GA)

At-Large Rep: Jefferson Atkins (SC)

Engaged Athlete Rep: Pia Lord (FL)

Engaged Athlete Rep: Heidi Henkel (VT)

2020-2021 State Directors

AL-Jimmie Cummings (alstatedirector@americancanoe.net)

AK-Levi Hogan (akstatedirector@americancanoe.net)

AZ-Andrew Huff (azstatedirector@americancanoe.net)

AR-Rob Moody (arstatedirector@americancanoe.net)

CA-Jamie Eubanks (castatedirector@americancanoe.net)

CO-Lynne Carpenter (costatedirector@americancanoe.net)

DE-Chris Beckman (destatedirector@americancanoe.net)

DC-Meredith Waters (dcstatedirector@americancanoe.net)

FL-Wayne Douchkoff (flstatedirector@americancanoe.net)

GA-Laura Clower (gastatedirector@americancanoe.net)

ID-Zach Mason (idstatedirector@americancanoe.net)

IL-Jennifer Hahn (ilstatedirector@americancanoe.net)

IN-Joyce Hayes (instatedirector@americancanoe.net)

IA-Jennifer Kammeyer (iastatedirector@americancanoe.net)

KS-Jay Jeffrey (ksstatedirector@americancanoe.net)

KY-Gerry James (kystatedirector@americancanoe.net)

MD-Paula Hubbard (mdstatedirector@americancanoe.net)

MA-Mike Morrison (mastatedirector@americancanoe.net)

MI-Michael Gray (mistatedirector@americancanoe.net)

MS-Kelly McGinnis (msstatedirector@americancanoe.net)

MO-Perry Whitaker (mostatedirector@americancanoe.net)

MT-Lee Beers (mtstatedirector@americancanoe.net)

NE-Jordan Messerer (nestatedirector@americancanoe.net)

NV-Jonathan Riezman (nvstatedirector@americancanoe.net)

NH-Paul Berry (nhstatedirector@americancanoe.net)

NJ-Paul Serdiuk (njstatedirector@americancanoe.net)

NM-Robert Levin (nmstatedirector@americancanoe.net)

NY-Mike Cavanaugh (nystatedirector@americancanoe.net)

NC-Doug Stager (ncstatedirector@americancanoe.net)

ND-Matthew Sherrard (ndstatedirector@americancanoe.net)

OH-Christine Cancian (ohstatedirector@americancanoe.net)

OK-Clark Miller (okstatedirector@americancanoe.net)

OR-Sam Norgaard-Stroich (orstatedirector@americancanoe.net)

PA-Joel Johnston (pastatedirector@americancanoe.net)

PR-Omar Ramos (prstatedirector@americancanoe.net)

RI-Mark Allio (ristatedirector@americancanoe.net)

SC-Jefferson Atkins (scstatedirector@americancanoe.net)

SD-Patrick Wellner (sdstatedirector@americancanoe.net)

TN-Andrea White (tnstatedirector@americancanoe.net)

TX-Bruce Bodson (txstatedirector@americancanoe.net)

VT-Jake Taylor (vtstatedirector@americancanoe.net)

VA-Sarah Beth Dinwiddie (vastatedirector@americancanoe.net)

WA-Brent Roth (wastatedirector@americancanoe.net)

WV-Meghan Roberts (wvstatedirector@americancanoe.net)

WI-Luke Martz (wistatedirector@americancanoe.net)

For more info about the State Director Program, email Amy Ellis at the ACA National Office.

The ACA Office is Moving!

Our new mailing address:

P.O. Box 7996

Fredericksburg, VA 22404

Our physical address:

2010 College Ave

Fredericksburg, VA 22401





Connect with us!
@acapaddlesports



MEMBERSHIP

**"HONORING THE PAST;
LEADING THE FUTURE"**

**ACA'S FIRST EVER
VIRTUAL CONFERENCE**

We'd like to give a big THANK YOU to the 680 people who registered and attended our first ever virtual conference last month! It was a pleasure to meet and share information with so many passionate paddlers! If you weren't able to join us, we recorded each session so you can watch or listen at your convenience. We've also included presentation materials utilized by panelists and session leaders.





We are very proud to announce the winners of the 2020 ACA Annual Awards! These prestigious awards highlight some of the best in the ACA paddling community and we are proud to celebrate these individuals, events, and paddling groups. The annual awards are presented every year at our annual ACA conference, which was virtual this year! To watch the awards ceremony, check out the conference recordings, [here](#). Thanks to everyone who submitted a nomination for your favorite instructor, event, or club!

EXCELLENCE IN INSTRUCTION

Anna Levesque



Anna is a well-known expert on paddling instruction for women and yoga for paddling, including SUP Yoga. Anna was included in the 2017 “Most Inspirational Outdoors Person” in Blue Ridge Outdoors Magazine, and was named one of the most inspirational paddlers alive by Canoe and Kayak Magazine. Her twenty-plus years of experience as an international competitor and instructor have given her the opportunity to empower paddlers all over the world, most notably on the rivers near her current residence in Asheville, North Carolina. Anna Levesque is an ACA Level 4: Whitewater Kayaking Instructor Trainer Educator, Level 2: Essentials of SUP Instructor Trainer Educator, Level 5: Advanced Whitewater Kayaking Instructor, SUP Yoga Instructor Trainer, and is the current chair of the ACA SUP Committee. A quote from one of her students: “I learned more about professionalism and top-notch instruction than I ever knew was possible. Anna holds the highest standard while beaming compassion and investment in her students.” On behalf of the Board of Directors, the Safety Education and Instruction Council, and the ACA staff – congratulations Anna!

