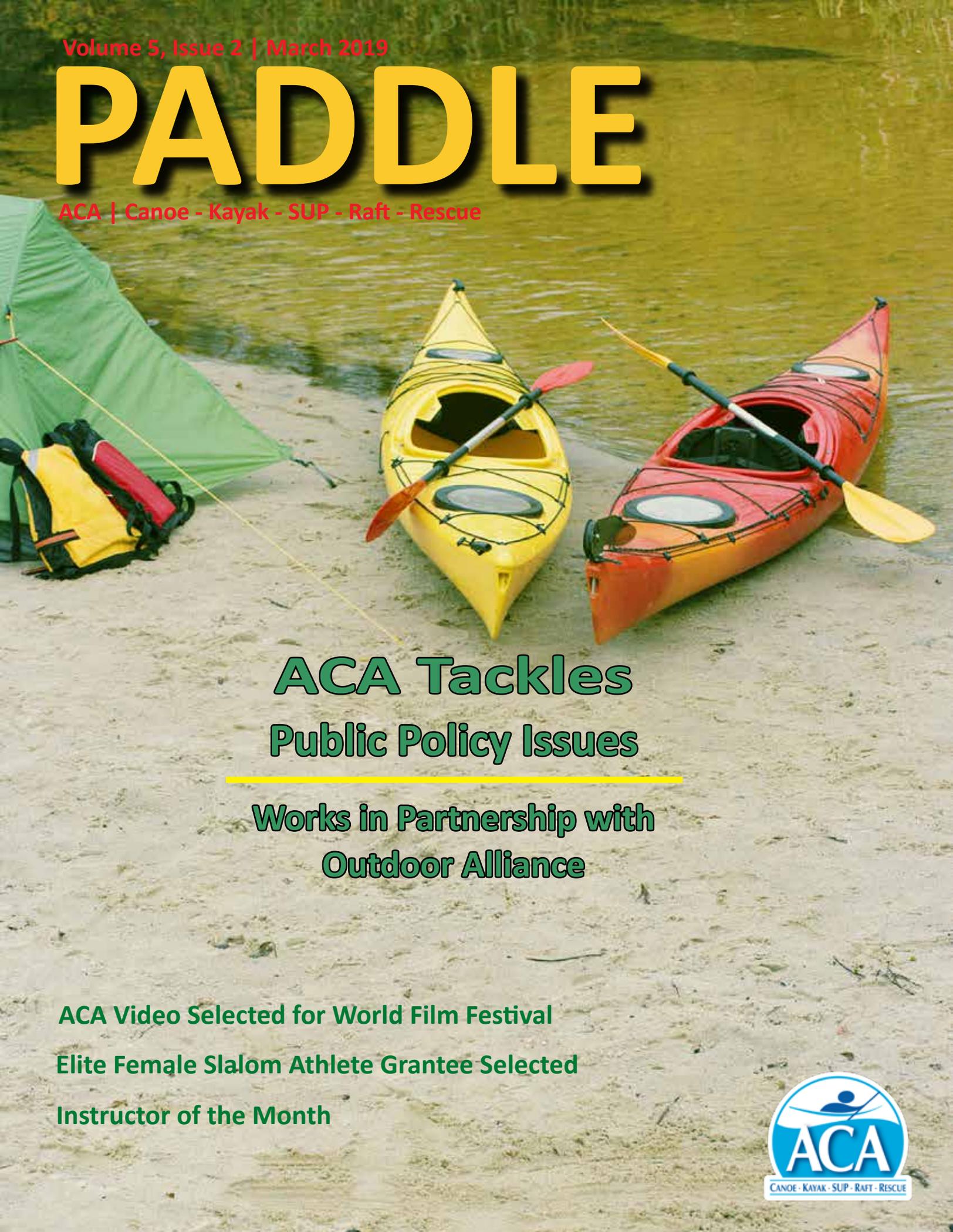


Volume 5, Issue 2 | March 2019

# PADDLE

ACA | Canoe - Kayak - SUP - Raft - Rescue



## ACA Tackles Public Policy Issues

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Works in Partnership with  
Outdoor Alliance

ACA Video Selected for World Film Festival

Elite Female Slalom Athlete Grantee Selected

Instructor of the Month



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# ACA Mission Statement

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

## NATIONAL STAFF

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

## Competition Department

*Vacant*- High Performance & Competition Director  
Rafal Smolen- Slalom National Team Coach  
Chris Barlow- Sprint High Performance Manager  
Zsolt Szadovszki- Sprint National Team Kayak Coach  
Aaron Huston- Sprint National Team Canoe Coach  
Shannon Moore- Paracanoe High Performance Manager  
*Vacant*- Slalom High Performance Manager

## Cover photo

*Kayakers' campsite on shore*  
*123rf photo*

## BOARD OF DIRECTORS

Follow us on...



## Executive Committee

President- **Robin Pope (NC)**  
Vice President- Lili Colby (MA)  
Treasurer- *Vacant*  
Secretary- Stanton Collings (GA)

## Board Members

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

## At-Large Directors

- William Irving (North Carolina- 2019)
- Lili Colby (Massachusetts- 2019)
- Robin Pope (North Carolina- 2018)
- Sam Fowlkes (North Carolina- 2020)

## Independent Directors

- Jeff Rouse (Virginia- 2019)
- *Vacant* (2019)
- Bill Medlin (North Carolina- 2020)

## Affiliated Organizations Director

- Kirk Havens (Virginia)

## Property Management Committee

- Bill Micks (Virginia- 2020)

## Safety Education & Instruction Council

- Trey Knight (Tennessee- 2019)

## Competition Council

- Marsh Jones (Minnesota- 2019)

## Elite Athlete Directors

- Slalom- Scott Mann (Virginia- 2019)
- Sprint- Stanton Collins (Georgia- 2019)
- Paracanoe- *Vacant* (2019)

## Immediate Past President

- Peter Sloan (North Carolina)

## Liaison Members (non-voting)

- Scott Andrews- Sugar Island (Maine)

## Ex-Officio (non-voting)

- Wade Blackwood- ACA Executive Director (Virginia)



### **SAFETY, EDUCATION & INSTRUCTION COUNCIL (SEIC)**

- Chair- Trey Knight (TN)
- Vice Chair- Josh Hall (SC)
- Secretary- John Traendly (GA)
- Past Chair- Steve Hutton (SC)

### **Committee Chairs**

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

### **Liaison Members**

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

### **COMPETITION COUNCIL**

- Chair: Marsh Jones- Sprint
- Vice Chair: *Vacant*
- Secretary: Risa Shimoda- Freestyle

### **2017-19 STATE DIRECTORS**

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

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

# MEET YOUR

## Have you ever met anyone famous?



**Wade Blackwood**  
Executive Director  
Robert Duvall



**Kimberly Jenkins**  
Paddle eMagazine Editor

I went to middle school with Kelly Earnhardt and met NASCAR driver Dale Sr. at a couple slumber parties. During a trip to Vegas, my husband and I happened to be in a casino while an episode of CSI was being filmed and we met actors Diedrich Bader and Kevin Sussman.



**Aaron Huston**  
Sprint National Team Canoe Coach  
No one that I can recall.



**Dave Burden**  
International Paddlesports  
Ambassador

I've taken James Taylor paddling on the Eastern Shore of Virginia, gone surfing with John Mellencamp, and played flag football on the beach with President Clinton in South Carolina. But I was totally star-struck meeting Bill Nye the Science Guy when I was a senior in high school.



**Marcel Bieg**  
Western States Outreach Director  
& Grant Manager  
American surfer Gerry Lopez



**Amy Ellis**  
State Director/Membership  
Coordinator

I met Bono a little over 10 years ago before a U2 concert. It was my birthday and he gave me a kiss on the cheek – best birthday gift ever!

# ACA STAFF

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



**Rafal Smolen**

Slalom National Team Coach

The most famous person I've met is Tony Estanguet. He is a French canoeist who has won three Olympic Gold Medals.



**Zsolt Szadovszki**

Sprint National Team Kayak Coach

No one.

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



**Chris Barlow**

Sprint High Performance Manager

Here goes:

Fidel Castro  
George and Barbara Bush  
Janet Jackson  
Pointer Sisters  
William Shatner  
The Dalai Lama  
Arnold Schwarzenegger  
Charles Barkley  
Janet Evans  
Torvill and Dean  
Summer Sanders  
Sharon Stone  
Willie Banks  
Edwin Moses

And Canoe Kayak Olympic Medal Winners:

Francine Fox  
Marcia Smoke  
Greg Barton  
Norm Bellingham  
Joe Jacobi



**Christopher Stec**

Chief Operating Officer

I've met Mickey Mouse on several occasions!



**Shannon Moore**

Paracanoe High Performance Manager

No. I don't believe I've met anyone famous.

*Continued on page 7*



**Chris Muldrow**  
Social Media Coordinator

I met comedian George Carlin at National Airport when I was in high school. I had been on a trip that included a tour of the White House, and he drew me a cartoon on my White House folder and signed it.



**Brett Mayer**  
Public Policy Chief

I had dinner with Doug Peacock, author of *Grizzly Years*, *Walking it Off*, and of course, the real-life figure on which Edward Abbey's character from the *The Monkey Wrench Gang*, Hayduke, was based. I've been reading Abbey since high school, and it was probably the most star-struck I have been. I still keep in touch with his son Colin.



**Michelle Flynn**  
Membership Coordinator

In 1994, when I was a senior in high school, the drama club spent a few days in New York City and our tour guide was a guy who played Barkley on Sesame Street. That is my only brush with celebrity that I can remember.



**LeighAnn Moore**  
Insurance Coordinator

I have not met anyone particularly "famous." In Nashville a few years ago, I met a contestant from that season's *American Idol*.



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



**Carrie Schlemmer**  
Education & Grant Coordinator  
One time I met Santa. I love Santa!!!



**JD Martin**  
Financial Coordinator  
I have not met anyone famous.



**Kelsey Bracewell**  
SEI Manager  
I once had the opportunity to paddle a canoe with the mayor of Fredericksburg. That was pretty close to famous, right?

## ACA welcomes new Paracanoe High Performance Manager

The ACA would like to welcome Shannon Moore to its competition department. Shannon recently joined the team as Paracanoe High Performance Manager.



Shannon began her love for sports and health at a young age. She played soccer through college and took a keen interest in health, physical performance and nutrition. She graduated from Kennesaw State University with a bachelor's degree in Exercise Science and started working with clients to help them meet their fitness goals. In 2012 she started her own performance and training business and managed it successfully until she began her path toward becoming a physical therapist.

Shannon studied at Brenau University and now holds her doctorate in Physical Therapy. Along the way she began studying nutrition and its effects on performance. Now she works in an outpatient sports physical therapy clinic attending to the rehab needs of the general public and athletes recovering from injuries and surgeries. On the side, Shannon has been working with several amateur and professional athletes to enhance performance and recovery by optimizing their nutrition, including one of the ACA's very own para-athletes.



**Save the Date!!**



**Instructor  
Trainer  
Conference**  
Oct 10-13, 2019 | Freeport, ME  
In partnership with **L.L.Bean**  
[www.americancanoe.org/ITConference](http://www.americancanoe.org/ITConference)

The next Instructor Trainer Conference will be held October 10-13, 2019, in Freeport, Maine.

Every four years, the ACA provides a continuing education conference for currently certified Instructor Trainers and Instructor Trainer Educators, and those aspiring to become ACA Instructor Trainers and Instructor Trainer Educators.

For more information, please visit [www.americancanoe.org/2019ITConf](http://www.americancanoe.org/2019ITConf).



# PARTNERS

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



## Partnership Opportunities

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

# STEWARDSHIP & POLICY

*A canoer enjoys the tranquil waters within  
the Boundary Waters Canoe Area Wilderness.  
Dave Freeman photo*

# Congress passes decade's largest public lands bill

On Feb. 26, 2019, Congress passed the biggest public lands bill in recent history. The next step is for President Donald Trump to sign it into law.

The U.S. Senate voted overwhelmingly in support of S.47, the Natural Resources Management Act, on Feb. 12 by a margin of 92-8. The bill passed the House by 363-62.

According to a spokesperson for the Outdoor Alliance, "The package has a little something for everyone, but central piece of the legislation is the reauthorization of the Land and Water Conservation Fund.

"LWCF has been called 'America's best conservation program,' and it provides funding for local, state, and federal public lands. LWCF redirects a portion of revenue from offshore oil and gas drilling into conservation and has helped to create trails, parks, and recreation destinations in all 50 states. The program expired on September 30, 2018."

This bipartisan public lands bill will safeguard more than 2 million federal acres of land and hundreds of miles of wild rivers and permanently reauthorizes the Land and Water Conservation Fund, established in 1964 to protect natural areas and water resources.

The day the bill passed the Senate, Sen. Maria Cantrell (D-Wash.) said, "Today is a very important day for public lands. It shows that there are bipartisan spirits alive in the United States Senate to support access for hunting, fishing and recreating to our public lands."

The measure, which includes more than 100 individual pieces of legislation, is said to be the largest public lands package in a decade. It establishes more than 1.3 million acres of new wilderness, protects hundreds of miles of rivers and trails, and creates four new national monuments.

The package also expands five national parks, including Death Valley and Joshua Tree, and withdraws more than 300,000 federal acres from future mining, as *The Washington Post* reported.

Sharon Buccino, director of Lands for the Natural Resources Defense Council, said, "This is a historic step toward delivering what Americans want – lands protected now and for our children, and politicians that work together and get things done.

