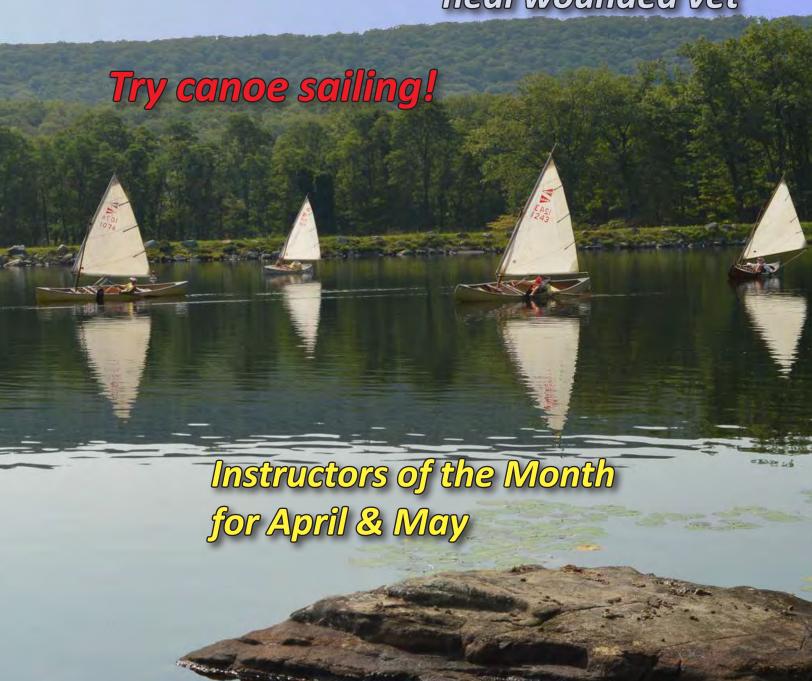
PADDLE

ACA | Canoe - Kayak - SUP - Raft - Rescue, Volume 3, Issue 3, May 2017

Paddlesports help heal wounded vet



New beginner's guide now available

ACA Mission Statement

Founded in 1880, the ACA is a national nonprofit organization serving the broader paddling public by providing education related to all aspects of paddling; stewardship support to help protect paddling environments; and sanctioning of programs and events to promote paddlesport competition, exploration and recreation.



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Cover photo

ACA photo/Ann Barry

Paddlers enjoy canoe sailing on Lake Sebago in New York's Harriman State Park.

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Meet your ACA Staff

www.americancanoe.org/staff



Wade Blackwood Executive Director Hopping in my kayak and hitting the water.



Christopher Stec
Chief Operating Officer
A good scotch...I mean
surfing my local break or
river wave.



Amy Ellis
State Director/
Membership Coorinator
A walk in the woods with
my dogs.



Insurance Coordinator
Listening to encouraging/
upbeat music, prayer, or
going for a walk always
helps me. Or simply
reminding myself of all of
the things to be grateful
for vs. looking at the
negative.

What *soothes your spirit* when you are unhappy or in a bad mood?



T.J. Turner
SEI Department Specialist
Sitting in the lineup,
paddling in the ocean, or
riding a smooth, glassy
wave and experiencing a
connection with the water.



Katie Hansen
Membership Coordinator
Over past couple of years
I've gotten into martial
arts, like kickboxing and
jiu jitsu. That's what
helps me these days.



Marcel Bieg
Western States Outreach
Director & Grant Manager
Free time, music, my
girls (daughter and wife)
and friends.



Kelsey Bracewell
SEI Coordinator
Going for a paddle and/
or a run.



Kimberly Jenkins
Paddle eMagazine Editor
Getting outdoors,
whether it's to take a
walk, fly a kite or chill
with a glass of wine.



Dave Burden International Paddlesports Ambassador

Going outside outdoors and getting on the water.



Louis Metzger
Public Policy Chief
Working on stewardship
initiatives to help
improve the world.



Be sure to check out the ACA's newly redesigned website!

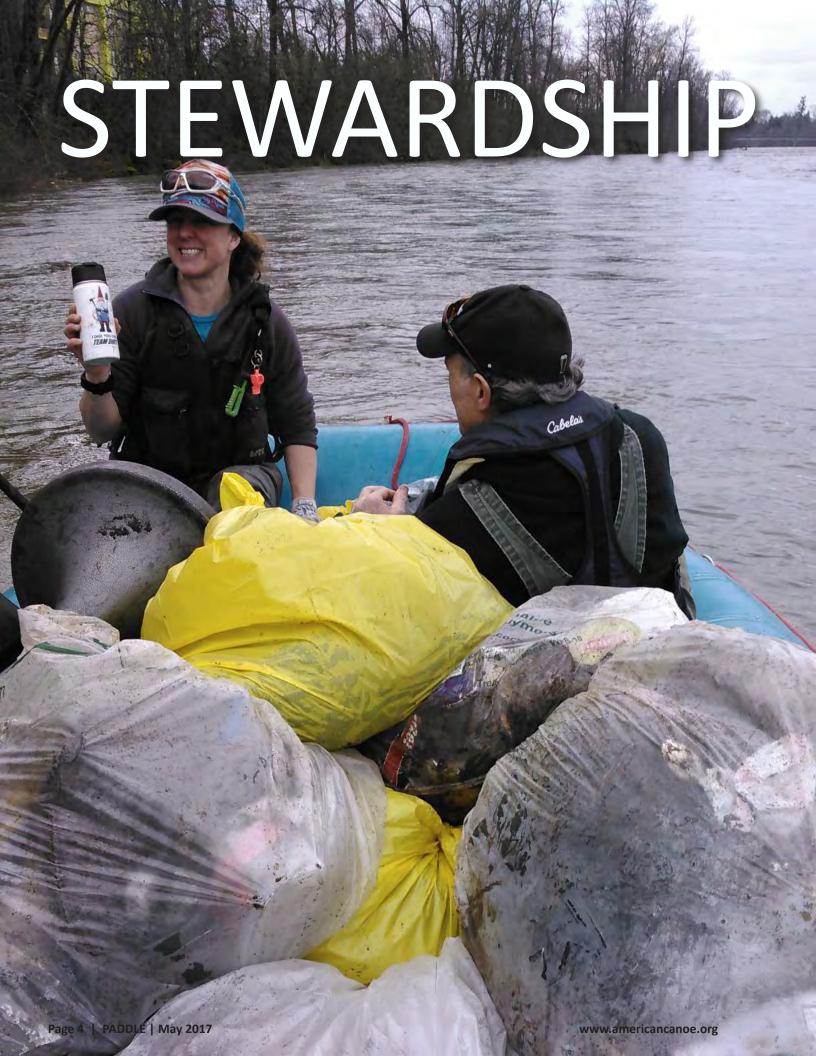
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New Mexico dam gets structural makeover



Before leaving Farmington, New Mexico, ACA Western States Outreach Director & Grant Manager Marcel

Bieg began working on a project to remove/ alter a dangerous low-head dam on the Animas River between Farmington and Aztec, New Mexico. Penny Lane Dam had claimed the lives of several people over the years.

"The dam that was here before had a very steep drop-off, which created dangerous and uniform hydraulics across the face of the dam, making it impossibly difficult for a swimmer trapped to get out," said Rick Page of the River Reach Foundation.

The City of Farmington partnered with the River Reach Foundation to redesign Penny Lane Dam to improve safety, infrastructure and the environment. Work began last fall, and the project cost approximately \$1.1

million. The redesigned officially re-opened March 15, 2017, and now features a slope instead of a dropoff,

making it much safer for boaters.

Mayor Tommy Roberts and City Manager Rob Mayes joined many others in celebrating the reopening of the Penny Lane Dam. The project was a community collaboration between the Public Works Department; the Farmington Fire Department; the Parks, Recreation,

and Cultural Affairs Department; the River Reach Foundation, and more. To conclude the

ceremony, the mayor and Mayes took the first raft ride down the reconstructed dam.

<u>Click here</u> to view a time-lapse video of the project.



Farmington Mayor Tommy Roberts and City Manager Rob Mayes took the first raft ride down the newly reconstructed Penny Lane Dam. Daily Times photo

Stay up-to-date on ACA's Stewardship Initiatives

Interested in the political process? Check out some of the **local and regional policy letters** the ACA has submitted on behalf of paddlers:

www.americancanoe.org/PublicPolicy



Want to help your local waterway?
Watch these videos from fellow paddlers at their **Paddle Green Events**:

www.americancanoe.org/PGEvents

How much is there? Where does it come from? Help the ACA and NOAA 'Track Trash' and clean up your local waterway in the process! Learn how to participate: www.americancanoe.org/TrackTrash

How do the **7 Principles of Leave No Trace** apply to river corridors? Learn more at: www.americancanoe.org/LNT







Paddle Green Spotlight

Volunteers participate in Trashy Tuesday

n March 14, 2017, Willamette Riverkeeper held its monthly Tuesday cleanup event. Founded in February of 1996 as "Friends of the Willamette River," the organization's sole mission is to protect and restore Oregon's Willamette River. The focus of the group's Trashy Tuesday event for March was the area's urban waterfront areas, with focus

on one main "dump" spot located just off the bike path entrance.

Part of the group spent a couple solid hours collecting garbage and bagging it up for the boat team to collect and ferry downstream to a dumpster. The others worked from boats to reach areas that are inaccessible by foot.

Willamette Riverkeeper gave props to the volunteers on Facebook, saying, "BIG THANKS to today's Trashy Tuesday Willamette heroes – Michelle Emmons, Marcel Bieg of the American Canoe Association, David Strahan, Curtis Phillips of Plank Town Brewing Company, and Michael Lambros of Global Delights. You all are rock stars!!!"



Recent Paddle Green

By Louis Metzger, ACA Public Policy Chief

Establish Offices of Outdoor Recreation for California, Oregon

Over the last few years, three states (Utah, Colorado and Washington) have created Offices of Outdoor Recreation to oversee and improve outdoor experiences in the state. California and Oregon are working to join their neighbors and establish their own outdoor recreation offices. Each state has

submitted a bill for consideration by their respective legislators.

The outdoor industry generates billions of dollars in consumer spending and in state and local tax revenue for each state. Additionally, outdoor recreation directly supports hundreds of thousands of jobs in each state.

Creating an office of Outdoor Recreation will allow each state to capture and grown this significant area of economic activity.

Travel Oregon photo

The ACA signed a letter along with the Outdoor Industry Association, PeopleForBikes, and a coalition of California business and nonprofits to California Assemblymember Eduardo Garcia in support of Assembly Bill 907 and the efforts to create an Office of Outdoor Recreation for California. Read the letter on the ACA's website.