SANCTIONED EVENT OF THE YEAR

Mighty Mayo River Trip



For nearly a decade, paddlers and friends of Carolina Canoe Club have been showing up to paddle the Mayo River in remote Henry County, Virginia and Rockingham County, North Carolina. This annual "ice breaker" is considered by veterans to be a mini version of CCC's Week of Rivers. Organized by Carolina Canoe Club's Cruise Chair, Joe Berry, the Mighty Mayo River trip (MMRT) is an opportunity to dust off the winter cobwebs and holiday crumbs with a group of welcoming paddlers and friends. Using the power of numbers, stewardship and conservation are easily added to the fellowship of the day. In addition to the paddling trip and associated conservation efforts, event organizers collect donations and food for LOT 2540, a local food bank, and host a post event potluck menu for the takeout. Once off the river and refortified, volunteers completed a sweep of the riverside roadway and surrounding park. The trash collected has fortunately been trending downward in recent years as the park is more frequently patrolled by local authorities. This year's cleanup yielded dozens of bags of trash. Event organizer, Joe Berry's, famous tagline is: " If some slacker C-boater like me can organize an event in the dead of winter that draws around 40-50 boaters, imagine what you can do?" Congratulations to all members of the CCC who have played a role in this impactful event!

GREEN PADDLE FOR WATERWAY CONSERVATION

Bob Brueckner & Carolina Canoe Club



Carolina Canoe Club's conservation efforts, led by longtime member Bob Brueckner, have been numerous and far reaching. This was accomplished by forging and continuing partnerships with sister organizations like the Ellerbe Creek Watershed Association, the Haw River Assembly, Friends of the Lower Haw River State Natural Area, Paddlers Hemlock Health Action Taskforce, Watershed Association of the Tuckaseegee River, Swain Clean, local schools, and other civic groups. Before the COVID-19 pandemic restrictions went into effect in North Carolina, several large group events were planned and executed. After that time, COVID-19 guidelines and event modifications were put into place so that solo and properly socially distanced small group efforts could continue throughout spring and summer of 2020. Those events have made a continuing positive impact on waterways. 2020 is Bob's sixth and final year of service as the CCC Conservation Chair, and we are proud to honor his and CCC's decades long commitment to waterway conservation and their overall love of paddlesports. Bob, once again - congratulations and we are proud to honor you and the Carolina Canoe Club with the Green Paddle for Waterway Conservation award!

JOE PINA VOLUNTEER OF THE YEAR

James Tibensky



James “Jim” Tibensky has been described by his friends and peers as “one of the most selfless and giving people that I know.” His service and dedication to paddlesports has been long withstanding - from being an International Canoe Federation judge, competing locally, regionally, and nationally in many different paddlesports disciplines, and now selflessly serving the Chicago Voyagers as the Volunteer Program Leader. Jim is a key volunteer for Chicago Voyagers – bringing expertise in outdoors skills and also youth work. He is currently a Level 5: Advanced Open Water Coastal Kayaking and Level 4: Whitewater Kayaking Instructor. Jim helps to mentor the youth as a kind and patient listener, whether about paddling or overarching life skills. Jim, you are more than deserving of being the ACA’s Joe Pina Volunteer of the Year. Thank you for your selfless service and unparalleled ambassadorship of paddlesports!!

J. HENRY RUSHTON AWARD FOR ORGANIZATIONAL EXCELLENCE

Tennessee Valley Canoe Club

We are TVCC!



In a year that has been anything but normal, the Tennessee Valley Canoe Club (TVCC) stands out as a group that was able to carry out what is believed to be its finest year in a long history of excellence. As one of ACA's Paddle America Clubs, TVCC has further solidified their commitment to ACA's mission to further paddlesports education, stewardship, recreational opportunities, community, and even competition. TVCC has worked tirelessly in developing COVID-19 paddling protocols to be able to provide clinics. The Summer Whitewater Training Program was successfully reestablished after evaluating COVID-19 protocols and has run 14 trips on the Hiwassee, Nantahala, Pigeon, Green, and Wesser Rivers for over 150 students. Their flatwater program saw significant growth and has led over 400 paddlers down local creeks to date. Additionally, TVCC held its very popular Rescue Rodeo, a course that teaches fundamental whitewater safety skills and techniques to 20 students and held a Swift Water Rescue course for 15 more. In addition to the above, in January of 2020, TVCC completed development of an interactive map depicting 255 locations of access ramps, riverside camping, outfitters, and scenic opportunities for flatwater paddling within a 1 hour drive of Chattanooga. The map was widely shared with outlets that support the local paddling community including government and tourism organizations. Supporting this map, and safe paddling for the entire local community, is the TVCC creek maintenance program, now in its seventh year, which this year conducted 88 miles of river maintenance, employing over 250 man-hours, by a team of seven volunteers. TVCC, thanks for going above and beyond and helping to represent the ACA as a Paddle America Club!