"At a time when the word 'bipartisan' has threatened to disappear, leaders in both parties found common ground. Senator Durbin and former Senator Hatch led the way as 2018 wrapped up and leaders in the new Congress picked up where they left off to move the bill toward the finish line."



# ACA featured in Outdoor Alliance blog

By Brett Mayer, ACA Public Policy Chief

The ACA is one of the founding members of the [Outdoor Alliance](#), the nation's premier human-powered recreation group.

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. The Outdoor Alliance's mission is simple: *To ensure the conservation and stewardship of our nation's land and waters through the promotion of sustainable, human-powered recreation.* We work together to make a difference — for today and tomorrow.

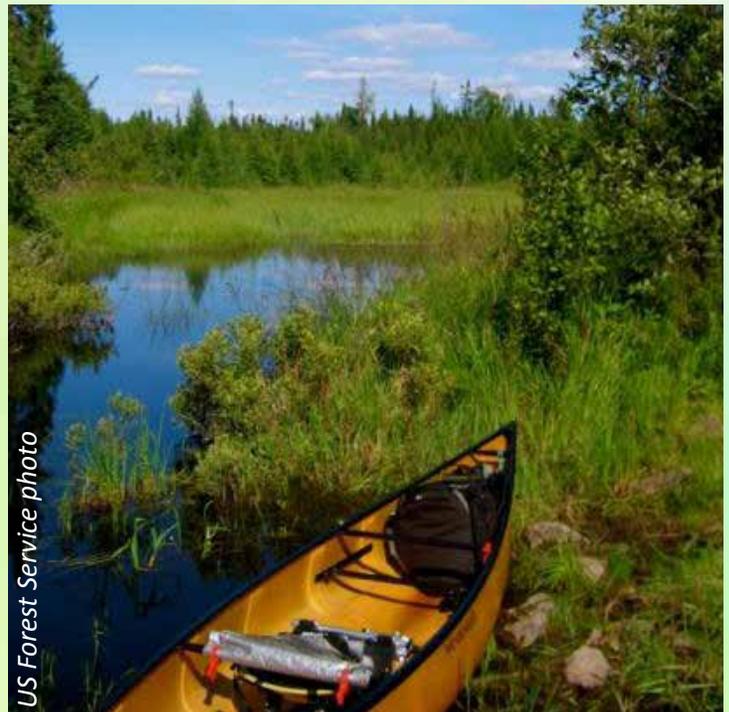
OA is a 501(c)3 nonprofit coalition of national advocacy organizations that includes:

- [Access Fund](#)
- [American Canoe Association](#)
- [American Whitewater](#)
- [International Mountain Bicycling Association](#)
- [Winter Wildlands Alliance](#)
- [The Mountaineers](#)
- [American Alpine Club](#)
- [Mazamas](#)
- [Colorado Mountain Club](#)
- [Surfrider Foundation](#)

The OA recently started a [blog series](#) on its website that discusses how each of these groups is looking at public lands today, what they think are the biggest threats, what people who love the outdoors are doing well, and where we go from here. The ACA was the featured group for the Jan. 3 entry. Following are some highlights from the article.

## **For ACA, what are the biggest public lands/water policy issues?**

Currently, threats to the [Boundary Waters Canoe Wilderness](#) are at the heart of our biggest public policy concerns. The Boundary Waters is an iconic paddling wilderness currently threatened by sulfide-ore copper mining. Industrial mines on the edge of the Boundary Waters and the resulting pollution from these mines will flow directly into the Boundary Waters. The threats from pollution would be long lasting and increase over time as the number of proposed mining sites increases. Ultimately, this presents a threat to wilderness paddling opportunities, and the local tourism industry which generates close to a billion dollars in annual economic benefits for northeastern Minnesota. We are working hard to keep our members updated on the latest developments and provide every opportunity for our member base to comment as the situation evolves.



**OUTDOOR**  **ALLIANCE**



**What's one of your inspirations for protecting paddling?**

Paddling can be a practice that supports personal growth and transformation. I studied paddling culture through an academic lens and found that, over time, the paddling experience leaves people with a deep sense of gratitude and appreciation for the experience, the community, and ultimately the rivers, lakes and lands through which they flow. I believe the work I am doing helps protect the places where connection is built, to self and to other, and these kinds of connections are invaluable in a world where increasing human activity and pressure on resources of all kinds, poses a threat to the vitality of all. Paddlesports matter because these experiences serve as opportunities for growth and connection. Ultimately, a greater sense of stewardship and responsibility can emerge through time. Protecting the waters on which we paddle is tantamount to protecting the importance of the experience itself.



**What do you think the future of public lands and waters looks like?**

In recent years, numerous threats to public lands have emerged. These threats move beyond traditional issues such as lack of funding, fire management, invasive species etc., and present a new kind of danger, one that questions the American idea of public lands that we have enjoyed since the days of Muir and Pinchot. Ultimately, the inclusion of the American public in how public lands and rivers are accessed and managed is at risk. I think the future depends greatly on the will-

ingness of the public to voice their opinions, concerns, and most importantly to care. It also depends greatly on different user groups finding common ground and coming together for the greater good of ensuring that all Americans maintain access and a voice in the protection and management of lands and rivers that are commonly shared.

**What's the most important thing that paddlers need to know about how to make a difference?**

Paddlers can make a big difference by building strong coalitions of individuals who care about how their local resources are managed and accessed. This is where progress starts. Paddlers need to pay attention to local issues, form an opinion, and communicate with other paddlers. When these kinds of grassroots efforts are robust, our ability to communicate the value of what we want and need for our communities and water resources to

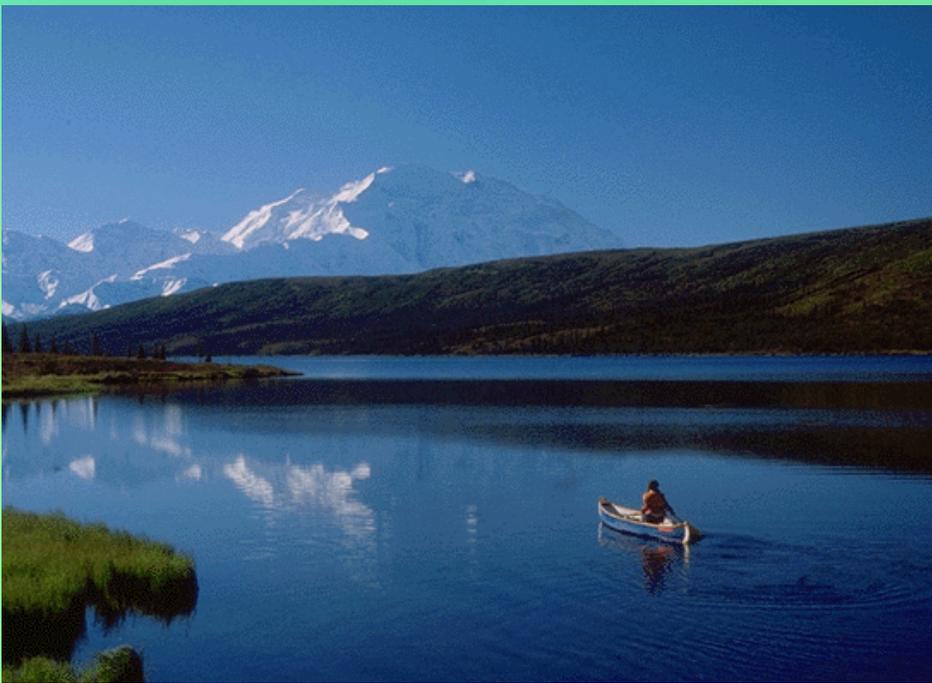
thrive is more sophisticated and ultimately more impactful. In 2015 the ACA started our State Director program. As we move forward, one of our hopes is to increasingly leverage this system toward better identifying and communicating about important local issues. This kind of work honors the needs of local paddling communities and helps knit the fabric of our national level policy work.

To read the full blog entry, please visit [www.outdooralliance.org/blog/2018/12/7/the-world-according-to-the-aca](http://www.outdooralliance.org/blog/2018/12/7/the-world-according-to-the-aca).

# Recent *Paddle Green* Policy Action

## Outdoor Alliance cautions against changing FOIA rules

As a founding member of the Outdoor Alliance, the ACA continues to work on national public policy issues on behalf of paddlers. At the end of January, the Outdoor Alliance sent a letter to Daniel Jorjani, principal deputy solicitor for the U.S. Department of the Interior, regarding proposed rulemaking for the Freedom of Information Act Regulations.

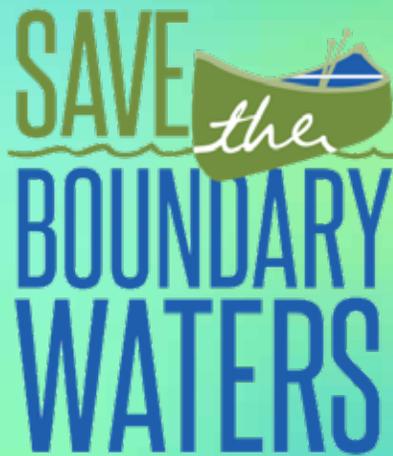


In his letter dated Jan. 29, 2019, OA Policy Director Louis Geltman explained that Freedom of Information Act (FOIA) record requests are vital to the work of Outdoor Alliance member organizations as well as to the ability of the public to understand how management decisions are made for our public lands. He went on to say that revisiting agency regulations regarding statutory compliance is a worthy endeavor. He cautioned that, while there has been a significant increase in FOIA requests over the past two years, restructuring DOI's FOIA regulations and related protocols may not be the most efficient, or warranted, response to the uptick in citizen interest in DOI's work.

He suggested that rather than changing the rules, a more efficient approach might be to simply allocate more resources to DOI's FOIA team so they are in a better position to address the public's interest in DOI's work related to public lands. To this end, the OA encourages DOI to explore whether a modest increase in resources to the FOIA team is a viable solution for addressing the FOIA activity uptick, rather than changing federal regulations and substantially restructuring how FOIA requests are processed by DOI.

To read the letter in its entirety, please [click here](#).

## ACA voices concern over mining leases



In January, the ACA submitted official public comment to the Bureau of Land Management voicing significant concern about the Department of the Interior's recent lease renewals for mining near the Boundary Waters Canoe Wilderness. The leases had expired in 2016 after the U.S. Forest Service determined that the leases carried an unacceptable level of inherent risk that would expose the Boundary Waters to devastating impacts.

This is a continuation of the ACA's efforts over the past year to stop hardrock mining in and around one of the most iconic flatwater paddling landscapes in the entire world. The ACA also signed on to a [Wilderness Society letter](#) to lend our support to that organization, and the Outdoor Alliance made a huge push as well.

To read the full letter, please [click here](#).



# Stay up to date on ACA's stewardship initiatives

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

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



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

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



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

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

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

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



# Paddle *Green* Spotlight

## First *Trashy Thursday* of the year

By Marcel Bieg, ACA Western States Director



The Willamette River Keepers organized another much-needed cleanup. The event brought out volunteers from the Willamette Kayak and Canoe Club, Plank Town Brewing, and the City of Eugene River House Program. Due to boat space and number of guides, Trashy Tuesday Cleanups can take a maximum of 18 people down the river. On Jan. 8, for the first time ever, the cleanup was totally booked. What commitment and inspiration for the new year!

The ACA was there to support the cleanup, and Homeless Advocates volunteered as well to witness firsthand the situation along



erbanks in Eugene-Springfield, including 23 needles, two shopping carts, a plethora of bicycle parts, and a creepy doll... huge thanks to all the awesome volunteers who donated time, boats, and muscle to this project!

the river while gathering data to better help the homeless population into the future.

This was a very productive Trashy Tuesday. The group wrangled over 5 yards of garbage off the urban riv-



The Willamette River Keepers conducted an emergency cleanup Dec. 19. This was added after the normally scheduled cleanup held the previous Tuesday found so much trash in two areas that the boats could not fit it all. The group did an emergency clean up because they were concerned that the rising river levels would flush it down stream and ultimately into the ocean.

# Oregon State Marine Board proposes Waterway Access Account

Oregon is experiencing exponential growth in non-motorized boating. According to the 2017 Oregon Resident Outdoor Recreation Survey, “public access to the waterways” was ranked in the top five “priorities for the future” by Oregonians both in and outside their immediate communities.

Surveys for the Marine Board’s Six-Year Plan (2017) show increased desire for non-motorized boating access. Finally, the Marine Board has seen an increase in the number of grant requests to improve access for non-motorized boaters.

The Marine Board receives all revenue used for boating facilities, boating safety and education from titling and registration of motorized boats, marine fuel tax on gasoline powered boats, and federal funds received from the Sport Fish Restoration and Boating Trust Fund. Each year a larger amount of funding is being used to serve the interests or provide for the safety of non-motorized boaters, which creates a growing disconnect with the motorized boating community.

The current fee structures does not fully support non-motorized boaters in the form of dedicated access, safer and more appropriate launching facilities, specialized education and enforcement dedicated to safety on the waterway in primarily non-motorized areas.



To help address the issue, the Oregon State Marine Board has proposed the [Waterway Access Account \(SB 47\)](#) that, if passed into law, would create a dedicated account to increase waterway access to all of Oregon’s waterways.