In addition, the ACA, along with the Outdoor Industry Association and a coalition of Oregon businesses, nonprofits and programs, signed a letter to the House Committee on Economic Development and Trade in support of HB 3350, which calls for creating such an office in Oregon and forming an advisory council of industry members to provide input on topics impacting the state's outdoor recreation industry. Read more on the ACA's website.

Read the ACA's recent policy action letters.

Policy Action

Allow Longer Kayaks in Bucks County Lakes

Currently Bucks County (Pennsylvania) "Park Watercraft Regulations" limit kayak length to 16. This precludes use of the Bucks County lakes by some sea kayaks and surf skis. The ACA has requested that the regulations be adjusted to accommodate longer craft. Read the letter on the ACA's website.



Allow Shorter Rafts on the Lower Youghiogheny

Current regulations at Ohiopyle State Park state that, at river levels over four feet at the Ohiopyle gauge, rafts must be longer than 15'. The ACA joined the American Whitewater in requesting that, given changes in raft construction, shorter rafts be permitted to run the Lower Yough. Read the letter on the ACA's website.



Utah Considers Rescinding Use of Throw Bags

Using throw ropes as a rescue tool (combined with wearing a properly fitted life jacket) is widely recognized as a best practice, as well as a paddlesports industry and recreational standard. However, the State of Utah is considering rescinding a regulation that currently allows the use of a river throw bag instead of a Type IV throwable PFD for swiftwater rescue.

The ACA has written a letter to Utah Natural Resources asking for the continued consideration of providing the throw rope option in whitewater rivers. Read the letter on the ACA's website.



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The Wild Gila River

A Threatened National Treasure

Story and photos by Norm Gaume

The Gila River begins as an undeveloped wilderness river fed from mountain streams in southwest New Mexico. It supports a rare, intact native riparian ecosystem that is home for seven listed species and a superb 42-mile, multi-day mountain canyon wilderness river trip.

THE PROBLEM

For decades, the federal government and the state of New Mexico have sought to dam this <u>precious wild river</u> – most recently with a proposal that would have blocked the last leg of the Gila River Wilderness

Run. One of the nation's finest natural assets, the integrity of the country's first official wilderness area, and the superb wilderness river run have all been at stake.

Thankfully, their last idea quietly collapsed in March 2017. The failed idea included a dam at the site first set aside by the federal government for a dam in 1916, and which was the site for the never-built Hooker Dam, authorized by Congress in 1968 to create a reservoir that would have drowned almost 20 miles of the wilderness river. The Hooker

Dam concept failed due to public opposition led by <u>The Wilderness</u> <u>Society</u> in the 1960s.

The current – and fourth – water development attempt is being led by the New Mexico Interstate Stream Commission, which has become infamous for its refusal to address pertinent facts and provide public information. Due to its secrecy and inablility to show anything worthwhile for the \$11 million in federal funds spent since 2012, the ISC earned the Society of Professional Journalists 2017 national "Black"



Hole Award." Both the ISC and the local proponents group have been found in violation of the NM Open Meetings Act for their illegal award of contracts and secret deliberations.

Members of Adobe Whitewater Club of New Mexico, an ACA affiliate paddling club, helped secure the most recent victory. But the fight is not over. State and local government officials and representatives of local irrigation organizations refuse to meaningfully consider the costs, impacts, and feasibility of their dreams and the reality of climate change and its impacts on the Gila.

THE WILD GILA RIVER

Aldo Leopold, who as a young Yale-educated forester explored the Gila River headwaters on horseback to estimate the standing board feet of timber for the U.S. Forest Service, first proposed preserving the Gila River headwaters and river in 1920.

His bosses agreed. More than 40 years later, Congress made the Gila Wilderness the nation's first official wilderness area under the 1964 Wilderness Act. Aldo Leopold's foresight and subsequent work to protect the Gila River have preserved the riparian ecosystem and opportunity for multi-day wilderness travel by boot, horseback or paddle through its forested mountains and canyons and down its wild river.

The Gila Wilderness includes about 32 miles of the main Gila River. The Gila River Wilderness Run put-in is at the Forest Service's Grapevine Campground, at the Gila River's confluence with its East Fork, near the Gila Cliff Dwellings National Monument. The wilderness river run includes an additional 10 miles through the wild Upper Gila Box downstream from the wilderness

boundary. The takeout is at another Forest Service campground at the end of Box Canyon Road, near Cliff, NM, over three hours by car from the put-in.

The Gila River wilderness run is a class II+ river that drops over 20 feet per mile and is replete with wall shots. Ubiquitous strainers and sweepers raise the difficulty level a full one or more classes, particularly because strainers often occur at sharp, blind corners.

The Gila Wilderness includes about 32 miles of the main Gila River.

No permit is required because the flows high enough for boating are infrequent, short run-off events in the winter and early spring and rarely after storms in late summer. And as the United States' southernmost snow-pack fed river, scientists expect climate change to wreak havoc on the normal snow-melt-driven hydrograph and cause drastic reductions in the limited water supply legally available for this project.

(Continued on page 12)





Dam proponents selected this site for the proposed development.

THE CONTINUING THREAT

At the take-out, the river emerges from the Gila National Forest and its wilderness canyons into a narrow-irrigated valley where the local farmers divert hugely excessive amounts of water, over 20 acre-feet per acre per year, to irrigate pasture. Freeport McMoRan, the international mining company, is the largest water user and owns most the Gila River water rights and irrigated land in the valley.

Although the river wilderness run is now free of an active water development threat, the back-up dam concept that would be located within the agricultural valley threatens the intact native riparian ecosystem and the listed species—two fish, two birds, two snakes, and a frog. The proposal would reduce downstream peak and annual flows through the

wild Middle Gila Box and Lower Gila Box in New Mexico and the Arizona Gila Box. These canyons provide great wild river whitewater boating.

The original reasons that the Gila River has not been dammed are now even stronger. There is no need for the water and no local or state ability or willingness to pay. No feasible development opportunities remain—the current, loosely defined downstream concept would yield little water but would be hugely expensive to build and operate.

Nonetheless, proponents intend to spend \$20 million on a <u>federal environmental impact statement</u>. If prepared with integrity, the EIS will kill the New Mexico Unit of the Central Arizona Project. The deadline for a federal decision regarding a dam proposal is the end of 2019.

About the Author

Norm Gaume is <u>dedicated to protecting the Gila River</u>. He is a retired licensed water engineer, long-term ACA member, a former ACA whitewater canoe instructor, and river runner.

ACA sponsors best environmental film

What would you do to protect the place you love? Minnesota's Boundary Waters Wilderness is a wild landscape of lakes, streams, woods and wildlife covering 1.1 million acres. To Amy and Dave Freeman, this place is home. With a massive sulfide-ore mining project threatening to jeopardize the Boundary Waters Canoe Area Wilderness for generations to come, the Freemans took action.

For one year, the Freemans lived inside the Boundary Waters, broadcasting photos and stories via satellite receiver and hosting politicians, journalists and activists. "It's up to us to speak loudly for this quiet place," says Dave Freeman. "It is up to us to bear witness."



The Freemans' expedition was captured in the short film <u>Bear</u> <u>Witness</u>. Sponsored by the <u>ACA</u>, this film was recently named Best Environmental Film at the 12th annual world tour premier of the Reel Paddling Film Festival.

Since 2006, the Reel Paddling Film Festival World Tour has been showcasing the very best paddling films. The World Tour screens in more than 120 cities around the world.

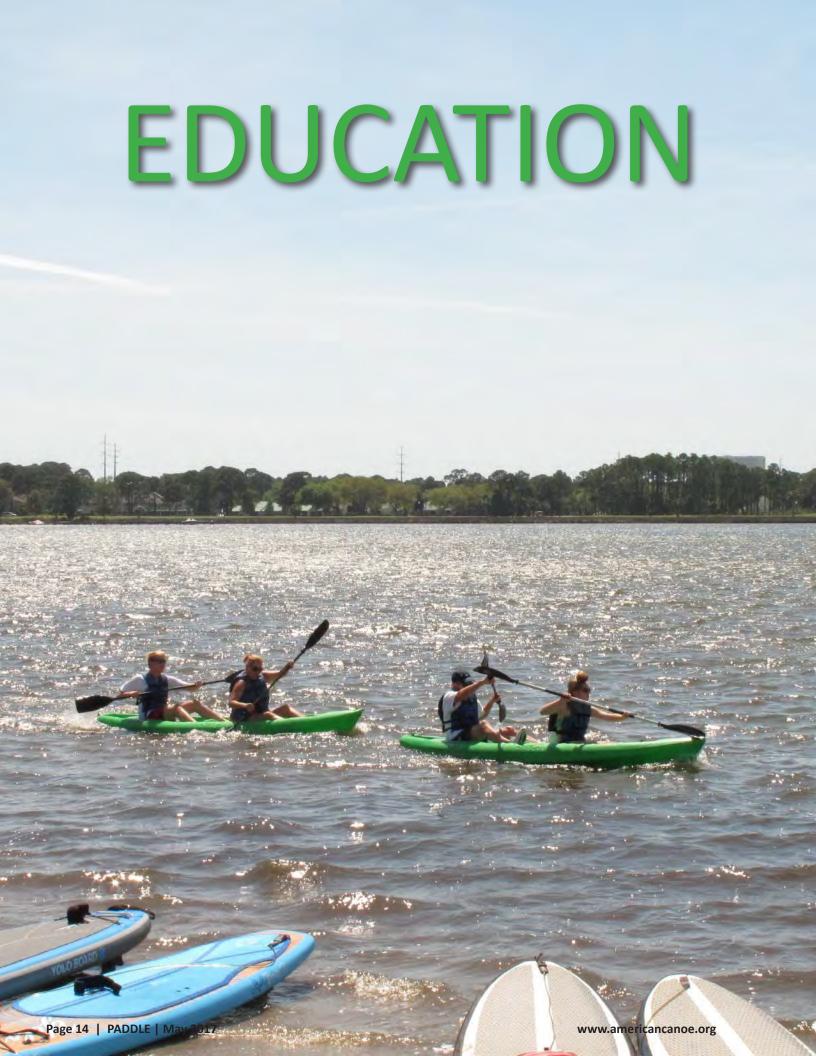


The ACA Career Center Website is now better than ever!

Use it as a one-stop shop to find awesome jobs all over the country at places like REI, the U.S. National Whitewater Center, and more.

You can even sign up for email notifications so you know when new jobs get posted to the site!

Visit <u>www.americancanoe.org/Employment</u> to find your dream job in the outdoor recreation industry today.



SURFSKI

The most fun you will have in the ocean!