OUTSTANDING STATE DIRECTOR

Andrea White



Andrea White not only serves as a member and leader for the TVCC but also the ACA Tennessee State Director. She has worked countless hours for both organizations with the overarching goal of making paddling a fun, safe, and accessible activity. Through her hard work, she has built and established relationships among all of the five Paddle America Clubs in Tennessee, stewardship initiatives - namely for the beautiful Nolichucky River to be designated as Wild and Scenic, worked closely with Tennessee Wildlife Resources Agency to maintain a positive relationship with paddlers, and countless hours of work on developing COVID19 strategies. When faced with the pandemic, she pivoted to continue to provide boater education and much, much more. It is not possible to truly convey the magnitude of your hard work, but we hope that this award expresses our gratitude for your amazing, impactful work as an ACA State Director!

HAVENS LEADERSHIP AWARD

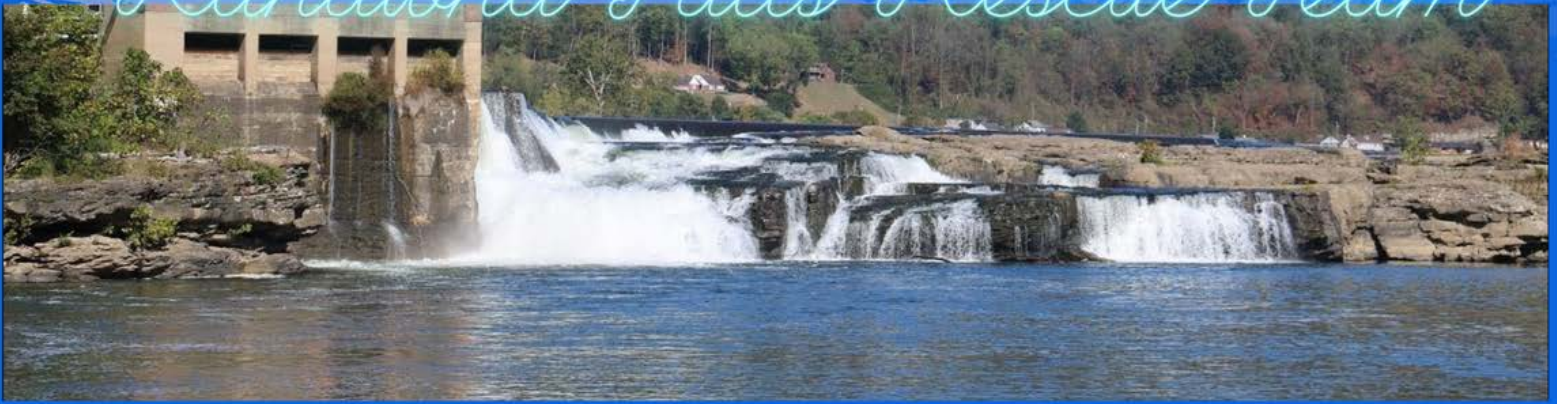
Marsh Jones



From ACA Board Chair, Robin Pope: "The highlight of my year as ACA chair is the opportunity to recognize people who have made a difference in paddling." Marsh Jones has served as chair of ACA's Competition Council since its inception in 2017. When ACA became the NGB for Olympic and Paralympic paddling in the U.S., we entered a new world of competition, but also a new world of regulation. While much has changed between when ACA was previously the NGB in 1984 and now, Marsh passionately led ACA's competition efforts and working groups through the past 3 years. His work helped create the strongest competition teams we've seen in years, and he also helped build strong relationships between competition and ACA's other wings. Marsh, thank you for all your work!

PRESIDENT'S AWARD

Kanawha Falls Rescue Team



From ACA Board Chair, Robin Pope: The highlight of my year as ACA chair is the opportunity to recognize people who have made a difference in paddling. This year's award goes to a group that saved a life and demonstrated the best ideals of the paddling community. Earlier this year, a rescue occurred at Kanawha Falls in West Virginia. A paddler was trapped behind in a flake behind a waterfall, heads up but unable to escape. His boat was found floating downstream and local rescuers started a search. At sunset, they stopped. However, local boaters learned about this, contacted the local professional rescuers and were able to initiate a search close to midnight. Shortly after, they found the subject and successfully rescued him. Charlie Walbridge, one of the pioneers in swiftwater rescue, describes this as the most miraculous rescue he's heard of in 50 years. The cooperation and coordination of paddlers and professional rescuers, that started years before as they created positive relationships between paddlers and rescuers, led to a fellow boater – who would almost certainly have died – going home to his family. This year's President's Award goes to the members of the Kanawha Falls rescue team. I'm amazed and inspired by the people who performed this rescue, and thank them for their amazing efforts.

2020 ACA Board of Directors Elections



#VoteMode

The ACA Board of Directors is conducting nominations and elections for new board member positions. In 2020, there are four nominees for the open positions of "At-Large Director" and one nominee for the open position of "Affiliated Organization Director." Please review the nominee background and biographies provided on our website, and use the link provided to cast your vote. Per the ACA Bylaws, only current ACA members can vote in this election.

[Click here for all the details and to cast your vote.](#)

Thank You!