The permit that funds this account would be required on all boats 10’ and over except motorboats and sailboats with valid registration decals. This is identical to the current requirement for non-motorized boats to carry the Aquatic Invasive Species Permit (AIS permit), and in this concept, the Waterway Access Permit would replace the AIS permit for non-motorized boats. Permits would be transferable to other non-motorized boats and children under 14 would not need a permit.

Revenue will be used to support boating facility grants for state, local governments, park organizations and tribal governments for the acquisition of property, leases, or easements in order for the public to access waterways and construction and maintenance of boating access facilities. Funds would also be available for public bodies and nonprofit entities to develop safety education courses and to purchase boating equipment to reduce barriers for underserved communities who wish to recreate on Oregon’s waterways.

A public hearing was scheduled to be held February 21, 2019, in the Senate Committee on Environment and Natural Resources. *(Editor’s Note: At the time of publication, results from that meeting had not yet been publicized.)*

For more information, [click here](#).



# RideAway Adventures wins stewardship award

[RideAway Adventures](#), owned and operated by ACA Instructor Mike Morrison, was recently recognized with a Stewardship Award from [CARE for the Cape and Islands](#). RideAway was selected for the award for:

- their commitment to educating their customers on methods of sustainability and conservation;
- working with a variety of local nonprofits; and
- employing local teachers and students giving them additional income to afford year-round living on Cape Cod.

They were also highlighted for their kids' adventure camps that educate the next generation and create young ambassadors for the protection of Cape Cod. RideAway Adventures also focuses on physical cleanups of both the Great Marsh area in Sandwich and the Poppo-nesset Bay area of Mashpee, conducting cleanups of both locations



on a daily basis and during guided tours with customers.

The 10-year-old company is owned and operated by Michael Morrison and has locations in Mashpee and Sandwich. RideAway Adventures trains its employees and operates under the pillars of safety, education, and conservation. It has a fully ACA-certified guide staff in both kayaking and paddle board-

ing and has won the "Best of Cape Cod" award by Cape Cod Life magazine four years in a row for its nature-based tours.

RideAway Adventures highlights the beauty and mystique of Cape Cod offering unmatched customer service while focusing on safety, education, and conservation. RideAway Adventures offers kayak, paddle board, and bike rentals, tours, and kid's adventure camps. Most importantly they offer the opportunity to see Cape Cod from a local's perspective and provide the knowledge to protect it.





# EDUCATION

# ACA's *Kayaking with Kids* video wins spot in Paddling Film Festival World Tour

The ACA is proud to announce its short film *Paddling with Kids: Starting Kids with Kayaking* has been selected for the [2019 Paddling Film Festival World Tour](#). The film is one of 26 films to be included in this year's tour.

[Paddling with Kids: Starting Kids with Kayaking](#) provides parents with best practices for introducing kids to the sport of kayaking. The video is part of the *Youth Safe Paddling Series*, developed by the ACA in partnership with Heliconia, an award-winning video production company that specializes in outdoor productions. The series was funded by the Sport Fish Restoration and Boating Trust Fund, administered by the U.S. Coast Guard Office of Boating Safety.

“We have worked with Heliconia Press for over four years and have developed a great partnership with the team through dozens of projects, the most recent being the *Paddling with Kids* series,” said

Marcel Bieg, ACA Western States Outreach Director and Grant Manager. “Their professionalism and dedication to the production and accuracy of media in all its forms, is always evident. We appreciate their attention to detail and creative approach in bringing the *Paddling with Kids* series to life.”

The 2019 Paddling Film Festival World Tour will screen in more than 120 cities around the world, show-

ing an inspiring curated collection of films to thousands of captive audience members.

*Paddling with Kids: Starting Kids with Kayaking* is up for the [Aqua-Bound People's Choice Award](#), as voted on by festival goers. A list of film festival screening venues can be found online at [www.paddlingfilm-festival.com](http://www.paddlingfilm-festival.com).



# January Instructor of the Month



## Rob Moody

Rob Moody started paddling as a teenager. He knew after the first trip on the river, it would be the start of a long journey throughout his life.

Moody said, “One thing I always look forward to is being on the water with a paddle in my hands. Also, I enjoy helping participants grow to love paddling. This is one of the most exciting parts of being a paddlesports instructor.”

He began paddling whitewater in 2008. While paddling whitewater in Arkansas, he ran into numerous problems on the river. After these experiences, there was no question – he needed to seek out further training.

Moody found the Arkansas Canoe Club and participated in their annual whitewater school. This is the first place he was introduced to the ACA and the paddlesport education opportunities they offer. With this he started training in swift water rescue with Tom Burroughs.

Moody now holds multiple instructor certifications through the ACA. Swift water rescue (SWR) has been a cornerstone with all of his paddlesport courses. He is the founder of Arkansas Outdoor Outfitters LLC. Through this company he teaches

kayak, SUP, SWR and canoe courses on a regular basis in Northwest Arkansas and surrounding areas. Moody really enjoys teaching paddlesports and helping the paddling community grow.



Volunteering for the Arkansas Canoe Club has been a big part of Moody’s personal life, helping him to meet “a lot of good people through this group as well as a lot of close friends.”

Due to the number of youth courses the club

offers, volunteering with the group and working with the paddlesports community’s needs have also helped Moody arrange his time to consistently teach kayak and canoe courses.

Stand-up paddle boarding (SUP) courses have been his priority, along with swift water rescue practice sessions and SWR courses.

“SUP is a very new paddlesport here in Arkansas and the mid-south in general,” said Moody. “I have seen that the more SUP courses held in the area, the more people paddling SUPs at our local lakes and rivers.”

Moody went on to add, “Paddling is a great way spend time with the family. We usually have two or three family floats a year, if not more.”



# Have you checked out our *paddle app game* for kids?

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

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

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



Download & Play Now!



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



# A Secret Lesson of the River

By Mark Warren

Back in the 1980s I received a most auspicious phone call from a schoolteacher who wanted private canoeing lessons. We began meeting on Saturdays, first on a pond and then graduating to slow-moving water and finally to whitewater. She became a solid paddler and could hold her own in an open canoe in Class III rapids. But, as it turned out, this was only the beginning. She wanted this same experience for her young students.

“I want my class involved in something *real*,” she said, “something *outdoors*. They need to experience all this.”

She was talking about a subject upon which I had always placed a very high value in anyone’s educa-

tion. In working with both children and adults, I still consider this commodity one of the important contributions of whitewater canoeing. It’s the lesson of *accountability*.

So began a canoeing program that would last for decades in her Montessori school’s agenda. Every autumn and spring, she bused fifth- and sixth-grade students from Atlanta to camp at Medicine Bow, my wilderness school in the mountains. There, as tandem teams, they learned the basic strokes and maneuvers on a pond until they were able to perform any number of balletic patterns using an English gate, a simple structure of two poles hanging over the surface of the water from a crossbar.

One such dance on water might go like this:

- 1.) From a starting position 15 yards from the gate, paddle right of the gate and come to a complete stop just past it.
- 2.) Sideslip past the gate to the left and stop.
- 3.) Reverse stroke just enough to clear the gate again and stop.
- 4.) Sideslip right to get in front of the gate and stop.
- 5.) Perform a half-spin clockwise, keeping the boat in place as if an axle runs vertically through the center of the boat all the way down into the mud below.
- 6.) Paddle in reverse through the gate (clean!) and stop.
- 7.) Spin counterclockwise 360° and stop.
- 8.) Return back through the gate to the starting place/finish line.

After mastering the course, these students invariably loved to be timed on the course. They kept begging for more runs, trying to better their times. There was, of course, a sense of competitiveness inherent with the use of a stopwatch, and any tandem team would revel in the joy of being the fastest. But there was another competitive theme at work here, too. Each team earnestly craved to better





its *own* time. And each time a team did, everyone present experienced a moment of triumph.

There were always some tandem teams that showed signs of inner turmoil—usually one person trying to be domineering, even as he or she was often the culprit making the most grievous errors. Such frustration led to arguments – and sometimes to tears. This is why, on certain training days, I insisted that team members switch places in the canoe. In this way, each tandem member was introduced to his or her partner’s side of the paddling equation.

Often I would create a game using “robots.” For example, after giving the team an assigned course to follow on the pond, I surprised both paddlers by informing the person in the bow that she was now a “robot.” That person was programmed to perform a stroke *only* if his or her partner ordained it aloud. With each command given, only one stroke should be performed: “forward” or “draw” or “pry” or “forward sweep” or “reverse stroke,”

and so on. Modifiers were acceptable: “small draw” or “giant reverse stroke” or “tiny pry,” etc.

However, the “robot” could not respond to any command that fell outside our technical vernacular. If the human in the boat yelled “Turn right! Turn right!” or “No, don’t do that!,” none of that computed for the “robot.” It was always amusing to watch one paddler scream, “No, go the other way! Go left!” All the while the “robot” partner remained passive with a big smile.

Once a team had successfully negotiated such a course, the roles reversed, turning the former human into a “robot” and vice versa. As effective as these lessons were, I knew that their most powerful schooling would come from the river.

When finally their flatwater training was complete, the older trainees (the sixth-graders) headed for moving water. As soon as they felt the current of the river humming beneath their knees, they knew that the rules had just changed in a big way.

The thing about current is that it just doesn’t stop. No matter how much you might want a break, no matter how much you wish the world would stop for a few seconds so that you can get your bearings, the river keeps flowing. The students realized they had been placed on a mindless conveyor belt, and there was no switch to turn it off. This situation demanded action. A student eventually learned three alternative responses to an urgent navigational need: 1.) do nothing at all and hope for the best, 2.) follow the panicky instinct of reverse stroking, just like putting on the brakes in a car, or 3.) correctly employ the proper strokes that will resolve the problem.

The river quickly teaches its novice boaters that #1 is a silly choice. Moving water is indifferent to humans. It has no conscience or code of ethics or mercy. It is only water. #2 presents a surprising lesson to beginners: Slowing down in current sacrifices the paddler’s ability

*(Continued on page 27)*

to control the boat. Paddlers “putting on the brakes” will feel the river grab their boat like the brutish hand of a giant. In fact, going faster than the current makes a canoe easier to maneuver. #3, obviously, brings triumph. Welcome to the river.

In those teaching days the most common phrase I used on the river was this: “You’ve got to *make it happen*.” When we gathered on a sandy beach above a rapid that would test the group’s canoeing skills, I drew the riverine terrain in the sand, etching out the paths of the current, placing stones on my diagram to represent boulders out in the current.



As the group discussed ideas about the most logical route to take, I waited for someone to mention the need to zig or zag at a certain point in the rapid. At that moment I brought out my little model canoe carved from wood and placed it on the diagram in the sand. I leaned one small stick against the bow and another against the stern – one on the right, the other on the left. These sticks represented the paddles.

“If you need to make that directional turn here,” I asked, “what must happen first?”

Someone answered, “You’ve got to point your boat that way.”

“Right,” I commended. “And how does *this* team do that?” I point at the model.

Everyone answered like a chorus, “Draw spin!”

I switched the sticks, reversing paddle sides. “How about now?”

“Pry spin!”

“Good. Then what?”

For a moment there was silence as faces frowned at the diagram. Then someone stated the obvious.

“You go there . . . in the direction you are pointing.”

“Yes, but how does that happen?”

Another pause. Every question I was asking seemed so simple that they were suspicious of a trick question.

“You just paddle forward,” someone finally contributed.

I made the moment dramatic by pointing my finger at this child as if he had answered the riddle of the Sphinx. “Yes!” I swiveled my arm to point out at the rapid. “But you’ve got to remember that out there on the water. You’ve got to remember that a canoe does not travel somewhere simply because you’ve pointed it that way. You have to *make it happen*. If you don’t, the current will take you the way that it’s going.”

This is a concept well worth driving home into students because their experiences with toy wagons, tricycles, skateboards, bicycles, sleds, and automobiles have taught them otherwise. In a car, a driver turns

the wheels (by way of a steering wheel), and the vehicle follows. The driver puts out no extra effort. It just happens. This repeated experience, I am convinced, brainwashes its young riders into thinking that going in a new direction is simply a matter of turning.

We spent our first of three consecutive days on a beginner’s river with occasional Class I and II rapids. It was a safe and gentle initiation to moving water. On day two we visited a river with a little faster current and more rapids. If a team made a poor showing in a certain rapid, they tugged their canoe upstream for a second chance, and now they had the advantage of familiarity. And that factor of eliminating the “unknown” from the equation was a big one. On their first try, the children sometimes did not grasp what they were getting into. On try number two, they were veterans.

On day three we returned to this same river, giving every team the advantage of its previous day’s experience. Everyone was eager to better his or her performance, especially where a team had missed an eddy turn or run a rapid not as well as planned. On such days the mountains rang out with celebration as young students fell in love with the river experience.

Perhaps the most satisfying part of these trips was watching the lessons of accountability take root in the paddlers. This was especially true with those problem tandem paddlers who argued and yelled at each other. They wanted to quit or change partners. But we could accommodate neither request. To quit would mean to leave a canoe behind and walk out. We couldn’t



leave an expensive canoe on shore, and we couldn't expect the angry team to keep up with us as they hiked out. Furthermore, we could not change team members. It was not fair to break up the smoothly working parts of other teams. There was only one solution: work it out.

Every single time this happened, the schoolteacher and I watched the troubled students face the inevitable. They *had* to work together as a team. The river would have it

no other way. These were gratifying days for me. When we got off the river I watched the newly resolved partners smile and talk to each other about what they had accomplished. This scenario never failed, because there was no other choice. There was no other way to get down the river except by effective teamwork.