Story and photos by Michèle Eray, Olympian & World SurfSki Champion

Growing up in a small beachside town in South Africa, water sports were just a way of life. Weekday afternoons involved waiting for that school bell to ring, and then rushing down the hill to get to the beach. Surfing for a couple of hours was followed by Nipper practice, and then wash, rinse, repeat! Weekends were even better as there was no school to distract from ocean time.

As you progress from Nippers, which starts at age 8, and is basically Junior Surf Lifesaving, to 14 years old, you get to learn how to paddle a surfski. With a large proportion of South Africans living by the coast, and being exposed to the sport, it's no wonder that the sport of surfski has a huge following in SA. Local weekday races can fetch an entry of 150-200 people, with our larger events getting close to 300.

The sport has been around for over 60 years, with South Africa's oldest race being started in 1957. Some of the legends of the sport started shaping their own craft out of foam, and were the drivers of innovation



to go faster and further on these skinny race boats.

Guys like South African Oscar Chalupsky, Australians Grant Kenny, Dean Gardiner & Clint Robinson, Tahitian Lewis Laughlin and many more I am failing to mention, have been at the sharp end of the sport since its early days, and are still giving the younger generation a run for their money in the technical conditions. These legends of the sport are

showing that great downwind skills are the most important criteria, and their years of experience play a large role in their race performance.

There are many of the "classics" in the surfski world of races, too many to mention in this article. Locally, the Molokai Challenge has been running since 1977. Originally named Kanaka Ikaika, this race pits a paddlers skills and fitness against unpredictable weather conditions, sometimes large surf and hectic winds, and of course the currents in the Kaiwi Channel. The Kaiwi Channel lies between the island of Molokai and Oahu. It is consiered one of the roughest ocean channels in the world when Mother Nature is angry.

Continued on page 16





More recently, the US surfski world has a newcomer in races, with the Gorge Downwind Champs throwing in a unique situation, where you are essentially paddling upriver against the current, but with the predominant wind behind you. This creates a strangely salt-free, and ridiculously fun downwind! The slightly slower than usual speed, but still rather large runs, make for an exciting day! This year's event is sold out!

So what is surfski paddling?

A surfski is an ocean-favoring but any water surface-loving - siton-top craft. You steer using pedals which are attached to a rudder, which makes controlling the ski in wind or surf a lot easier. The craft vary from 16 to 21 feet for the single ski and can be constructed of anything from fibreglass to ultra-light and rigid carbon fibre. Lately, the plastic rotomolded skis have made an appearance, which is a super fun way to get into the sport, as they are very well priced and incredibly durable (for any mistakes you might make in that crunching shore break). Surfskis also come in a double/two-person setup.

Paddling can take place on any body of water, but the beauty of the surfski is that it has the potential to be the fastest human-powered downwind craft in the world. Surfing downwind has to be the most exhilarating water sport. You can reach speeds of 30 km/hr and can paddle island crossings and point-to-point downwind.

At the same time, dolphin and whale watching, and just cruising with your buddies is also a big part of this lifestyle sport. There is no age limit, and there are even surfskis designed for small kids. Personally, after paddling a ski for the past 25 years, my favorite part of the sport is the global community of like mined people I have been privileged to come into contact with – people who like to travel to paddle around the world, mixing a great competitive edge with a huge social element.

Surfski paddling worldwide is at a very exciting time. Recently, there have been great advancements in ski design, and some manufacturers have managed to produce surfskis that have great stability, without losing their downwind surfing capability and manoeuvrability. This is a game-changer and is opening the sport up to a lot more people.

As with all paddlingsports, safety is paramount. Make sure you have

the essential safety gear – life jacket, leash attaching you to your ski, bright colored clothing, warm gear, and a form of communication in a waterproof pouch (or gps tracker). Most manufacturers are designing their skis with bright tips to make them more visible in the ocean. Always know your own limits and make sure you check the wind and surf conditions before going out.

If you are interested in trying the sport, be sure to look for a well-qualified, experienced instructor. Numerous surfski instructors travel the world giving paddling workshops, be sure to search the web for one near you.

If you are in California, the first surfski school opened in mid-April – check out <u>www.paddlecal.com</u> for more info.



About the Author

Michele Eray has been paddling for 24 years. She was the World SurfSki Champion in 2013 and earned the silver in 2015. She's an Olympian for Canoe Sprint (Kayak in the U.S.), and was a finalist in the 2008 Beijing Olympics. In 2007 she medaled in the Canoe Marathon World Champs back. She is also a certified International Canoe Federation Level 3 Advanced Coach and was the USA Olympic Coach for Canoe Sprint in the 2016 Rio games.



ACA launches surfski curriculum

Earlier this year, the ACA unveiled one of its newest curricula – surfski.

For additional information about the ACA Surfski curriculum and program, please visit www.americancanoe.org/Courses_Surfski.



Beginner's Guide to Paddling available

In partnership with the <u>Water Sports Foundation</u> and the <u>U.S. Coast Guard</u>, the <u>ACA</u> is pleased to provide a new paddling safety brochure.

A Beginner's Guide to Safer Paddling offers helpful tips and tricks to help any beginner get started.

These brochures are free to distribute (you only pay for shipping and handling) and can be ordered in quantities of 50, 100, 500, and 1500. Please visit the ACA's eStore for more information.



Check out this new course:

Coastal Rock Garden and Sea Cave Skills & Safety

Ever wanted to stick your bow into a sea cave, or play around in coastal rock gardens?

If so, the ACA has a course for you!

The <u>Coastal Kayak Rock Garden and Sea Cave Skills</u> & <u>Safety course</u> is designed to teach paddlers how to paddle safely within rock gardens, run features, explore sea caves and perform self and assisted rescues in these dynamic environments.

For more information, please visit <u>www.americanca-noe.org/resource/resmgr/sei-courses/Rock Garden</u>
Sea Caves Skills.pdf.



April Instructor of the Month Jeff Atkins



Jeff Atkins is a 25-year veteran park ranger with South Carolina State Parks and County Parks. He has led outdoor programs all over the state and is frequently found teaching at symposiums in the Southeast. As an instructor for the N.C. Outward Bound School, he leads expeditions around the U.S.

Paddlesports is his passion and loves to spread the "infectious" recreation activity to others. He believes in having fun, learning, and helping others to expand their knowledge and skills.

"There is nothing like the feeling of seeing a person smile because they just did something they didn't think they could do," he said.

Atkins loves paddling in the ocean. "The energy of waves excites me. I also really love expeditions. The chance to see beautiful remote places that are not disturbed by development sooths my soul," said Atkins.

A self-proclaimed kayak nerd, Atkins said he tries to paddle at least once a week, but he's thinking about paddling every day.

He reads books, watches videos, and practices drills frequently. When it comes to kayaking or teaching kayaking, his mantra is "It's recreation dammit!"

He explained, "Oftentimes we get really uptight about our skills and abilities being perfect, so we lose focus on *why* we are doing these activities – to bring us to our happy place. I love working with people to make them smile and laugh by the end of their class, but also by the end, they

have learned things and enjoyed it. I am very fortunate to be surrounded by a lot of great ACA instructors in Charleston, S.C. This allows me to paddle frequently with talented friends."

Atkins paddles with both the Traditional/Greenland Paddle and the Euro Blade. "I love the Greenland paddle because it is symmetrical and low impact on joints. I have been fortunate to collaborate with local traditional skills enthusiast and members from around the U.S. and Greenland to work at our local symposium, Traditional Inuit Paddlers of the Southeast (T.I.P.S). I love coaching blade finesse, strokes and maneuvers, as well as, fun games to improve skills," he said.

Atkins aspires to paddle the Pacific Northwest, Newfoundland, United Kingdom, and the Mediterranean. While he's been fortunate

to take many classes with countless great coaches from around the world, he hopes to one day paddle with Justine Curgenven, producer of the *This is the Sea* series of videos. "[Her videos] inspire me to try all parts of paddling. I would love to paddle with her sometime since she is such an amazing paddler and adventurer," he added.



May Instructor of the Month Jennifer Stockwell

According to her mom, Jennifer Stockwell has always been very comfortable in the water and spent much of her youth fishing and canoeing many of the pristine spring-fed Florida waterways around the Gulf Coast. Stockwell said she has always had the strong desire to paddle for fun and she is always elated when she can do this in the company of friendly people who challenge her.

For me, the most exciting aspect of paddling is being able to learn something new every time I get on the water, whether the challenge to overcome is technical or mental. This sometimes includes students finding their 'A-ha' moment or often my gaining knowledge from the students," said Stockwell. "Another exhilarating aspect of living out my passion."

As part of living out her passion, Stockwell, an L4 Whitewater Kayak Instructor, founded Diverse Paddle Sports to educate other paddlers. She

chose that name "because I want to encompass all of my paddle actives such as whitewater kayaking, outrigger canoeing and dragon boating because they give me the ability to evolve, both physically and mentally. This name also reflects and supports my personal belief system and encompasses many different groups and individuals."

> Stockwell's mission is to provide education to empower individuals with a passion for paddlesports activities. She strives to give back the knowledge she's gained from instruction and through personal experiences.

As part of this, Stockwell donates her time to others with this passion who are economically challenged and to a local youth program.

The programs/events she currently offers include practice space and roll classes at the local pool; introduction to whitewater and specific skill-building on the river; and weekly lessons in paddling improvement and rolling techniques on local lakes.

Stockwell has paddled in Costa Rica and Chile, on Colorado River through the Grand Canyon and in many places in the Southeast. She looks forward to paddling in Hawaii, the Liberty Challenge Race on the Hudson River and many others.





We are proud to partner with Kokatat to bring you the ACA Instructor of the Month program.

Do you know an instructor who deserves recognition? Nominate them today!



Try sailing a canoe this year

By Marilyn Vogel, Registrar for Camping, Sugar Island



The canoe sailors of the ACA invite you to sail a canoe this spring and summer! If you already paddle and sail, why not try something different?

Canoes have been used for sailing since the mid-1800s. This traditional style of sailing appeals to canoe sailors of all kinds who enjoy the simplicity and charm. The novelty of canoe sailing provides a unique challenge!

Any type of canoe can be sailed whether it is a whitewater ABS canoe or even a birch bark canoe. With its narrow lines, a canoe offers speed, good upwind performance and maneuverability. A new sail and rig can be purchased for less than \$1000, however, most canoeists prefer to make their own rig and save money.

Making a rig is a beginner's project requiring a minimum of tools and experience. Free rig plans are available. Rigs are also available for purchase from time to time, either used or new.

Canoe sailing opportunities are available this spring and summer in New Jersey as well as at the two ACA camps. Beginners are welcome!