TO ACA'S HIGHER LEVEL DONORS

Green Paddle Level
(\$1,000 and Higher)

Mark Anderson

David Kurtz

Robin Pope

Terry S. Smith

Beth Spilman

Spilman Family Fdn

Rok Sribar Family

John Traendly

Gold Paddle Level
(\$500-\$999)

Buddy Insurance

Lili Colby

Jeff Hatcher

Adam Joseph

David Rogers

Thomas Sowulewski

Sally Wetzler

3M Foundation

Silver Paddle Level (\$250-\$499)

Peter Burnstein

Peter Cocha

Kent Ford III

Kirk Havens

Will Law

Michael C McCoy

Justin Pronga

Michael Reiss

Jeanne Rucks

Andrew Ryan

EDUCATION

The fall Safety Education & Instruction Council (SEIC) meeting was a productive one; we received lots of positive feedback concerning the hosting of the meeting in a virtual format, and we'll continue offering virtual attendance options in the future so that more instructors and trainers are able to be a part of ACA's education curriculum and program development processes. The prone paddling and surfski committees passed notable curriculum updates and plans to further develop the population of instructors in those disciplines.

The SEIC Executive Committee held elections for officer positions which will begin new two-year terms in January 2021: we are proud to welcome John Traendly as SEIC Chair, John Browning as Vice Chair, and Lydia Wing as Secretary. We send our highest regards and best wishes to Immediate Past Chair Steve Hutton and current Vice Chair Josh Hall and thank them for their years of passion and dedicated service. We are grateful for the continuing expertise and dedication of current SEIC Chair, Trey Knight, who is transitioning into the Past Chair role in 2021.

The Spring 2021 Safety Education & Instruction Council (SEIC) meeting does not yet have a confirmed date, but the meeting information and virtual attendance options will be published on the ACA website as soon as possible.



Instructor of the Month

November



The November Instructor of the Month is Scott Eveland! Until recently, Scott was a Boating Specialist and Conservation Officer for the Nebraska Game and Parks Commission at Nebraska's largest reservoir, Lake McConaughy. He recently transferred to Lincoln and now works as a Conservation Officer, but with the large number of small lakes/reservoirs, he is still an active part of the boating world, doing enforcement and education. On the water patrols of both powered and nonpowered boating areas are an integral part of his duties. He's also collaborated with local Sheriff's Offices in the Omaha area who use kayaks for patrolling of local tubing rivers and search and rescue work.

While at Lake McConaughy, he developed a partnership with Mid Plains Community College and instructed numerous courses to the public. They conducted many entry level courses to address the large number of new paddlers with zero experience. The proliferation of "big box store" kayaks and inexperienced users leads to many accidents and near misses.

The large reservoir on the wind-swept high plains was unforgiving to new paddlers in basic recreational kayaks, so they focused on getting them safely on the water (and helping them know when to stay off the water). As the assistant state director for Nebraska, he helped form a Paddlesports Stakeholders group to try to address the needs and challenges the paddlesports community faces in Nebraska.



Instructor of the Month *October*




The October Instructor of the Month is Mark Little! Mark serves as a recreational safety warden as part of the Wisconsin Department of Natural Resources in Spooner, Wisconsin. When he began his job, Mark immediately noticed the explosion of the paddle craft industry in the area and the increasing accidents and waterway user conflicts. At that time, the agency only focused its boating safety efforts on motorized boats. Informal surveys of the region reveal that paddle craft (canoes, kayaks, and stand up paddleboards) outnumber motorboats by as much as 3:1. It was apparent to Mark that the WDNR was not providing the public with adequate paddlesports safety instruction. In 2012, Mark pursued ACA Canoe Instructor certification. Other warden teammates also completed the training, which enabled them to develop a plan to enlist additional trainers and pilot a program of training for other department staff. Twelve instructor candidates from across Wisconsin were trained in in both river canoeing and kayaking. The program soon took off and instruction was held around the state in following years.

Since the initial success of the program, Mark has led WDNR's team of instructors to teach warden recruits and department staff using ACA's curriculum; he has hosted up to four training courses over their four-month season including courses on flat and moving water. Knowledge gained by those taking the courses helped make WDNR staff safer on the water, more able to assist regional waterway users, and more effective at understanding and investigating incidents.

Instructor of the Month *September*

The September 2020 ACA Instructor of the Month is Dave Tobey from Van Buren, Missouri! The ACA staff recently had a chance to virtually sit down with Dave and talk about his work as an ACA certified instructor working with paddlers in national parks, national forests, and other wild places. Working in national parks, national forest, and state parks is the best job in the world. There is no such thing as a “typical day.” Each day is as unique as the variety of visitors encountered and as special as the resource you are sharing. Being an ACA Instructor has allowed me to serve visitors on the Current River in the Missouri Ozarks, the Turner River in the swamps at Big Cypress National Preserve, and on lakes in the Okanogan Forest of Washington. I grew up on the Current River and love to share this wonderful resource with other people. I want visitors and community members to have the best experience possible on the river. After serving a couple of years as a seasonal park ranger on the Jacks Fork and Current River, I witnessed some of our visitors struggling on the river. In 2010, I decided to take a tandem canoe instructor certification class. That summer, while serving as a seasonal park ranger for the ONSR, I started offering ACA skills classes for visitors at Round Spring on the Current River. I also presented a dry land basics class as part of my evening program each week. In 2014, I organized our first ACA Instructor Certification Class on the Current River. Since then, we have offered a certification class each year, and as a result, the ONSR has over 30 staff members and volunteers eligible to assist as certified instructors. Another great pleasure has been the development of meaningful partnerships with other like-minded organizations. Team River Runner and local Coast Guard Auxiliary 5-2 have become valuable park partners assisting with several river safety programs.