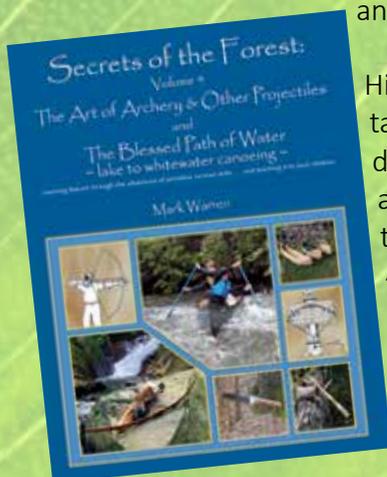
Even if these kids never got in another canoe or visited a river again, they were bound to carry the riv-

er's lesson with them to be applied in other chapters of their lives. But, I am glad to report, most of these former students did return to the grand adventure of moving water and whispering shoals. I still get letters and emails from them, often telling me how they have introduced their own children to the river. And just like the river keeps flowing, so goes this beautiful lesson of accountability down through the ages.

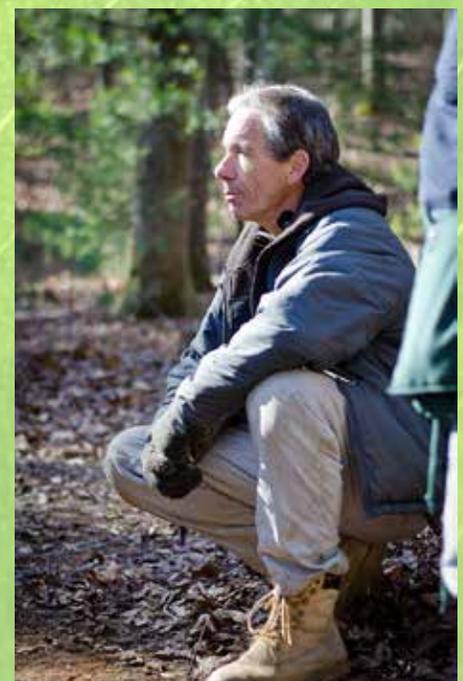
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## About the Author

Mark Warren directs his school, Medicine Bow, in the Appalachian Mountains of Georgia, where he teaches the primitive skills of the Cherokee. He was the 1998 U.S. National Champion open whitewater canoeist in slalom and wildwater combined.



His series of books, *Secrets of the Forest*, contains hundreds of original activities for students who crave the knowledge of the past and for adult leaders who want to know how to engage their children in nature. Volume 4 of this series chronicles all of his teaching techniques in canoeing from lake to whitewater. View it at [www.secretsoftheforest-book.com](http://www.secretsoftheforest-book.com).



## Boating in Boston

[Boating in Boston](#) features gorgeous boathouses all across the greater Boston area waiting to launch you on your next kayaking, canoeing, sailing or paddleboarding adventure. They offer adult sailing, kayak, stand-up paddleboard, and canoe classes for all skill levels as well as youth sailing day camps. Their experienced, friendly instructors teach all lessons in a fun, safe environment.

For more breathtaking water fun, join them for a unique scenic sunrise or sunset kayak tour and take in the Boston skyline as you've never seen it before. There's so much for you, your family and your friends to enjoy! Be sure to check out their value-packed Season Passes that make it even easier for you to enjoy your favorite boating activities all summer long!



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

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

# Gear company launches youth scholarship opportunity

[Level Six](#) has launched a youth paddling scholarship to increase participation in paddlesports.

For 2019, the Canadian paddling gear company will fund the full amount to send 12 youths to try whitewater paddling for the first time.

Level Six Incorporated Project Manager Kevin Cook says, “Clearly, youth is the future of our sport, and we have decided the best way to share our love and passion for paddling and the outdoors, is to get more kids on the water!”



The company has selected five schools around Canada and the U.S. for this inaugural scholarship initiative:

[Ottawa River Runners](#)  
[Madawaska Kanu Centre](#)  
[Aquabatics Calgary](#)  
[Zoar Outdoors](#)  
[Nantahala Outdoor Center](#)

Applications are being accepted until April 15, 2019. Criteria for selection include personal information and a short essay on why the applicant would like to try whitewater paddling.

Transportation to and from the school is not provided, so applicants are encouraged to apply **only apply to programs in their area.**

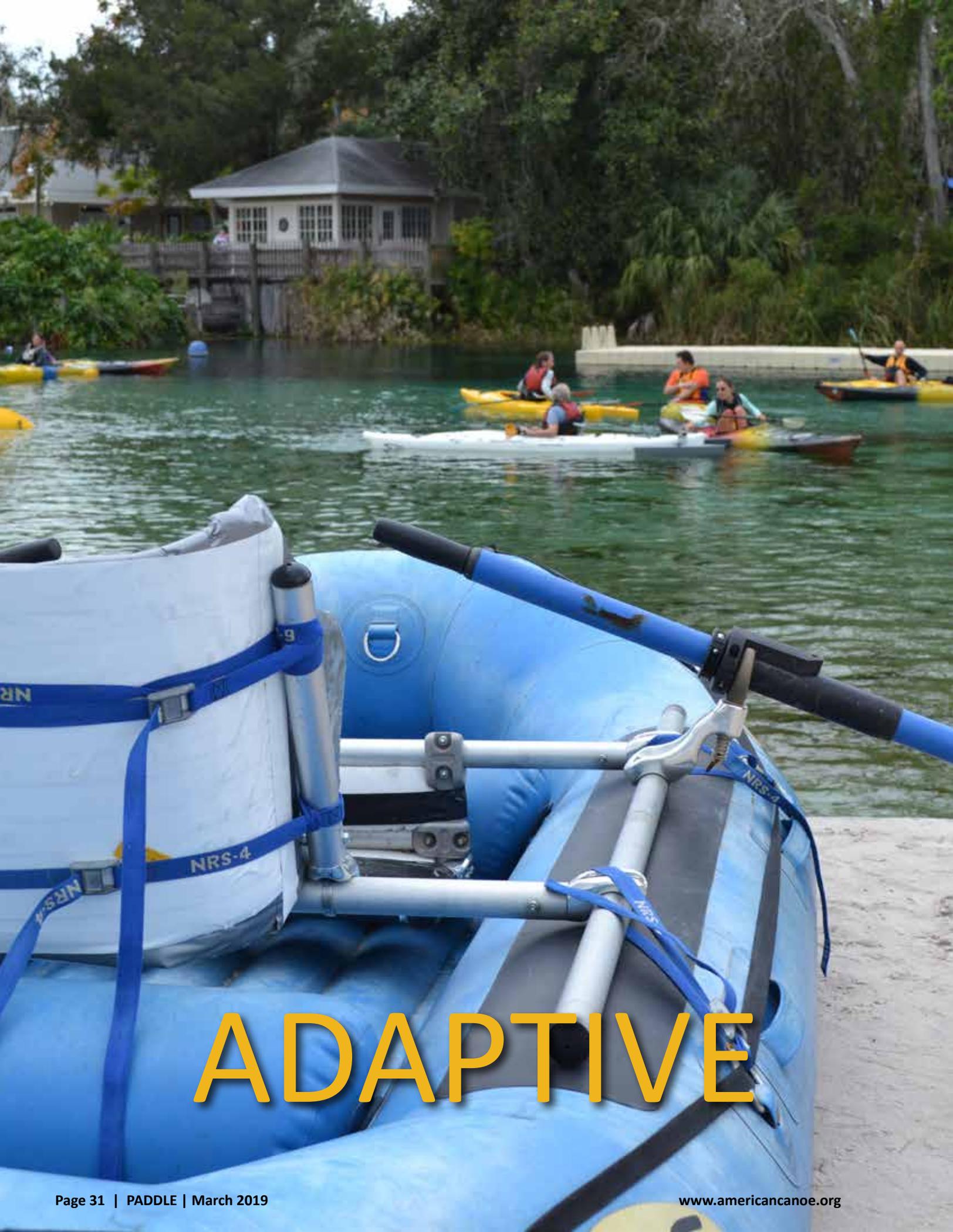
For additional information, please visit [www.levelsix.com/pages/youth-paddling-scholarship](http://www.levelsix.com/pages/youth-paddling-scholarship).

## ACA website offers new mapping search tool

The ACA's website now offers new mapping search features. The new capability can be used to find [Instructor Trainers and Instructor Trainer Educators](#); [Outfitters, Guides and Liveries](#); and [Paddling Clubs](#) near you.

To use these interactive maps, simply click on the appropriate link above. Then select a country from the drop-down menu and type in the location where you wish to find an instructor, outfitter, or club. Next, click "Continue" to see a list of local organizations.





# ADAPTIVE

# Upcoming Adaptive Paddling Workshops

March 22-23

[Adaptive Paddling Workshop](#)  
Akron, Ohio

March 22-24

[Adaptive Paddling Workshop](#)  
Ithaca, New York

September 19-22

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

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



# Universal Paddling Seat



Creating Ability's Universal Paddling Seat for kayaks was designed with one purpose in mind: to open the sport of paddling to everyone. Regardless of the level of support needed, the seat provides as much or as little support as a paddler needs.

The back structure consists of pelvic, lateral, lumbar, and upper-back supports. The back has several vertical adjustments to fit different torso lengths and types. The upper unit (the upper-back rest and laterals) can be adjusted independently or removed completely, for those who don't need the high-level support.

*The kayak seat base has an adapter for each brand of kayak. Specify brand and model when ordering.*

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

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

# NEWS NEAR YOU



*Paul Malewski photo*

# STATE by STATE

## Louisiana

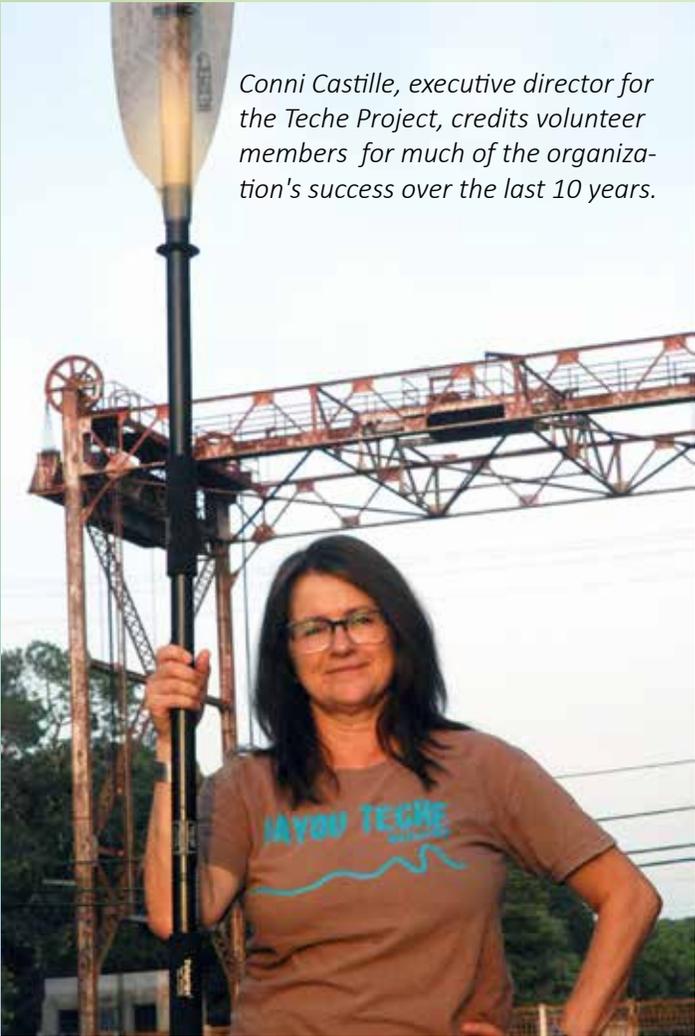
The latest work in progress by the [Teche Project](#), based in Breaux Bridge, is the creation and installation of informative roadside signs that point drivers to floating docks that the Teche Project has built and placed along the banks of Bayou Teche and the lower Atchafalaya River. As executive director, Conni Castille explained to writer Dominic Cross of *The Advocate* newspaper, the signs will resemble “brown park signs with a silhouetted canoe with somebody paddling ... to let drivers know that they’re close to a National Water Trail.”

The Teche Project has assembled a committee of folklorists, historians and naturalists who will write brief pieces about each town to be used as text on the other side of each sign. Such text will then be sent to town officials “for their input and approval and editing,” said Castille.

The Teche Project is celebrating its 10th anniversary this year, and Castille gives its volunteer members plenty of credit. “When the Teche Project was born 10 years ago,” she recalled, “it was a grassroots effort. The bayou was dirty. That’s what started it all.” Some 54 tons of garbage and debris have subsequently been removed. In 2012, Bayou Teche was recognized as a National Water Trail by National Park Service and the U.S. Department of the Interior.

“And now that it’s clean, we can actually do things,” Castille commented. “We can start creating low-impact, ecotourist destinations. But it’s not just about tourists,” she concluded. “It’s also about ourselves, the locals.”

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



*Conni Castille, executive director for the Teche Project, credits volunteer members for much of the organization's success over the last 10 years.*



## Michigan

In the aerial photo to the right, Paul Malewski and fellow ACA instructor Dave Ford play in the Rapids in Eaton Rapids, Michigan. The Rapids were returned to Eaton Rapids in 2016 after a low-head dam was removed. This was a joint effort between the City of Eaton Rapids, the Michigan Department of Natural Resources and a homegrown group of supporters.