Online resources provide more information about this sport. Check out the ACA's canoe sailing website at <u>www.americancanoe.org/Canoe</u> <u>Sailing</u>. This website hosts newsletters, free rig plans, and more.

YouTube also offers various videos related to canoe sailing. Be sure to check out the <u>ACA September 2011</u> Canoe Sailing at Lake Nockamixon.

The founding fathers of the ACA were avid canoe sailors who designed, built and used their sailing canoes for cruising, racing and paddling. This tradition has continued at Lake Sebago and Sugar Island ever since the ACA located its activities at these locations, with a number of its present day sailors using 'state of the art' carbon fiber hulls specifically designed for sailing a canoe.

Spruce Run Reservoir State Park | Clinton, New Jersey May 6 [rain date May 7]

We meet at noon at the cartop boat launch. Cold water conditions; wearing a wetsuit is advised. Camping available.

Contact: Marilyn Vogel, (215) 453-9084, canusailor@yahoo.com

<u>Union Lake Sail and Tennis Club</u> | Millville, South Jersey June 10-11

We start in the morning and finish after lunch. It is an ideal place to learn canoe sailing!

Sugar Island | ACA Camp in Thousand Islands | Gananoque, Ontario Canada July 23-28

Canoe sailing week is most active during the first week of the Annual ACA Encampment! Free instruction, cruising and racing are available if you ask!

Contact: Marilyn Vogel, (215) 453-9084, <u>canusailor@yahoo.com.</u>

Lake Sebago | ACA Camp in Harriman Park | Sloatsburg, New York Sunday, June 25: "Free Sail" 10 am-4 pm Saturday, July 15: "Free Sail" 10 am-4 pm

Hosted by the Sheepshead Canoe Club, these two special canoe sailing events are for newcomers to the sport. Sailing canoes will be rigged and available for interested sailors (or want-to-be sailors) to take out on the water. Give it a try – you'll enjoy it! Learn the techniques of cruising class sailing, using a paddle instead of a rudder.

For more information:
http://aca-atlanticdivisionblog.com/
Joanie Krilla, (201) 669-9994

Sherrie Winkworth, swinkworth@verizon.net, (973) 252-3484



Life jacket wear rates decline

According to the 2016 National Observational Life Jacket Wear Rate Study conducted by the JSI Research & Training Institute Inc., the average observed wear rate for all boaters dropped last year to 21.6%. This is the lowest rate since 2010.

At 44.6% last year's wear rates for all paddlecraft, excluding stand up paddleboards, were also are the lowest observed since 2010. Rates were observed at their highest in 2006 and 2012, at 62.8% and 56.1%, respectively.

Changes in rates should be viewed with caution, however, as paddlecraft activity is mostly observed at only a few sites and overall averages can by highly influenced by local factors such as weather or special events at these sites.

For more information, check out the <u>JSI Observation Study</u>. Paddler info can be found on pages 17-20.

Don't miss this event!



Mark your calendar for the **2017 National Paddlesports Conference**

The ACA provides a range of recreational opportunities and has been established as one of the premier standards of paddlesports safety and education. As part of the ACA's leadership role in the paddlesports community, the organization initiated this annual conference to target all facets of the paddlesports community. Don't miss out!

This year's conference takes place October 18-22 at the Nantahala Outdoor Center in Wesser, North Carolina, and has a great deal in store for you. Offerings include exceptional educational sessions, instructor updates, navigation classes, outdoor activity opportunities, and exciting events for paddlers of all experience levels.

To learn more, please visit www.americancanoe.org/NPC today!

ACA PRO SCHOOL SPOTLIGHT

The <u>Charleston County Park & Recreation Commission</u> (CCPRC) offers a variety of Canoeing, Stand up Paddleboard and Kayaking skills classes and trips, including educational outings for beginner to expert paddlers.

From day-trips, weekend skills classes, to certification courses, our ACA-certified paddling instructors and trainers focus on safety and fun. Learn the essentials needed to make your paddling experience an enjoyable one from our friendly and knowledgeable instructors.

Serving over 25,000 individuals of all ages and abilities annually, the CCPRC's Outdoor Adventure Program is the first of its kind to be accredited by the Association for Experiential Education. CCPRC also brings you the <u>East Coast Paddlesport & Outdoor</u>









ACA Pro Schools are some of the best organizations across the country to find top quality ACA certified instruction. Plus, current ACA members receive discounts on certain Pro School instructional programs.

Please visit www.americancanoe.org/ProSchools to find a Pro School near you.



Swiftwater Rescue Conference

October 13-15, 2017 Location: Pacific Northwest - Mill City, Oregon Venue: Santiam River, Oregon

Registration will be available online in June 2017 Limited to 100 spaces Cost: \$225

www.americancanoe.org/SWR Conference

Sponsors

If you are interested in sponsoring the 2017 ACA SWR Conference, please contact ACA SWR Committee Chair, Sam Fowlkes at whitewatersam@gmail.com.

Presenters

If you are interested in presenting at the 2017 ACA SWR Conference, please contact SWR Conference Chair: Aaron Peeler at apeeler@usnwc.org.

Additional Highlights

Challenging on-water sessions for paddlers of all experience levels

Learn from a list of who's who in swiftwater rescue

Educational sessions for fire and rescue personnel

High quality land and water educational sessions

ACA Safety & Rescue Instructor Updates





Equipment Spotlight

Angle Oar opens up possibilities

After more than three years in development, Angle Oar's patented adaptive kayak paddle is available to the public.

The paddling system opens up new possibilities for people who may not have the strength or endurance

to kayak due to shoulder or back injuries, grip limitations, health conditions such as asthma, age or physical ability. The paddle is held in place by a mounting system, which supports the weight of the kayak paddle, thereby reducing stress on the joints. The paddle can be used in the mount or taken out entirely and used like a traditional kayak paddle.

The only one of its kind, the Angle Oar

has a push-button in the middle of the shaft allowing it to be used straight or in a downward angled position. By angling the paddle, the range of motion, upper body strength and flexibility needed to paddle the kayak are significantly diminished, making the paddle a great fit for adaptive paddling programs. Each shaft can be independently lengthened to accommodate different kayaks or conditions.

"We had the angled element of the paddle performing well right from the get-go, but it was challenge to design mounting systems that would work on multiple kinds of kayaks," said Meg McCall, founder and CEO of the company.



Angle Oar now offers two mounts: its hinged mount, which is the most stable option and works on most sit-in kayaks, and a sit-on-top (SOT) mount, which works on some, but not all, SOT kayaks.

"It's been a long journey, but now that people are out there using it, the early reviews have been very positive," she added. "We're getting orders from a wide range of paddlers: children with autism, a veteran paddler with

shoulder problems, a kayak angler with one arm, and lots of people with varying types of physical disabilities."

The company will be loaning its paddles out at the <u>No Barriers Summit</u> this June in Lake Tahoe, California, and will be participating in a handful of adaptive paddling events across the U.S. To learn more, visit <u>www.angleoar.com</u>.

Please visit the Adaptive Paddling section of the <u>ACA eStore</u> for more information on all of the adaptive equipment available for purchase. Don't forget to log in for ACA member pricing!

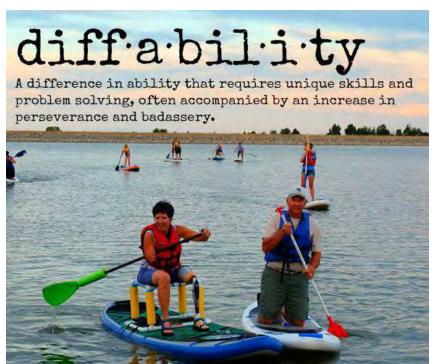
Upcoming Adaptive Paddling Workshops

June 6-11 Location: Durham, New Hampshire

Click here for more information

July 28-31 Location: Greenville, South Carolina

Click here for more information





Visit the <u>Adaptive Event Calendar</u> to stay up-to-date on APWs happening near you!







State by State



Several state chapters of ACA have debuted new logos. Take a look!



Alabama

Now that spring has sprung here in Alabama, I would like to emphasize the availability of training from ACA certified instructors. Whether you are just starting out, or a seasoned paddler, there is always value in receiving instruction. I'm looking forward to participating in a SWR 4 class this year. As always, look out for everyone you meet on the water. If you have a throw rope, bring it with you every time you get out of your boat. Safe paddling y'all and SYOTR!!! Best photobomb so far this year!

Chris Anderson, AlStateDirector@americancanoe.net

Florida

Our Florida ACA Stewardship Director, Brandy Minchew, is leading the effort to get Southwest Florida's young professionals out on the water to learn how to cherish and protect our precious waterways with the Estero River Clean Up in Estero, Florida.

For these quarterly events there are local sponsors that help to get these community leaders directly involved in stewardship of natural Florida. The first of these community outreach projects was sponsored by the College of Life Foundation an ACA Paddle America Club and was a *Continued on page 30*



tremendous success. With this sponsorship the participants were able to explore this vital eco-system at no cost. Thanks to the College of Life Foundation for this community involvement.

Numerous Florida ACA members participated in the Florida Disabled Outdoor Sports Associa-

tion's Sportsability, at Ochlockonee River Sate Park, April 6-8.



promoting active living and providing firsthand access to resources and activities designed to encourage participation regardless of age or ability level. Through adaptive paddling techniques and equipment we were able to share our love of being on the water. Florida ACA is proud to support this community event and adaptive sports outreach.

Tommy Thompson, FLStateDirector@americancanoe.net

Louisiana

Through the collaboration of the Lafayette Parish Bayou Vermilion District, the U.S. Environmental Protection Agency, and the Louisiana Department of Environmental Quality, efforts to restore and protect the Bayou Vermilion Watershed are underway. LDEQ's Nonpoint Source group met with BVD representatives in Lafayette, Louisiana, on Jan. 26 to kick off activity under the new contract for the "Nonpoint Source Pollution Reduction through On-Site Sewer System Inspections, Education and Outreach in Vermilion River," which began in January 2017.



A sub-segment of the Vermilion located near the towns of Lafayette, Carencro and Scott has been identified as a priority watershed in Louisiana's non-point source draft Management Plan. The quality of water in Bayou Vermilion is of great importance to paddlers in the Lafayette, LA area thanks to a paddling trail of 9.5 miles in length with 4 four launch points, http://www.bayouver-miliondistrict.org/bayou-vermilion-district/recreation/canoe-kayak-launches.html. The current project aims to remove the BVD from an LDEQ impairment list and open the river for primary contact recreation again.