ACA INSTRUCTORS & TRAINERS

COURSE MANAGEMENT SYSTEM

The ACA's Safety Education & Instruction Council (SEIC) recently approved the administrative extension of First Aid & CPR credentials for instructors and trainers who have been unable to safely find and attend in-person first aid and CPR certification courses. In a season so greatly affected by COVID-19, SEIC acknowledges the hardship in obtaining or maintaining First Aid & CPR, which is a critical component of the ACA instructor certification maintenance requirements. For this reason, all CPR and First Aid credentials which have been submitted into the ACA Course Management System (CMS), but have since expired, have been automatically extended until March 31, 2021. This extension allows for continued course registration and reporting within the CMS, as well as the ability to view, download, or print digital certificates. For any instructors who have not yet submitted any First Aid or CPR credentials, please be sure to do so at your earliest convenience. If your most recent credentials are currently expired, the administrative extension will be put in place immediately upon submission. I.e., please still submit your first aid and CPR documentation, even if it has recently expired. For further assistance in uploading your documentation, or utilizing any of the CMS features, please read the user guide documents, which are posted here: www.americancanoe.org/CMS


This extension applies to first aid & CPR credentials as they directly pertain to ACA instructor certification requirements. This extension does NOT make valid expired first aid and CPR credentials for other agencies for which they may be used. If you have a question, please email the SEI Department.

For instructor certifications that are due for renewal or expiration at the end of this calendar year, the CMS will be providing administrative certification extensions for those who have currently paid ACA and SEIC dues.

STEWARDSHIP & PUBLIC POLICY

OUTDOOR ALLIANCE

The ACA is one of the founding members of the Outdoor Alliance (OA), the nation's premier human powered recreation group. For more information about ACA & OA's collaboration efforts, please [click here](#). Outdoor Alliance is the only organization in the U.S. that unites the voices of outdoor enthusiasts to conserve public lands and ensure those lands are managed in a way that embraces the human-powered experience. [Click here](#) to read success stories of national and grassroots efforts that OA has made to united the human-powered outdoor recreation community to defend public lands, improve access for human-powered adventure, and conserve landscapes. Introducing the 2020 Outdoor Allies Series Ever wondered how you can do more for public lands and waters but you aren't sure where to start? Outdoor Alliance's Outdoor Allies series explores how other outdoor adventurers got their start in advocacy and stewardship work and their advice for how you can harness your passion for the outdoors into advocacy for the land and water you love. [Click here](#) to read the stories and be inspired to take action on behalf of the land and water you cherish!



Success Stories

ACA Supports the Environmental Justice for All Act

The ACA signed on to support the Environmental Justice for All Act through the Choose Clean Water Coalition, which represents more than 500 organizations across the Chesapeake Bay, Delaware River, and Great Lakes Watersheds. Everyone has a right to clean air and water, but pollution often disproportionately impacts indigenous communities, people of color, and low-income families. This bill would require federal agencies to provide early and meaningful community involvement through the National Environmental Policy Act in regards to actions proposed in communities where issues of environmental justice are prevalent. In addition, the bill would provide funding to prioritize and expand access to outdoor resources in urban areas, and grants to support research, education, outreach, development, and implementation of projects to address environmental and public health issues in environmental justice communities. This is one small way the ACA is furthering its diversity, equity, and inclusion efforts. Paddling is for everyone, and it requires access to healthy bodies of water. We must work together to undo the burdens placed on marginalized communities and the associated health impacts.

Read the full letter of support, [here](#).

Read the bill, [here](#).



ACA Supports the Fundamental Intentions of the National Environmental Policy Act

The ACA signed on to a letter, led by the Winter Wildlands Alliance, alongside our partners in the human powered outdoor recreation community to support the fundamental intentions of the National Environmental Policy Act (NEPA). NEPA is a fifty year old bedrock piece of environmental legislation that establishes a broad national framework for protecting the environment. It assures proper consideration is given to the environment on any federal action that may have a significant impact. The rollback of NEPA is presented as an attempt to streamline the law and speed up the process for permitting projects such as freeways, power plants, and pipelines, but the process of streamlining such development, the fundamental intentions of NEPA are gutted.

The rollbacks eliminate the need for agencies to analyze the indirect or cumulative effects of a project on the environment, and instead requires analysis of impacts that are only reasonably foreseeable. Ultimately, the NEPA rollbacks increase the chances that bodies of water may be adversely impacted by development projects, thus impacting the paddling community. Please read the full letter of support, [here](#).



COMPETITION



2020 Slalom World Cup #1: Tacen, Slovenia

The following has been shared from the International Canoe Federation (ICF) website, [here](#).



American teenagers Evely Leibfarth and Joshua Joseph stole the show on the opening day of the ICF canoe slalom world cup in Tacen, Slovenia, upstaging their more experienced rivals to post quickest times in their heats. 16-year-old Leibfarth could not have been more impressive. After turning plenty of heads during her debut season in 2019, her performance in posting fastest times in both the canoe and the kayak on Friday showed she had no ill-effects from the prolonged competition break. Her time of 85.44 in the kayak was more than three seconds quicker than the next best paddler, two-time Olympian Ana Satila, while she was more than four seconds quicker than France's Lucie Prioux in the women's canoe.