“The effort created an incredible recreational opportunity and eliminated a long-standing impediment and drowning machine. We don’t have a lot of white water in our area and this affords us the opportunity to play, hone our skills and provide training to local paddlers, mainly kids,” said Malewski.



## Missouri

### Missouri ACA holds Winter Paddling Clinic and First Day Paddle

Activities for the Missouri ACA Winter Paddle Clinic and First Day Paddle were held at several locations on the Upper Current River on December 30 through January 1. Partners hosting the clinic included Missouri paddling clubs from Kansas City, St. Louis, and Springfield. Team River Runner, One Planet Adventures, Ozark Trail Association, and the Alpine Shop also

co-hosted the events. A total of 403 people attended the 12 clinic sessions, which were held at Echo Bluff Lodge. Formal presentations included the following:

- Paddling in Missouri State Park by Justin Adams, Missouri ACA Director and MO Natural Resource Manager
- Living a Life Full of Adventure by Ivan Bartha, One Planet Adventures
- Fly Fishing on the Upper Current River by Mark Van Patten, Feathercutter Farms
- Missouri Stream Team Activities presented by Stream Team Members
- Following Henry Schoolcraft’s Ozark Journey by Rick Mansfield, Ozark Heritage Project
- St. Louis Canoe & Kayak Club Report by David Haessig, Club President
- U.S. Coast Guard Water Safety Programs by Todd Wilkerson, Flotilla 02-05
- ACA Dry Land Basics by Perry Whitaker, Alpine Shop

*(Continued on page 37)*

- Adaptive Paddling Techniques by Jennifer Hahn, Team River Runner Regional Coordinator
- Hike-Float Options on the Current River by Kathie Brennan and Dave Tobey, OTA
- Paddling Club Reports by Club Presidents and Representatives
- Winter Paddling Equipment by Ivan Bartha, One Planet Adventures

Missouri Stream Team members Ted Haviland, Bernie Arnold, and Rick Mansfield were awarded “Stream Team Hero” recognition for their tireless efforts to keep our streams clean.

Club Presidents were recognized for their leadership. Recipients included Marty Zerr from Ozark Mountain Paddlers, Christy Kurtz from Paddle KC, and Dave Haessig from St. Louis Canoe and Kayak Club.

The Sassafras Paddle Award was presented to the following paddling club members for their contributions

during 2018: Konstantin Gregorian from Paddle KC, Terri Bradley from Ozark Mountain Paddlers, and Eileen Lenkman and Robert Meyers from St. Louis Canoe and Kayak Club.

Calvin Brennan won the kayak donated by the Alpine Shop, and Jennifer Judd won the paddle donated by AquaBound through One Planet Adventures.

Over 100 paddlers and hikers participated in outdoor activities. Last Day paddles on December 31 included a paddle from Pulltite to Current River State Park hosted by Ozark Mountain Paddlers and a short paddle down Sinking Creek. On January 1, several hikes were hosted at Echo Bluff, Current River State Park and on the Round Spring spur. Several people hiked from Echo Bluff to Current River State Park (4 miles) and joined a larger group of paddlers at CRSP who had started at Pulltite that morning. They all continued from Current River State Park to Round Spring that afternoon.

Justin Adams, [MoStateDirector@americancanoe.net](mailto:MoStateDirector@americancanoe.net)

## South Carolina

Lots of exciting changes are in the works this year for our [East Coast Paddlesports Symposium](#). Organizers heard your feedback loud and clear and they’re excited to kick off a more hands-on paddlesports experience this year’s event. They moved the event to March and separated it from the Charleston Outdoor Fest, making it a standalone event. This year’s symposium will be held March 29-31. Space is limited so be sure to reserve

your spot! For more information, please visit <https://ccprc.com/1584/East-Coast-Paddlesports-Symposium>.

In other news, ACA State Director Jeff Atkins will lead Level 2 and 3 Coastal Kayak and Level 2 Essentials of Canoeing Instructor workshops in Charleston, South Carolina; Galveston, Texas; Southport, North Carolina; and Camden, New Jersey, during March and April. ACA Stewardship Director Ashley Brown is leading an ACA Essentials of Kayak Touring Instructor Certification workshop in Spain and a Level 5 skills course in Portugal this month. And ACA Deputy State Director Scott Brown will lead an Incident Management Course in Charleston, South Carolina, March 28. We will once again be partnering with the U.S. Coast Guard for this course.

ACA Competition Director Buddy Miles has led numerous river cleanups and continues to lead an active kayak fishing tournament series that spreads steward-



## Northeast Tennessee featured in new travel series

Many of Northeast Tennessee's natural assets will be featured in an upcoming episode of the new Amazon Prime travel show, "AWOL – Air Water Or Land" that will begin streaming this summer.

AWOL host, Angel "David" Verde, wants to inspire his audience to follow his lead and experience for themselves the true essence of the places they can visit by forgoing the tourist norms, embracing a local state of mind, and seeking out their next adventure.

ship and paddling safety to its participants. Thanks to the Summer-ville Parks and Recreation team, the Herbert Jessen Landing kayak launch is complete and ready to use on the Ashley River.

Come help celebrate the fifth annual [Traditional Inuit Paddlers of the Southeast \(TIPS\) retreat](#). This year's event will be held May 17-20 on Lake Greenwood near Waterloo, South Carolina. A paddle-making workshop, strokes/maneuvers, rescues, Greenlandic-style kayak rolling, and even a little kayak choreography are some of the activities that will be part of the weekend. Instruction, lodging and meals are provided. Cost for the basic weekend (Friday-Sunday) is \$285; cost for the extended weekend (Thursday-Sunday) is \$350. The paddle-making workshop will be an additional \$135 for a one-piece paddle and \$190 for a break-apart paddle. Registration is limited, so avoid register early!

Please visit [www.traditionalpaddlersretreat.com](http://www.traditionalpaddlersretreat.com) for more information on the event, including mentors, activities, schedules, and registration. The website is continually being updated, so please visit often. Email [traditionalpaddlersretreat@gmail.com](mailto:traditionalpaddlersretreat@gmail.com) if you have questions or need more information.

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



Verde said his era crew spent a meeting locals and east Tennessee's which will be the the show's epi-

Verde and his team many activities into possible, filming 10 They sailed on Watauga Lake, hiked up Margarete Falls, rafted down the Nolichucky River, listened to storytelling in Jonesborough, went fly fishing with the South Holston River Co., rode mountain bikes at Tannery Knobs, and more.

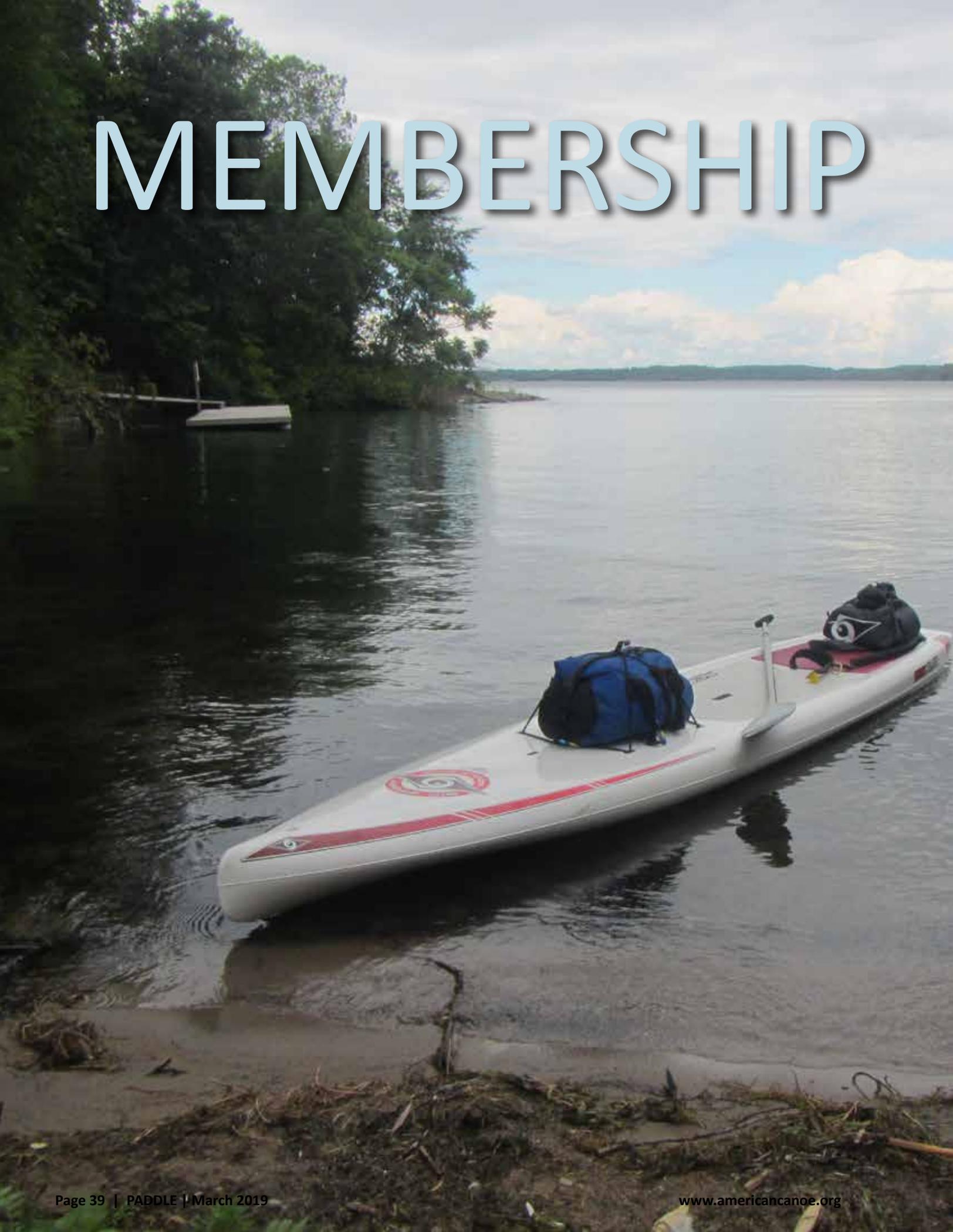
To prevent spoilers, Verde would not reveal exactly which locations will end up in the final cut of the episode. Viewers will have to find that out for themselves once the show is released on the video streaming site Amazon Prime, which does require a subscription.

The first episode of "AWOL," showcasing Nelson County, Virginia, is currently available to stream on Amazon Prime, but the remainder of the first season will not be released until May or June.

To learn more about AWOL, please visit [www.airwaterorland.com/](http://www.airwaterorland.com/).



# MEMBERSHIP



## Sugar Island Annual Encampment

Members of the ACA have access to an exclusive, unique benefit: [Sugar Island](#).

Sugar Island is located in the beautiful St. Lawrence Islands National Park in Ontario, Canada. The 35-acre island is privately owned by the ACA and is available to all members for year-round use. Each summer, Sugar Island Canoe and Kayak Club hosts an encampment for paddlers, sailors and all fans of the sport. This year's event takes place July 21-August 2.

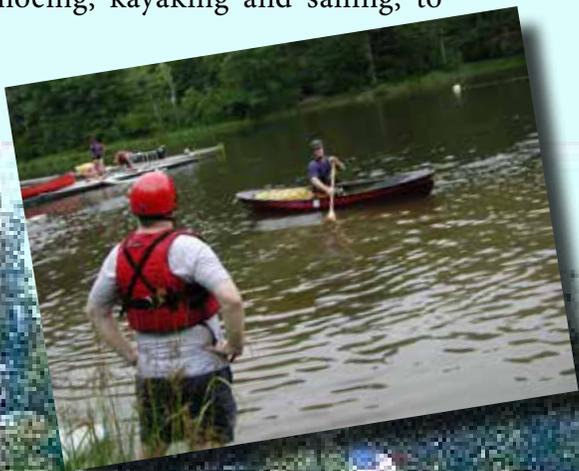
During the encampment, the island comes alive with activities from canoeing, kayaking and sailing, to

swimming and sitting around the campfire. There are activities for paddlers of all ages, ranging from stiff competition to leisurely paddles among the islands. Evening fun can be quiet waterside time listening to the loons and absorbing the moon reflecting on the water or a challenging chess game beside the campfire at the main camp.

If you wish to mingle with people who have made paddlesports their lives, then the Sugar Island Encampment is a great place to be. Lifelong friendships are made and renewed each year during the encampment.

Camp opens on Sunday afternoon with the ceremonial raising of the flags. The cannon sounds for each flag that is raised: the Canadian Flag, the ACA Flag and the American Flag. In the evenings, at 8 p.m., campers gather to share the day's events as the flags are lowered. You can join in a friendly volleyball game or plan the next day's paddle/sail with others on the island.

Come join your fellow ACA members and celebrate the annual encampment on Sugar Island!



# ACA announces newly elected leadership



The ACA recently held elections and would like to welcome to the following new ACA Board of Directors: Sam Fowlkes, Bill Medlin, and Trey Knight. A big thank-you Board members Robin Pope and Bill Micks, who were re-elected.