Now that spring is here, paddlers might consider a lesser-known but beautiful, moving-water destination: west-central Louisiana's Kisatchie Bayou in the Kisatchie National Forest, near the town of Provencal. Although there are no marked paddling trails, access to the water is quite easy. The Kisatchie Bayou Day-Use Area is also a great area for hiking, in hilly terrain which disproves the notion that Louisiana is completely flat.

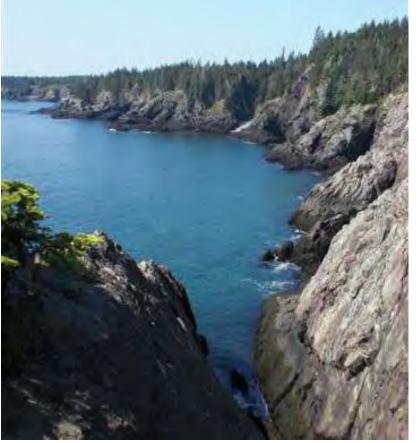
Ben Sandmel, LAStateDirector@americancanoe.net

Maine

Maine's Bold Coast: The Final Frontier By Brian Marcaurelle, Program Director

Stretching roughly 20 miles from Cutler to Lubec, the appropriately named Bold Coast is known for its rocky cliffs, craggy bluffs and dynamic seas. Since the inception of the Trail, Maine Island Trail Association has been reluctant to direct boaters here due to the formidable geography and concerns for boater safety. MITA is in the midst of a five-year strategic plan that includes a goal to "provide an inspirational, border-to-border recreational experience for boaters of all kinds." It is in this spirit that MITA has embarked on an effort to explore the Bold Coast in 2017 for potential inclusion on the Trail.

Many paddlers are already traveling these waters, and doing so with limited information. While some traverse the entire Bold Coast in a day, others have sought refuge along the way wherever there were breaks in the rock. With no reliable guidelines for boaters along this stretch of coastline, and no approved stopovers or campsites, many have reached out to MITA for help.



To address this information gap, and to meet our strategic plan objective, MITA's staff and Trail Committee will conduct a thorough examination of the Bold Coast in 2017. Ultimately, we seek to answer two separate (but related) questions: can our water trail be extended safely along the Bold Coast, and should it be done?

Through meetings, conversations and groundtruthing we will compile data on access points, landing options, currents, tides, safety hazards, and emergency resources while assessing the interests and concerns of the community. We will add sites to the Trail along the Bold Coast only if our findings suggest that an adequate number of Trail site opportunities exist, safety concerns can be satisfactorily addressed, and there is sufficient community support.

Hailing All Frequencies

MITA is also eager to hear from you. If you have thoughts or information to share related to the Bold Coast, please contact Program Director Brian Marcaurelle and share your experiences, ideas and concerns. If you think extending the Maine Island Trail along the bold coast is "highly illogical" or if you think MITA should "make it so," MITA wants to hear from you!

Rob Hutchison, MeStateDirector@americancanoe.net

Michigan

Last September, Kelly Dalton's 21-year-old son Tyler drowned while kayaking in Platte Bay in Sleeping Bear Dunes National Lakeshore. His body is still there.

Outside of Alaska, Michigan has more coastline than any other state. Anywhere you stand, you are never more than five miles from water. An equally impressive statistic is the 98 drowning deaths in the Great Lakes last year. Quite a few of those unfortunate deaths were recreational paddlers who simply didn't know how much they didn't know. As paddlesport professionals, we all know how easily many of these deaths can be sidestepped through education.

The very entry level paddlers are arguably the most underserved by our safety training. It is something we are very aware of and we are always searching for new ways to get mass market gear-buyers motivated to seek knowledge. The very entry level classes in the ACA curriculum may not be as sexy as teaching advanced courses, but they are exactly what are needed to create happy (non-dead) paddlers. Encourage your instructors to offer skills courses at these levels by working cooperatively with camps and government entities. Let's try to propagate safe paddling ideals at the very front door.



Kelly Dalton's response to losing her son? She is working to build a water safety education initiative to help fill that education gap. This is a cooperative effort between the ACA, the National Park Service, the Coast Guard Auxiliary, NOAA-National Weather Service, Michigan-SeaGrant, Michigan Department of Natural Resources, local law enforcement and the Great Lakes Surf Rescue Project. This four-hour water-wise expotakes place June 17 on Platte Bay in Lake Michigan and is free to the public.

As the ACA component, I am organizing a team that will be offering mini sessions on capsize recoveries, dressing for paddling and matching a boat's design to its safe intended use. These will repeat all afternoon. We are also incorporating a demo/competition of people trying to put on life jackets while in the water. Lili Colby of MTI was kind enough to donate some quality life jackets to give away as prizes. I would invite other state directors to build similar initiatives in their states. I am happy to share our program template with any of you. Common sense isn't common.

Michael Gray, MiStateDirector@americancanoe.net

Missouri

Five Missouri State Park employees and one National Park Service employee took part in a Level 2: River Kayaking instructor update in March at Current River State Park. These six instructors, which includes park managers, interpreters, and special events coordinators, will teach 20-30 classes throughout 2017, introducing 200-300 paddlers to our great sport.

A big thanks to Instructor Trainer Ivan Bartha, One Planet Adventures and his two assistants – Dr. Hugh Gibson, Missouri State University (MSU), who also serves as the Missouri ACA State Education Coordinator, and Molly Koester, a Missouri State University student.

Justin Adams, MoStateDirector@americancanoe.net



Front Row (I-r) Justin Adams (MSP and ACA State Director), Dave Tobey (NPS and ACA State Deputy Director), Dr. Hugh Gibson (MSU and State ACA Education Coordinator), Debbie Newby (MSP), Molly Koester (MSU), Ivan Bartha (Instructor Trainer), Lee Wilbeck (MSP). Back Row: Tyler Schwartze (MSP), Kyle Scott (MSP).



New Mexico

ACA-NM is working hard at keeping the state's rivers clean and promote stewardship. Kayak New Mexico 501c3, Quiet Waters Paddling, MST Adventures, Adobe Whitewater Club, the Greater Albuquerque/Santa Fe Kayak Community Meetups and others are planning yearly river cleanups on many sections of the Rio Grande, the Rio Chama and Cochiti Lake. In years past we have pulled several tons of trash from the Rio Grande with the help of volunteers.

This June, the ACA will be working with the Adobe Whitewater Club of New Mexico to bring skills clinics to the Rio Grande-Pilar section of the state. The clinics will follow the ACA curriculum for Canoeing, SUP, Whitewater Kayaking, Rafting and Swift Water Rescue.

Kayak New Mexico (KNM) 501c3 will continue to provide adaptive paddling programming and open house gatherings at various locations throughout the greater Albuquerque area. The dedicated volunteers and staff include many ACA members and ACA Kayak Instructors with Adaptive Paddling endorsements. KNM will continue to influence the paddling community while fostering stewardship with the broader paddling community.

One of the best flat water paddles in the country happens during the Albuquerque International Balloon Fiesta in October each year. Hundreds of paddlers through Meetup and local outfitters set out on the Rio Grande through Corrales and Rio Rancho New Mexico to witness the Fiesta by water hoping to catch the balloons during the "Splash and Dash" event where the Hot Air Balloons attempt to "splash" their baskets into the river.

The annual Mother's Day Rio Grande Whitewater Festival will be held May 14, 2017, in Pilar. This year's

event is hosted and planned by New Mexico River Adventures and the New Mexico River Outfitter Association. Events planned for this year include Downriver Race (Canoe/kayak/SUP/), Raft R-4 Downriver Race, Geology Float and a Mom and Child Tandem Boat Race. For more information contact Info@newmexicoriveradventures.com or (505) 983-7756.

Robert Levin, NmStateDirector@americancanoe.net

North Carolina

The first ACA - North Carolina Executive Council is up and running. David Herpy, Kevin Pimentel, Doug Stager, Ethan Talley, and Kyle Thomas are leading the charge. They have some good ideas and are putting together the plan for 2017 and beyond. If you'd like to get involved with ACA - North Carolina or have an event you'd like the ACA's support or representation, please email NCStateDirector@americancanoe.net.

Kyle Thomas, NcStateDirector@americancanoe.net

Now, the LoCo 'Yaks (Lorain County Kayak and Paddlesports Group) is a registered 501(c)3 nonprofit. 'Taking Back The Black' Black River CleanUp is an annual event that takes place the first full weekend of May. Kayakers, canoeists, SUP'ers, boaters and hikers participate. In the four years of this event, more than 1300 volunteers have removed 891 tires, 5,000 pounds of metal, all recycled, and a grand total of 145,000 pounds, or 72.39 tons. All of this was achieved in the equivalent of four weekend afternoons.

For their efforts, the LoCo 'Yaks have garnered a handful of local awards. 2016 earned them an American Rivers award for most trash in a mid-size cleanup (18.38 tons).

This year's cleanup takes place May 6-7, 9 a.m.-2 p.m. Food and refreshments will be provided both days. Signup is available online at www.locoyaks.com, or you can sign up the day of the event.

Ryan Pepper, OhStateDirector@americancanoe.net

Ohio



Three kayakers from Lorain, Ohio, traveled to South Carolina one fall to become ACA instructors. They discovered information from the ACA on how they have programs for river cleanup - something these three talked

for several years. Stephanee made the first, and most important phone call ever. She phoned the local port authority and politely asked, "I want to clean a river. How do I go about doing that?"

What started out as a couple of kayakers getting some of their kayaking friends together to clean up a river, turned into something more. Something much more. The inaugural cleanup of the Black River registered 250 volunteers, who removed 105 tires and 1,200 pounds of scrap metal – both of which were recycled – for a grand total of 6.6 tons of trash.



Pennsylvania

Pennsylvania is gearing up for spring in a big way. We have our local rafting companies on the Youghiogheny River organizing Swiftwater Rescue Instructor classes from nationally recognized ACA Instructor Mike Mather. They were out there in cold water and weather getting razor-sharp rescue practice for their guests' security. Our local high schools - Uniontown and Laurel Highlands - are hosting pool kayak sessions to teach students about whitewater kayaking.

Continued on page 34

Board members, swim coaches and local boaters who are teachers, pastors, river managers and ACA members are uniting their efforts and volunteering their time along with professional experience to disconnect teens from their phones and plug them into some life changing river current. It's a fantastic time in south western Pennsylvania and we're using our river resources in an educational way. We're excited for spring.

Steve Barber, PaStateDirector@americancanoe.net

Puerto Rico

ACA SUP Instructors Jorge Quiñones and Sergio Rodriguez along with ACA SUP Instructor Trainer Omar Ramos developed the PR Paddle Crew SUP Sprint Race event celebrated on March 19 at Paddle Paradise PR. This new initiative was developed to continue promoting the SUP discipline among paddlers of all levels and bring families and friends together and was free of charge. The SUP Sprint race will take place every two months in different venues throughout the island.