And while the pressure was off because all athletes qualified for the weekend's semi-finals, Leibfarth said she wanted to get straight back into the racing mode. "During lockdown I got a lot of really good training in, I worked on my strength a lot in the gym, and I got to focus on technique and things that I wouldn't have got to focus on if I was travelling," she said. "I haven't raced since February, so having today as a bit of a throwaway day is really good for getting back in the scheme of things, and remembering how to race. "Last year I won bronze here at the world cup in C1, so it's great to be coming back just because I do have so many great memories. It's one of my favourite courses in Europe." 19-year-old Joshua Joseph was the real surprise, posting 76.26 to finish 0.53 of a second ahead of local paddler Vid Kuder Marusic, with France's Mathieu Desnos third quickest. Joseph has never progressed past the heats of a senior international race during his short career, but did finish 10th at the junior world championships in Bratislava in 2017.

The battle between Slovenian teammates Luka Bozic and Benjamin Savsek in the men's canoe will be intriguing on Sunday. Both are jostling for the one available ticket to Tokyo next year, so every race is seen as an important psychological milestone. On Friday it was Bozic who finished on top, but by just 0.30 of a second. Savsek also picked up a two-second penalty for a gate touch.



“We are all the time fighting to see who is going to be the best, and I really wanted to race at the international level so I missed this a lot,” Bozic said. “I think we all missed this racing. A lot of countries had to stay at home, so this is not the world cup which I expect, but still I’m really happy that I am here today, back at home, healthy and trying my best.” The semi-finals and finals of the men’s and women’s K1 were contested on Saturday, with the canoe finals concluding on Sunday. This ICF canoe slalom world cup was the first international event in 2020, and was run under strict health protocols because of COVID-19.

Summary of Results:

Team USA athletes won a combined four bronze medals: Evy Leibfarth in CSL WK1 & WC1, Ria Sribar in CSLX WK1, and Tren Long in CSLX MK1. In addition, three athletes competed in the CSL finals (top 10): Michal Smolen (9th), Joshua Joseph (10th), and Michaela Corcoran (10th). Other CSL results: WK1 - Madison Corcoran 11th & Ria Sribar 15th MK1 - Kaelin Friedenson 28th MC1 - Zachary Lokken 13th MC1 - Tren Long 15th





USA Whitewater Freestyle NATIONAL CHAMPIONSHIPS *Virtual* 2020

The 2020 USA Whitewater Freestyle National Championships were held virtually this year! With the COVID-19 pandemic in full swing this summer, the 2020 Freestyle National Championships were facing a huge hurdle: how to hold an important competition without putting the competitors and their families at risk. The ACA Freestyle Competition Committee purpose is to promote athletic competition in paddle sports at the local, regional, national and international levels. Staying committed to their mission, the group got creative and chose to offer the competition in a virtual format to encourage competitors to continue training, paddling, and staying involved. Each competitor submitted a 60-second video of themselves doing flatwater freestyle and/or performing a single big trick. After the conclusion of the video submission period, seven ICF judges scored each entry. Competition entry fees were gathered and split between the first-place winners' favorite paddling charity organizations. The awards, designed to commemorate the unique circumstances that have met us this year were designed, built, and shipped to winners by US Whitewater Freestyle Committee Vice Chair Ned Poffenberger.



Article and photography provided by:
 US Freestyle Kayak Committee
 Risa Shimoda - Chair
 Ned Poffenberger - Vice Chair
 Paula Saff
 Andy Kuhlberg
 Clay Wright
 Emily Jackson - Athlete Rep



It has been an interesting year for American teenager Nevin Harrison, who just so happens to be the United States' first ever Women's C1 World Champion. She won the C1 200m at the 2019 World Championships in Szeged, Hungary last August, and she recently took first place at the ICF Canoe Sprint World Cup on September 26th. Leading up to the September ICW World Cup, the big question for Nevin was: could she return to the scene of her greatest sporting triumph, carrying the pressure of being the best in the world, and repeat the performance? After all, she's still just 18, and surely it would be understandable if the pressure proved too much. But on Saturday afternoon in Szeged, Hungary, Harrison showed she's up to the challenge. She might have only won by 0.02 of a second, but a win is a win. "It's really exciting, it was super close this year and there are a lot of very talented girls out there," Harrison said. "The race definitely wasn't my best. I messed up the start and I thought the race might be done for me. But I was able to get my rate back up and get going again, which I'm pretty proud of myself for doing because I was definitely off my game." "The other girls have trained and obviously gotten a lot faster, but I'm hoping that I've gotten a lot faster too." The tricky wind conditions made comparisons with last year difficult, and one or two of last year's world championship finalists were missing. Harrison still had to stare down last year's silver medalist and fourth place go-getter and deal with a much improved Ukrainian paddler, Liudmyla Luzan, who finished "just a coat of paint" behind at the World Cup competition. "I think the pressure is still there, if not even stronger now because I was able to win again," Harrison said. "I definitely felt the pressure when I was warming up and getting ready because I felt like I needed to get a gold. After all of this, I think the pressure will be similar, if not more, for the Games next year. Now I've been able to see how talented and quick the other girls are getting." Harrison continued, "I know Ukraine has got some really fast girls this year. At the end of the race I didn't know if I got first or second, it was so close."

Harrison was one of the few non-European athletes who could get to Szeged for the World Cup. Leaving nothing to chance, and desperate to get back into elite competition, she arrived in Europe early. "I'm just happy we could come to Szeged and get on the race course again," she said. "I've been in Hungary for the last two weeks training. Training here is amazing; I love the weather, I love the water and the local people are awesome too." If everything goes according to plan next year, Harrison will be part of Olympic history as women's canoe makes its Games debut. But she wants more than that. Only three people, barring dead-heats, can be the first ever Olympic medalists in women's C1, and she wants to be one of them.