Affiliated Organizations Director  
Kirk Havens (Virginia)

Property Management Committee  
Bill Micks (Virginia - 2020)

Safety Education & Instruction Council  
Trey Knight (Tennessee - 2019)

Competition Council  
Marsh Jones (Minnesota - 2019)

Elite Athlete Directors  
Slalom - Scott Mann (Virginia - 2019)  
Sprint - Stanton Collins (Georgia - 2019)  
Paracanoe - Vacant (2019)

Immediate Past President  
Peter Sloan (North Carolina)

Liaison Members (non-voting)  
Scott Andrews - Sugar Island (Maine)

Ex-Officio (non-voting)  
Wade Blackwood - ACA Executive Director (Virginia)

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

The complete ACA Board is as follows:

## Executive Committee of the Board of Directors

President - Robin Pope (North Carolina)  
Vice President - Lili Colby (Massachusetts)  
Treasurer - *Vacant*  
Secretary - Stanton Collins (Georgia)

## Board Members

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

### At-Large Directors

William Irving (North Carolina - 2019)  
Lili Colby (Massachusetts - 2019)  
Robin Pope (North Carolina - 2020)  
Sam Fowlkes (North Carolina - 2020)

### Independent Directors

Jeff Rouse (Virginia - 2019)  
*Vacant* (2019)  
Bill Medlin (North Carolina - 2020)

## ACA simplifies membership structure, reduces dues

In case you missed it, at the beginning of the year, the ACA simplified its overall membership structure.

The primary changes include:

- The number of different membership types has been significantly reduced.
- Dues have been reduced for most membership types.

- Joining and renewing has been made easier through an online process.

- Family memberships have been removed. Each person now has his or her own \$25 Individual Membership.

Learn more at [www.americancanoe.org/MembershipSimplificationPlan](http://www.americancanoe.org/MembershipSimplificationPlan).

# ACA attends annual Backcountry Festival

The Backcountry Festival, presented by Three Creeks Brewing Co., returned to Oregon's Hoodoo Ski Area Jan. 18-19 with the largest selection of 2019 AT equipment on site to demo in the Northwest.



Seminars, industry pros, live music, beer garden and races were scheduled throughout the day.

The ACA attended for the fourth year, representing paddlesports education at the festival held each January at Hoodoo ski area in the Cascade Mountains of Oregon. The event is a two-day festival dedicated to backcountry skiing and boarding education, competition, demos and, most importantly, community.

The ACA attends this event to introduce the organization to a new group of outdoor adventurers who may be paddlers or interested in paddling but are unfamiliar with the ACA. Each year we make new contacts and educate individuals about the ACA.

It seems that this event is always scheduled on a weekend with terrible weather, and this year may have been the worst since we began attending four years ago. Day 1 was nothing but pouring rain, which lasted all night and into the morning of day 2, resulting in most of the vendors moving into the lodge. Luckily, it began to cool down and the rain changed to snow for the rest of the day. Regardless, the event was well attended, and, as always, it was a wonderful opportunity to build the outdoor community in Oregon.



## ACA OUTFITTER, LIVERY & GUIDE SPOTLIGHT



Serving Georgia's Altamaha, Oconee and Ocmulgee rivers, one paddle trip at a time, [Three Rivers Outdoors](#) will provide an unforgettable outdoor experience in this paddler's paradise – one of the best preserved and oldest freshwater wildernesses in America.

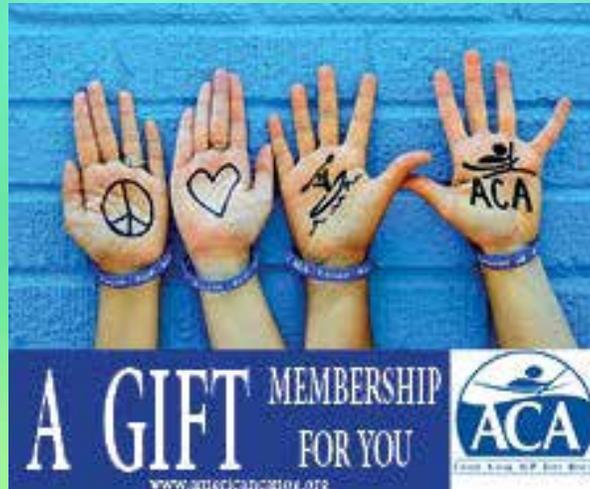
Whether you need a full-service, turn-key outfitter or only a few support services, Three River can provide it:

- Canoe and kayak rentals
- Self-guided to professionally guided
- No frills to fully catered trips
- Trips from 2 hours to 2 weeks
- Shuttle services



Find an ACA outfitter near you  
using the convenient [search tool](#) on our website!

# Give the Gift of an ACA Membership



Give your paddling friend or family member an ACA Gift Membership so they can support safe, enjoyable paddling and protection of America's recreational waterways.

The ACA is the nation's oldest paddlesports organization. Thanks to the support of our members, we have been making the world a better place to paddle since 1880!

As an ACA member, your gift recipient will enjoy the following benefits:

- [Subaru VIP Program](#)
- [Stewardship](#) support
- [Public Policy](#) representation
- Free [Rapid Media](#) subscription
- Reduced admission to thousands of ACA sanctioned [events](#) and races each year
- [Pro Deals](#) for certified instructors
- Bimonthly [Paddle](#) eMagazine featuring local, regional, and national paddlesport issues
- [Members only discounts](#)
- Discounts on ACA [merchandise](#)
- And [more!](#)

It's easy to give an ACA Gift Membership using our safe and secure [online form](#). Or, if you prefer, you can make your gift by mail or phone:

ACA | Canoe - Kayak - SUP - Raft - Rescue  
Attn: Membership Department / Gift Membership  
503 Sophia Street, Suite 100  
Fredericksburg, VA 22401  
(540) 907-4460 ext 109

After purchasing your gift membership, you will receive a confirmation email with a downloadable gift announcement (PDF file) to give to the receiver.



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**American Rivers**  
Rivers Connect Us



**HEALTHY  
WATERS**



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.



# Member Photo *of the* Month



Paul Malewski is a Level II ACA instructor with the adaptive endorsement. He and several local instructors team up to provide kayak and water safety instruction to area children through their 8th grade Outdoor Activities classes. They also work with science classes to perform water cleanup, water testing, invertebrate collection and turtle census activities.

"The students involved receive a Level 1 course at no expense to them. It's a fantastic way for them to bond with their environment, perform a community service and have a great time doing it," said Malewski. "Our hope is that the students develop a sense of stewardship and recognize how they, as caretakers of the River (the Grand River is the longest in the State), are able to make a profound difference. We stress that the river asks only for their respect and willingly gives its all in return."

***Send us your photos!***

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

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

# COMPETITION



## Ria Sribar selected to receive

# Elite Female Slalom Athlete Grant

Congratulations to Ria Sribar, 2019 recipient of the [Elite Female Slalom Athlete Grant](#). The grant, made possible by the Shannon Christy Memorial Foundation, recognizes a U.S. female slalom athlete who showed exceptional commitment to her sport in 2018.

athletes improve over time. This mask allows athletes to get tested more regularly, and in real scenarios such as on white water. In addition to getting tested, athletes can wear this mask on a regular training basis to see how they are progressing or if they are not recov-

to the paddling community. Ria plans to set up a clinic on the South Fork of the American River in California, with the Coloma Lotus Junior Kayak Team.

Ria said, “These kids really love to paddle, for this club was created by parents whose children all shared a love for the outdoors, more specifically rivers. As in almost any sport, to be good at kayaking you have to truly enjoy it.

“While I am all for getting these kids into racing and training as soon as possible, I believe that if they do not fully appreciate kayaking, without all the competition and rewards that come with winning competitions, they will not stick to kayaking for long.

“The truth is, I love this sport more than anything, but it’s easy to get consumed by the pressure to perform and to constantly get better. Sometimes, it is hard to find simple pleasure in just feeling the water under your boat. That is why I would focus this clinic mostly on just running rivers, having fun, and enjoying everything that this sport has to offer. This way, those who want to start to compete will be really committed, and those who don’t want to be competitive athletes will still be lifelong fans of kayaking,” she added.

Please join us in wishing Ria the best of luck as she pursues her racing goals for the 2019 season.

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



Ria plans to use this funding to offset part of the cost of a VO2 Master mask. This mask is a wearable, easy to use Bluetooth VO2 monitor, which would enable coaches and athletes to view data coming from this mask in real time simply by looking at a cell phone.

For those who may not know, “VO2 max, also known as maximal oxygen uptake, is the measurement of the maximum amount of oxygen a person can utilize during intense exercise,” explained Ria. This is a crucial element in developing training for athletes and seeing how the

erling well. Furthermore, this mask is sharable, with washable airway parts and removable filters, making it very safe and sanitary to switch between athletes.

“I would like to share this product with other members of the national team in an effort to make us all better athletes. I believe that with this new technology, the U.S. team and I will be able to train smarter and become better and stronger athletes,” said Ria.

One of the requirements for the recipient of this grant is to give back

# CANOEIST IAN ROSS IS SOARING

*By Stephanie Schlitz*



*Paul Ganse photo*

In January 2019, 26-year-old sprint canoeist Ian Ross, who competes for Team USA and Washington Canoe Club, spoke with me about his career as a paddler. Our discussion follows.

***Ian, at the beginning of a race, when the starter calls boats to the line, what are you thinking?***

I suppose my pre-race thoughts have changed over time. At the beginning of my career (2006), I would just think: “Paddle really hard” or “Leave it all out there,” but I quickly realized that everyone was doing that. So I became very focused on my technique, and within three years (by 2009), I was making sure that I was paddling as efficiently as possible.

At my current level, since I know I’m going to leave everything out on the water, and I know I have the muscle memory to paddle well, I focus more on my race plan and on executing it as efficiently as I can.

For the first five meters of the final 10 meters – as I pull up to the start – the faces of all the people I care about and who have helped me get to that start line often flash through my mind, but during the final five meters, it’s all business.

***You’ve been ranked as the top Olympic style sprint canoeist in the US since 2012, and [your Team USA profile](#) notes that you’re 6’5”, 201 pounds. With these kinds of stats, you probably could have been highly competitive in any sport you chose – from basketball to swimming to lacrosse. Why canoe sprint?***

I played a lot of sports growing up, and I think if I’d really loved almost any one of them, I could have excelled in it at a high level. However, I really loved paddling, and I felt like – and I still feel like – I have a lot of talent for the sport, so I thought the competition ceiling would be higher for me as a canoeist, and my dream has always been to go to the Olympics.

***How did you become involved in the canoe sprint community?***

My mother and father were both very good paddlers and athletes in their own rights. As a result, my brother and I were down at the canoe club all the time when we were kids. Eventually, we just hopped into boats and tried to stay up, paddling first in a circle, then expanding that circle to two circles, then to 10 circles, until, eventually, we were able to paddle straight, and then *fast*, and I guess that’s how I got into it.

***Many athletes describe a race as painful and mentally grueling. What keeps you going during a race?***

Pain is a part of this game. If you can’t handle the pain, you don’t belong in the game. All the coughing up blood, blacking out, vomiting, and growing so numb that you can’t even hear has made me a better man. I put in a lot of hours of work leading up to my events, so there isn’t a lot of quit in me when it comes to race day.

*(Continued on page 51)*



Ian Ross with Gavin Ross  
Cathy Kasperbauer photo

***You've competed C2 with your brother, [Gavin Ross](#), who is also an accomplished canoeist, and you've shared that it was your father who taught you about "balance." Can you talk a little about your family and the role they've played in helping you achieve as an athlete?***

I definitely could not be doing all of this on my own. My brother is the second fastest canoe sprinter in the country, and he's only training part-time. When we were training for the Rio Olympics, he was the best training partner I'd ever had. I think we were in the top five of the best C2s the U.S. has ever put out.

My mother and father are the reason I'm able to keep chasing this dream. They support me through and through. They were the ones who drove me to practice until I started training every day, and then they got me a bicycle, *ha ha*, which made me work even harder, but also taught me the value of a bicycle. And I think that's a life lesson everyone should have.

I've made a lot of sacrifices for this game, but my parents have probably made more. I don't know how to repay them for that, which is humbling beyond explanation.

***During summer 2018, you spent several months training in Potsdam, Germany, with a group of elite canoeists, including canoe sprint Olympic champion Sebastian Brendel. Upon return from camp you won a bronze medal in the C1 500M at the 2018 Pan American Games in Nova Scotia. How did training in Germany prepare you for that race? Mentally? Physically?***

Yes, last summer I trained for five months in Germany with the German Olympic team. It helped me in a lot of ways. Mentally, I think it gave me confidence in the fact that I was truly fast and that I'd done everything I needed to do to be prepared for the races at the end of the season. And physically, I was bigger, faster, and stronger than I'd ever been before, as well as very technically sound.

***How did training in Germany differ from training in the U.S.?***

The biggest difference between training there and training here was that when I trained with the German team, the entire training group – except for me – comprised world champions and Olympic champions. When I'm at home, I'm the fastest canoeist, so everyone else benefits from me being there, even if I don't necessarily benefit. In Germany, I benefited from every single training session.

***Canoe sprint is widely recognized internationally but hasn't yet achieved a similar following in the U.S. According to the [International Olympic Committee](#), "Europe dominates this sport, at both the Olympic Games and the World Championships, winning 90 percent of the medals." Why do you think that is?***

In my opinion, Europe is so dominant in the sport of canoe sprint for a multitude of reasons. The countries are smaller, which makes it easier to meet for races and training camps because there's less trav-

eling, and it requires less money. Another advantage of the countries being so small is that the big athletic stars get more recognition and therefore receive more funding, which makes it easier to compete. This results in a greater number of competitors, which in turn leads to faster athletes.