This initiative would not have been possible without contributions from Ailyn Santiago from the SUP



Shack Ponce, ACA SUP Instructor and Paddle Paradise PR co-owner Jessica del Valle, and ACA SUP instructor/ Advanced & Amateur SUP founder Joselin Ramos who took amazing pictures and video! Forever thankful for their support! Like us on Facebook as the PR Paddle Crew!

Omar Ramos, PRStateDirector@americancanoe.net

Texas

The 45th annual Buffalo Bayou Regatta was held March 11, 2017. This Houston tradition is the largest canoe race in Texas. The race is sponsored by the Buffalo Bayou Partnership, an organization that has been transforming the bayou for 30 years with stewardship and transformation projects. Congratulations to all the participants.



<u>Bambu Bash</u> will be held June 3 on Belton Lake. There will be a 10K SUP race, 5K SUP and Kayak race, and a Derby for those not up to a 5K or 10K.

The world's toughest canoe race, the <u>Texas River Safari</u> will be the second weekend in June. The 260-mile trek begins in San Marcos and end at Seadrift on the Gulf Coast.

Janice Malone, TxStateDirector@americancanoe.net

Washington

This spring Washington State is breaking out of record-setting snow and rain levels in many areas. This means high and extended river flows throughout spring and summer. This is exciting news for whitewater paddlers and club adventures. Scheduled for May 12-13, the Northwest Paddling Festival at Lake Sammamish State Park kicks off the paddling season. Washington Kayak Club is hosting several San Juan Island Adventures with circumnavigating seven islands this spring.

The biggest news is that a water trail is being planned for the Skykomish River Basin. Named the Wild Sky to the Salish Sea Water Trails, it will start high in the Cascades and the "reaches" include Class 3-6 Whitewater sections, world-class steelhead and salmon fishing sections, and incredible views. It ends as the Ebby Island Estuary empties into the Puget Sound, home of local Orca pods. The Trails committee has been working together over the last two years. Headed by Snohomish County Parks and Tourism Bureau, it includes



the National Parks Service, local and national agencies, the Tulalip tribe, nonprofit organizations, and private landowner representatives.

There are more than 20 different paddle clubs in Washington. For a quick directory, check out "clubs" at northwestpaddling.net. The Washington Kayak Club offers a variety of paddling opportunities and is a great resource when seeking information. The Wenatchee River and Tumwater in Leavenworth will be great spring time destinations. The Wenatchee Valley descends from beautiful mountain peaks, through orchards of apples blossoms into the high desert flowers of Cashmere. The weather is warmer on the eastside of the Cascades and makes for warm spring paddles.

Bill Corson, WaStateDirector@americancanoe.net

West Virginia

The month of May in West Virginia is all about celebrating, discovering, and cleaning up our wild and wonderful rivers!

<u>Cheat Fest 2017</u> is being held May 5-6 on the banks of the Cheat River. The annual Cheat River Festival is a celebration of new life, that which comes each spring, and the new life that can be found in the Cheat River watershed. Cheat Fest is Friends of the Cheat's annual fundraiser which helps them advance their watershed projects and supports the organization's administrative costs. Rain or shine, Cheat Fest is always a good time!

The Cheat River Festival weekend kicks off with one of the largest, if not the largest, mass start downriver races in the country known as the Cheat River "Massacre-ence." The race organizes its start about one mile downriver of the town of Albright, West Virginia, at the meeting booth for Laurel Highlands Outfitters. The race course traverses about 10 miles through the Cheat

Canyon, dropping at a maximum gradient of 40 feet per mile. All the famous (and infamous) rapids are paddled, including Decision, Big Nasty, High Falls and Coliseum.

<u>Discover Forks of Coal Day</u> is a FUN, family-friendly event at the beautiful Forks of Coal State Natural Area on Saturday, May 6. Here you can learn about what makes West Virginia's Forks of the Coal State Natural Area wild and wonderful! Bill Currey, with the Coal River Group, will be discussing the history of the Coal River and kayaking tips when floating your way down the river.

The Upper Guyandotte (River) Cleanup, on May 20, is a collaborative effort between Fishing Report WV, Guyandotte Water Trail, Trash Your Kayak, and The Southern West Virginia Chapter of Trout Unlimited to clean the Guyandotte River from the headwaters to Mullens. They are trying to get as many folks involved as possible to help clean up this 8.82 mile stretch of river!

Evan Young, WvStateDirector@americancanoe.net

Wisconsin

Canoecopia opened up the paddling season in Wisconsin. Darren Bush of Rutabaga had this to say:

"We had a great Canoecopia again. Last year was a banner year for us and our attendance keeps growing. We need to add 30,000 feet to the hall! Our speakers continue to be a huge draw with (unfortunately) standing room only for many of them. We're working on a solution to that with the Alliant Energy Center.

All in all, it's a good bellwether for paddlesports in 2017. We were all a little concerned due to the divisive political climate, but the truth is that we have what people need; the peace that comes from time on the water."

Tom Schrader, WiStateDirector@americancanoe.net





ACA Member Benefit

Through our partnership with Rapid Media, we're pleased to provide our members exclusive and free access to the latest issues of <u>Adventure Kayak</u>, <u>Canoeroots</u>, <u>Kayak Angler</u>, and <u>Rapid</u> magazines.



www.americancanoe.org/Discounts

Tranquil lake camp offers fantastic paddling opportunities

By Beth Bloedow, Vice Chair, ACA Atlantic Division

Whether you live in the NYC area or are visiting the Big Apple, ACA members have our own private camp just 90 minutes north of the city. On beautiful Lake Sebago – the largest lake in Harriman State Park – you can enjoy powerboat-free, tranquil paddling from May 1 through October 15. The <u>ACA Camp at Lake Sebago</u> is only open to ACA members, so make sure you bring your membership card!

The camp offers a swimming area with a deep water section and a crib with shallow water – a great place to learn to swim!

launching your craft. No boats are available for rent, so bring your own equipment. Folks like to fish off the docks or from their boats.

Some area clubs use the camp to train for flatwater races in Olympic-style canoes and kayaks. They can be seen in their K-2s and K-4s getting ready for national and international races. Some weekends they hold open sessions where you can try Olympic paddling yourself.

Other clubs race sailing canoes around the lake, and they run a series of races throughout the season.

There are "Free Sail" days when the sailors will take you out on one of their boats for a bit. Check out the <u>calendar of sailing programs</u>.

Most folks on the lake will be in sea kayaks, possibly paddling the entire edge of the lake, or taking a skills class, practicing rolling, or maybe just taking it easy.

Lots of great hiking trails are accessible from the camp, from easy carriage roads to challenging scrambles, and trips up and down the various mountains surrounding the lake.





joins with local environmental groups in stewardship efforts. Each summer we hold several invasive species removal events – both on land and in the lake itself. Our conservation committee meets often and takes good care of the camp, keeping our impact on the park's ecosystem as light as possible.

Day-tripping is a popular way to visit the camp, since we're so close to the city. But overnight accommodations are available, too.

There are four cabins for rent, with space for anywhere from 5 to 18 people. There is also a tent camping site, which can hold two tents. For more information on specifics, please <u>click here</u>.

The camp has lots of fun events all season long: races, courses, trainings, instructor-led paddles. Check out the <u>schedule of events</u> on our website.

On holiday weekends we often have family activities, such as fun boating races, crafts and outdoor skills workshops. A youth training program is starting this season to introduce kids to flatwater paddling in those tippy Olympic canoes and kayaks. Every summer, the ACA camp sponsors a canoe

race on the lake, for the summer camps that are scattered all around Harriman State Park. The ACA camp puts together our own team of kids and adults to compete in the annual Youth Regatta and we often bring home a trophy! There will be parent/child trainings held throughout June and July, to get ready for this race. We'll also be designing banners and writing cheers.

Many Saturday nights, the camp's visitors come together for a potluck meal, which is open to everyone. Just bring some food and drink to share, and welcome!

(Please don't bring your pet with you to the camp – none are allowed, and they cannot be kept in your vehicle.)

Check out our ACA Atlantic Division/Lake Sebago Camp newsletter, <u>CanoeSport</u> and find dates and details for camp potlucks, classes, events, races, rules, fees, how to get involved and how to contact us.

Whether you visit for the day, a weekend or a week, take advantage of one of the great perks of your ACA membership. This camp has been a part of the ACA for over 50 years, and it just keeps getting better.



ACA Outfitter, Livery & Guide Spotlight

<u>Disabled Adventure Outfitters</u> has been providing access to fun, adventure and personal growth since 1988! DOA's programs are challenging, empowering, educational outdoor experiences which promote independence, self-confidence, and self-esteem in participants of all ages.



DAO uses highly skilled guides who have been educated about the special needs of our participants. The group specializes in serving persons wiht hemophilia and other bleeding disorders. Many DAO guides return year after year.

DAO programs range from one-day trips to weeklong camps, consisting primarily of rafting and inflatable kayaking on the Trinity River. Longer camps also focus on building river skills through challenge progression, and may also include rock climbing, hiking, gold panning, or

ropes course sessions for variety. The safety and well-being of our participants is always our number one priority.

DAO is a member of the Worldwide Outfitter and Guide Association (WOGA).

Find an ACA outfitter
near you
using the convenient
search tool on our website!







American Rivers Rivers Connect Us























When you purchase a Werner Paddle you are helping to support our non-profit partners through Werner's Healthy Waters program. Healthy Waters, helping to protect the places we all paddle.





Motionize is the first paddling tracker that allows you to improve stroke by stroke with a virtual digital coach.

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- Stroke length
- Boat glide
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- Stroke count
- GPS (speed, pace, distance, HR)
 And more!

Get extensive summaries on sessions:

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- See stroke & glide averages
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As Seen on:

www.mationizeme.com



The New Hork Times



CANOE KAYAK

Member Photo of the Month

In his 17 years of kayaking all over the world, Dave Herpy, an ACA-certified kayaking instructor, has experienced numerous memorial encounters, including seeing alligators, bald eagles and dolphins from his kayak. As an instructor for 11 years, he has taught. However, the greatest kayaking experience of his life took place just last month. During a family trip to Lake Murray in Chapin, South Carolina, in April 2017, Dave taught his sixyear-old son, Jacob, how paddle a kayak for his first time.

"It was a very heart-warming experience for me to be able to share my own passion for kayaking with our son, Jacob," said Herpy. "It was especially touching to witness his strong connection to paddling, having his life jacket on every time we went outside asking if we could go kayaking again. He was immediately hooked on kayaking, just as I have been since my first experience 17 years ago."