New Life Jacket Labels

From our friends at the National Safe Boating Council:

Did you know there is a new life jacket label? The label is being phased in and you may see it printed on the inside of a new life jacket. The new label **DOES NOT** make obsolete life jackets with the old label. Always look for a life jacket that is U.S. Coast Guard approved. Remember, the best life jacket is one you wear! Your life jacket should be appropriate for your water activity and in good condition. Life jackets with a tear, broken pieces, or buoyancy loss should be replaced.

To learn more, [click here](#).

NEW LIFE JACKET LABEL

ADULT UNIVERSAL

User Weight: >40 kg (>88 lbs)
Chest Size: 76-132 cm (30-52 in.)

PERFORMANCE LEVEL

70

TURN ABILITY (SEE BELOW)

WARNINGS (SEE BELOW)

Measured in **newtons.**

- Lower level number offers more mobility, comfort, and style with good flotation, and intended for near shore (calm water) activities.
- Higher level number offers greater flotation, turning, and stability in the water, and for offshore activities (greater time to rescue).
- There are areas where you may be boating near shore when rescue is hours away, and a higher level is needed.
- Be honest about your swimming ability. Poor swimmers may need a higher level to stay upright and easily tread water.

50 70 100 150

NEAR SHORE (CALM) OFFSHORE (WAVES)

INCREASING TIME TO RESCUE

WARNINGS

Some life jackets are **NOT APPROVED** for:

- Water skiing
- Tubing
- Personal watercraft or wakeboarding
- White water paddling

TURN ABILITY

- Life jacket will turn an unconscious wearer face up—test before use.
- Life jacket will not turn an unconscious wearer face up.

USCG Approved 160.064/XXXX/X
TC Approved XXXXXX-X
ANSI/CAN/UL 12402-5

Model: XXXX Style: XXXX
Lot No. XXXX

Approval conditions state that this device must be worn to be counted as equipment required by vessels meeting Transport Canada or USCG regulations.

USCG APPROVED

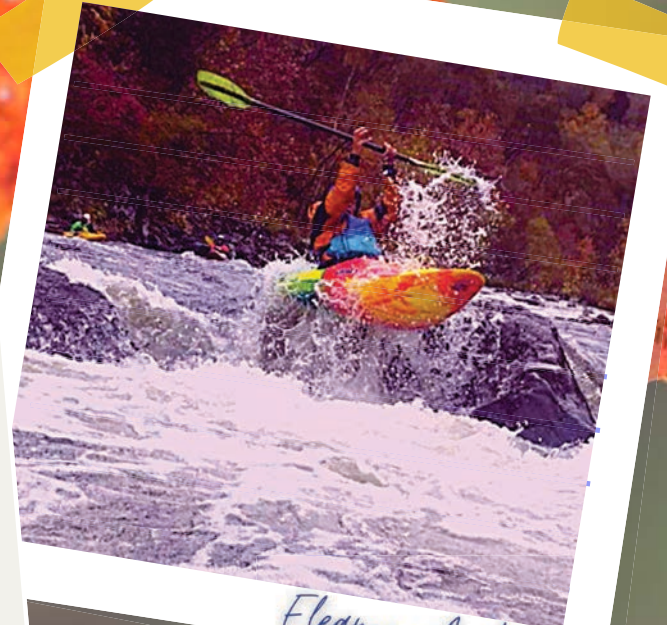
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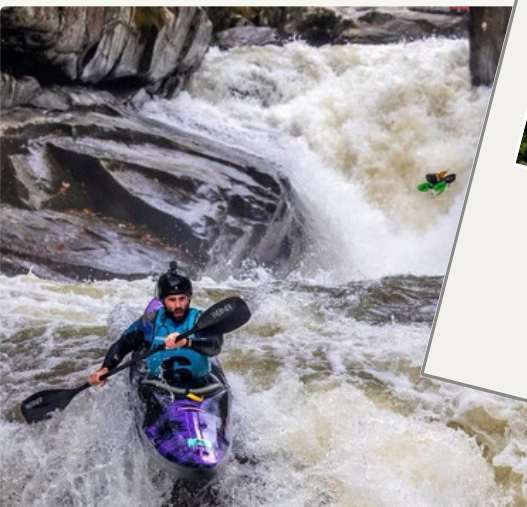