One of the biggest reasons it's a European-dominated sport, I think, is that European countries have been doing this work for a much longer time than we have. They're much better at it because they know what they're doing. It's similar to the United States and basketball. We have a massive system in place to make our country very good at basketball. In Europe, they have a similar system for paddling.

**What could ACA and ACA members do to change that?**

The ACA is doing great things for paddling already. It's going to be a long climb up a big mountain to get where we want to go, but I feel like we're taking leaps and bounds up that mountain right now.

I think one of the most important things for a federation overseeing multiple athletes across a wide range of sports is making sure that everything the athletes touch is *positive*. If the athletes are feeling positive about what's happening within the federation, they're going to be positive toward new athletes coming into the sport, which makes the

sport grow, and that's really what we need.

Another very important aspect of improving as a nation is hiring staff who know what they're doing, are passionate about the sport, and are unbiased about training every athlete they work with to be the best they can be.

**I understand you're currently training for Tokyo 2020. What are your goals for these Olympic Games and what will it take for you to accomplish them?**

A lot of things need to line up before you can even make an Olympic Team, so I haven't yet thought about my Olympic goals. But I have thought a lot about what I need to do to make the Olympic Team, which is very difficult in our sport. My current goal is to make the 2020 Olympic Team.

**Can you describe a typical training day for an elite canoe athlete?**

Everything in my life right now is second to training. When I wake up every day, the first thing I think about is what I need to accomplish. Before I go to sleep, I think about what I need to accomplish the next day and how I'm going to make that happen.

Canoe sprint is unforgiving in a lot of ways, so to make up for that, I try to be as consistent as possible in every area of my game. On average, I train for seven hours a day, six days a week. Whether the training unit is paddling, lifting, running, swimming, biking – or even yoga – it's designed to contribute to my overall strength and speed, and it has to be done well.

*(Continued on page 53)*



Braca Sport Canoe photo



Steve Ball photo



Bonnie Havens photo



*Ian Ross paddling for Team USA  
Dezzo Vekassy photo*

### ***How do you handle nutrition?***

When you're doing that amount of work, you need to fuel your body with the best fuel you can get. As an athlete, if I were compared to a car, I wouldn't be a daily driver kind of vehicle. I'd be a Formula One racing machine, and a racing machine needs special fuel and a lot of maintenance.

***Paddling legend and four-time Olympian [Frank Havens](#) passed away last year. Havens was an honorary life member at the [Washington Canoe Club](#), where both you and he came up in the***

### ***sport. Can you describe what his legacy has meant to you?***

My brother and I, as well as countless other members of the Washington Canoe Club, are honored to carry on the memory of Frank Havens every time we compete. He means a lot to me and so does his family. He was an idol for me when I was growing up, as were [Steve Lysak](#) and [Steve Macknowski](#).<sup>1</sup>

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<sup>1</sup> Author's note: Americans Steve Lysak and Steve Macknowski were C2 canoe sprint Olympic champions in 1948.

I had a lot more contact with Frankie, though, and therefore I grew up with his stories as well as the stories of him. The Washington Canoe Club has a very proud history, and Frankie is a significant part of that history. The way things are done at the club is in large part a reflection of the way Frankie did things.

### ***You've made significant accomplishments as a paddler in the past five years. What's next?***

Thank you, I do feel like I've improved a lot over the past five years. My focus now is to improve by that same margin over the next two. That's my goal, and I'm doing everything I possibly can to achieve it. So far, so good.

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### **About the author**

Dr. Schlitz is the parent of sprint kayaker Ashby Bodine, who paddles for Cascade Canoe and Kayak Racing Team.

# PARACANOE INCLUDED IN 2024 PARIS PARALYMPICS

The ICF received official confirmation the International Paralympic Committee governing board has decided paracanoe will be one of the 22 sports to be contested in the French capital.

The IPC decided to keep the same sport program that will be in place for the Tokyo Paralympics next year.

Paracanoe made its Paralympic debut with great success in Rio in 2016. In Tokyo a new paracanoe category, va'a, or outrigger canoe, will be added to the program. The three extra medals will bring to nine the total number of golds up for grabs in Japan.

"We are very grateful to the IPC for their continued confidence in our sport," the ICF's paracanoe chairman, John Edwards, said.



"Since making its debut in Rio, paracanoe has gone from strength to strength. More and more athletes are turning to our sport, more countries are involved, and the standard of competition has grown enormously.

"Now that we have confirmation we will be part of Paris 2024, we can expect continued growth for paracanoe. It provides athletes,

coaches and federations with the certainty they need to plan for the future.

"Paracanoe is a highly accessible activity for all persons with impairments and its selection for Paris by the IPC is a clear indicator of a growing and expansive future."

The ICF congratulates all the sports included in the Paris 2024 program and looks forward to another outstanding Games which will showcase some of the world's finest athletes.

## What is Paracanoe?

Paracanoe is the canoeing discipline for athletes with an impairment and races are contested by two types of boat, kayak (K) and va'a (V). The kayak is propelled by a double-blade paddle, while the va'a is an outrigger canoe which has an ama (second pontoon) as a support float and is used with a single-blade paddle. Both kayak and va'a have three different classes of event for men and women, depending on the classification of an athlete's impairment, with KL1, KL2 and KL3 for kayak and VL1, VL2 and VL3 for va'a. At international level all paracanoe races are individual events and competed at a distance of 200m.

Paracanoe began as an initiative by the International Canoe Federation (ICF) to allow athletes with an impairment to compete in the sport. The discipline featured with exhibition status under the name paddleability at the 2009 Canoe Sprint World Championships in Dartmouth, NS, Canada, and was given official status as paracanoe at the following year's edition in Poznan, Poland. Paracanoe made its debut at the Paralympic Games in 2016 in Rio de Janeiro.

# Paddlers in (Cross) Training: XC Skiing

By Stephanie Schlitz

Seattle Canoe and Kayak Team's Jake Zikan comes from a skiing family. "I've sort of grown up on skis," he says. "When I was around two, I wore my first pair of cross-country skis. I've been cross-country skiing ever since."

Zikan was drawn to cross-country (XC) as a child because it was fun. Today, at 17, a varsity soccer player, biathlon skier, marathon kayaker, and sprint kayaker who represented Team USA at the 2018 Olympic Hopes Regatta in Poland, Zikan is drawn to XC for the cross training and aerobic fitness benefits it affords paddlers.

"Cross-country skiing requires a lot of aerobic training ... and serves as really good cross training because winter is when you want to be building a base for kayaking. Also,



*Jake Zikan at age 4 skiing with his mom.  
Eli Holmes photos*

cross-country skiing is a full body sport, like kayaking. You use your legs to push off, your core to stabilize, and your arms to pole. Some of

the smaller muscle groups are different, but the main groups overlap."

ICF Level II Coach Dan Henderson supports this, pointing out that "cross-country skiing has been shown to have great benefits as aerobic cross training for canoe and kayak. Incorporating the double-pole single-kick style is particularly beneficial as the mechanics are similar to paddling."

According to Washington State University Kinesiology Instructor Kim Holmstrom, it's critical for sprint athletes to "train their aerobic energy system with an endurance activity in the offseason because aerobic efficiency is absolutely essential for recovery in-between sprint heats.

"It's the system that replaces the energy stores that the anaerobic system uses during a race and may also help rebalance any metabolic acidosis that occurs when sprinting.

"I also think it's a great way to avoid overtraining syndrome, which is a risk for elite athletes who exercise so often. Doing a different mode of exercise gives your body novel strength, balance, and energy system challenges that keep it adapting, not to mention the psychological benefits," continues Holmstrom.

*Zikan with Sprint Canoeist  
Andrea Ghizila*



“Closer to competition, as athletes shift their training away from aerobic endurance, long and slower movements are typically replaced with rapid paced, quick interval drills to emphasize the anaerobic power needed for maximum speed sprints,” she says.

Henderson adds that while “the vast amount of a paddler’s training should be in the boat, when there is availability to ski, when you aren’t able to be in the boat, and/or when you just need a change of pace, cross-country skiing is a great training alternative.”

For Zikan, “Not only is XC one of the best alternatives, it’s also really

fun.” During winter break in 2018, he skied “a little over 300 kilometers in 12 days. This was about two to four hours of skiing each day.” His longest distance was 65 kilometers in a single day, which took approximately six hours.

If you’re a beginner thinking of trying XC, Zikan recommends taking a lesson with a group of friends. “You’ll improve so much faster that way than trying it on your own.”

A graduating high school senior, Zikan will attend Dartmouth this fall. While he expects his competitive sprint kayak career to come to a close, he looks forward to trying



whitewater kayaking and will continue cross-country skiing, probably for life.

“It’s hard to pinpoint the exact reasons I love cross-country skiing,” he says, “but the beauty of the world around you and the freedom of gliding are a few.”

*Zikan participates in a cross-country skiing race.*



# Sprinters heat it up at Sunburn Camp

Nearly a month after [Frostbite Camp](#) in Seattle, 34 dedicated paddlers from across the U.S. migrated south to spend part of their winter holiday at San Diego Canoe and Kayak Team's (SDCKT) annual [Sunburn Camp](#).

canoe paddlers and 17 kayak paddlers, which suggests the future of our sport is bright," said Harper.

"I think the athletes came away from the camp with a sense of what kind of work it takes to become a high-level racer both nationally

went on to follow in his father's footsteps, becoming a three-time Olympian and three-time silver medalist at the [ICF Canoe Sprint World Championships](#).

During one of six question-and-answer sessions with coaches from



Led by Joe Harper, SDCKT Head Coach and 1996 Olympian in sprint canoe, the camp centered on lots of paddling and on exposing athletes to as much technical training and hard work in the boat as possible.

"Every athlete showed visible improvement in technique, and probably one of the best takeaways from the camp was that there were 17

and internationally," Harper added. "Overall, the event was very successful."

A highlight of the week was the opportunity to train with [Tamas "Tommy" Buday](#), whose [father](#) was a two-time Olympic bronze medalist and a four-time World Champion for Hungary. Buday, who moved to Canada from Hungary at age 11,

California, Washington state, and Canada, Buday described an Olympic race day, giving athletes an inside look at the Olympics and what it's like to compete at the highest level in their sport.

Junior kayaker Jasper Caddell, who trains with [River Town Racers](#) commented, "This was the most useful camp I've been to because of the



coach-to-paddler ratio. The coaching was very good, and the one-on-one sessions with coaches were fantastic.”

“The way Coach (John) DePalma reviewed the video on stroke was super helpful. He also really in-

what he loves most, which is coaching paddlers so they can achieve their goals, made me very proud and happy.”

Campers participated in SDCKT’s annual [Tecolote](#), a 1K and 5K multi-craft race. Jasper Caddell was

Coach [Aaron Huston](#), after which athletes had the option to paddle surfskis or SUPs, surf, or just enjoy a much needed break with a cold water swim.

“Sunburn Camp gave me a new perspective on training. It was a perfect



spired me because he connected paddling to life. And because he connected with athletes personally, we could relate to him.”

For second-year bantam canoeist Annika Harper, “camp was an incredible experience. The coaches had us paddling three times a day and going over technique drills on and off the water. Seeing my dad do

the overall 5K winner in the male category, while Sammie Barlow was the overall 5K winner in the female category. Complete results are available [here](#), and video footage is available [here](#).

Off-the-water activities included a challenging “CrossFit” style workout with National Team Canoe

mix of serious training and fun,” stated Gig Harbor canoeist Sarah Grady. “Canoe coaches Aaron, Joe, and Tamas helped me understand and apply injury-proof technique and taught me how to have a good mindset during racing. I was able to meet new people and connect with other teams from around the U.S. Overall, I had a blast and will definitely be attending next year!”



# Team USA in action at Polo World Championships

By Olly Gotel, USA Women / New York Kayak Polo

Sixty-eight teams from 25 countries converged on Welland, Canada, for the ICF Canoe Polo World Championships in August 2018. The USA Women secured their spot following a gold medal win at the Pan American Championships in 2017, and the USA Men were awarded a wild card to compete.

Under the coaching of Holger Diedrich from Germany, the USA Women played some of the best kayak polo of their team career, finishing in the top 12. This ranking earned them an automatic qualification for Worlds 2020 in Rome. Highlights of their 11 games included a close match between reigning World Champions New Zealand (losing 4-1), a convincing win over Sweden, and draws with Canada and Singapore.

Fielding a full contingent of 10 players, the USA Men placed 20th out of 23 teams. Highlights of their eight games included wins over Sin-



gapore and Argentina, and a low goal differential against some of the top teams in the world. Transitioning from the most capped USA player to coach, Mark Poindexter said that what really impressed everyone was just how competitive the USA teams had become, bringing them well-deserved respect among competitors, coaches and spectators. The USA Men are now in training for this year's Pan American Championships where the winner can still earn a place at Worlds 2020.