Send us your photos!!

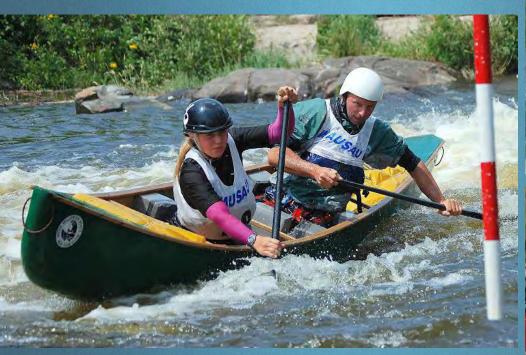
We'd like to showcase your outdoor adventures. Please send photos (along with a brief description) to ACA Paddle eMagazine Editor Kimberly Jenkins at <u>kjenkins@americancanoe.org</u> for a chance to be featured.

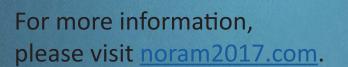


Open Canoe Slalom Nationals & North American Championships

July 7-9, 2017 Valleyfield, Quebec Saint-Charles River

The North American Championships are organized annually. It welcomes participants from various experiences of all ages from all over North America.











Paddlesports provide wounded American vet physical, emotional healing

By Tracy Hines, USACK Athlete

When, I got injured in the United States Army and I found out that I would not be able to continue my career as a soldier I was devastated. I had wanted to be a military officer. My injuries did not allow me to maintain the retention standards for my job as an Army parachute rigger.

A rigger has to be able to be on active duty jump status in order to remain Airborne qualified. This was a bit difficult for me to be able to handle. It was almost like a part of me had died the day I was told that I was going to be medically retired. This was what I had chosen to do as my career. When I left for the Army I did so with the hopes of building a life for the future.

Sometimes in life things don't always go as planned and this was the thing that this experience taught me. God had other plans for me. After being medically retired from the United States Army in 2009, I did the only thing I could do at that point: I returned back home. My home is and always will be the river. This is the place where I love being I makes me happy. I went and

found my friends that I had known for years through my participation in paddlesports.

My friends would ask me what it was like being in the Army. I would tell them about jumping from a inated career fields. Keeping up with the guys on the river is one thing. However, knowing one has to maintain an equal fitness standard in order to do a job in a life or death situation is different. I had to always demonstrate a high level of fitness in order to be respected by my fellows so they could trust me.

It was that simple.

Before I had left for the Army, Cathy Hearn, the coach who was tasked with development of the women C1s, had asked me if I was interested in paddling a C1. I told her that I would think about it. Shortly after having that conversation I was on the bus to basic training. I did not get an opportunity to think about paddling much in the Army. However, when I returned home

learning to paddle C1 was one of the things that I have gotten to do that has been a great blessing.

Since returning home I have earned two degrees: a Bachelor of Arts in Exercise Science and a Master of Science in Management and Leadership. I have gotten an opportunity to use the skills that I learned during my time in service to help



ing experiences. I tried to tell everyone about the good things I had experienced first. My friends that I had known longer I told more of my experiences. It is not always easy for women who serve, especially not women who serve in male-dom-

c130. That is one of the most amaz-

mentor and teach youth in the paddling community.

I got a job after college as a coach with a developmental paddlesport program in Colorado. Many of the kids from that program had a great deal of high-level competition experience. Some of the boys in the program had very high levels of skill and were very capable sportsmen. I knew that I might not be able to teach them much about the river or racing, so I would talk to the kids more about life.

I would make sure that they all kept their minds focused on their education. I wanted them all to reach their full potential in life. I did not want the kids to endure some of the life experiences that I had doing difficult manual labor type jobs, such as working in concrete factories and on Christmas tree farms. I did these jobs because I could handle the work and it gave me a sense of pride as a woman to be able to keep up with guys twice my size. It was not until I joined the Army and was in a situation that got me injured due to keeping this mindset that I began to re-evaluate my life.

All the kids that I worked with in that program were incredibly gifted. One boy was in the eighth grade and had a 32 on his ACT. I did not have to tell him about anything so I just taught him to boat so he would have an activity that he could do that would be a way for him to make friends. All the children that I knew might never

race I simply just taught
them to just paddle so they
would be able to enjoy the sport for
their entire lives.

When the season was over I told the head coach of the program that I needed a little time to think about life. Working with children even older ones is a job that requires a person to maintain a gentle nature. Being trained as a soldier does not always translate to having that demeanor. Also, some of the effects of my traumatic brain injury were sort of unknown until I got that job. When the Army retires a person, they do not give a person long-term care treatment. This is what the Department of Veterans Affairs is for.

Until then, I had not taken time to get things processed with the VA. I was only thinking about the

next step in life and coming back and becoming productive. I did not consider what it would be like to reintegrate in my civilian community with an injury. Injuries like TBI are not readily apparent like other types of physical injuries. It is hard to really understand the long-term effects of this type injury. It is also a bit frustrating having to wait for the VA to get everything processed and to get all the screenings done. I had already been through all of that once in the Army and I did not want to deal with it again. I knew, however, if I was going to be able to maintain in my life I would need some extra help.

I remember driving the bus to the river with the kids. The town in Colorado where the school was

Continued on page 48

located required a person to drive through a traffic-filled city with many streets. It was easy to get lost, and trying to turn around with a big trailer of boats is not easy. I adapted by appointing one of the kids as my GPS. I am happy I did this now because that boy graduated high school and college and became a pilot. I figure having to be my GPS might have in some way helped this boy develop his skills needed to be a pilot.

Every day I managed to get to the river with the kids. However, navigating in confusing situations was difficult. I had not had these types of issues before. Also, I had some memory issues that had been difficult for me when earning my college degree. I also had a lot less ability to regulate my intensity level of upset when things went awry. The last thing I ever wanted was to blow a fuse on one of the kids.

So, I began dealing with the VA. At this time, I was in Colorado. One of the guys I met at the Denver Team River Runner Chapter that I had been volunteering with had told me that the VA would give me a GPS. They do this for people with TBI. At that point in time I would have been happy just with this. I got some assessments at the Denver VA but I was told that I would have to wait for any sort of therapy or treatment. At that time - because I had quit the job at the school – I really did not have a place to live other than a van that I had bought for 500 bucks from a friend.

The amount that I was given for my retirement from the U.S. Army really didn't go all that far. In an effort

to do what was right and get my therapeutic resources from the VA so I could be higher functioning, I was in a place that sort of jeopardized my overall ability to take care of myself period. It was a difficult time. The thing that remained a blessing in my life was paddling.

I just parked my van by the river in Golden where I had been training the kids every day and continued to practice in my C1. In mid-June I was invited on a Team River Runner Trip with the Denver Chapter of TRR. I was the only female on the trip that had served. I paddled my C1 down the Grand Canyon. I was really impressed by the skill of the guys who were amputees.

Brandon Huff and Keith Deucth were fearless and paddled their boats into the meat of every feature on the Grand Canyon. I had been designated as a safety boater on the trip and my job was to follow Brandon Huff. I do not think he really needed me to safety boat for him since he was obviously highly skilled. Secretly I feel like Brandon was making an effort to help me get better in my C1.

While I was on the river I realized that I might be able to get good enough at paddling the C1 boat to race it. When I returned to Colorado, I moved to Durango and started training with Cathy Hearn since

she had asked me if I wanted to paddle a C1 and I had been mulling it over.

I had the added motivation of at that time U.S. team members got Blue Cross Blue Shield insurance, which I figured would be easier to deal with than the VA. I had known Cathy a long time – one of my very first races was at the Ocoee and I got to race with Cathy when she still raced. In those days they had freestyle and other types of events at the Ocoee. It was good to be around a person I had known for a long time.

The best thing about that time was that I had a community of people to be around. In Durango there was a group of older masters level athletes and many of the women C1s came there to train. I did not ask anything

from anyone and I paid Cathy for coaching. She would take time to talk to me a lot after training because I guess she got that I needed to figure things out. She helped me a great deal during that time and so did paddling slalom. The activi-

an element of the activity that makes a person remember a sequence. I know the movement itself was a great blessing.

ty is very therapeutic

for TBI because there is

I still had to get my other affairs straight with the VA and I went to the VA in Durango. The VSO at the Durango VA was a fellow disabled vet and he had the same kinds of issues that I did. I even started going to church. My mother had died while I was in the service and this was also difficult. My dad lived in Alabama and I did not really feel able to speak to him about what I had been dealing with. I would call my grandpa who was a fellow vet and he and I would talk it was a blessing to have a family member to talk to that was a vet and got it. My life was getting on the right track.

By February of 2012 my skills had gotten good in my kayak and my C1. I raced in the Olympic trials event and got seventh. This event was in

Charlotte, and I ended up staying there to train. There was not much coaching available so I just practiced on my own. I also watched the national team guys and observed what the coach would have them do, and then I would perform the same move to the best of my ability. I kept training in my C1 boat.

Life kept improving for me. I went back to school, got a place to live and started working with the VA in that area. I earned a master's degree. That same year, I ended up making the U.S. team in my C1 and I raced overseas and at the world championships in Deep Creek, Maryland. The year prior I made the freestyle team. I had been a member of the freestyle team in 2001 and it was an honor to be selected for the team in 2013. It was a good opportunity to reconnect with a lot of people from around the world that I had not seen in a long time. This is what I like most about international level competition.

Olympic competition is even more special to me because those events are a recognized part of the peace-keeping process. As someone who was injured doing my job in the military I feel the best thing I can do is to promote peace. So many people get hurt in world conflict in ways that are quite substantial. Many people even die defending freedom. I feel that promoting peace helps keeps this from happening. I know it is a simple ideal but in my heart and mind it is one that gives me a great deal of closure to my job as a military service person. It is almost like I get a chance to help restore not only dignity to myself but also to the United States.

World conflict of any kind has a lot of repercussions not just for us in the United States. People from around the world are impacted greatly when conflict between nations emerge. When I compete with people from all over the world it gives me hope. I have met people from Russia, Ukraine, Japan, Thailand, I even got to watch three ladies from the Islamic Republic of Iran compete in their first world cup event. This was one of the more important things that I could see. These small things are demonstrations that peace and the progression of humanity are possible.

Watching as people make dignified statements of human resilience and national level resilience through athletic performance is something that I do not have words to describe. It makes my struggles seem small in retrospect. I know that I am a symbol of resiliency that America should show the world. When I compete in my boat as a disabled American Veteran, it shows that healing is possible not just for me and my injuries but for the world.