Josh Hall



Eleanor Ansbeck

The 25th Annual Green race by Rob Ojerssch

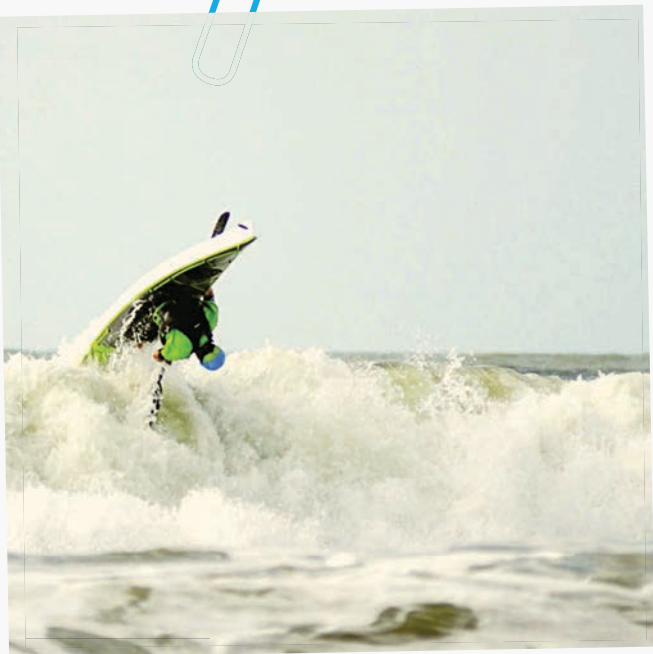


Canoe Sailing at Camp Sebago

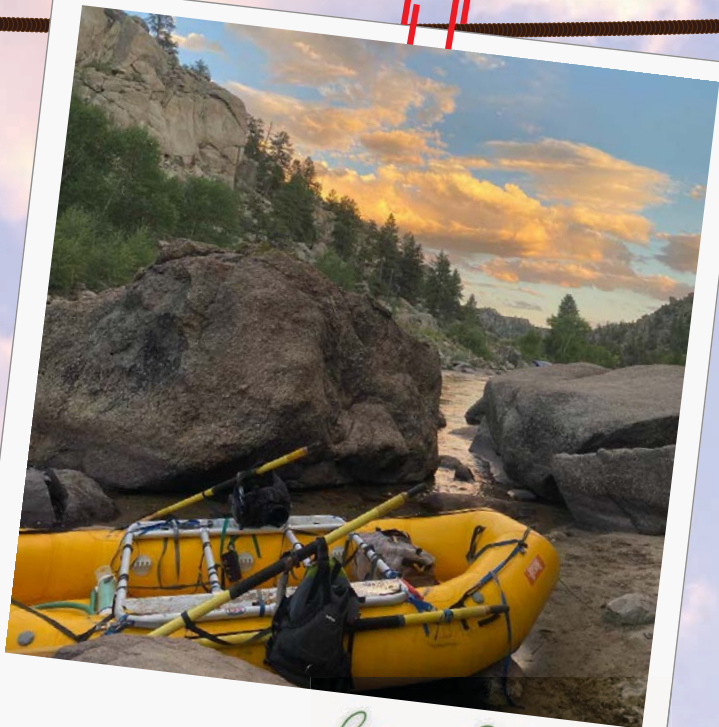


Family Trip at Sugar Island





Josh Hall



Carrie Schlemmer



Ge Wu



WV Kayak Clean Up Crew



Katie Crites, Lyle
Whetteplace, Dave Childers



Omair Ramos



Mark Little



Michaela Corcoran

Nevin Harrison

A Pitch for Heeling Part 2

By Marc Ornstein

Canoes and most other boats turn much like wheelbarrows. The stern rotates around the bow, unlike a car where the steering takes place up front. When the canoe is traveling forward and the paddler tweaks the paddle in one way or another to initiate a turn, what really happens is the stern is given a bit of a nudge. Barring any other forces, such as wind, current, or other paddle manipulations, the stern will continue in the direction that it was nudged until the canoe runs out of momentum and comes to a stop. The greatest force resisting that turn is the water that must be pushed aside by the stern of the boat as it rotates. As discussed in part 1 of this article (featured in the last edition of [Paddle eMagazine](#)), increased canoe rocker reduces the effort required to turn the canoe, but it does so evenly, reducing forces in both the bow and the stern. Pitching (or tipping the bow down) increases the force on the bow but decreases the force on the stern where it counts most. When a paddler pitches the bow down, the bow gets pressed deeper into the water, somewhat pinning it in place. At the same time the stern is raised which reduces the amount of water that the boat needs to push aside while turning. If the pitch is mild, the effect is more subtle. The canoe may only appear to be a bit bow heavy. If the pitch is more significant, the stern may actually rise out of the water. When sitting, it is more difficult to control pitch than it is to control rocker. The paddler can lean a bit forward but not much. When kneeling, the paddler can come up partially or fully off the seat, effectively moving their full body weight forward. Heeling and pitching can be combined. While heeling is often used alone, pitching is almost always combined with heeling to affect a tighter turn.



Various body positions can be used to take full advantage of these techniques. Occasionally, you'll see a paddler lunge forward, putting his or her knee on the rail which causes the canoe to heel and pitch radically. Most often, simply coming off the seat and onto the knees is sufficient to get the job done. Entire classes have been devoted to this art. It is most common to paddle from a kneeling position, as it gives me the most control. With time and practice it's quite comfortable, even for long periods of time. When traveling a twisty stream, it is rare to make a turn without heeling a bit, and such heeling is often combined with some pitch.

Heeling and pitching are both techniques that with practice will improve boat control and increase your enjoyment of canoeing. They are two important skills that all serious paddlers should learn and use in their everyday paddling. These two videos show an axle (a basic turn to the on side) using a modest heel, combined with some pitch to enhance the turn. The first video is at normal speed while the second video is at $\frac{1}{4}$ speed. This last video shows a group of paddlers traveling down a series of narrow, twisting streams using a variety of FreeStyle techniques, including heel and pitch.





*Thank you for reading
ACA Paddle eMagazine!*

Have some news to share?
Please [click here](#) to submit content
for consideration.

The 25th Annual Green race by Rob Opersch