*USA Men Kayak Polo Team: Karl Reece (1, Captain), Shaun Kerr (2), Tee Ling (3), Nick Porter (5), Peter Hargreaves (6), Doug Drinka (8), Alexander Ismailov (9), Andre Sanborne (10)*

*Not shown are Gavin Hu (4) and Sami Ahmed (7).*



*USA Women Kayak Polo Team: Svetlana Platanova (1, Captain), Olly Gotel (2), Lydia Thein (3), Heather Fenske (4), Emily Pozzi (5), Stephanie Schnorr (7), and Kimberly Bates (10).*

## ***Club Scene***

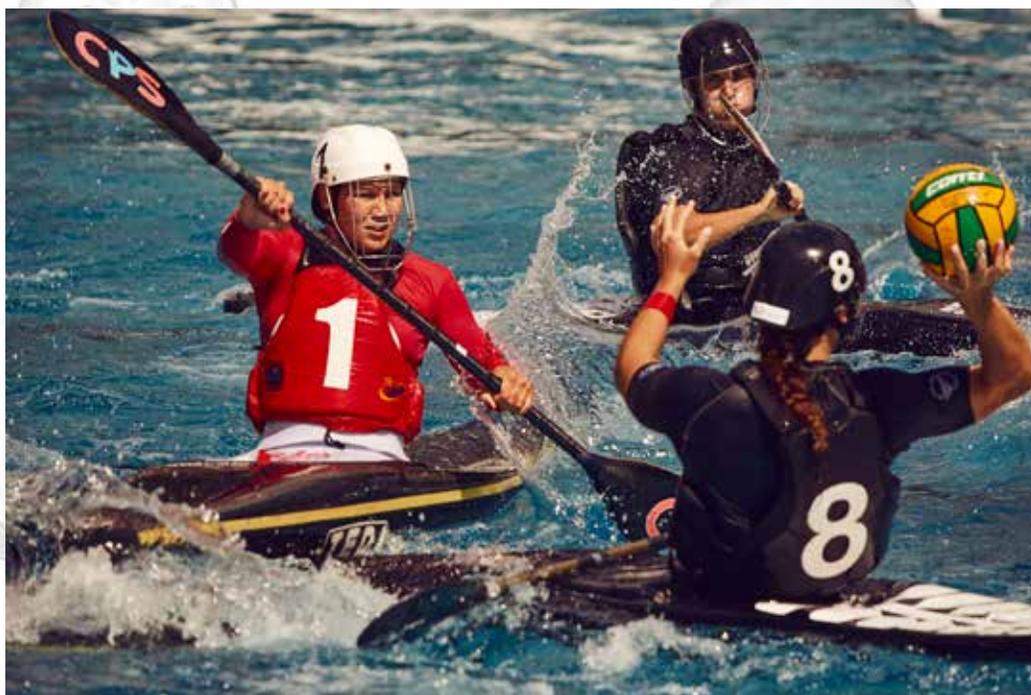
Interested in trying out kayak polo? Most clubs around the country offer introductory sessions, so find a club near you ([Z](#)) or call the kayak polo hotline to get some help (Mark @ 817-938-6650).

Clubs have also been active hosting tournament leagues to advance competitiveness, and 2018 saw the introduction of the Nor'easter Series. Club teams from Boston, New York, Montreal and Toronto battled it out over multiple weekends, and the first championship title went to Toronto. This year's event is expanded into A and B divisions, and any team is welcome to participate. Check out the Nor'easter Kayak Polo Series on [Facebook](#) for entry details.

## ***Upcoming Events***

- April 6-7, 2019: Nor'easter Series (I) – New York, NY
- June 15-16, 2019: Nor'easter Series (II) – Boston, MA
- July 13-14, 2019: Nor'easter Series (III) – Toronto, Ontario
- July 19-21, 2019: Kayak Polo & Whitewater Rendezvous – Deerfield River, MA
- August 8-9, 2019: Pan American Championships – Boston, MA
- August 10-11, 2019: USA Nationals – Boston, MA
- August 16-18, 2019: Canadian Nationals – Welland, Ontario
- September 14-15, 2019: Nor'easter Series (IV) – Montreal, Quebec
- September 8-13, 2020: World Championships – Rome, Italy
- July 15-25, 2021: World Games – Birmingham, AL

Come join us on the pitch!



# Celebrating 60 years of outrigger racing in California

The [Southern California Outrigger Association](#) recently began celebrating the 60th anniversary of paddling Hawaiian racing canoes in Southern California.

The first outrigger race in California was held September 20, 1959. This first race was a long-distance race from Avalon on Catalina Island to the Newport Dunes inside the California Coast.

The famous Duke Kahanamoku served as the Grand Marshall of the first California Outrigger event and founded the Catalina to Newport Dunes race – the original California Outrigger Classic. Subsequent races were underwritten by the Balboa Improvement Association and Ira Dowd, part owner of the Newport Dunes.

The first race involved two canoes shipped to California from Hawaii through the efforts of Albert Edward “Toots” Minvielle. Both ves-



First Hawai'ian All-Star Crew, 1959  
SCORA photos

sels were koa wood canoes with the names *Malia*, meaning *calm waters* and *Niuhe*, meaning *shark*.

The Hawaiian team in the *Malia* won the race in a time of 5 hours. The newly formed California team in the *Niuhe* finished closed behind in a time of 5 hours, 11 minutes.

In subsequent years, the sport of outrigger paddling caught on and grew. A lot has transpired since the sport came here from Hawaii.

The anniversary celebration has begun, and the coming year will have festive events showing past items that shaped the different clubs and their traditions.

To help this festive process, SCORA leaders are asking paddlers to help come up with a slogan, creed, or saying that could be the organization's guiding spirit into the next 60 years. [Please click](#) here to submit your suggestion(s). The winning slogan will be printed on the 60th Anniversary shirt.



## USA crossover athletes win gold in Australia

USA athlete Sage Donnelly won double gold in the first-ever Australia Canoe Open Championships held February 14-17.

Sage followed through with another gold medal the following weekend at the 2019 Sydney International Whitewater Festival – Oceania Championships over the weekend. Another team USA athlete, Tad Dennis, also won a gold at the Oceania Championships.

Good job, Team USA!



## ATHLETES, COACHES, PARENTS:

The Athlete Code of Conduct and Selection Criteria for the Pan American Games Junior World Championships and National Teams are available [HERE!](#)

Please visit often for updates.



*Help End Abuse in Sport*

[Learn More Now](#)

# Ready, Set, Mark Your Calendars!

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

- |               |   |
|---------------|---|
| March 16-17   | <a href="#"><u>USA Freestyle National Team Trials</u></a><br>Rock Island, Tennessee                         |
| March 22-24   | <a href="#"><u>52nd Missouri Whitewater Championships</u></a><br>Fredericktown, Missouri                    |
| March 30      | <a href="#"><u>52nd Annual Red Moshannon Downriver Race</u></a><br>Grassflat, Pennsylvania                  |
| April 12-13   | <a href="#"><u>2019 Sprint &amp; Paracanoe National Team Trials</u></a><br>Oklahoma City, Oklahoma          |
| April 12-14   | <a href="#"><u>2019 Slalom National Team Trials</u></a><br>Oklahoma City, Oklahoma                          |
| April 27-28   | <a href="#"><u>ACA ICF Marathon National Championships</u></a><br>Sugar Land, Texas                         |
| May 25        | <a href="#"><u>2019 Canoe Poling National Championships</u></a><br>Winchester, New Hampshire                |
| May 26        | <a href="#"><u>California River Quest</u></a><br>Redding, California  |
| May 31-June 2 | <a href="#"><u>2019 ICF Canoe Marathon World Cup</u></a><br>Berum, Norway                                   |
| June 1        | <a href="#"><u>39<sup>th</sup> Great Rappahannock Whitewater Canoe Race</u></a><br>Fredericksburg, Virginia |
| July 13       | <a href="#"><u>King &amp; Queen of the Rogue Race</u></a><br>Gold Hill, Oregon                              |
| August 7-10   | <a href="#"><u>2019 ACA Sprint National Championships</u></a><br>Gainesville, Georgia                       |
| October 10-13 | <a href="#"><u>2019 Canoe Marathon Masters World Cup</u></a><br>Shaoxing, China                             |

# ACA supports Whitewater Slalom



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

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

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

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

## 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.



# INTERNATIONAL



# ACA Instructor Akademie

Wir freuen uns sehr, die erste ACA Instructor Akademie in Europa ankündigen zu dürfen. Die ideale Gelegenheit für Weiterbildung, Updates und Upgrades für Instructoren aller Disziplinen.

We are super stoked to be able to announce the first ACA Instructor Academy in Europe ever. A perfect opportunity for updates, up-grades and further education for Instructors of all disciplines.



Datum: 26. - 28. April 2019

Location: D-79859 Schluchsee, Seeweg 2, rafftaff

Teilnehmer:

Wir haben Platz für max. 20 Instructoren aller Level und Disziplin. Die ganzen Vorträge sind disziplin-übergreifend. Updates bis max. Level 2

Unterkunft:

Entweder im Camper direkt vor Ort, im Schwarzwaldcamp ([www.schwarzwaldcamp.com](http://www.schwarzwaldcamp.com)) oder in der Jugendherberge nebenan. Für's Camp bieten wir Sonderpreise an.

Preis: 120 EUR

Workshops:

Das Programm startet am Freitag um 18 Uhr und endet am Sonntag ca. 15 Uhr. Hier einige Workshop Highlights:

- Einsatz von Video-Feedback in der Ausbildung
- Yoga und Fitness für Paddler und Instructoren
- Effizienzmaximierung am Paddel
- Updates SUP, Open Canoe und Seekajak
- Und vieles mehr ...

Info: [www.raff.coach](http://www.raff.coach) | [mail@raff.coach](mailto:mail@raff.coach)

Date: April 26-28 2019

Location: D-79859 Schluchsee, Seeweg 2, rafftaff

Participants:

There is space for up to 20 Instructors of all levels and disciplines. All workshops are cross-discipline. Updates are possible up to L2.

Lodging:

There are a few spots for campers right at the event site. Besides that, we offer special deals for the Schwarzwald-Camp ([www.schwarzwaldcamp.com](http://www.schwarzwaldcamp.com)). There is a youth hostel and other hotels close by.

Price: 120 EUR

Workshops:

We start at Friday 6 p.m. and end at Sunday 3 p.m. Here are some workshop highlights:

- Video Feedback - tips, tricks and best practices
- Yoga and fitness for paddlers and Instructors
- "Reduce to the max" - paddling the efficient way
- Updates SUP, Open Canoe and Seekajak
- More to come ...

Info: [www.raff.coach](http://www.raff.coach) | [mail@raff.coach](mailto:mail@raff.coach)



Caro Florschütz



Martin Teichmann, IT



Sebastian Stetter, IT



Raphael Kuner, ITE

# *International Whitewater Hall of Fame* returns to Nuremberg

The [International Whitewater Hall of Fame](#) (IWHOof) will honor its Class of 2019 during the PADDLEXPO Industry Dinner on October 5 during the 2019 [PADDLEexpo](#) in Nuremberg, Germany.

“We are extremely excited to host this year’s nomination, selection, and induction at PADDLEXPO for the second time, but for the first time since entering a partnership with the [American Canoe Association \(ACA\)](#),” comments Risa Shimoda, chair, IWHOof Board of Governors and 2010 honoree.”

“From the ACA’s perspective,” notes Christopher Stec, ACA Chief Operating Officer, “we are excited to serve as the parent organization of IWHOof as we meet an international paddlesport audience.”

Horst Fuersattel, PADDLEexpo Manager, shares, “It is a pleasure and honor to welcome the IWHOof and the new inductees. Visitors and exhibitors love to see and meet legends and heroes of their sport in person, and PADDLEexpo appreciates the opportunity to support

the work of this organization.” [PADDLEexpo runs October 4-6](#) at the Exhibition Centre.

“In 2018, PADDLEexpo attracted international visitors from 48 nations, making this an excellent venue to honor the 2019 International Whitewater Hall of Fame Inductees,” notes Pamela Dillon, IWHOof Board of Governors.

The IWHOof nomination form asks for a connection to an IWHOof Affiliate Organization, whose leaders may be asked



# International Whitewater Hall of Fame

# Nominations

*now open*

*Class of*  
**2019**

to confirm the validity of the submitted materials. Screening, electorate voting, and final honoree selection will occur in May 2019 and announcement of the IWHOF Class of 2019 will take place in early June.

“Even a legend must be nominated to have an opportunity to be honored,” notes Board of Governors member and Class of 2009 inductee Rafael Gallo. “We encourage all whitewater fans whose heroes and heroines have not yet been nominated to nominate them this year!”

Individuals who have submitted nominations before 2013 are encouraged to update their prior submissions. Nomination forms, instructions, and the election procedure and timeline are available at [iwhof.org](http://iwhof.org), along with information about past inductees.

## About the International Whitewater Hall of Fame (IWHOF)

The [International Whitewater Hall of Fame \(IWHOF\)](http://www.iwhof.org) is a program of the American Canoe Association, a national nonprofit organization serving the broader paddling public by providing education related to all aspects of paddling. IWHOF is run by an international Board of Governors who hail from various paddling backgrounds.

Nominations are sought and submitted through IWHOF Affiliates around the world and screened by an international panel. Over 100 members of the IWHOF electorate cast votes in each category to determine the year’s honorees in the categories of Pioneer, Explorer, Champion and Advocate. For more information, please visit [www.iwhof.org](http://www.iwhof.org).





# ICW L2 ACA (Coastal kayak)

**Curso para instructores ACA**

**13-14-15 de MARzo .2018  
Sevilla.España**

**Instructor: Tom Nickels**  
**Organiza.seakayakspain.com**

**Carlos: +34644891407**

**www.seakayakspain.com**

# Paddling History

Camp Boat Dock, 1896



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

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



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