The strength and resiliency of a soldier is needed not only in a battlefield operation but also in other capacities when we return home. I have done all I can to turn my limitations into strengths. I pray that other people who serve will see this and not give up on themselves. I had a lot of help to do what I have been able to do. There is no shame in asking for help and it is in the process of coming back to our home communities that we truly do heal.

Whitewater Open Canoe Downriver Competition

June 28-July 2, 2017

Page 50 | PADDLE | May 2017

Old Town, Orono, Veazie and Eddington, Maine Penobscot River



www.americancanoe.org

Teens represent USA in Tahiti's Eimeo Va'a Race

The USA was represented for the very first time in our nation's history by 13 Junior National Team athletes from Oahu, Hawaii, in the Eimeo Va'a Race, also known as the "Hawaiki Nui des scolaires." The 16th edition of the Eimeo Va'a Race, jointly organized by the USSP and the As Paopao de Moorea, was held March 18, 2017, around Moorea, Tahiti.

This grandiose rendezvous was created in 2002 by Thibault Cattiau and is reserved for schoolchildren in colleges and high schools throughout Polynesia and even beyond their borders. In 2016, young Hawaiian paddlers from Keala O Ke Kai had also



participated. The 28-mile race consists of nine stages with a departure from Paopao and an arrival at Temae.

These 13 paddlers along with their coaches made history by being the very first official USA Outrigger Junior National Team to be able to say, "We are TEAM USA!!!"

Save the Date!

2017 Manhattan Kayak Circumnavigation | July 15

The 13th Annual Manhattan Kayak Circumnavigation sponsored by the Yonkers Paddling and Rowing Club will take place on Saturday, July 15, 2017 (Rain date: July 16, 2017).

Registration now open at www.surveymonkey.com/r/ManhattanCirc2017. Registration fee (non-refundable):

\$100 for ACA Members

\$105 for non-ACA Members (includes purchase of ACA \$5 single-day insurance)

Email questions or comments to manhattancircumnavigation@gmail.com.

Collegiate Race Series National Championships

Fall 2017



The Colligiate Race Series National Championships is the premier event for colleges and universities from across the country to compete.

The competition offers individual as well as team races in SUP, kayak and both solo and tandem canoes.

Whether you have an experienced paddling program or one that is just starting up, attendance at the National Championships will provide camaraderie, networking, and, of course, all the fun associated with

racing!

More importantly, after experiencing the fun and excitement of paddlesports, students will be able to carry those skills and enthusiasm past their collegiate years and develop it into a family and lifetime activity.



For more information, please visit

www.americancanoe.org/Collegiate_Nationals.

Canoe Sailing National Championships

September 30-October 1, 2017 ACA Camp, Lake Sebago, New York



This traditional style of sailing appeals to canoe sailors of all kinds who enjoy the simplicity and charm. The novelty of canoe sailing provides a unique challenge!

For more information, please visit www.americancanoe.org/Canoe_Sailing.

Interpretive FreeStyle Canoing Championships



September 8-10, 2017
Camp Butler,
Peninsula, Ohio



FreeStyle Canoeing is the "art and science" of quiet water paddling.

FreeStyle Canoeing emphasizes smooth, efficient flatwater paddling and precision boat control. FreeStyle can be applied to all canoeing situations.

Many FreeStylers paddle to music making an expressible, interpretive art form.



FreeStyle paddling requires no special equipment other than a boat, a paddle, a life jacket, and, in most cases, a kneeling pad.

For more information, please visit www.americancanoe.org/FreeStyle Canoeing.

Make your events easier with online waivers!







If you are an event organizer and interested in using our online waivers as part of your online registration process, please email the Insurance Coordinator for more details.

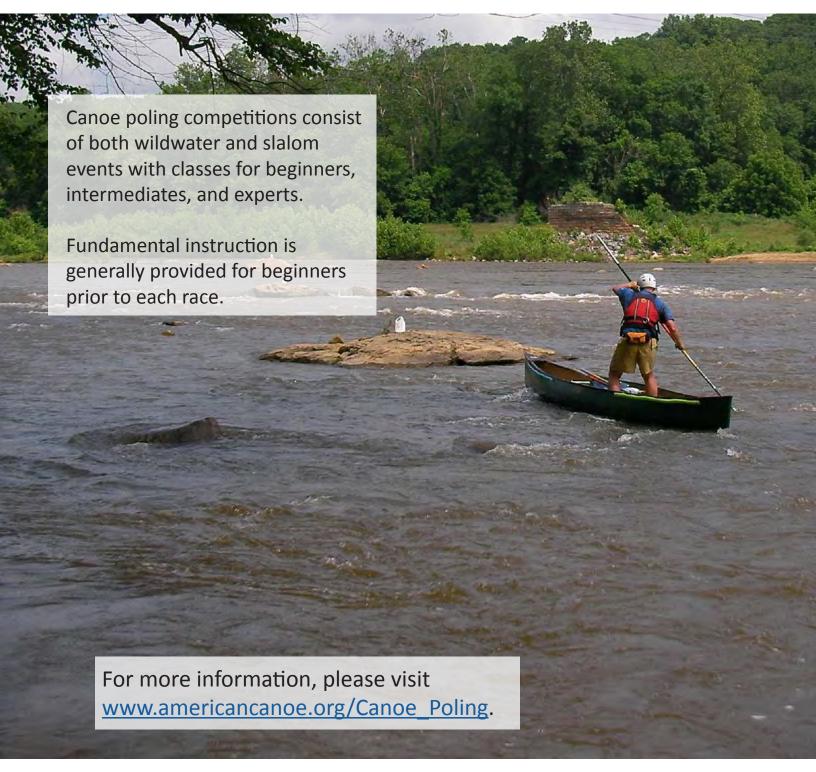
Ready, Set, Mark Your Calendars!

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

May 13	Annual Potomac Downriver Race Potomac, Maryland
May 13	Redmond to Kenmore Long-Distance Race Redmond, Washington
May 20-21	East Coast Ocean Surfski Championship and South Florida Waterman's Cup
	Hollywood, Florida
May 27-28	Canoe Poling National Championships New Portland, Maine
May 27-28	South Dakota Kayak Challenge Yankton, South Dakota
June 3	Annual Great Rappahannock Whitewater Canoe Race
	Fredericksburg, Virginia
June 3	Rock the River Fredericksburg, Virginia
June 24	The Great Chickasawhay Race Waynesboro, Mississippi

Canoe Poling National Championships

May 27, 2017
New Portland, Maine
Carrabassett River



INTERNATIONAL













Make plans now to attend ACA's first Whitewater & Rescue Symposium

September 25-October 3, 2017 Baden, Switzerland

The ACA's inaugural Whitewater & Rescue Symposium is being held September 25-October 3, 2017, in Baden, Switzerland. In addition, numerous ACA Whitewater & Rescue Instructor Certification Workshops will be offered prior to and after the symposium.

The mission of the ACA's Whitewater & Rescue Symposium is to provide training and certification opportunities for whitewater paddlers and swiftwater rescue personnel. This symposium is designed for members of paddling clubs, local water rescue squads, raft guides, the general paddling public, and certified instructors.

For full details, please visit www.americancanoe.org/EuropeWWandRescueSymposium.



Switzerland to host annual

Europe Paddlesports Symposium

October 27-29, 2017



Start planning now!

The eighth annual <u>ACA Europe Paddlesports Symposium</u> will be held on Lake Constance in Kreuzlingen, Switzerland, October 27-29, 2017.

In addition to the European Division's business meetings, a wide range of educational sessions will be offered both in the classroom and on the water. The symposium provides opportunities for paddlesports continued education, instructor updates for canoe, kayak, SUP, and rescue skills! Plus there will be numerous opportunities for networking, meeting professionals, and making new friends.

For full details, please visit

www.americancanoe.org/EuropePaddlesportsSymposium.

Paddling History

2.60	
AP	PLICATION FOR MEMBERSHIP IN THE AMERICAN CANOE ASSOCIATION.
	Date Juneary 1 1888.
To the I	Purser of the Central Division :
1	hereby apply for membership in the A. C. A: Name, A. Landing Queck Address. Day Block or 13 Kamartine and Yoursets; M. Cance, Evangelice (Re careful to write name, etc., legitly.)
1	hereby recommend this applicant for membership in the A. C. A.
(Signature o	of A. C. A. member.) Howard A. C. A. No. 982
	QUESTIONS TO BE ANSWERED BY THE APPLICANT.
O	.—What is your age and occupation?
A	ns lige 18 - occupation - Clist in Architects office
	.—Have you ever taken part in any competition for a stake or for money,
or under	a false name, or with a professional for a prize? If so, give the date and
200000000000000000000000000000000000000	1
A	Aury Should St. 1888,

Check out this ACA Membership Application from 1888.

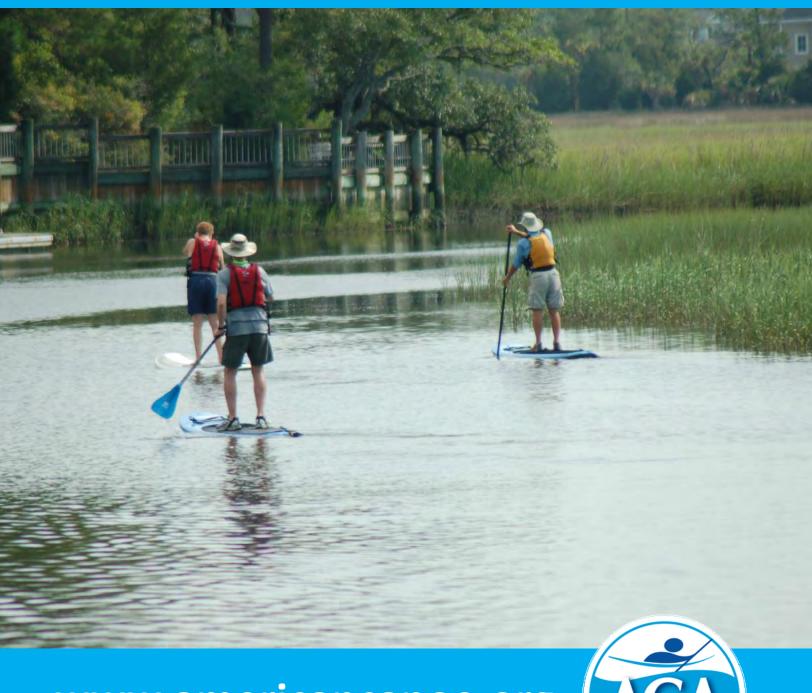
Notice they had to list the name of their canoe as well!

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

We hope you enjoy these little glimpses of paddling past.

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

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



www.americancanoe.org

